

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



July 2017

(269) 429-3281

VOLUME XXIV

ISSUE VII

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.

4th of July

Oh, the Fourth of July
How my children and I
Wait for that wonderful day.

There are cakes to make
And pies to bake
For our picnic at Hermit Bay.

But first we must all
Heed the proud bugle call
As we watch Old Glory go by.

Heads will reverently bow
While we remember how
Those patriots did fight and die.

They fought tyranny
So that we could be free
And live with the blessings of God.

Let's cherish the past
So our freedom will last
And walk the same path that they trod.

Author Unknown



BCCS Bulletin Board

Brentwood Hot Dog Fundraiser

HUNGRY? BRENTWOOD AT NILES HAS AN AMAZING LUNCH FOR YOU! Bring your appetite for gourmet hot dogs from 11am-3pm on Wednesday, July 12 to Brentwood at Niles (1147 S. 3rd Street, Niles). The cost is only \$5 for a gourmet hot dog with all the fixings, chips, dessert, and a drink. We appreciate Ms. Jennifer Andrews, Administrative Director along with her team who have a commitment to sponsor events for local nonprofit agencies like the Berrien County Cancer Service, Inc. Our founding nurse, Olove Colcord, would be so proud of Brentwood! Not only was Olove from Niles, but she also was a resident at Brentwood for several years.



ART PLAY WORKSHOPS

Our schedule for Art Play Workshops through November:

- **Every 2nd Monday of the month from 4:30-5:30 pm there is a clay session with Cathy Tapia at the Buchanan Art Center**
 - *July 10, August 14, September 11, October 16 (3rd Monday) and November 13*
- **Every 2nd Thursday of the month from 5:30-7:00 pm there is a varied session with Art Therapist, Holly Garces at the Marie Yeager Cancer Center in conjunction with the Rainbows of Hope Cancer Support Group.**
 - *July 13, August 10, September 14, October 12, and November 9*

The schedule and pre-registration are on our website at

www.bccancerservice.org or you may call the BCCS office at 269-429-

3281. 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 (current or previously) or who is a stable pediatric cancer patient, please have

the family call 269-429-3281 and speak with Nancy regarding our Art Play Workshops.



PENNIES FOR PATIENTS



A HUGE THANK YOU!!!! To everyone who participated in our Pennies for Patients Day. As was noted on the first page, the total was a whopping **\$20,017.32!** We appreciate everyone who participated and saved their pennies, nickels, dimes, quarters, and dollars. It is not too early to start collecting for next year. Remember, all the proceeds stay local to help those with cancer and related illnesses in our community. We appreciate this community who enables us to provide nursing care to those who need help and support but are generally

not eligible for an in home nursing service. We have often heard our patients say, "I don't know what I would do without you". **YOU MAKE A DIFFERENCE!**

RECYCLE PATROL!

The Recycle Patrol! events for July 7 (North Berrien Senior Center) and September 22 (Lake Charter Township Hall) have been cancelled. We appreciate the great support we receive from Matthew Genovese and Recycle Patrol!

PLEASE NOTE: NO SUPPORT GROUP ON JULY 4 (Stevensville)

Self-Image and Cancer

Being diagnosed with and treated for cancer often causes physical and emotional changes that affect how you view yourself; this is called self-image.

These changes often produce a range of both positive and negative feelings

There are many different ways you can to cope with self-images changes.

A diagnosis of cancer is always unwelcome and causes many changes in your life. All changes, however big or small they appear to others, affect how you see yourself and how you relate to others.

Physical changes associated with cancer and cancer treatment

Both cancer and its treatment may change how you look. How you feel about your appearance is called body image, and many people with cancer feel self-conscious about changes to their bodies as a result of cancer. Some of the more common physical changes of cancer include:

- Rash, typically a result of drug therapies
- Physical changes from surgery, such as loss of an organ or part of an organ
- The need for a stoma, or surgical opening that allows bodily waste to exit the body into a bag
- Fatigue or loss of energy; severe fatigue can cause you to give up activities that you once enjoyed.

Reconstructive surgery, prosthetic devices, and cosmetic solutions can often help with many of the physical and emotional side effects of cancer treatment. Talking with a friend or another person who has experienced similar changes may be helpful and provide you with suggestions for coping or improving the particular symptom you find problematic.

Remember always to share your concerns with a member of your health care team and to ask for more information.

Mental and emotional changes associated with cancer and cancer treatment

In addition to physical changes, cancer disrupts so many aspects of life that you may have identified yourself with before the diagnosis, from relationships to work and hobbies. Depending on the seriousness of the illness and the prognosis (chance of recovery), it may also be a tie for coming to terms with changes to plans for the future and the chance of dying. This is often quite frightening and has a profound effect on how you view your life. It is not unusual to experience

many different emotions; sometimes it may be difficult to figure out exactly what you are feeling. We know that many people with cancer describe feeling;

- Anger
- A feeling of lack of control
- Sadness
- Fear
- Frustration
- Guilt
- A change in the way you think about yourself and the future

However, not all changes are negative. Many people with cancer have also reported positive changes in outlook including:

- Appreciation for the strength of their bodies
- Peace
- Gratitude
- Awareness and appreciation that life is short and special
- A shift in priorities
- Clarity about the sources of meaning in life and personal goals

It is important to recognize that you may view yourself and your body differently after cancer. These tips may help:

- Allow time to adjust. The process of learning to accept a cancer diagnosis and undergoing treatment may change our life. It takes time to adapt to a new way of feeling about yourself or how you look. Treat yourself with compassion and kindness.
- Talk with others who have been in similar situations. Many times, one-on-one conversations or support groups with people who have been in the same situation can provide understanding and hope.
- Build a network of friends and family who can support you and help you feel positive
- Ask for and accept help.
- Stay calm and, if you are able, embrace humor. Laughter has many positive effects in the mind and body, and humor may help you relax during tense or uncomfortable time.
- Let your health care team know your worries and concerns. For instance, if you are worried about losing your hair as a result of treatment, you may consider just cutting it very short or even shaving it on your own. Taking some control over the process may help you feel less vulnerable.
- Keep up your physical activity routines and remain active.

In Loving Memory

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

In Memory of Linda Asbury

Constance Lind, St. Joseph

In Memory of Mildred Fern Eull

Michael Oreilly, Middlebury IN
Linda Gourlay, Niles

In Memory of Judith Mathieu

Debra Jasper, Baroda

In Memory of Michael Richards

Joyce Richards, Bridgman

In Memory of David Sundblad

Dolores & Jeanette Fester, Benton Harbor

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

I have wept in the night
For the shortness of sight
That to somebody's need made me blind;
But I never have yet
Felt a tinge of regret
For being a little too kind.

C. R. Gibson



Please Consider...

Looking Ahead

BCCS SUPPORT GROUP – Stevensville

July 4 – No Support Group

August 1 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

July 18 – 1:30 p.m.

August 15 – 1:30 p.m.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center

July 13 – 5:30 p.m.

August 10 – 5:30 p.m.

Ostomy Support Group

Lakeland Regional Medical Center

July 13 – 6:00 p.m.

August 10 – 6:00 p.m.

DATES TO REMEMBER IN JULY 2017

July 1 – Second Half of Year Starts

July 4 – Fourth of July Independence Day

July 6 – Fried Chicken Day

July 8 – Body Painting Day

July 10 – Don't Step on a Bee Day

July 13 – Embrace Your Geekness Day

July 17 – Global Hug Your Kid Day

July 20 – Get To Know Your Customer Day

July 23 – Gorgeous Grandma Day

July 25 – Red Shoe Day

July 27 – National Korean War Veteran's Day

July 29 – Lasagna Day

July 31 – National Mutt 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.

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.
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.

OFFICE STAFF:

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

CANCER SUPPORT GROUP – Stevensville Office

1st 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

2nd 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

3rd Tuesday of each month – 1:30 p.m.

Niles Senior Center

1109 Bell Road
Niles, MI 49120

Phone: (269) 429-3281

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