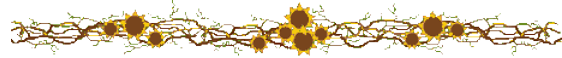




Prior to our last Zoom support group meeting, Marilyn suggested we each come up with three things that we are grateful for. Going into the meeting I fully expected to hear most of our members start off with, “family and friends,” as we edge close to the beginning of the 2020 Holiday Season. I couldn’t have been more wrong. From being thankful for pet cats to epidemiologists, the source of our gratitude was revealed to be unique and intriguing. Take a look!

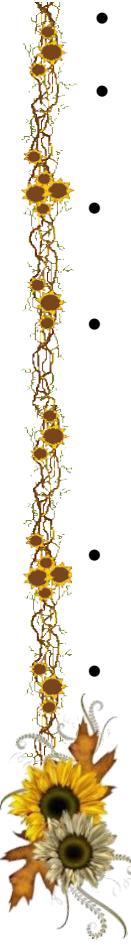


- **Barb** is thankful for the water she drinks and being able to sit outside on her patio for so many beautiful days.
- **Karen** is thrilled that she was able to visit her sister in New Jersey. She is thankful that she is still able to walk upstairs to her bedroom, and that her hair is starting to come back --- and looks great, by the way!
- **Debra** is thankful for her cats and her job, especially because it provides her with her health insurance. She was excited to be leaving soon for a trip to see her brother in Tennessee.
- **Joline** is thankful that she is able to help her Teal Sisters and she is happy that she and her husband could get away for a short trip to Mackinac Island.



- **Gina** shared her gratitude for the support she has from so many and for the gift of patience. She is also thrilled with Christmas lights and Christmas music, and is very happy that it is now playing on some stations around the clock.
- **Lori** is grateful that she was able to still see her mom who is 91 ½ and living in a senior living facility, and that her mother has lived to see her 6 new great-grandchildren.
- **Bonita**, eloquent as usual, is grateful for her “village of women” who surround her, which include a 106-year-old woman who she writes to, and two great nieces who have recently been born.
- **Debbie** is thankful that they were able to host her daughter’s wedding in September. She is also happy that she can still go to work, where, as a radiology technician, she is able to help people.
- **Jill** is very thankful for her cat and for all the health care professionals. She is also grateful for the wonderful weather we have had and for our group.
- **Patty** is grateful that we have so many amazing gynecological oncologists in the area to help our ladies.
- **Georgia** expressed her gratitude for classical music and she too, is so thankful for her cat. Additionally, Georgia is grateful for Julia Child, who helped her make Duck a l’Orange recently.
- **Laura** is especially thankful this year because she has been able to go into the classroom and she is loving her new job as a fourth-grade teacher.
- **Carole** is grateful for the time she has had to work on tackling her editing program.

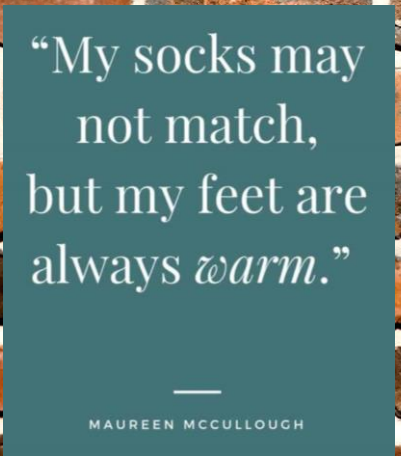
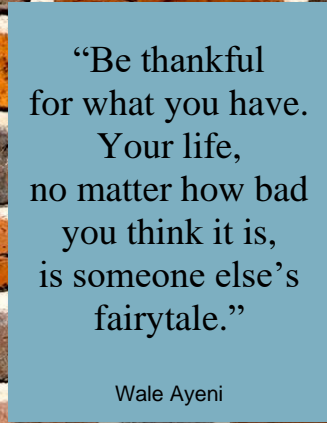
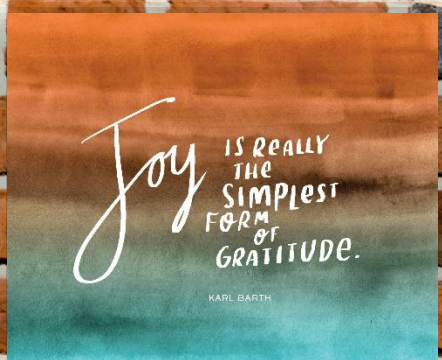
(Cont. 'd on next page)



- **Judy** is thankful for family and friends, for the skills of our doctors, and the epidemiologists working on the vaccine for Covid-19.
- **Julie** has had a tough year after losing her dad and just recently her best friend. She is grateful for her puppy, and that she will be moving into her new house soon, and she and her son will be near her best friend's family.
- **Lisa** is thankful for Zoom, and for her insurance, and for the good weather so she could still go out to lunch with friends up until recently.
- **Renee** is grateful for her family and friends and for our group, who give her a "yummy feeling" when she thinks of us. She is so thankful for her husband Joe's surgeon, who prays for his patients the night before each surgery (Joe will be undergoing his second serious back surgery on December 2nd). Renee says that no matter what, she feels God's love.
- **Paula** is thankful to have finished her last chemo treatment and to be feeling well. She is so grateful for her job at her church where she can continue to work.
- **Nancy** appreciates Zoom, and is thankful for the nurses, and for classical music.



Taking time to stop and think about what we are truly grateful for is a wonderful way to put our lives in perspective. Holding on to and appreciating the small things and the things that give us joy can help get us through the worst of times. Our One to One group is a collection of fiercely strong women who know what is important in life.





Managing Cancer Related Fatigue

By Patty Kurpinski

CRF

At our October 22nd Zoom meeting, we were joined by two guest speakers from the **Recovery Project** – a rehabilitation practice that provides a comprehensive, multidisciplinary approach to rehabilitation for people with various health conditions. **Heather Dupuis**, the Director of Business Development and **Meghan Malley**, the lead PT Oncology Rehab Specialist joined our meeting to provide some insight into **Cancer Related Fatigue (CRF)**.



According to Meghan Malley, it is estimated that **CRF** affects 70-100% of cancer patients. CRF can be best described as a sense of tiredness related to the cancer or its treatment(s), that is not directly correlated to recent activity.

Common CAUSES of CRF:

- | | |
|---------------------------|--------------------------|
| Cancer itself | Anemia |
| Lack of physical activity | Emotional distress |
| Cancer treatments | Fatigue before treatment |
| Nutrition problems | Sleep problems |
| Pain | Other medical problems |
| Medications | |



Common SYMPTOMS of CRF:

- Physical Fatigue
- Short term memory loss
- Lack of concentration
- Attention deficit
- Physical pain
- Mental fatigue
- Stress
- Nausea



Often women in treatment and survivors can experience anxiety and depression as well. Treating CRF involves first distinguishing CRF from actual depression, then addressing cancer related causes of anemia and pain. Increasing our overall activity levels is key to managing CRF. Since our cardiovascular health can also be affected by cancer, it is recommended to implement strengthening and cardiovascular exercise. In addition, eating a well-balanced diet can be a great boost to our bodies. Relaxation exercises and guided imagery are safe to implement at any time. Some additional approaches can be simply resting and conserving our energy. Sleep regulation and counseling can all be very helpful as well.

Guidelines for Exercise:



- Aerobic Exercise 3 times per week for 30 minutes per session at a moderate intensity.
- Resistance Exercises only 2 times per week. Do 2 sets of 12-15 reps for major muscle groups, also at a moderate intensity.
- Combination (Aerobic + Resistance) to be done 3 times per week for 30 minutes per session also at a moderate intensity. In addition, 2 times per week resistance training, doing 2 sets of 12-15 reps for major muscle groups at a moderate intensity.

Remember to always consult with your doctor and go at your own pace and intensity. Many of the above exercises can be done in a sitting position safely in a chair.

Benefits of exercise for managing anxiety and depression:

- Releases endorphins
- Releases neurotransmitters: serotonin, norepinephrine, and dopamine
- Supports nerve cell growth in the brain
- Lowers levels of stress hormones
- Improves sleep
- Reduces tension
- Elevates & stabilizes mood
- Improves self-esteem
- Provides social engagement



(Cont. 'd on next page)

Meghan's own journey as a 9 ½ year metastatic breast cancer survivor has given her very personal insights into the issues associated with cancer and its treatment-related side effects. The team at The Recovery Project believes they are the missing piece of the puzzle; we tend to agree with them! The Oncology Rehab team of experts provide one-on-one care for 60-minute sessions. You will need a prescription from your doctor, then you may schedule a visit to start on your road to recovery. To learn more about their treatment strategies or for the online exercise programs via Zoom, please visit their website: www.therecoveryproject.net, or you can contact them at: **855-877-1944**. They are conveniently located in Livonia, Clinton Township and Lansing. We greatly appreciate the development of these much-needed programs in our fight against cancer. Thanks so much to the team at The Recovery Project!

A LITTLE COVID HUMOR

By Terrie Karebien

Blow on the wine in your mug, to convince the rest of the Zoom meeting that your coffee is hot.



A truck loaded with Vicks VapoRub overturned on the highway. Amazingly, there was no congestion for eight hours.



HAPPY SURVIVORSary!



Sharon Rocklin	52 yrs!
Marilyn Brozovic	24
Lorraine Marsin	21
Marcia Gurche	20
Rose Newman	8
Louise Brown	6
Michelle Urbanczyk	6
Marsha Booser	5
Deb Claybaugh	5
Genevieve Riess	5
Eileen Shaughnessy	4
Jeanne Schaberg	2

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

*** December 10 ***

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: brozovicm87@gmail.com

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.