

# 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 compassionate in home skilled nursing care  
and supportive resources for those affected by cancer  
or related illnesses



May 2017

(269) 429-3281

VOLUME XXIV

ISSUE V

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.

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## A Mother's Love is a Haven in the Storms of Life

A Mother's Love is like an island  
In life's ocean vast and wide,  
A peaceful, quiet shelter  
From the restless, rising tide . . .

A Mother's Love is like a fortress  
And we seek protection there  
When the waves of tribulation  
Seem to drown us in despair . . .

A Mother's love's a sanctuary  
Where our souls can find sweet rest  
From the struggle and tension  
Of life's fast and futile quest . . .

A Mother's Love is like a tower  
Rising far above the crowd,  
And her smile is like the sunshine  
Breaking through a threatening cloud . . . .

*Helen Steiner Rice*



# BCCS Bulletin Board

## **PENNIES FOR PATIENTS – THE POWER OF A PENNY!**



Would you believe what the power of a penny is? Since it started, Pennies for Patients Day has raised \$464,085.05! Fortunately, this has not all come as “pennies”.

When bringing your pennies in, remember, we love silver and green paper pennies also! As we celebrate our **28<sup>th</sup> Annual PENNIES FOR PATIENTS™ DAY**, let's pass up last year's total of \$22,017.32. **Come join us in May 11, 2017 any time between**

**6:00 a.m. and 6:00 p.m.** See the excitement of thousands of pennies along with refreshments and fun. **There will also be a Niles location on Main and 3<sup>rd</sup> Street from 12:00 – 2:00 p.m. with cookies and punch.** All the proceeds stay local to help those with cancer in our community. **Bring your pennies, silver, and dollars and join us for our 28<sup>th</sup> Annual PENNIES FOR PATIENTS DAY!**

## **RECYCLE PAROL FUNDRAISERS**

Looking for a great opportunity to get rid of unwanted items and donate to a great cause?

The Recycling Patrol of Berrien County is having several corded item drop off events to benefit Berrien County Cancer Service Inc.

**Friday May 5<sup>th</sup>** from 11am -3pm at the American Legion Post 568 in Stevensville, MI.

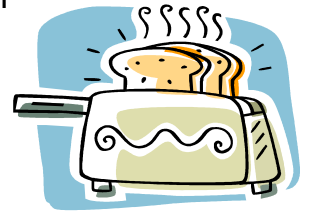
**Friday July 7<sup>th</sup>** from 11am-3pm at the North Berrien Senior Center in Coloma, MI

**Friday September 22<sup>nd</sup>** at Lake Charter Township Hall in Bridgman, MI

Small and large appliances accepted. When you bring in televisions or monitors there will be a \$10 fee for each one. All other corded items whether it's 1 or a vehicle full will have a \$5.00 fee. If you can't get over to the event, you can call

Recycle Patrol to come pick your items up! If you have questions, contact

Recycle Patrol at 269-369-1678 or email them at [recyclingpatrol@yahoo.com](mailto:recyclingpatrol@yahoo.com)



## **THANK YOU TO THE GIRL SCOUTS!**



A BIG THANK YOU to the Lake Michigan Catholic Elementary School 5<sup>th</sup> Grade Girl Scouts for reaching out to our patients and fundraising to support our services! After hearing about how we help those with cancer in the community, the Girl Scouts decided to make cards for our patients and have an ice cream sale at their school and raised \$270! Also, THANK YOU! to their teacher and Girl Scout Co-Leader, Jennifer Schrauben for bringing us together!

## **ART PLAY WORKSHOPS**

Our new schedule and the registration for the 2017 Art Play Workshops are in our website at [www.bccancerservice.org](http://www.bccancerservice.org). These art workshops are for children who are impacted by cancer and are designed to encourage expression of feelings. Our Facebook page has fun-filled photos of the workshops – check it out at Berrien County Cancer Service, Inc. If you know of any children who have a family member or close friend with cancer or are a stable pediatric cancer patient, please have the family call 269-429-3281 and speak with Renee' or Nancy regarding our Art Play Workshops.



# Common Cancer Myths and Misconceptions

Certain popular ideas about how cancer starts and spreads—though scientifically wrong—can seem to make sense, especially when those ideas are rooted in old theories. But wrong ideas about cancer can lead to needless worry and even hinder good prevention and treatment decisions. This page provides the latest science-based information about some common cancer myths and misconceptions.

## Is cancer a death sentence?

In the United States, the likelihood of dying from cancer has dropped steadily since the 1990's. Five-year survival rates for some cancers, such as breast, prostate, and thyroid cancers, now exceed 90 percent. The 5-year survival rate for all cancers combined is currently about 66 percent. For more information, see the Annual Report to the Nation on the Status of Cancer.

It is important to note, however, that these rates are based on data from large numbers of people. How long an individual cancer patient will live and whether he or she will die from the disease depend on many factors, including whether the cancer is slow or fast growing, how much the cancer has spread in the body, whether effective treatments are available, the person's overall health, and more.

## Will eating sugar make my cancer worse?

No. Although research has shown that cancer cells consume more sugar (glucose) than normal cells, no studies have shown that eating sugar will make your cancer worse or that, if you stop eating sugar, your cancer will shrink or disappear. However, a high-sugar diet may contribute to excess weight gain, and obesity is associated with an increased risk of developing several types of cancer.

## Is cancer contagious?

In general, no. Cancer is not a contagious disease that easily spreads from person to person. The only situation in which cancer can spread from one person to another is in the case of organ or tissue transplantation. A person who receives an organ or tissue from a donor who had cancer in the past may be at increased risk of developing a transplant-related cancer in the future.

However, that risk is extremely low—about two cases of cancer per 10,000 organ transplant. Doctors avoid the use of organs or tissue from donors who have a history of cancer.

In some people, cancer may be caused by certain viruses and bacteria. While a virus or bacterium can spread from person to person, the cancers they sometimes cause cannot spread from person to person.

## Does my attitude—positive or negative—determine my risk of, or likely recovery from, cancer?

To date, there is no convincing scientific evidence that links a person's "attitude" to his or her risk of developing or dying from cancer. If you have cancer, it's normal to feel sad, angry, or discouraged sometimes and positive or upbeat at other times. People with a positive attitude may be more likely to maintain social connections and stay active, and physical activity and emotional support may help you cope with your cancer.

## Can cancer surgery or a tumor biopsy cause cancer to spread in the body?

The chance that surgery will cause cancer to spread to other parts of the body is extremely low. Following standard procedures, surgeons use special methods and take many steps to prevent cancer cells from spreading during biopsies or surgery to remove tumors. For example, if they must remove tissue from more than one area of the body, they use different surgical tools for each area. For information about how cancer spreads in the body see [Metastatic Cancer](#).

## Will cancer get worse if exposed to air?

No. Exposure to air will not make tumors grow faster or cause cancer to spread to other parts of the body.

## Do cell phones cause cancer?

No, not according to the best studies completed so far. Cancer is caused by genetic mutations, and cell phones emit a type of low-frequency energy that does not damage genes.

# *In Loving Memory*

During March 2017, Memorial Donations were generously made by and for the following people:

**In Memory of Craig Burandt**

Charles Filibeck, Benton harbor  
Ann Dawson, Harbert

**In Memory of Benno Hinrichs**

Lois Wendzel, Benton Harbor

**In Memory of Consetta Smith**

James & Melissa Jakubs, Bridgman  
Donna Pechtel, St. Joseph

**In Memory of William Trail Sr.**

Core Real Estate Inc., Stevensville  
Judy Timm, Coloma

**In Memory of William Trail Sr. (con't)**

John Wilk, Baroda  
Robert Wesner, Watervliet  
Carolyn Moore, Eau Claire  
Linda Kraklau, Watervliet

**In Memory Janet Diane White**

Elaine Weingart, Elkhart  
Ed & Pat Steinke, Baroda

**In Memory of Lester Wonson**

AngelaJo Naines, St. Joseph

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.

## **Thought For The Day**

*Thoughtfulness is to friendship  
As sunshine is to a garden.*



# Please Consider...

## Looking Ahead

### **BCCS SUPPORT GROUP – Stevensville**

May 2– 1:30 p.m.

June 6 – 1:30 p.m.

### **BCCS SUPPORT GROUP – Niles**

May 16 – 1:30 p.m.

June 20 – 1:30 p.m.

### **RAINBOWS OF HOPE– St. Joseph**

Marie Yeager Cancer Center

May 11 – 5:30 p.m.

June 8 – 5:3- p.m.

### **Ostomy Support Group**

Lakeland Regional Medical Center

May 11 – 6:00 p.m.

June 11 – 6:00

#### **DATES TO REMEMBER IN MAY 2017**

May 1 – MAY DAY

May 3 – Great American Grump Out

May 5 – Bladder Cancer Awareness Day

May 8 – World Ovarian Cancer Day

May 10 – World Lupus Day

May 12 – National Nurses Day

May 14 – MOTHER’S DAY

May 17 National Employee Health & Fitness Day

May 20 – Morel Mushroom Day

May 23 – World Crohn’s & Colitis Day

May 25 – National Missing Children’s Day

May 28 – National Hamburger Day

May 31 – World NO-Tobacco Day

#### **Newsletters available online**

Our newsletters are available on our website:

[www.bccancerservice.org](http://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](mailto:staff@bccancerservice.org).

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

RETURN SERVICE REQUESTED

**JOIN THE NEWSLETTER VIA EMAIL**

Help us save postage, call 269-429-3281  
or email us at [staff@bccancerservice.org](mailto:staff@bccancerservice.org).  
If you are not reading the newsletter, you  
may contact us to be removed also. We  
value our readers & hope you enjoy it.

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Debra Hansen, R.N.		Kimberly Penney, R.N.

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Claudia Brister (Office Manager)
Mantissa Schuler (Admin. Assistant)
Henrietta Hein (Office Clerk)

**CANCER SUPPORT GROUP** – Stevensville Office

1<sup>st</sup> 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

**RAINBOWS OF HOPE GROUP- St. Joseph**

2<sup>nd</sup> Thursday of each month – 5:30 p.m.

**Marie Yeager Cancer Center**

Ward and Kinney Room  
3900 Hollywood Road  
St. Joseph, MI 49085

Phone: (269) 556-7114

**CANCER SUPPORT GROUP** – Niles

3<sup>rd</sup> Tuesday of each month – 1:30 p.m.

**Niles Senior Center**

1109 Bell Road  
Niles, MI 49120

Phone: (269) 429-3281

**OSTOMY SUPPORT GROUP**

2<sup>nd</sup> 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