

ONE
TO
ONE

Ovarian Cancer
Support Group

Reeling & Healing Midwest



2020 MICHIGAN
NEW PARTICIPANT RETREATS

Fly Fishing Wellness Retreats for Women Surviving Cancer

Sunday July 19 – Tuesday July 21
Sunday Aug 2 – Tuesday Aug 4
Sunday Aug 23 – Tuesday Aug 25
Sunday Aug 30 – Tuesday Sept 1

Renew Spirit.
Renew Hope.
Fish On!

“Each individual who participates in the Reeling & Healing Midwest Retreat Programs is touched in a way that renews their spirit, their joy, their hope and their view of life. It truly happens...every single time.”

~ Cath Sero

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.

We invite survivors to take the plunge and join us for some fun, renewal, joy, peace and the opportunity to learn how to fly fish in a safe and positive environment. Our retreats are open to any woman, 18 years or older, who is battling or surviving ANY type of cancer and has not attended any of our retreat programs in the past. From newly diagnosed to a 20+ year survivor, all are welcome.

www.FishOn.org or 616-855-4017

Group Meeting: Thursday, March 12

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

Group Conversation with Deb Doherty, PT, PhD

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.

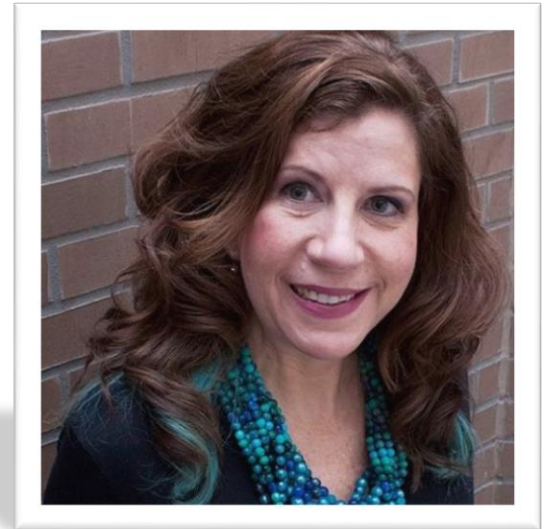


PROFILE IN COURAGE

By Marcia Gurche

At age 52, **Robin Binder** has racked up way more than her fair share of surgeries and hospital hours. With over 15 surgeries behind her and countless hours spent in the hospital for various medical issues, nobody would fault Robin if she had a little chip on her shoulder ... *but she doesn't*. Instead, Robin views the health trials she has endured in a positive way.

According to Robin, she wasn't always a positive person. It was only after she felt the compassion and love of many people, while she was undergoing major challenges, that her negative view on humanity was reversed and she felt compelled to help others. She has been doing just that in a big way through her advocacy work and through volunteering for the Michigan Ovarian Cancer Alliance.



Robin was a single mom to her son, **Bradley**, who she calls **B.J.**, when she was diagnosed with Stage 2C Granulosa Cell Tumor in 2009. Her journey began when her ovary burst. The initial pathology report following emergency surgery indicated there was no cancer. Because she had stopped breathing during the surgery, she required additional recovery time. Unfortunately, new information gained a few days later indicated that she did indeed have ovarian cancer. She was told that a debulking surgery would be needed after she recovered from the initial surgery. She was 42 years old at the time and B.J. was a senior in high school. Robin was very concerned with his welfare and his future. He is now a grown father of the loves of Robin's life – her three beautiful grandchildren! They are **Chase** (7 years old), **Nicole** (6 years old) and **Jimmy** (11 months old). B.J. shares custody with the mother of his two oldest children, and he and his fiancé, **Ariel**, Jimmy's mother, have the children often, thus making Robin a very involved and happy grandma.



Robin's serious health issues actually began years earlier, when she was pregnant with her son. She had a brain tumor and went into labor when she was only four months along. Medication was successful in stopping the labor and Robin waited until the baby was born before undergoing surgery, knowing she only had a 25% chance of survival. She was warned of the surgical risks; she could potentially go into a coma or never walk again. Miraculously, she went home after only 11 days. She recovered fully and her family and friends helped care for her newborn while she was gaining her strength back.

As if all that wasn't enough, Robin broke her hip when she was running a few years back. (Ironically, she was exercising to get healthier!) It was a long, two-year journey recovering from the break and required two more surgeries to repair the damage, but she made it. She had still another mishap while putting up a swing for her grandchildren: she fell off a ladder and tore all the ligaments in her right knee and had an additional two surgeries and physical therapy. Once again, she has recovered from that misfortune and is back to normal.

(cont. 'd on next page)

Robin is a technical writer for a software company in Baltimore, Maryland. She takes complicated and technical software information and creates user-friendly, understandable information in different forms – manuals, videos, web sites, and online help. She loves that she can work from home and only needs to travel every few months to the office.

Robin often serves as a research advocate for the DOD (Department of Defense). She reviews the ovarian cancer-related research proposals and gives the other reviewers her view on how the proposed research would impact women with ovarian cancer. She's proud that her medical experiences could someday be used to help other women. She enjoys going to Washington as an advocate from the Michigan Ovarian Cancer Alliance and then seeing the result from the advocacy work in places like the DOD.

While her grandchildren are her first love, music is a close second. Robin enjoys most music genres – except opera and country. She plays music constantly and enjoys going to concerts and will even attend on her own if no one is available to go with her. She particularly enjoys attending Music in the Park during the summer in her community of Grand Blanc.



Robin has made some wonderful friends through her advocacy work with ovarian cancer. It has been difficult, however, because she has also lost a few close friends to the disease. She is looking forward to an upcoming cruise to the Bahamas with other ovarian cancer survivors and their families and friends.

Trials and tribulations can easily bring a person down. It's how you react to the trials which define a person and Robin has displayed an abundance of resilience and courage. She is fun-loving, ambitious and resourceful, and she finds a silver lining in every aspect of her life.

Life Struggles

(This article first appeared in our March 2011 newsletter.)

A man found a cocoon of an emperor moth. He took it home so that he could watch the moth come out of the cocoon. On the day a small opening appeared, he sat and watched the moth for several hours as the moth struggled to force the body through that little hole. The moth seemed to be stuck and appeared to have stopped making progress. It seemed as if it had gotten as far as it could, and it could go no farther. The man, in his kindness, decided to help the moth; so, he took a pair of scissors and snipped off the remaining bit of the cocoon. The moth then emerged easily. But its body was swollen, and its wings wrinkled and shriveled. The man continued to watch the moth because he



expected that, at any moment, the wings would enlarge and expand to support the body, which would contract in time. Neither happened! In fact, the little moth spent the rest of its short life crawling around with a swollen body and useless, shriveled wings. It never was able to fly.

The man in his kindness and haste did not understand that the struggle required for the moth to get through the tiny opening was necessary to force fluid from the body of the moth into its wings so that it would be ready for flight upon achieving its freedom from the cocoon. Freedom and flight would only come after the struggle. By depriving the moth of a struggle, he deprived the moth of health.

Sometimes struggles are exactly what we need in our life. If we were to go through our life without any obstacles, we would be crippled. We would not be as strong as what we could have been. Give every opportunity a chance, leave no room for regrets, and don't forget the power in the struggle.

March Meeting Info

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 foginess, 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 March 12th to discuss **the role of physical therapy in cancer care** and answer any questions you may have.



St. Patrick's Day
Quotes

"Luck is believing you're lucky."
Tennessee Williams

"St. Patrick's Day is an enchanted time—a day to begin transforming winter's dreams into summer's magic."

Adrienne Cook

"May your home be always too small to hold your friends."

Irish Toast

Happy SURVIVORSary!

Cheryl Meehan	22 years
Lori Coluzzi	10 years
Lynne Karty	4 years
Christine Babish	3 years
Carol Marenko	2 years

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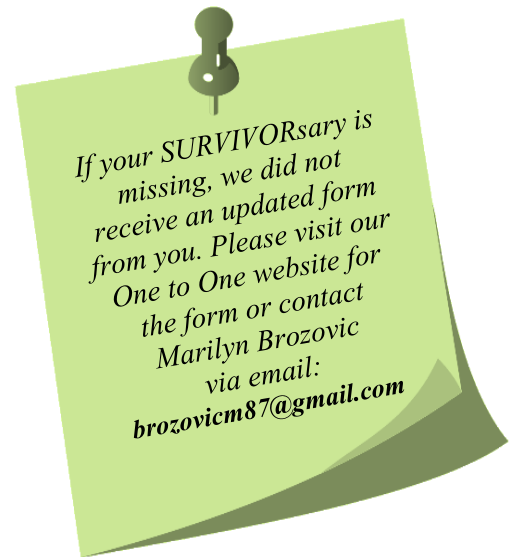
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Objectives of support group:

- ✦ 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.

Meeting dates

- March 12
Group Conversation
with Deb Doherty, PT, Ph.D.
(rescheduled from January)
- April 9
- May 14

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.)