

BERRIEN COUNTY CANCER SERVICE NEWSLETTER

www.bccancerservice.org

In honor of the committed service of Olove Colcord, R.N.

THE MISSION OF THE BERRIEN COUNTY CANCER SERVICE:

To provide free skilled home nursing services, equipment, information and supplies at cost for cancer patients and their families in Berrien County.



June 2013

(269) 429-3281

VOLUME XXII

ISSUE VI

The **BERRIEN COUNTY CANCER SUPPORT GROUP** is a group for patients, family members and care givers. Come share successes, feelings, fears and practical methods of coping with the physical and emotional aspects of living with the diagnosis of cancer.

My Dad's Dinner Pail

Preserve that old kettle, so blacken and worn;
It belonged to my father before I was born;
It hung in a corner beyant on a nail---
"Twas the emblem of labor, my dad's dinner pail.
It glistened like silver, so sparkling and bright'
I am fond of the trifle that held his wee bite;
In summer or winter, in snow, rain or hail,
I've carried that kettle, my dad's dinner pail.
When the bell rang for mealtime my father'd come down--
He'd eat with the workmen about on the ground;
He'd share with the laborer and he's go bail,
You would never reach the bottom of dad's dinner pail.
If the day should be rainy my father's stop home,
And he'd polish his kettle as clane as a stone;
He'd joke with my mother and me he would whale
If I put a finger on dad's dinner pail.
There's a place for the coffee and also for bread,
The corned beef and praties, and oft it was said:
"Go fill it with porter, with beer or with ale;"
The would taste sweeter from dad's dinner pail.

Edward Harrigan

The BCCS Bulletin Board

Pennies for Patients™



So far we have raised \$19,204.00 with the help of many volunteers and many, many donations. We want to express our gratitude and appreciation to everyone that helped make this possible. With each donation there is a story of time, effort, and caring for others. *Visit our new Facebook page listed as Berrien County Cancer Service to see pictures of pennies and people.*

Our official 2013 total will be published in the July newsletter.



Our 18th Annual Bike Ride

Sunday, June 23, 2013

Come join us for our annual Bike Ride through southwest Michigan.

If you are unable to ride, join the fun by sponsoring a BCCS rider or buying bike raffle tickets.

We are also looking for volunteers who are willing to sell bike raffle tickets.

Call the office (269-429-3281) for more information.

If you are planning on riding, sign up to have your miles logged on behealthyberrien.org.

This is an initiative to get Berrien County moving and healthy – check out the website!

Congratulations to Ryan Chisek of Watervliet Middle School!

His artwork titled, “Bike for the Better” will be featured on the 2013 Bike Ride Posters and T-shirts.

Open House/Quilt Raffle

***** Thursday, October 24, 2013 *****

The quilt donated for our Open House quilt raffle is now on display in the office.

It's been said this is the prettiest one yet. Stop in and check it out.

Please notice the change in date!

Celebrate Volunteers!

BCCS Volunteer Reception

Our first annual reception to thank our volunteers was held April 17, 2013. We enjoyed being able to have some coffee and refreshments with our volunteers attended. Volunteers give of their time and talents to the Berrien County Cancer Service. During 2012, over 94 volunteers gave us over 1,140 hours of service. According to the Volunteer Center of Southwest Michigan, the value applied to each hour of volunteer service averages \$22.14. Even this newsletter comes to you as a result of volunteers being involved in the mailing process. Thanks to all of you who volunteer for us and for many other organizations.

2013 Celebrate* Service Awards

Honoring Southwest Michigan's 2013 Star Volunteers!

Volunteer Southwest Michigan celebrated its 21st year honouring Star Volunteers of the Year in our community. While it is always difficult to single out a volunteer, we were pleased to nominate **James Gillette** for his work in the community. For the past five years, Jim has devoted many hours to our BCCS Annual Bike Ride. Once routes have been established, Jim make the maps for the 4 bike ride routes. Additionally, he paints the markings on the roads (consisting of 145 miles) each year and drives all 4 routes the day before the bike ride to check road conditions and route markings.

Jim has been a volunteer with BCCS over the past 10 years. He is an active advocate to patients and caregivers for BCCS and has done many miscellaneous jobs for BCCS. We are grateful to have a volunteer like Jim on our team.

An Updated Phone System

A BIG THANK YOU to the First Congregational Church of St. Joseph for our updated phone system. Their Mission Board distributes monies from their congregation designated for missions for a variety of local projects. Each year grant requests are accepted and appropriated. Our previous phone system had been around here for a very long time. We are now enjoying many new phone features that enable us to serve our patients and people who call us in a better way.

Tumor Grade

Key Points

- Tumor grade is a system used to classify cancer cells in terms of how abnormal they look under a microscope and how quickly the tumor is likely to grow and spread.
- A pathologist (a doctor who identifies diseases by studying cells under a microscope) determines whether the tumor is benign or malignant. The pathologist also determines the tumor grade.
- Each type of cancer is graded using a different grading system.
- Doctors consider tumor grade and other factors when developing an individual treatment plan for a patient.

1. What is a tumor?

In order to understand tumor grade, it is helpful to know how tumors form. The body is made up of many types of cells. Normally, cells grow and divide to produce new cells in a controlled and orderly manner. Sometimes, however, new cells continue to be produced when they are not needed. As a result, a mass of extra tissue called a tumor may develop. A tumor can be benign (not cancerous) or malignant (cancerous). Cells in malignant tumors are abnormal and divide without control or order. These cancerous cells can invade and damage nearby tissue, and spread to other parts of the body (metastasize).

2. What is tumor grade?

Tumor grade is a system used to classify cancer cells in terms of how abnormal they look under a microscope and how quickly the tumor is likely to grow and spread. Many factors are considered when determining tumor grade, including the structure and growth pattern of the cells. The specific factors used to determine tumor grade vary with each type of cancer. Histologic grade, also called differentiation, refers to how much the tumor cells resemble normal cells of the same tissue type. Nuclear grade refers to the size and shape of the nucleus

in tumor cells and the percentage of tumor cells that are dividing.

Tumor grade should not be confused with the stage of a cancer. Cancer stage refers to the extent or severity of the cancer, based on factors such as the location of the primary tumor, tumor size, number of tumors, and lymph node involvement (spread of cancer into lymph nodes). (More information about staging is available in the National Cancer Institute fact sheet Cancer Staging.)

3. How is tumor grade determined?

If a tumor is suspected to be malignant, a doctor removes a sample of tissue or the entire tumor in a procedure called a biopsy. A pathologist (a doctor who identifies diseases by studying cells under a microscope) examines the tissue to determine whether the tumor is benign or malignant. The pathologist can also determine the tumor grade and identify other characteristics of the tumor cells.

4. What do the different tumor grades signify?

Based on the microscopic appearance of cancer cells, pathologists commonly describe tumor grade by four degrees of severity: Grades 1, 2, 3, and 4. The cells of Grade 1 tumors resemble normal cells, and tend to grow and multiply slowly. Grade 1 tumors are generally considered the least aggressive in behavior.

Conversely, the cells of Grade 3 or Grade 4 tumors do not look like normal cells of the same type. Grade 3 and 4 tumors tend to grow rapidly and spread faster than tumors with a lower grade.

The American Joint Committee on Cancer recommends the following guidelines for grading tumors (1):

Grade

GX	Grade cannot be assessed (Undetermined grade)
G1	Well-differentiated (Low grade)
G2	Moderately differentiated (Intermediate grade)
G3	Poorly differentiated (High grade)
G4	Undifferentiated (High grade)

Does the same grading scale apply to all tumors?

Grading systems are different for each type of cancer. For example, pathologists use the Gleason system to describe the degree of differentiation of prostate cancer cells. The Gleason system uses scores ranging from Grade 2 to Grade 10. Lower Gleason scores describe well-differentiated, less aggressive tumors. Higher scores describe poorly differentiated, more aggressive tumors. Other grading systems include the Bloom-Richardson system for breast cancer and the Fuhrman system for kidney cancer.

Does tumor grade affect a patient's treatment options? Doctors use tumor grade and many other factors, such as cancer stage, to develop an individual treatment plan for the patient and to predict the patient's prognosis.

Generally, a lower grade indicates a better prognosis (the likely outcome or course of a disease; the chance of recovery or recurrence). However, the importance of tumor grade in planning treatment and estimating a patient's prognosis is greater for certain types of cancers, such as soft tissue sarcoma, primary brain tumors, lymphomas, and breast and prostate cancer. Patients should speak with their doctor about tumor grade and how it relates to their diagnosis and treatment.

Joke for the day.

A pair of chickens go to the library

A pair of chickens walk up to the circulation desk at a public library and say, 'Buk Buk BUK.' The librarian decides that the chickens desire three books, and gives it to them...and the chickens leave shortly thereafter.

Around midday, the two chickens return to the circulation desk quite vexed and say, 'Buk Buk BuKKOOK!' The librarian decides that the chickens desire another three books and gives it to them. The chickens leave as before.

The two chickens return to the library in the early afternoon, approach the librarian, looking very annoyed and say, 'Buk Buk Buk Buk Bukkoook!' The librarian is now a little suspicious of these chickens. She gives them what they request, and decides to follow them.

She followed them out of the library, out of the town, and to a park. At this point, she hid behind a tree, not wanting to be seen. She saw the two chickens throwing the books at a frog in a pond, to which the frog was saying, "Rredit Rredit Rredit..."

Three Cheese Quiche

- 1 C. Sliced fresh mushrooms
- 1 C. Each chopped onions and fresh broccoli
- 5 Eggs
- 2/3 C. Milk
- 1 C. Three Cheese
- 1 Frozen deep-dish pie crust
(9" unbaked)

Heat oven to 375

- 1.) Cook mushrooms, onions and broccoli in skillet sprayed with cooking spray on medium heat 5 minutes.**
- 2.) Beat eggs and milk in medium bowl with whisk until well blended. Stir in vegetable mixture and 1/2 C cheese. Pour into pie crust. Place on baking sheet.**
- 3.) Bake 35 min, top with remaining cheese; bake 5-10 min or until knife inserted in center comes out clean.**

Let stand 10 minutes before serving.

Learn everything you possibly can, and you will discover later that none of it was superfluous.

Hugh of St, Victor.

BCCS Wig Room

If you or one of your loved ones are experiencing hair loss due to cancer treatment, please come in and visit our wig room. We have wigs in many styles, sizes, lengths and colors. We also have hats, caps and scarves.

Please call ahead (429-3281)

so a nurse can be available to assist you.

In Loving Memory

During April 2013, Memorial Donations were generously made by and for the following people

In Memory of Ervin Bradford

Terence & Dorothy McNeil, St Joseph

In Memory of Mary Carson

Dale E. Carson, Stevensville

In Memory of Gertrude Childs

Kappa Theta Chi Sorority, St. Joseph

In Memory of Denise (Clark) Eidam

Passaro, Kahne & Taylor Law Off. Benton Harbor

In Memory of Beverly Herman

Doug A. Duschek, Stuart FL

Tom & Cornelia Mitchell, Stevensville

Janice Bergeron, Palmetto FL

Martha White, Niles

Norman & Patricia Mead, Niles

Virginia Stover, Berrien Springs

Harry & Jean Herman, Michigan Center

Fred Oppenhuisen, Buchanan

Marion J. Horak, Niles

Frances L. Plot, Niles

Mona L. Bays, Niles

Marjorie Merica, Niles

In Memory of Robbyn Ellis James

Frankenmuth Credit Union, Frankenmuth

Joanne Smith, Stevensville

Marv & Jackie Kushman, St. Joseph

In Memory of Barbara Sue Jennings

Nanette Kuelbs, Niles

In Memory of Bill Lampman

Loren & Jeanne Wilson, St. Joseph

In Memory of Patricia G. Lange

Djera & Jack Mucia, Benton Harbor

In Memory of Genevieve Long

George & Martha Darling, Coloma

Joan Fox, Watervliet

Jo Reeves, Benton Harbor

Wilbur R. Long, Coloma

In Memory of Howard Merchant

Joseph & Angela Jo Naines, St. Joseph

In Memory of Alice K. Pagels

Mary Lawrick, St. Joseph

In Memory of Eleanor Pierscinski

Mary Tatter, Watervliet

In Memory of Margaret Ann Sing

Mary Lawrick, St. Joseph

In Memory of Ronald G. Sommer

Margaret Fisher, Chicago IL

In Memory of William (Bill) Spitzer

Stevensville American Legion, Stevensville

In Memory of Junice Unverzagt

Belinda Meier, Sodus

Steve & Brenda Ickes, Three Oaks

Sharon Stella, Three Oaks

In Memory of Jean (Rodemacher) Veide

Dr. R. Rademacher, O.D., Stevensville

Berrien County Cancer Service sends our sincere sympathy to all those who have recently lost loved ones. We thank all of our generous donors. Your donations are very much appreciated and will help cancer patients in Berrien County.

Thank you.

Looking Ahead

BCCS SUPPORT GROUP – Stevensville

June 4 & 18 - 1:30 p.m.

July 2 & 16 - 1:30 p.m.

BCCS SUPPORT GROUP – Niles

June 11 & 25 - 1:30 p.m.

July 9 & 23 - 1:30 p.m.

OSTOMY SUPPORT GROUP – Stevensville

June 18 - 1:30 p.m.

July 16 - 1:30 p.m.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center

June 13 - 5:30 p.m.

July 11 - 5:30 p.m.

Ostomy Support Group

Lakeland Regional Medical Center

June 13 - 6:00 p.m.

July 11 - 6:00 p.m.

Man to Man – Prostate Support Group

Trinity Center, St. Joseph

June 18 - 6:30 p.m.

July 16 - 6:30 p.m.

DATES TO REMEMBER IN JUNE

June 1 – National Go Barefoot Day

June 2 – National Cancer Survivor Day

June 3 – National Leave the Office Early Day

June 7 – Doughnut Day

June 9 – Donald Duck Day

June 12 – National Peanut Butter Cookie Day

June 14 – Flag Day

June 15 – Worldwide Day of Giving

June 16 – Father’s Day

June 20 – World Refugee Day

June 22 – Stupid Guy Thing Day

June 30 – Leap Second Time Adjustment Day

Newsletters available online

Our newsletters are available on our website:
www.bccancerservice.org. If you would like to be removed from this mailing list, please call our office at 269-429-3281 or send us an e-mail: staff@bccancerservice.org.

Please Consider...

Berrien County Cancer Service, Inc., is a non-profit organization funded primarily by the United Way, private donations and fund-raisers. We receive no Medicare, Medicaid or other insurance payments. To continue our free services to Berrien County cancer patients, we need your help. Any donation is greatly appreciated.

Donations to our General Fund will help balance our current budget. Donations to our Endowment Fund will help guarantee that the Cancer Service will be available for as long as needed. Your contribution to our non-profit 501(c)(3) corporation is tax deductible – an acknowledgment and receipt for tax purposes will be sent.

Donations can be made in honor of someone or in memory of a loved one. In these instances, we would also like to send acknowledgment to the honoree or next-of-kin so please provide that information when making your donation.

_____ General Fund _____ Endowment Fund

Your Name _____

Your Address _____

City/State/Zip _____

Donation Amount \$ _____

OR

In Memory of _____

Please send notification of my gift to:

Name _____

Address _____

City/State/Zip _____

Thank you for your generosity!

Berrien County Cancer Service, Inc.
7301 Red Arrow Highway
Stevensville, MI 49127

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RETURN SERVICE REQUESTED



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OFFICE STAFF:

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Claudia Brister (Office Manager)
Henrietta Hein (Newsletter)

CANCER SUPPORT GROUP – Stevensville Office

1st and 3rd Tuesday of each month – 1:30 p.m.

Berrien County Cancer Service, Inc.

7301 Red Arrow Highway
Stevensville, MI 49127

Phone: (269) 429-3281 or (269) 465-5257

CANCER SUPPORT GROUP – Niles

2nd and 4th Tuesday of each month – 1:30 p.m.

Niles Senior Center

1109 Bell Road
Niles, MI 49120

Phone: (269) 429-3281

RAINBOWS OF HOPE GROUP- St. Joseph

2nd Thursday of each month – 5:30 p.m.

Marie Yeager Cancer Center

Ward and Kinney Room
3900 Hollywood Rd.

St. Joseph, MI 49085

Phone: (269) 556-7114

OSTOMY SUPPORT GROUP

2nd Thursday of each month- 6:00 p.m.

Lakeland Regional Medical Center

Community Room

1234 Napier Ave

St. Joseph, MI 49085

Phone: (269) 983-8804

MAN TO MAN – Prostate Support Group

3rd Tuesday of each month – 6:30 p.m.

Trinity Center

619 Main Street (use Main entrance)

St. Joseph, MI 49085

Phone: (800) 465-5244