



# Center for Mindfulness Fall Lineup



Beaumont's Center for Mindfulness once again presents its Fall schedule featuring **Ruth Lerman, M.D.** Certified MBSR Instructor, MBSR Teacher Trainer and **Lucy Sternburgh, Ph.D.** Certified MBSR Instructor, Trained MSC Teacher.

The sessions include:

- Troy → • **Living with Ease Mindfulness-Based Stress Reduction (MBSR):** 8-week course, Oct. 7 to Dec. 9, 6-8:30pm – Dharma Gate Zen Center, Troy  
*Required orientation Sept. 23 or 30, 6–8:30pm*
- Farmington Hills → • **Living with Ease Mindfulness-Based Stress Reduction (MBSR):** 8 week course, Oct. 17 to Dec. 12, 9:30am-12 pm– Adat Shalom Synagogue, Farmington Hills  
*Required orientation Sept. 26 or Oct. 3, 9:30am-12pm*
- **Mindful Self-Compassion:** 8-week course, Oct. 9 to Dec. 18, 6-8:30pm  
Dharma Gate Zen Center, Troy  
*Required orientation Sept. 25 or Oct. 2, 6-8:30pm*
- **First Step in MBSR Teacher Training:** 11 session course, Sept. 26-Dec. 19, 9:30am-12 pm, 1:30-4:30pm
- **Weekly Online Meditation Group:** Mondays, Sept. 9 to Dec. 23, 7:30-8am and Wednesdays, Sept. 4 to Dec. 18, 7:30-8am.
- **Silent Mindfulness Retreat:** Bringing in the Light – A Silent, Mindfulness-Based Retreat: two, five or seven-night options beginning on Dec. 27 – Columbiere Retreat Center, Clarkston

Visit <https://www.beaumont.org/services/center-for-mindfulness> for further details and information about costs, scholarships and registration. Questions? Please e-mail [CenterForMindfulness@beaumont.org](mailto:CenterForMindfulness@beaumont.org)

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

## Tie Michigan Teal



During September, **National Ovarian Cancer Awareness Month**, teal ribbons will be tied around lamp posts in downtown areas across Michigan to raise awareness of ovarian cancer. We can use help tying ribbons in **Berkley** and **Clawson** on Tuesday, September 3rd. We will be meeting at the Berkley Public Library (3155 Coolidge Hwy) at 10:00am. After "tealing" Berkley we will head over to Clawson and teal Clawson. Rain day will be Sunday, September 8<sup>th</sup> at noon. Please RSVP to **Marcia Gurche** at [mgurche@gmail.com](mailto:mgurche@gmail.com). *Many hands make light work, so please come out and join us!*

**Group Meeting:**  
Thursday, September 12

4:00 pm – 5:30 pm  
Beaumont, Royal Oak  
**Neuroscience Center,**  
Allison Conference Room,  
2<sup>nd</sup> floor

### Group conversation

Join us for dinner following the meeting at **The Avenue** – located on Woodward, just north of 13 Mile on the west side. The restaurant offers a nice menu with separate checks.

# Ovarian Cancer: *A Seven-Year Perspective*

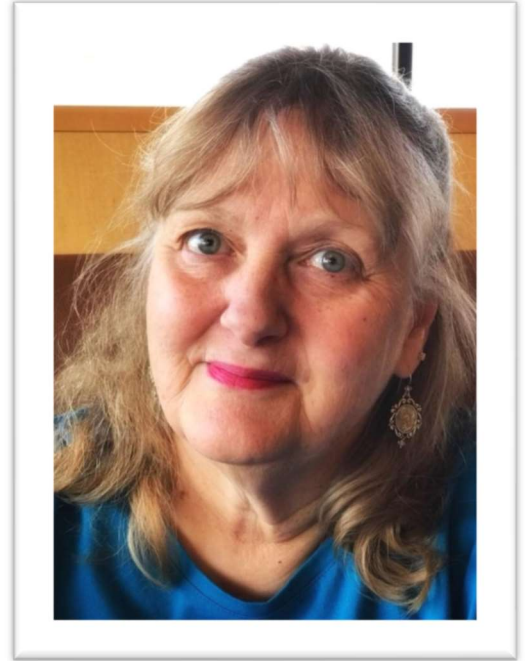
By Patti Pfaendtner

**PTSD** (*noun*) A disorder in which a person has difficulty recovering after experiencing or witnessing a terrifying event. The condition may last months or years, with triggers that can bring back memories of the trauma, causing intense emotional and physical reactions.

“I know  
what has  
happened  
to me and I  
know I can  
survive it.”

Something I have observed during my cancer journey is that there are a couple of survivor group types: those who have suffered an initial occurrence, followed by an extended period of time without disease activity, and those who suffer from continued recurrences. I happen to fall into the latter category.

My name is Patti Pfaendtner and I am a seven-year ovarian cancer survivor. I was diagnosed in 2012 and was initially at stage III. Since then, I have had four recurrences with treatments ranging from chemotherapy, to radiation, to a regimen of estrogen blockers, to surgery. In all of these years, my body has remained pretty true to an every 9 to 18-month recurrence cycle. The disease is chronic and relentless. Having said that, I feel very blessed to thus far have a slow growing form of cancer.



My initial occurrence was discovered during what was supposed to be a fairly routine hysterectomy. That surgery was followed by a bilateral pelvic and aortic node dissection. I lost 51 lymph nodes and was restaged IIIC.

After recuperating, I began my first round of chemotherapy. I became severely dehydrated and spent the next three months in and out of the hospital. I suffered from ascites, low blood pressure, loss of appetite, loss of mobility, and struggling kidneys. Like many of us, I endured countless procedures and nearly three weeks of rehab to regain mobility. Every day brought a different kind of pain and a new type of poking and prodding. All of this occurred before my second chemotherapy treatment!

I returned home to a hospital bed and resumed chemotherapy. I was very relieved to come home to my family. I desperately wanted my life to return to normal. Within a few days, however, I realized my normal had changed. I was no longer the same person. While aware of the significant changes in my body, I was surprised to learn that my cognitive and social/emotional skills had also experienced trauma. My musings here are not based on any scientific data but instead on personal experience and self-reflection. I'm simply sharing my journey.

*(Cont. 'd on next page)*

My immediate family—myself, my husband, and two grown sons—has always been characterized by loudly expressed and sometimes volatile opinions. We are not a quiet bunch. We are extremely close and unafraid to stand up for ourselves. Before cancer, we functioned as a matriarchy. I ruled the roost with a loving but iron will. My first indication that something had changed occurred shortly after I had recovered from my initial treatment cycle. My son and I had a disagreement and instead of verbally giving as good as I got, I fell apart. My son was shaken. He asked what had happened to me. I was usually tougher.

I knew my son was right. I was different. I couldn't take a shower without leaving the curtain open halfway. I couldn't enter a crowded room without clinging to my husband. Loud noises made me jump and I needed lights left on at night. I could no longer watch explicit crime shows, a previous favorite. The theme song for Criminal Minds scared me. I didn't drive for six months until my son took me into a parking lot and made me practice. I was afraid of everything. At the time, overwhelmed by my physical problems, I couldn't focus on my mental issues.

It is only recently that I have been able to reflect back over the past seven years in an effort to understand what I have been through and how it has impacted me long-term. Thankfully, some of the immediate idiosyncrasies have faded. It took two years to completely close the shower curtain and I am back to watching my favorite crime shows. I am able to attend crowded events without my husband and the lights stay off at night. I do continue to jump at loud noises but can drive without fear. However, I have not recaptured my inner strength. Every confrontation makes me cry and my family has learned to treat me with kid gloves. I am wounded. I no longer lead with hope but instead expect disappointment. I continue to fight the disease for the sake of my family and to set an example for my grandchildren, but I wonder if I might, at some point, decide that it's too much.

I was watching a report on veterans recently. The reporter described the symptoms of **PTSD** (*Post-Traumatic Stress Disorder*). I realized that this was a disorder that could affect those not necessarily in the military. I was poked, prodded, cut open (several times), dosed with poison, submitted to radiation, exposed to tremendous pain, stripped of all dignity, and alleviated of multiple body parts. If that isn't traumatic, I don't know what is. I'm not complaining. The wonderful people who administered all of the above did so to save my life and did so successfully. That gift, however, did not come without a cost. The ability to give it a label has helped. I know what has happened to me and I know I can survive it. Which is a good thing, because I'm about to reach my ninth month since my last occurrence. The story continues.

*Respectfully submitted August 2019*



*It's wondrous what a Hug can do.  
A Hug can cheer you when you're blue.  
A Hug can say, "I love you so."  
Or, "Gee, I hate to see you go."*

*A Hug is "Welcome back again."  
And "Great to see you! Where've you been?"  
A Hug can soothe a small child's pain  
And bring a rainbow after rain.*

*That Hug! There's just no doubt about it.  
We scarcely could survive without it!  
A Hug delights and warms and charms.  
It must be why God gave us arms.*

*Hugs are great for fathers and mothers.  
Sweet for sisters, swell for brothers.  
And chances are your favorite aunts  
Love them more than potted plants.  
Kittens crave them. Puppies love them.  
Heads of state are not above them.*

*A Hug can break the language barrier,  
And make your travels so much merrier.  
No need to fret about your store of 'em.  
The more you give, the more there's more of 'em.  
So stretch those arms without delay  
And give someone a Hug today!*

Author Unknown  
Reprinted from the  
September, 1997 *One to One* Newsletter

And the Moon  
said to me -  
My darling, you  
do not have to  
be whole in  
order to shine.

**AWARENESS SEPTEMBER MONTH**  
Supporting the Fighters  
Admiring the Survivors  
Remembering the Taken  
and never, ever  
giving up hope.  
**OVARIAN CANCER**

*Meeting dates*

- **September 12**  
Group Conversation
- **October 10**  
Group Conversation
- **November 14**  
Physical Therapy Program,  
Troy Beaumont, 5 – 7 pm  
(this takes the place of our  
November meeting.)

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.)



Annie K.	Oct 1
Carol H.	Oct 1
Virginia M.	Oct 4
Christine W.	Oct 10
Cindy S.	Oct 15
Suzanne K.	Oct 18
Shirley M.	Oct 20
Judy M.	Oct 28
Jennifer S.	Oct 30

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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.

*save the date*



**OCTOBER 12, 2019**

**5:30 PM**



**Happy  
Survivorsary!**

Carol K.	18 yrs!
Julie F.	14
Carol S.	13
Stella P.	11
Debra F.	12
Ellen F.	8
Betty A.	8
Deanna C.	8
Sharon W.	8
Cheryl D.	7
Cessily T.	6
Laura M.	2

***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.*