

ONE
TO
ONEOvarian Cancer
Support Group

Lemonade from Lemons

Once again, Marilyn did a great job moderating our Zoom support group meeting on July 9th. We had 17 ladies attend the session. Marilyn threw out this topic for discussion: **“How has the quarantine impacted you in a positive way?”** Georgia Roed jumped right in and shared how she has been able to spend time building a beautiful butterfly garden, which she never would have had the time to do if she had not been in lockdown. Other ladies then shared some of their own positive experiences, which included:



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.

- Taking time to give gratitude to people who serve me daily.
- Finally feeling part of a team since I am no longer the only team member working remotely.
- Reaching out to a friend who I had not seen in 46 years.
- Having time for arts and crafts.
- Enjoying time gardening with my husband.
- Saving money by not going out to eat.
- Having family around who helped out when needed; enjoyed seeing grandchildren and spending time up at cottage.
- Having time to cook some healthy and delicious food.
- Letting go of commitments which I didn't really enjoy doing.
- Not having as many distractions so I could focus more on my art; discovering the secret of life-gratitude.
- Enjoyed seeing families spending more time together playing games and doing things they wouldn't ordinarily do such as fishing, bike riding, playing catch, etc.
- Taking time to focus on self-care.
- More awareness of the importance of connecting and kindness.
- Valuing the slowing down of the pace of life, as well as the earth healing itself.
- Enjoying my time at home and researching family history.

Before ending our meeting, Renee Machiniak, our chaplain, shared with us the thought that saying something nice to others helps both the giver and the receiver's health. The immune system responds positively when kindness is shared. We can all agree that while none of us would have asked for this quarantine, most of us have found some measure of peace as a result of it.

~ Marcia

healthy eating

Provided by Gina Hespen

Ice Cream Recipes (from "Tasty Vegetarian" on Facebook):

Banana Ice Cream

- 2 frozen bananas
- Lemon juice to taste (or you can add a little organic vanilla in place of lemon juice)
- Splash of water
- Blend and freeze

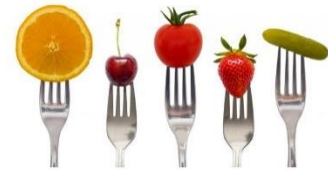


Blueberry/Banana Ice Cream

- 4 cups frozen blueberries
- 2 bananas
- ½ cup lemon juice
- ½ cup maple syrup (can omit this, but adjust lemon juice to taste and add a splash of water)
- Blend and freeze



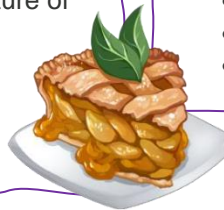
Note: if the fruit is not frozen, add a glass of ice to the mixture to blend.



Apple/Pear Pie (crust recipe from marthastewart.com):

Crust:

- 1 ¼ cup flour (can use all-purpose flour or a mixture of all-purpose and whole wheat flour)
- 8 tablespoons (1 stick) of cold organic unsalted butter, cut into pieces
- 3 - 4 tablespoons ice water
- 1 teaspoon salt



Filling:

- 3 peeled medium sized apples (sliced)
- 3 peeled pears (sliced)
- Lemon juice to taste

Combine flour, butter, salt in a bowl and process until it is coarse crumbs. Gradually add ice water until dough comes together to form a ball. Wrap in plastic and refrigerate for at least 1 hour or up to overnight. (When ready to use, cut in half for top and bottom layer.)

Add filling to pie crust. Sprinkle cinnamon on each layer of fruit. On top layer of crust, add small pieces of butter and sprinkle more cinnamon. Bake in a 350-degree oven for 60-70 minutes. Cool on a wire rack.

Shawarma Spiced Grilled Chicken Marinade (from "Skinnytaste" on Facebook):

- 1 pound 2 boneless, skinless chicken breasts, cut in half lengthwise
- 1 tablespoon extra virgin olive oil
- Juice from 1 medium lemon
- 3 garlic cloves, minced
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1/4 teaspoon turmeric
- 1/4 teaspoon curry powder
- 1/8 teaspoon cinnamon
- Pinch red pepper flakes (optional)
- 1 teaspoon kosher salt
- Freshly ground black pepper, to taste



Mix all ingredients together in a small bowl and pour over chicken to marinate for at least 1-hour before cooking.

ENJOY!!!



PROFILE IN

Courage

by Marcia Gurche



As a long-time high school basketball coach, nobody knows better than **Meghan White** how important it is to teach the fundamentals to young players. A good coach will emphasize shooting, passing, dribbling, hustling, rebounding, and most of all, *perseverance*. Ironically, Meg has discovered first-hand that the basketball skills she learned as a young girl and which she has passed on to so many other aspiring athletes, have come in handy with her recent ovarian cancer diagnosis.

Meg was living the good life in July, 2019 as an elementary school physical education teacher in the Farmington School District, when she was blindsided by her diagnosis. At age 45, with no history of ovarian cancer in her family, she certainly was not expecting to hear that she had cancer. Following surgery, her active lifestyle of running, playing softball, hiking, golfing, kayaking and weightlifting came to a screeching halt when she was sidelined with a pinched nerve. With a lot of hard work and physical therapy, Meg was able to graduate from a walker and cane and this summer she is back enjoying her usual activities as often as she can.



Family is very important to Meg and she is fortunate to be able to spend much quality time with hers. She grew up on the east side of Detroit and attended St. Clement Catholic School where her dad, **Dan**, was a teacher. Her mom, **Judy**, worked as a secretary at the neighboring De LaSalle Collegiate High School. Her parents have since retired and now live in New Baltimore. Meg's brother, **Dan**, and his wife, **Jen**, live in Clinton Township with their twins, **Annabelle** and **Christian** (7 ½). Every year the family takes a trip together and this year they will spend a week at a house in Harbor Springs along with two favorite aunts. They grew up camping and still enjoy camping occasionally. They recently had


an overnight camp-out in Dan and Judy's backyard to introduce Annabelle and Christian to the great outdoors. Meg was dismayed to learn that Dan and Judy actually snuck into their house during the night and slept in their own beds-----busted!!!

Meghan has taught PE at Beechview Elementary for 16 years and has also filled in as Acting Principal when necessary. She has coached high school girls' softball and basketball for twenty years. Prior to teaching, Meg worked for Beaumont Health System for ten years in Cardiac Rehabilitation, after graduating from Alma College with an Exercise Science degree.



(Cont. 'd on next page)

Meg is totally shocked by the outpouring of support she has received along her cancer journey. So many people from different areas of her life have reached out to her -- friends from as far back as grade school, as well as people and students in her current life. Tee shirts were made in her honor and #Megastrong was created as a tribute to her.

Meg is gearing up for another challenge, as she was just diagnosed with a recurrence. She is feeling better now than she has in a long time, but will soon be starting on a new chemotherapy. All her coaching skills are going to be put to use but I have no doubt she will come out victorious once again. She will need to: prepare mentally and physically; remain focused; believe in herself; be a team player; rebound; use a full court press if necessary; and above all else... NEVER GIVE UP! 

A Little Covid Humor

(Provided by
Terrie Karebien)

Due to the national coin shortage I will no longer
be accepting anyone's
two cents.



HAPPY SURVIVORSary

Shirley Malkiewicz	19
Ginny Dimsa	14
Judy Nitz	10
Debbie Zemmer	9
Mary Walosin	5
Carole Kabrin	3

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*Thank
You!*

Thank you to **Gina Hespen**
and **Kathy Dominczak** for
their generous donations to
our *One to One* group!



Please join us for our ZOOM
meetings at 4:30 pm on the
second and fourth Thursdays
each month.

August 13 and 27
September 10 and 24
October 8 and 22
November 12 and 19

An email will be sent to everyone
four days prior to each video
support group meeting asking if you
would like to participate. A
separate email with a link will be
sent to those who reply one day
prior to the meeting.

*If your SURVIVORSary
is missing, we did not
receive an updated form
from you. Please visit
our One to One website
for the form or contact
Marilyn Brozovic
via email:
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information is
presented in summary
form, is general in
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to be a substitute for
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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.*