



Ovarian Cancer Support Group

Holiday Luncheon

by Marcia Gurche

The sounds of music, laughter, chatting, singing, and even tears, could be heard coming from the Troy Elks Club during our **One to One Holiday Luncheon** on December 7th. Everyone was in a festive mood as we caught up with friends and enjoyed the wonderful catered meal. We laughed uproariously while we tried to keep up with our own merry jingle singing as we passed around our “heart to heart” gifts until the bell stopped ringing. How is it possible for one person to end up with **three** gifts and another person **none**?? It all worked out in the end though, as the perfect gift seemed to end up with just the right recipient.

Everyone in attendance was in awe when our newest member, **Krystal**, a young mother of a one-year-old, received a darling teal teddy bear. Not only was it appropriate since her baby girl would love this bear, but Krystal’s late grandma used to collect this same type of holiday bear and had gifted Krystal one from her collection from the year Krystal was born. These “heart to heart” gifts are a sharing experience equal to none. Each gift brings a story, and the love and care which goes into selecting the gifts is truly touching. We oohed and awed over some beautiful heirloom English placemats, and we couldn’t help laughing as **Janet** opened a gift which she received from her long-time friend and car-pool partner, **Genny**. I myself, a long-time collector of all things angel, received a beautiful Willow Tree angel from **Alyson**. Not only do we both love angels, but my daughter’s name is Allison. Coincidence? I think not!

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.

A special thank you to **Marilyn** for organizing our Holiday Luncheon once again. This annual gathering is special in so many ways. The bonding between new and old friends is foremost, of course, but the delicious cream filled cupcakes are a close second!



Ovarian Cancer: A Seven Year Perspective

By Patti Pfaendtner



grat-i-tude ('gradə,t(y)ood)

The quality of being thankful; readiness to show appreciation for and to return kindness.

We recently celebrated what I would term the best Thanksgiving of my life. I served dinner to 15 loved ones, there were small ones running rampant making noise, the food was good, and everyone was in a great mood. It was truly a rare Norman Rockwell affair. My five-year-old granddaughter initiated the "what are you grateful for" table activity and everyone's response was warm and heartfelt.

The irony of the event was that I found out two days before turkey day that my cancer is back. (The same day my fourth grandchild arrived.) My last treatment ended in February and here I go again. My jovial mood belied the true facts of my situation. Why was I in such a good mood? This started my examination of the word gratitude.

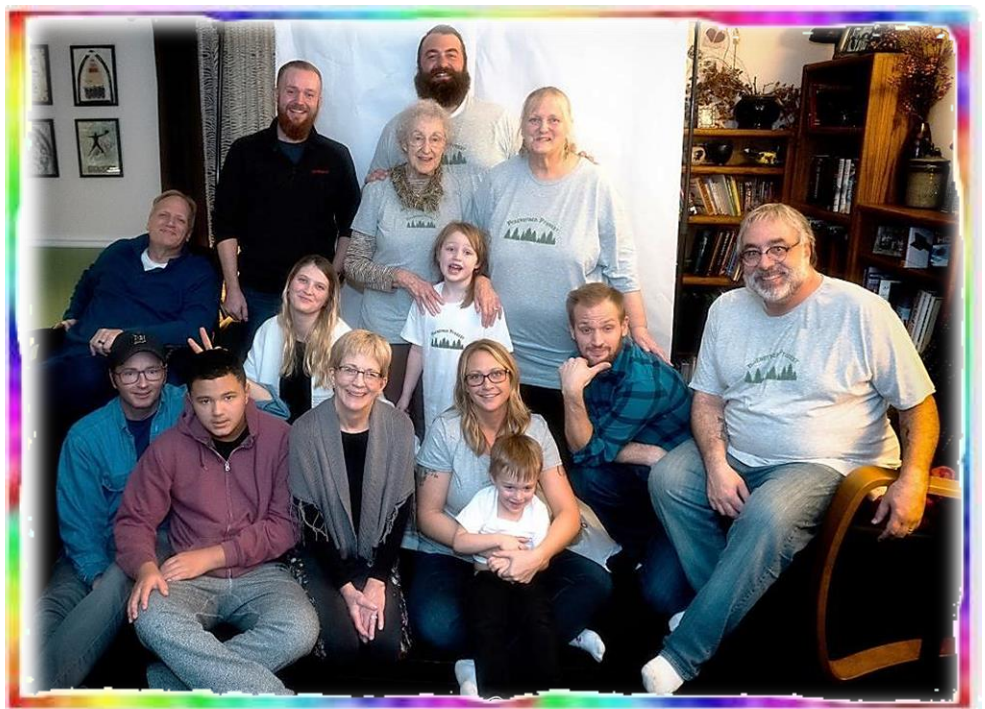
I discovered that like many things in my life, the meaning of this word holds layers. The obvious top layer consists of the things we spoke of at the Thanksgiving table. I'm grateful for my family, friends and loved ones. I'm grateful for the bountiful food we have, thanks to living in a first world country. And, I'm grateful for a supportive spouse.

The next layer is a bit more subtle but still one that is well known to my fellow survivors. I'm grateful to be here after getting the 9 to 18-month prognosis seven and a half years ago. I'm grateful to have had the opportunity to meet all four of my grandbabies in spite of my illness. I'm grateful for a slow growing cell growth that chugs along my lymph nodes at a pace that my doctors can keep up with. And, I'm grateful for my amazing medical team that keeps tabs on me.

To put an even finer point on my levels of gratitude, I'm grateful that my leg went numb four weeks ago, thus causing me to increase the frequency of my CA 125 blood draws because, let's face it, this insidious disease gives us very few clues as to its activities. And, I'm grateful that even though a scan in August showed no growth, my doctors paid attention to my CA 125 number's slow crawl in an upward direction and ordered another scan in November. This one showed a growth in the pelvis, which is most likely pressing on a nerve in my leg.

Though the second and third layers do not conjure up images of Norman Rockwell, they do indeed keep me stable and prevent me from crawling into a fetal position every time someone mentions the word "treatment." I don't want to, but I know I have to in order to continue to enjoy and appreciate everything in the top layer.

God Bless.





BE thankful

Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times, for during those times you grow.

Be thankful for your limitations because they give you opportunities for improvement.

Be thankful for each new challenge because it will build your strength and character.

Be thankful for your mistakes. They will teach you valuable lessons.

Be thankful when you're tired and weary because it means you've made a difference.

It is easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks.

Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles and they can become your blessings.

~ Author unknown

Six Little Stories

with big hints for living your life.

Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. That is faith.

When you throw babies in the air, they laugh because they know you will catch them. That is trust.

Every night we go to bed without any assurance of being alive the next morning, but still we set the alarm to wake up. That is hope.

We plan big things for tomorrow, despite zero knowledge of the future. That is confidence.

On an old man's shirt was written a sentence: "I am not 80 years old; I am sweet 16 with 64 years of experience." That is attitude.

We see the world suffering, but still we get married and have children. That is love.

January Group Meeting: Thursday, January 9

4:00 pm – 5:30 pm
Beaumont, Royal Oak
Neuroscience Center,
Allison Conference Room,
2nd floor

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.



Guest speaker **Deb Doherty, PT, PhD**, is a physical therapist who specializes in the treatment of persons diagnosed with cancer. As an Associate Professor at Oakland University, she is also involved in research focusing on oncology rehabilitation. Physical therapy is a quickly growing intervention for persons diagnosed with cancer. Physical therapists treat the adverse effects caused from the treatments for cancer and are involved in developing programs aimed at preventing cancer. Adverse effects such as pain, fatigue, cardiotoxicity, neuropathy, mental foggingness, balance issues, pelvic floor weakness, pelvic pain, lymphedema, muscle weakness and lack of flexibility are but a few of the many issues that physical therapy can successfully treat. Deb will join in the conversation on January 9th to discuss **the role of physical therapy in cancer care** and answer any questions you may have.

PLEASE TAKE NOTE...

Beginning with this issue of the newsletter, we will no longer publish your "SURVIVORSary" unless an information form is completed and returned. *Privacy is of utmost importance so we will only publish your name with permission.* Here is the link for the form:

https://www.onetooneovariancancersupportgroup.com/uploads/1/2/7/4/127494700/information_form.pdf

Reading all the survivor years is an inspiration to us all!

Happy SURVIVORSary!

| | |
|------------------|----------|
| Molly Goodman | 24 yrs ! |
| Jen Poore | 24 |
| Elaine Greenberg | 20 |
| Patty Kurpinski | 12 |
| Jan Murfey | 5 |
| Nancy Nordlie | 5 |
| Alyson Denyer | 4 |



SAVE the DATE

Tuesday, March 10, 6:30 p.m.
Neuroscience Center,
2nd floor Allison Conference Room.

Special joint meeting with *Sharing & Caring* breast cancer support group. Space is limited to 15 people with speaker Dr. Dana Zakalik, MD, Corporate Medical Director of Cancer Genetics.

Reservations are required.



If your SURVIVORSary is missing, we did not receive an updated form from you. Please contact Marilyn Brozovic via email: brozovicm87@gmail.com

Check out our new website:
www.OneToOneOvarianCancerSupportGroup.com

We welcome feedback for improvements!

Meeting dates

- **January 9, 2020**
Group Conversation
with Deb Doherty, PT, Ph.D.
- **February 13**
Group Conversation
- **March 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 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.)

Newsletter Editors:

Marilyn Brozovic

4793 Alton
Troy, MI 48085
248-561-2027
brozovicm87@gmail.com

Marcia Gurche

42508 JoEd
Sterling Hgts., MI 48314
586-323-0838
mgurche@gmail.com

Patient Advocate:

Patty Kurpinski

586-850-0152
patkurp@yahoo.com

Asst. Editor/Layout:

Jeanine Dunaj

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.

A special
THANK YOU
to Zio's for catering
our holiday lunch!



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.