

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 in Southwest Michiga



April 2017

(269) 429-3281

VOLUME XXIV

ISSUE IV

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.



Spring

Who Sings the news of spring
Better than flowers and their kind?
And, what treasure can be honored more
Than of that first spring flower find?
As the colors poke their heads about
And their fragrance fills the breeze
Or green creeps back into the branch
Of those sleepy, barren trees?
The world takes on a life again---
A long-forgotten grace
Which was buried here beneath the snow-
We thought without a trace.
But each spring glows again anew
With humbling powers unseen
As our environment begins its task
Of covering itself with green.

By *Barry S. Hoerz*



United Way
of Southwest Michigan



BCCS Bulletin Board

DATE CORRECTION: Calling all BCCS Volunteers!

National Volunteer Week is a time to celebrate people doing extraordinary things through service. This year it will be celebrated April 23-29, 2017. **Our 5th annual Volunteer Appreciation Reception will be held Wednesday, April 19, 2017 from 11 a.m. to 4 p.m.** We know that this is a week early, but we know that volunteer week is a very busy week for many of you since you volunteer at multiple places! ***Come and join us for food and fun – and take a break, we will supply the food! (Sorry we had last year's dates in the March newsletter.)***



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 **28th 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 3rd 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 **28th Annual PENNIES FOR PATIENTS DAY!**

Stevensville 4 Corners

She's done it again! Ashley Weber, our extraordinary teen volunteer has set up to collect contributions for Pennies for Patients Day at Stevensville's 4 Corners. Come by John Beers Road and Stevensville Baroda intersection on Friday, April 21st between 4:00 – 7:00 p.m. to give your donation to the BCCS volunteer at the intersection. Over the past several years, Ashley has collected over \$10,000.00 for BCCS!!! What an amazing volunteer!

Bottoms up for a Cure Pub Run

Team “Lucky Charms” is hosting the 7th Annual Pub Run with 98.3 The Coast as the Event Sponsor. This will take place on Saturday, April 29th from 1:00 p.m.-5:00 p.m. to benefit the BCCS. Online registration is at <http://mwfshopping.com/michigan/fundraisers.html> or at 98.3 The Coast – A Mid-West Family Broadcasting Station, 580 E. Napier Ave., Benton Harbor, MI 49022. Race route and registrations begin at 11:00 a.m. at Babe's Lounge, 565 Riverview Drive, Benton Harbor. Cost is \$21.00 by April 21th and includes a t-shirt. Day of event registration is \$25.00, however T-shirts may not be available that day. Included in this fun-filled day is a silent auction and 50/50 raffle. Questions? Call Aimee Foster at 269-930-2580 or email her at msufoster@yahoo.com. Find more information on Facebook- Search for 7th Annual “Bottoms Up for a Cure” Pub Run.

ART PLAY WORKSHOPS

Our new schedule and the registration for the 2017 Art Play Workshops are on our website at www.bccancerservice.org. These art workshops are for children who are impacted by cancer and are designed to encourage expression of feelings. 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. **Our April workshops dates: Thursday, April 13 at Marie Yeager Cancer Center and Monday, April 10 at Buchanan Art Center. Pre-registration is required.**



What You Should Know About Cancer Treatment, Eating Well, and Eating Problems

People with cancer have different diet needs

People with cancer often need to follow diets that are different from what they think of as healthy. For most people, a healthy diet includes:

1. Lots of fruits and vegetables, and whole grain breads and cereals
2. Modest amounts of meat and milk products
3. Small amounts of fat, sugar, alcohol, and salt

When you have cancer, though, you need to eat to keep up your strength to deal with the side effects of treatment. When you are healthy, eating enough food is often not a problem. But when you are dealing with cancer and treatment, this can be a real challenge. When you have cancer, you may need extra protein and calories. At times, your diet may need to include extra milk, cheese, and eggs. If you have trouble chewing and swallowing, you may need to add sauces and gravies. Sometimes, you may need to eat low-fiber foods instead of those with high fiber. Your dietitian can help you with any diet changes you may need to make.

Cancer treatment can cause side effects that lead to eating problems

Cancer treatments are designed to kill cancer cells. But these treatments can also damage healthy cells. Damage to healthy cells can cause side effects. Some of these side effects can lead to eating problems. The cancer travels through the blood vessels to other parts of the body. Common eating problems during cancer treatment include:

Appetite loss
Changes in sense of taste or smell
Constipation
Diarrhea
Dry mouth
Lactose intolerance
Nausea
Sore mouth
Sore throat and trouble swallowing
Vomiting
Weight gain
Weight loss

Some people have appetite loss or nausea because they are stressed about cancer and treatment. People who react this way almost always feel

better once treatment starts and they know what to expect.

Things to do and think about before you start cancer treatment

Until treatment starts you will not know what, if any, side effects or eating problems you may have. If you do have problems, they may be mild. Many side effects can be controlled. Many problems go away when cancer treatment ends.

- Think of your cancer treatment as a time to get well and focus just on yourself.
- Eat a healthy diet before treatment starts. This helps you stay strong during treatment and lowers your risk of infection.
- Go to the dentist. It is important to have a healthy mouth before you start cancer treatment.
- Ask your doctor, nurse, or dietitian about medicine that can help with eating problems.
- Discuss your fears and worries with your doctor, nurse, or social worker. He or she can discuss ways to manage and cope with these feelings.
- Learn about your cancer and its treatment. Many people feel better when they know what to expect.

Not everyone has eating problems during cancer treatment

There is no way to know if you will have eating problems and, if so, how bad they will be. You may have just a few problems or none at all. In part, this depends on the type of cancer you have, where it is in your body, what kind of treatment you have, how long treatment lasts, and the doses of treatment you receive.

During treatment, there are many helpful medicines and other ways to manage eating problems. Once treatment ends, many eating problems go away. Your doctor, nurse, or dietitian can tell you more about the types of eating problems you might expect and ways to manage them. If you start to have eating problems, tell your doctor or nurse right away.

In Loving Memory

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

In Memory of Dolores Elaine Leitz (Schwarz)

Jeanette Fester, Benton Harbor

In Memory of Ernest & Minnie Arent

Alma Arent, St. Joseph

In Memory of Craig Burandt

Rober & Karin Miller, St. Joseph

Bill & Chris Lockwitz, St. Joseph

Ken & Beth Foyder, St. Joseph

Karol & Jack Banyon, Benton Harbor

Carol Marshall, Stevensville

Amber Tibone, St. Joseph

Kathryn & Cratis McLaughlin, Sawyer

William & Rhonda Fryer, St. Joseph

George & Francis Krugh,, Stevensville

Marion & James Maier, Stevensville

Linda & Charles Ludwig, Berrien Springs

Kenneth & Cynthia Priest, Sawyer

Charlene Cook, Stevensville

Harry & Martha Gossett, St. Joseph

Donna Burandt, St. Joseph

Carolyn Yoder, Stevensville

In Memory of Craig Burandt (Cont.)

Robert & Gail Blazo, Baroda

Bruce Quayle, Pittsburgh PA

Jean & Norman Nordstrom, Novi

Pamela Bender, Stevensville

Vincen & Elizabeth Ball, St. Joseph

Patricia & Leonard Smith, Benton Harbor

Ronald Nielsen, Stevensville

In Memory Frank Hoffman

Keith Wagner, Delray Beach FL

Gary & Connie Caranci, Marcellus

Barbara Guse, Cassopolis

In Memory of Doris Miller

Paul Miller, Stevensville

In Memory of Phil Seydel

John & Marilyn Feters, St. Joseph

In Memory of Janet Diane White

Alan Ferguson

Keller & Keller LLP, 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

Laughter is the music of the heart.

Anonymous



“Like” us on Facebook: Berrien County Cancer Service, Inc.

Looking Ahead

BCCS SUPPORT GROUP – Stevensville

April 4 – 1:30 p.m.

May 2– 1:30 p.m.

BCCS SUPPORT GROUP – Niles

April 18 - 1:30 p.m.

May 16 – 1:30 p.m.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center

April 13– 5:30 p.m.

May 11 – 5:30 p.m.

Ostomy Support Group

Lakeland Regional Medical Center

April 13 – 6:00 p.m.

May 11 – 6:00 p.m.

DATES TO REMEMBER IN APRIL 2017

April 1 – April Fools!

April 3 – Find a Rainbow Day

April 6 – Charlie the Tuna Day

April 7 – Hospital Admitting Clerk’s day

April 10 – National Farm Animal’s Day

April 12 – International Day for Street Children

April 14 – Pathologists Assistant’s Day

April 16 – EASTER

April 18 – National Wear Your Pajamas to Work Day

April 20 Get to Know Your Customers Day

April 23 – National Lost Dog Awareness Day

April 25 – World Penguin Day

April 26 – Administrative Professional’s Day

April 27 – National Little Pampered Dog Day

April 29 – Eeyore’s Birthday

April 30 – National Honesty 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!**

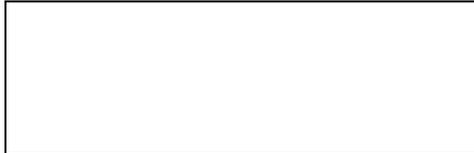
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7301 Red Arrow Highway
Stevensville, MI 49127

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value our readers & hope you enjoy it.

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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