



**Ovarian Cancer Support Group**

**ACS and OCRA Announce New Collaboration**

In a new collaboration, the **American Cancer Society** and **Ovarian Cancer Research Alliance** have joined forces to fund multidisciplinary research projects to explore new ways of detecting, treating, and preventing ovarian cancer relapse, and for improving quality of life among those diagnosed with ovarian cancer. The two organizations are committing to a total investment of **\$8 million** to sustain four research teams over four years.

This joint initiative seeks to raise funds to support four multidisciplinary research teams to investigate biological, clinical, and psychosocial factors associated with ovarian cancer outcomes. A better understanding of these factors will lead to new avenues for detecting, treating, and preventing ovarian cancer relapse, and for improving quality of life. Once initial funding is acquired, a request for proposal/critical peer review process will select the four research teams.

“More and more, scientists and organizations are recognizing the need to break down barriers and work together to find answers,” said **William Phelps**, PhD, senior vice president of Extramural Research. “This approach is particularly important in ovarian cancer, a disease for which new innovative treatments are urgently needed.”

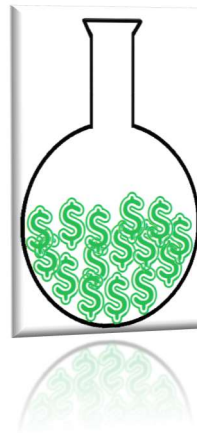


*One to One is devoted to the on-going support of those newly diagnosed, those in remission and those in recurrence.*

100% of contributions directly benefit our group by providing activities and paying for expenses.

*One to One partners with MIOCA but we are financially independent.*

Donations are gratefully accepted and can be made by check payable to **One to One Ovarian Cancer Support Group** c/o Marilyn Brozovic 4793 Alton Dr. Troy, MI 48085



“We are excited to accelerate breakthroughs in the fight against high grade serous ovarian carcinoma—the deadliest form of the disease—by collaborating with American Cancer Society,” said Audra Moran, president and CEO, Ovarian Cancer Research Alliance. “Together our two organizations have supported over \$135 million in ovarian cancer research since the 1990s, but this new partnership will allow us to multiply our impact.”

Ovarian Cancer Research Alliance (OCRA) is the largest non-government funder of ovarian cancer research and has invested more than \$85 million in research since 1998.

**SAVE THE DATE**

**COMING UP**

- ✓ **Friday August 30-Sept 1** – Annual Me, Myself & I Weekend – refer to registration information
- ✓ **Saturday September 28** – Celebrating our Teal Warriors (that’s YOU!) – Gilda’s Club, Royal Oak
- ✓ **Thursday November 14** – Oakland University Physical Therapy Workshop – 6-8 pm, Beaumont Medical Center, Sterling Heights

# Attitude

There once was a woman who woke up one morning, looked in the mirror and noticed she had only three hairs on her head.

"Well," she said, "I think I'll braid my hair today." She did and had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head.

"Hmmm," she said. "I think I will part my hair down the middle today." She did and had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head.

"Well," she said, "today I am going to wear my hair in a ponytail." She did and she had a fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head.

"Yea!" she exclaimed. "I don't have to fix my hair today!"



*Attitude is everything.*

*Be kinder than necessary, for everyone you meet is fighting some kind of battle.  
Live simply, love generously, care deeply, speak kindly..... leave the rest to God.*

## July Meeting Info

### AN EVENING WITH THE LAW - THINKING BEYOND TOMORROW

There comes a time when you have to think about planning, no matter what phase of life you're in. Having a legal strategy in place is one of the smartest moves you can make. It's how you can safeguard your family, your assets and your wishes in any situation. It is important to know what your options are and what options work best for you. Join us and the Sharing & Caring Breast Cancer Education & Support Group as **Patrick M. Simasko, Simasko Law** and **Simasko Financial**, provides us with the best and newest information about estate planning, Medicaid planning, family law, pension benefits, assets, and more.

To get to the Administration building, park in the South Parking Structure. Enter the canopied entrance door. Proceed to the elevator or stairs to the lower level **Classroom #1**. Caregivers are also welcome to attend!

Note time and location change!

### Group Meeting:

Thursday, July 11

6 pm

Beaumont, Royal Oak

Administration Building

#### Topic:

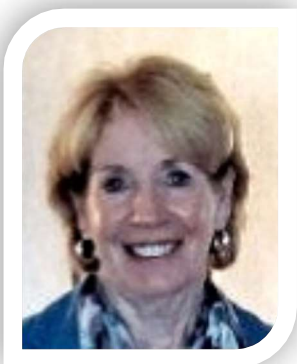
Thinking Beyond Tomorrow -  
FMLA, Elder Law and  
Other Legalities

# SUPPORT GROUPS

## can help

By Marcia Gurche

KEEP  
CALM  
AND  
CARRY  
ON



As a newly diagnosed ovarian cancer patient over 18 years ago, I had no desire to attend the *One to One* Support Group meetings that my oncology nurse, Anna Dugan, suggested to me. She would gently nudge me to join her at a meeting and I kept hedging with excuses

not to. I didn't feel I needed a support group, given that I had a huge circle of family and friends at home. However, Anna was a super saleswoman and because she was the moderator of the group, I felt compelled to give it a try. Consequently, I dragged myself to a meeting two months after my diagnosis, feeling very vulnerable and scared.

Since that first meeting, I often tell the story of how I went home and cried for two days...not because I didn't like the meeting, but because I was so torn by what had happened there. On one hand, from the moment I walked into the room, I felt embraced by the women of the group, and I felt uplifted and loved. At that initial meeting, I laughed more than I had since my diagnosis. At the same time, I learned some disturbing things. Since my CA125 number had already gone down to single digits, I thought that I was in remission and that I was now "cured." In actuality, the numbers don't tell the whole story. I learned that ovarian cancer is an insidious disease and can come back any time with a vengeance. (Thus, the reason I went home and cried for two days.) But I also learned that here was a roomful of *strong, interesting, fun-loving women who were carrying on* regardless of their CA125 count. They were working, taking care of their families, going on vacations, and living their lives to the fullest while undergoing chemotherapy. That was

amazing to me and it inspired me in ways that no amount of loving family support ever could. Needless to say, I returned for the next month's meeting and the one after that, and have rarely missed a meeting of the *One to One* group because I am so awed by the strength and love of the ladies who attend.

Anna was such a blessing to our group and we miss her guidance always, but her example helped us form a bond that we have carried on since 1997. I learned that while it is wonderful to have a great support system at home, there is nothing like being part of a group of people who share the same fears and concerns as me. While I didn't say a word at the first meeting I attended, two other ladies brought up some of my own issues. One woman stated that she was having a difficult time praying.

A member in attendance wisely replied that was fine, since we can just let others do our praying for us for a while. Whew! Did that ever relieve me! Another woman talked about waking in the middle of the night and not getting back to sleep. Anna, once again, had awesome advice: just get up out of bed and do a chore. Iron clothes, empty the dishwasher, etc. and then pretend you are going to treat yourself to a nap. It worked like a charm!

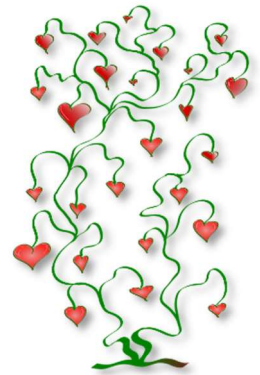


In a support group such as ours, we can get information about new cancer treatments, receive encouragement from others in attendance, be inspired by the personal stories shared, laugh and cry in a safe environment, deal with fears about the future, and ask for help as we proceed along our journey. Sometimes it can be overwhelming to hear all that other women are going through, but I believe that the benefits of belonging far outweigh the risks. **Dr. David Spiegel** of Stanford University has done extensive research regarding the value of support groups. His work confirms that these groups can significantly improve cancer patients' quality of life, leading to better coping, improved mood, and reduced pain.

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It is not always possible to be physically present at meetings; however, being a part of the *One to One* Support Group is as easy as opening up your mail and reading our newsletter when it comes. **If you are connected with us in any way, you are a part of us. Whether you come to a meeting, come to one event a year, or simply check out the newsletter each month, we love and care about you.** No one should be isolated and we want you to know you can reach out to us at any time. Our friendships are limitless; ladies may move away, but remain in touch with us through the newsletter. We welcome and treasure that connection.



I am so grateful to be a part of the *One to One* Support Group and I consider this group of ladies my **cancer rewards**. They are friends for life, and they have enriched me in ways that I could never have imagined.

## Happy Survivorsary!



Alicia M.	32 years !
Bridget S.	16
Virginia M.	12
Betty C.	11
Irene K.	10
Lori P.	9
Joline B.	9
Caryn L.	6
Kim B.	5
Gail D.	4
Carolyn J.	2



Barb S.	Aug 1
Jennifer B.	Aug 3
Louise B.	Aug 3
Ella S.	Aug 7
Michelle S.	Aug 9
Jan H.	Aug 11
Rosalie B.	Aug 14
Molly G.	Aug 20
Marguerite S.	Aug 25
Suzan S.	Aug 27
Marcia K.	Aug 28
Carolyn J.	Aug 29
Janet C.	Aug 31
Georgia R.	Aug 31

Be sure to visit the support page at [mioca.org](http://mioca.org) to learn of upcoming meetings and *One to One* events!

### Meeting dates

- **July 11**  
*Topic: Thinking Beyond Tomorrow - FMLA, Elder Law and Other Legalities*  
**NOTE: July meeting is at 6 pm – Beaumont Royal Oak Auditorium.**
- **August 8**  
*Topic: Behavioral Approaches to Pain Management*  
**Speaker:** Laura Krasean, Ph.D., L. P. – Beaumont Clinical Psychologist for Women's Urology & Pelvic Health Center
- **September 12**  
*Group Conversation*

Support group meetings are held at the Beaumont, Royal Oak **Neuroscience Center**, 4:00 p.m. – 5:30 p.m., in the 2<sup>nd</sup> floor conference room.

Parking is available in either the Neuroscience Center parking lot or in the Cancer Center parking lot. (The buildings are not connected.)

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Newsletter information is presented in summary form, is general in nature and provided for informational purposes only. It is not intended in any way to be a substitute for professional medical advice, diagnosis or treatment.

#### Objectives of support group:

- ✦ Provide a forum for ovarian cancer patients to address concerns;
- ✦ Support each other through initial treatment phase, during potential recurrence, and with issues related to long term survival;
- ✦ Establish core group of survivors willing to visit newly diagnosed patients;
- ✦ Increase awareness of ovarian cancer, including its symptoms and risk factors, in the hope of achieving earlier detection and treatment.