



Zoom Symposium

The *One to One* Support Group is nothing if not tenacious. With Covid preventing our annual Girls' Getaway Weekend from taking place this Labor Day, the decision was made to substitute with a Zoom half-day symposium. On September 12th, twenty-one ladies spent the morning together in an online meeting.

We began with an enlightening session led by delightful speaker, **Kay Huberty**, Certified Nutrition Consultant. As always, Kay presented information in an interesting and understandable way. After listening to Kay, each of us was surely motivated to eat more of our green and orange veggies.

Next, we joined in some fun, aerobic dance led by **Janis Newton** and her 12-year-old daughter, Frankie. Right from the first song, "Shut Up and Dance," we were moving and grooving and having a ball. Frankie led the session for those who needed to sit to "dance." It was not only great fun to participate at home, but totally enjoyable to watch how much fun Janis was having as she led us through a variety of songs and dance moves.



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.

After Janis took us through our "cool down," **Claire Casselman** joined us for our final session. Claire is a clinical social worker with the Rogel Cancer Center at the University of Michigan. Claire talked to us about the benefits of using guided imagery to manage stress. Guided imagery is a mind-body intervention using a mental image to help simulate or create the sensory perception of sounds, sights, tastes, etc. Claire explained how we can take conscious control over our imagination and guide it in a desired direction. After listening to Claire's melodic voice guiding us through a short relaxation session, we were all as limp as dishrags.



We are so grateful to our presenters, Kay, Janis, Frankie and Claire for sharing their time and talents with us as we spent some quality time together in our unique and special *One to One* Support Group.

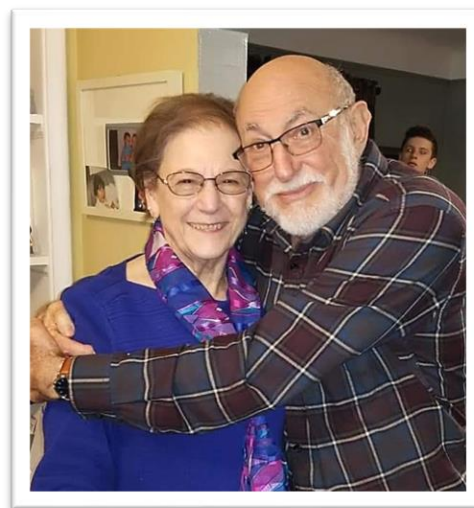
PROFILE IN

Courage

by Marcia Gurche

Imagine being 28 years old and being told you have ovarian cancer. Imagine you have three little children under the age of four at home when you are told you have ovarian cancer. Imagine you are at your six-week post-delivery check-up when you are told you have ovarian cancer.

Sharon Rocklin and her husband, **Shel**, were doing everything by the book... or so they thought. They met on a blind date, fell in love, and got engaged six weeks later. Sharon knew what she wanted in life and three years after their wedding they started their family. They had their first house in Detroit, where they lived for many years, since residency was a requirement of Shel's job with the Department of Housing. Sharon worked as a dental hygienist after having earned her dental hygienist certificate at the University of Detroit. Their first son, **Andy** was born, and **Marla** followed two and a half years later. With the addition of the family dog, their perfect family seemed complete. Surprise! Seventeen months later along came **Michael**. They took the unexpected miracle in stride until being blindsided with the news that Sharon received at her post-delivery check-up, coincidentally on her twenty-eighth birthday. There was a mass that needed to be operated on immediately. A second opinion was sought, and surgery was performed quickly.



In 1968, when Sharon was diagnosed, chemotherapy was not the standard of care. She was told she would need to have cobalt radiation and it “would be maximum dose over maximum area.” To this day, Sharon does not remember how they got through those days. She doesn't remember who watched her children, or who drove her to her treatments, or how she cooked, cleaned, and took care of her family. What she **does** remember is the skin peeling off her abdomen and back, the internal and external bleeding, diarrhea, and the pain that was so bad she could not stand up straight. And she will *always remember* the radiologist who heartlessly spoke to her as if she were a disobedient child when she said she was in too much pain to stand or walk.

The negative reaction of this particular doctor has fueled Sharon to be a very powerful presenter for the **Survivors Teaching Students® (STS)** Program. She tries to impress on the young medical students the need for compassion when dealing with newly diagnosed patients who are scared and in pain, as well as the importance of giving them hope. Sharon tells the students that her will to live was based on her need “to not be the mystery face in a picture in an old family album” – a picture of the parent her children had no memory of. She was determined to be present in her children's lives *no matter what*.

The residual effects of the cobalt radiation that Sharon received were cumulative and have gotten worse over the years. She has had many digestive, bowel and bladder issues. Bone density problems have worsened, and the radiation burned off the soft tissue on her lower back. The treatment has had a pronounced ripple effect, with the muscular support of the lower body being compromised. Like in the old song “Dry Bones,” everything in the body is connected and becomes affected.

(Cont. 'd on next page)

Sharon's family, faith, and advocacy have always been especially important to her. She and Shel have been delighted to watch their family grow over the years. Andy and his wife, **Leigh**, live outside Chicago and have two grown children, **Alex** (25) and **Olivia** ("Liv," age 20). Marla and husband, **Ron**, are the parents of twin 16-year-old daughters, **Sophia** ("Sophie") and **Isabella** ("Izzy") and they live in Berkley. Michael and his wife, **Stacey**, reside in Portage with their sons, **Ethan** (25) and **Adam** (19). It has been particularly hard not to be able to get together lately for the traditional Jewish holidays which Sharon enjoys hosting, but at this writing she was looking forward to cooking for Rosh Hashanah and was anticipating celebrating with Marla's family in a safe manner.

In addition to the STS program, Sharon is highly active in the **Cancer Thrivers Network for Jewish Women**, which is dedicated to enriching and empowering Jewish women through activities, friendship, resources, education, and humor. She is on the steering committee which plans events for the group, and she facilitates the *Life Enhancement Series* which brings in speakers. Sharon has also had a strong interest in preserving the environment and has supported the **Sierra Club** through the years. Through her work with various cancer organizations, Sharon also has become an advocate for the oral parity bills which have been up for vote in the legislature and has gone to Lansing to show her support for the bills when they were about to be voted on.



Twenty years after beginning college Sharon was able to complete her degree when she heard about a program through Wayne State University called *Weekend College*. She always felt the need to get her diploma, so in addition to working and raising her family, she attended school on the weekend and satisfied her own goal.

Sharon has always loved to cook and when she developed diabetes her food choices got smaller, so she began looking for more interesting food options. She saw it as a challenge to make meals more enjoyable with limited choices. Through the years she has also done some sewing and jewelry-making.

Sharon and Shel have always enjoyed vacationing in the Grand Traverse Bay area. They love the tranquility of the region and Sharon especially enjoys sitting on the dock and eating Moomer's ice cream at Leland. They have been married for 59 years and have endured much during that time. They undoubtedly grew up faster than a lot of young couples, due to Sharon's unfortunate diagnosis. The trauma of the diagnosis and the tactless manner of one particular doctor contributed to the passion that makes Sharon such a dynamic presenter to the future health care professionals she addresses. Her humor and gentle reminders to treat their patients as persons, not as disease fragments, is extremely impactful. No student who hears Sharon's story through the STS program could possibly leave without realizing the importance of care and compassion in dealing with a patient. Her contribution is immeasurable.

HATS*HATS*HATS*HATS*HATS*HATS*HATS*HATS*HATS*HATS*HATS*HATS*HATS*HATS*HATS*HATS

Free, gently used hats and scarfs are available from **Beaumont Troy Wilson Cancer Center**. They are offered to all cancer patients, *regardless* of treatment or physician location. For more information, please call 248-964-3430.



A Little Covid Humor

Provided by Terrie Karebian

I'm not turning my clock
back an hour on Nov. 1
because seriously,
none of us need an
extra hour of 2020.



One minute you're young and fun.
And the next, you're turning down
the stereo in your car
to see better.



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

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.

*God
didn't
promise days
without
Pain,
laughter
without
Sorrow,
nor sun
without
Rain.
But He
did promise
Strength
for the day,
Comfort
for the tears
and
Light
for the way*

*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*

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information is
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to be a substitute for
professional medical
advice, diagnosis or
treatment.

HAPPY SURVIVORSary!



Linh Cundiff	35 years
Shirley O'Brien	27
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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.*