

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

August 2017

(269) 429-3281

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ISSUE VIII

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.



MYSELF

I have to live with myself, and so,
I want to be fit for myself to know,
I want to be able, as days go by,
Always to look myself straight in the eye;
I don't want to stand, with the setting sun,
And hate myself for things I've done.
I want to go out with my head erect,
I want to deserve all men's respect;
But here in the struggle for life and self
I want to be able to like myself.
I don't want to look at myself and know
That I'm bluster and bluff and empty show.
I can never hide myself from me;
I see what others may never see;
I know what others may never know,
I never can fool myself, and so,
Whatever happens, I want to be
Self-respecting and conscience-free.



By Edgar Albert Guest



United Way
of Southwest Michigan

BCCS Bulletin Board

ART PLAY WORKSHOPS

The 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. These workshops meet twice a month with a class using clay at the Buchanan Art Center and a varied art class at the Marie Yeager Cancer Center during the Rainbows of Hope Support Group. 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 Nancy regarding our Art Play Workshops.



Thank You! - Brentwood Hot Dog Fundraiser

Despite the rain, the grill was sizzling with gourmet hot dogs and brats at Brentwood at Niles on Wednesday, July 12th. There were even freshly baked peanut butter cookies by Jerry the Dining Services Director. The kind folks at Brentwood at Niles held a successful fundraiser to benefit the Berrien County Cancer Service, Inc. It was organized by Jennifer Andrews, Administrator, and

Stephanie Lisenko, Sales and Marketing Director. They explained that part of their mission is to make a local impact by giving back to local non-profits who serve the community's needs. On behalf of our patients, BCCS thanks Brentwood at Niles and all those who stopped by to support the fundraiser.



ART FESTIVAL – SAVE THE DATE!

Come join us as we plan the 2017 Art Festival! We are looking to form an Art Festival committee to make this year's festival a success! Our festival includes showcasing the art that the children have created, interactive art stations, refreshments, music, as well as sponsors for the festival, art program, and care BCCS provides, and more! We have reserved the Box Factory for the Arts for Tuesday, November 14 for our Art Festival. If you would like to be part of this committee, a volunteer for the festival, or a sponsor for the event, please call BCCS at 269-429-3281 and ask for Nancy.



Patient Surveys



Thank you to everyone who filled out a survey that we sent out. These every 6 month surveys provide us valuable feedback regarding our nursing care and loan closet items. Here are a few comments: "Thank you for all you do, you make my life easier" and "The BCCS is always there when you need them. They are extremely helpful, we don't know what we would do without them."

Hereditary Cancer Syndromes

Inherited genetic mutations play a major role in about 5 to 10 percent of all cancers. Researchers have associated mutations in specific genes with more than 50 hereditary cancer syndromes, which are disorders that may predispose individuals to developing certain cancers.

Genetic tests can tell whether a person from a family that shows signs of such a syndrome has one of these mutations. These tests can also show whether family members without obvious disease have inherited the same mutation as a family member who carries a cancer-associated mutation.

Many experts recommend that genetic testing for cancer risk be considered when someone has a personal or family history that suggests an inherited cancer risk condition, as long as the test results can be adequately interpreted (that is, they can clearly tell whether a specific genetic change is present or absent) and when the results provide information that will help guide a person's future medical care.

Cancers that are not caused by inherited genetic mutations can sometimes appear to "run in families." For example, a shared environment or lifestyle, such as tobacco use, can cause similar cancers to develop among family members. However, certain patterns in a family—such as the types of cancer that develop, other non-cancer conditions that are seen, and the ages at which cancer develops—may suggest the presence of a hereditary cancer syndrome.

Even if a cancer-predisposing mutation is present in a family, not everyone who inherits the mutation will necessarily develop cancer. Several factors influence the outcome in a given person with the mutation, including the pattern of inheritance of the cancer syndrome.

Here are examples of genes that can play a role in hereditary cancer syndromes.

- The most commonly mutated gene in all cancers is TP53, which produces a protein that suppresses the growth of tumors. In addition, germline mutations in the gene can cause Li-Fraumeni syndrome, a rare, inherited disorder that leads to a higher risk of developing certain cancers.
- Inherited mutations in the BRCA1 and BRCA2 genes are associated with hereditary breast and ovarian cancer syndrome, which is a disorder marked by an increased lifetime risk of breast and ovarian cancers in women. Several other

cancers have been associated with this syndrome, including pancreatic and prostate cancers, as well as male breast cancer.

- Another gene that produces a tumor suppressor protein is PTEN. Mutations in this gene are associated with Cowden syndrome, an inherited disorder that increases the risk of breast, thyroid, endometrial, and other types of cancer.

Clinical DNA Sequencing

Until recently, most genetic testing for cancer focused on testing for individual inherited mutations. But, as more efficient and cheaper DNA sequencing technologies have become available, sequencing of an individual's entire genome or the DNA of an individual's tumor is becoming more common.

Clinical DNA sequencing can be useful in detecting many genetic mutations at one time. Targeted multiple-gene panels test for many inherited mutations or somatic mutations at the same time. These panels can include different genes and be tailored to individual tumor types. Targeted gene panels limit the data to be analyzed and include only known genes, which makes the interpretation more straightforward than in broader approaches that assess the whole genome or significant part of it. Multiple-gene panel tests are becoming increasingly common in genetic testing for hereditary cancer syndromes.

Tumor sequencing can identify somatic mutations that may be driving the growth of particular cancers. It can also help doctors sort out which therapies may work best against a particular tumor. For instance, patients whose lung tumors harbor certain mutations may benefit from drugs that target these particular changes.

Testing tumor DNA may reveal a mutation that has not previously been found in that tumor type. But if that mutation occurs in another tumor type and targeted therapy has been developed for the alteration, the treatment may be effective in the "new" tumor type as well.

Tumor sequencing can also identify germline mutations. Indeed, in some cases, the genetic testing of tumors has shown that a patient's cancer could be associated with a hereditary cancer syndrome that the family was not aware of.

As with testing for specific mutations in hereditary cancer syndromes, clinical DNA sequencing has implications that patients need to consider. For example, they may learn incidentally about the presence of germline mutations that may cause other diseases, in them or in their family members.

In Loving Memory

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

In Memory of Mary Coon

Anson & Barbara Lovellette, St. Joseph

In Memory of Mildred Fern Eull

Richard & Gloria Parker, Niles

In Memory of Pete Kenworthy

Marc & Shelly Florian, Stevensville

In Memory of Robert E Lepel

Donald C. Richmond, St. Joseph

In Memory of Jill Spitzer

Jessica Dow

In Memory of Richard John Srnec

David & Karen Laetz, St. Joseph

John, Jaquie & John Godush, Stevensville

Mark & Ron Patzer, Stevensville

Janet & Donald Radde, Benton Harbor

Donald & Debra Patzer, Mishawaka IN

Rita & Mitchell Braddock, Berrien Springs

John & Debra Small, Benton harbor

Ann Vander Molen, St. Joseph

In Memory of David Sundblad

Louise Lausman, Stevensville

In Memory of Anne M. Ward

Phyllis Johnson, St. Joseph

Joseph & Sharon Vargo, Benton Harbor

Peter & Raejene Shaffer, 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.



Looking Ahead

BCCS SUPPORT GROUP – Stevensville

August 1 – 1:30 p.m.

September 5 – 1:30 pm

BCCS SUPPORT GROUP – Niles

August 15 – 1:30 p.m.

September 19 – 1:30 pm

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center

August 10 – 5:30 p.m.

September 14 – 5:30 pm

CHILD & FAMILY SUPPORT GROUP

Art Play Workshops

2nd Monday at Buchanan Art Center

2nd Thursday at Marie Yeager Cancer Center

Go to www.bccancerservice.org or call

BCCS at 269-429-3281 for details

OSTOMY SUPPORT GROUP

Lakeland Regional Medical Center

August 10 – 6:00 p.m.

September 14 – 6:00 pm

DATES TO REMEMBER IN AUGUST 2017

August 1 – Girlfriend's Day

August 4 – National Chocolate Chip Day

August 6 – Hiroshima Day

August 12 – National Garage Sale Day

August 14 – International Rose's Day

August 16 – National Rollercoaster Day

August 19 – International Homeless Animals Day

August 21 – Senior Citizen's Day

August 24 – Pluto Demoted Day

August 27 – Just Because Day

August 28 – Crackers Over the Keyboard Day

August 30 – National Toasted Marshmallow 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

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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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