



Bunco Delight Night



Maple Lanes Golf Club was filled with laughter, groans, and oohs and aahs all evening, as our *One to One* group held our first ever **Bunco Night**. Even the most reluctant attendees quickly became enthusiastic as the thrill of the dice took over. Those who were new to the game soon caught on, and the evening flew by as people met new friends, who they partnered with until the dreaded bull horn sounded, signaling the end of each round. Even the biggest **loser** of the evening came out a **winner**, for she received a cash prize, as did the biggest winner of the night AND the person with the most buncos. (See, sometimes it even pays to lose!)

(Cont. 'd on next page)

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.

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

A receipt will be provided for tax purposes.



November Group Meeting

to be replaced by

'Live in Balance'

Thursday, Nov 14

5:00 - 7:00 pm

Beaumont Medical Park

Sterling Heights

MUST RSVP 248-561-2027

PRIZE DRAWING WINNERS

1st Prize

I-Pad Mini
Chris Sidor

2nd Prize

Foursome Golf Package at
Maple Lane Golf Course
Genny Beaudrie

3rd Prize

Rachel Ray
Teal Cookware Set
Jen Poore

4th Prize

\$50 Gift Card for The
Village of Rochester
Lori Pittenger

5th Prize

Massage
Beth Hinman

Marilyn did a remarkable job organizing this event and keeping things running smoothly. We are very thankful to all who worked that evening: **Stacy Michalski, Patty Kurpinski, Marsha Booser and Sue Hoste.**

We also want to thank all those who generously contributed to the event:

**Chad Byron and Maple Lane Golf Club;
Whitlock Printing; Bill Davy;
Wendy Schrag; Sharon Witkowski;
Carol Marenko; Deanna Cosens;
Barb Livingston; Stacy Michalski; Leana Lee;
Patty Kurpinski; Marsha Booser;
Genny Beaudrie; Debbie Zemmer, Carol Kay;
Kathy Dominczak; Carole Robb; Betty Austin;
Betty Cherenko; Christine Babisch;
Rose Newman, Carol Schulte; Mary Walosin,
Tom & Mary O'Brien; Lorraine Boudreau
and Toni Hall.**



Many thanks to all who supported us by purchasing and selling tickets for our prize drawing, as well. We are very grateful to you for your support. The event wouldn't have been the success it was without the support of all those who attended. Thanks so much for coming and helping us kick off this new tradition. We think it can safely be said that a good time was had by all!

Have you had feelings of fatigue which started after your cancer diagnosis?

Are you interested in participating in a study about fatigue?

The statewide cancer registry, Michigan Cancer Surveillance Program, within the Michigan Department of Health and Human Resources is collaborating with researchers at U of M on a study funded by the US Dept of Defense.

Acupressure for Fatigue in Ovarian Cancer Survivors is a study funded by the Department of Defense (DOD) looking at a method for managing persistent fatigue in ovarian cancer survivors who have completed their cancer treatments. This study will assess the use of self-administered acupressure to relieve the persistent fatigue that often follows treatment. Acupressure is a form of complementary medicine where pressure is applied, either by yourself or by someone else, to specific points on the body to alleviate symptoms. This study contains three groups, two adding self-acupressure to their normal care routine and one continuing standard care only. If you are randomized to one of the acupressure groups, you will be given a computer tablet with a program, or app, to train you in how to give yourself acupressure, as well as a device (AcuWand) to deliver that acupressure. During the study you will need to perform the acupressure on yourself daily, as instructed, for six weeks. After this time, you will complete a series of surveys about your fatigue periodically for several months, after which your participation in the study will end. We hope that this work will provide better information about the treatment of fatigue in ovarian cancer survivors.

Note: You must have completed treatments six months prior and have had no acupuncture or acupressure within the last year.

For more information call **Kellie Chin 855-504-0120** ~ fammed-szickstudy@med.umich.edu

(This program is not endorsed by One to One ovarian cancer support group; we are merely passing on information)



Ovarian Cancer: A Seven-Year Perspective

By Patti Pfaendtner

Warrior (*noun*) a person who fights in a battle or war; a brave or experienced soldier or fighter.

Something that I have always been uncomfortable with during my seven-year journey with ovarian cancer is the term *warrior*. People suffering from all types of cancer are often called warriors, soldiers, or even fighters. It's not uncommon to hear things such as, "she spent years fighting cancer" or "so and so died following years of battling cancer." The concept of being someone doing battle or being a warrior just didn't feel right to me.

Cancer is something that happened to me. It is something that continues to happen to me. It has turned my life inside out and upside down. All treatments are done *to me*. I often picture myself holding onto the mast of a ship on turbulent seas. I am literally hanging on for dear life while the winds and the seas are pummeling the ship, tossing and turning it until the storm has temporarily passed. I can't pull out a sword or weapon and I can't fight back. All I can do is hang on until it's over.



My vision of a warrior is someone with a proactive stance. They charge into the battle to inflict as much damage as possible. Sometimes they are successful and sometimes they lose. I have no difficulty assigning the role of warrior to my surgeon, my radiologist, or my oncologist. They examine the battlefield, weigh their options, and fight like hell to overcome this insidious disease. My feeling has always been that they are the warriors, the fighters, and that I am merely the innocent bystander who is either a casualty of the battle or a fortunate member of the victorious party.

As I reach my seven-year and five-month milestone, my perspective has changed slightly. I still believe that my doctors are the true warriors in this woman's personal battle and I still see cancer and its subsequent treatments as something that has happened *to me*. The change, however, has come in the way that I am now defining things. I'm not challenging the Oxford Dictionary. I am, rather, broadening the scope of the way the word *warrior* or at the very least *fighter* is defined.



With the weight of time and treatments upon my body, my greatest enemies have become constant fatigue, pain, and nausea. As my fellow "teal warriors" will attest, these three by-products of treatment are extremely debilitating. I tend to suffer more anxiety and depressive feelings over these issues than I ever did over the initial diagnosis. It has to do with the difficult acceptance that this is my new normal and it will never go away. It is this realization that has caused me to dust off my lens and rethink the way I define *warrior*. And, this is why: I wake up every day with a healthy dose of all three symptoms, fatigue, pain, and depression. The feelings are overwhelming and all I want to do is stay in bed. However, with what seems to be increasing difficulty each day, I GET UP. I don't have a weapon or a treatment or any other implement of battle. I simply force myself to get up and go about my day. *And from my current perspective, that makes me a warrior.* God Bless to my fellow Teal Warriors.

Respectfully submitted 09/24/2019

HOLIDAY PARTY

Saturday, December 7, 2019

11:30 am – 2:30 pm

11:30 – Conversation

11:45 – Lunch

12:30 – Heart to Heart Gift Exchange

Cost \$12.00 per person

Clawson-Troy Elks Lodge

2549 Elliott Dr., Troy

(between 14 & 15 Mile,
between John R. and Dequindre)



Celebrate friendship and the winter holidays! Cost is \$12 per person toward the cost of the meal. The support group funds will supplement the rest of the cost. The meal will include a buffet-style lunch of Mostaccioli, Lemon Chicken, Italian Sausage/Peppers, Broasted Potatoes, Mixed Vegetables, Tossed Salad and Rolls. GUESTS are welcome too!

Please note that we MUST have a count by the 18th of November because the food is being catered. Please let me know if you would like GF Mostaccioli.

The highlight of our gathering is our **heart to heart gift exchange**. Please bring a wrapped gift that may not necessarily be new, but which has special meaning or significance to you. (Enclose a note explaining why the gift has special meaning to you.) It is always so interesting to see how certain gifts end up with just the right person each year.



Meeting dates

- **November 14**
Physical Therapy Program,
Sterling Hts., 5 – 7 pm
(This takes the place of our
November meeting.)
- **December 7**
Holiday Lunch
(This takes the place of our
December meeting.)

Support group meetings are held at the
Beaumont, Royal Oak **Neuroscience Center**,
4:00 p.m. – 5:30 p.m.,
in the 2nd 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.

Happy SURVIVORsary!

Barbara S	28 yrs!
Georgia R	14
Charlotte M	14
Linda F	6
AlJean M	5
Madeline W	4
Marianna L	3
Jamie K	2
Jen M	2
Janice S	2
Jo K	1
Tina R	1



Check out our new website:

[OneToOneOvarianCancer
SupportGroup.com](http://OneToOneOvarianCancerSupportGroup.com)

We welcome feedback for improvements! For example, what would you like to see?

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.*