

September 2020



Ovarian Cancer
Support Group

SEPTEMBER RETREAT SYMPOSIUM

We are so disappointed that we cannot have our annual *Me, Myself & I* weekend this year. But we will continue our tradition next year!!

Join us for a **FREE** virtual half-day symposium on **Saturday September 12, 2020** via Zoom. Be comfortable in your own home and you can even wear your pajamas!

Presentations include:

9:00 am: **Staying Strong and Safe** – **Kay Huberty**, Certified Nutritional Consultant, LLC
Kay will share tips and ideas about specific foods and such that are our allies and our energy for life on the plate. Prepare for an uplifting kick-off to our morning as she will leave us feeling wonderful. Kay would love to receive your questions in advance and will make every effort to address them specifically during the program! Please send your questions to **Marilyn** at **brozovicm87@gmail.com**.



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.

10:00 am: **Aerobic Dance** – Chair or Standing – **Janis Newton**
Janis helps seniors of all abilities move and have fun while staying in shape. For almost a decade, she has taught chair and aqua classes incorporating weightlifting, boxing, balance and dancing. Since March 2020, her 12-year-old daughter, Frankie, has joined her, giving seniors an option to do all classes standing or sitting.

11:00 am: **Guided Imagery** - **Claire Casselman**, MSW
Claire is a Senior Social Worker in the Complementary Therapies Program at the University of Michigan Rogel Cancer Center. She teaches self-regulation techniques such as guided imagery, mindfulness, meditation and breath work, and facilitates the Meaning-Centered Psychotherapy Group for Persons with Advanced Cancer. Her professional experiences as a hospice spiritual care provider, a medical social worker, and an oncology psychotherapist deepen her appreciation of the vulnerability and resilience of the human spirit.

An email will be sent to everyone a week prior to the symposium. You must respond to that email to receive the link.





time for a
ZOOM FEUD

Survey says.....all work and no play makes Jane a dull girl! Join us for some Zoom fun as our support group ladies join together for an evening of fun playing the Zoom version of the popular TV show "Family Feud." Our *One to One* group will be challenging each other in a fun evening of "Zoom Feud" beginning at 6:30 pm on **Thursday, Sept. 24th**. For those who aren't familiar with the show, teams attempt to give the top answers to survey questions with the team with the most answers winning big money. *Spoiler alert*....there will be no money!

We hope you can join us for an evening of laughter and fun. Please let Marilyn know (email her at brozovicm87@gmail.com) and she will send you an e-mail invite a few days before the date of the Zoom Feud.

Hope to see you then!



Words of Wisdom

May your life become a garden of opportunities for happiness ...

That in spring may it be a lover of joy.

In winter a lover of wisdom.

And when you make a mistake, start all over again.

For only then will you be in love with life.

You will find that to be happy is not to have a perfect life.

But use the tears to irrigate tolerance.

Use your losses to train patience.

Use your mistakes to sculptor serenity.

Use pain to plaster pleasure.

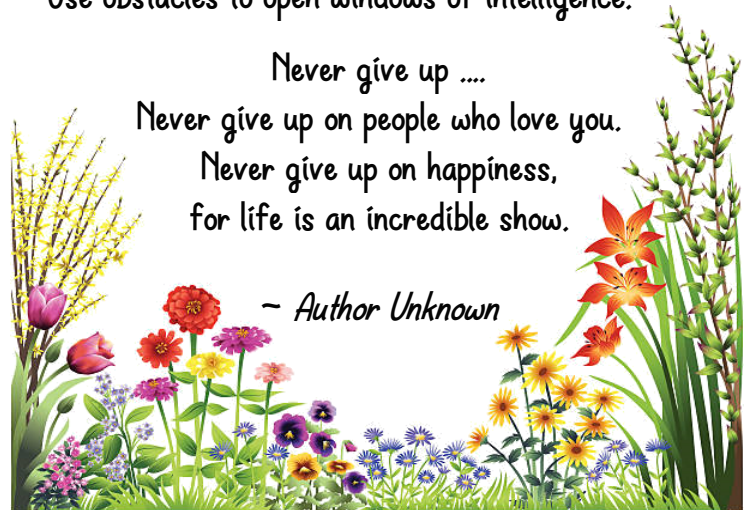
Use obstacles to open windows of intelligence.

Never give up

Never give up on people who love you.

Never give up on happiness,
for life is an incredible show.

~ Author Unknown



A Little Covid Humor

Provided by Terrie Karebian

- ✦ Scientists have found that one dog year does not equal 7 human years. In fact, the only thing that equals 7 human years is 2020.
- ✦ Another Saturday night in the house and I just realized the trash goes out more than me.
- ✦ Remember when you were little and all your underwear had the days of the week on them? Those would be helpful right now.
- ✦ It may take a village to raise a child, but I swear it's going to take a whole vineyard to home school one.



Musical notes and guitar icon | **PROFILE IN** *Courage* | Ship icon

by Marcia Gurche

Since I met **Julie Elliott** 10 years ago, when she began volunteering for the *Survivors Teaching Students* program, I have heard her talk a lot about dying, but I have *seen* her do a whole lot of living. Julie was a young wife and mother of two little girls, ages 5 and 8, when she was diagnosed with ovarian cancer in 2009. Although diagnosed on October 31st, she was determined to attend her daughter’s Halloween party at school because she didn’t know if she would live to see another Halloween. She has packed the last 11 years with a plethora of parties, activities and memories shared with her husband, girls, and other loved ones, while simultaneously undergoing almost constant treatment for her cancer. I am always impressed by Julie’s positive spirit and willingness to plunge forward amidst so many obstacles.



Julie and her husband, **Jesse**, have been married for 25 years and celebrated their silver anniversary last May, in quarantine, of course. They live in Mason, Michigan with their two daughters, **Mya** and **Aubrey**. Mya (19) will be heading back to Eastern University soon for her second year of college, and Aubrey (15) is beginning her junior year at Mason High School, which she will be attending remotely. Both girls participate in marching band for their schools and Julie and Jesse immensely enjoy watching them perform. They are a family of animal lovers and they currently have four cats and one dog. Their dog, “Ruby,” and Julie’s cat, “Shadow,” were actively sought out by the Elliots. However, “Toes,” “Black Friday,” and “Timothy” just needed a loving home, which they have certainly found with Julie’s family.

Julie grew up in St. Johns, Michigan. Her father, Bob, passed away when she was 17 and her mom, Betty, lives part-time with Julie and her family. Julie is blessed to have two sisters, Carol and Lisa, who she is extremely close to. The family enjoys hanging out and traveling together. Each of Julie’s sisters has experienced a breast cancer diagnosis of her own, so these ladies are beyond supportive of Julie.



Julie’s treatments over the last nine years have been many and varied. She has had four cancer recurrences and has undergone three major surgeries, in addition to trying various alternative forms of treatment. Julie laughingly says that she will “try anything!” She has been prayed over multiple times and “even tried drinking holy water.” For three years she had good success with a drug which was used primarily for skin cancer. Since her CA125 has been increasing and the last treatment she was on didn’t work, she will soon begin radiation treatment.

Anyone who knows Julie knows that she loves the Beatles. She discovered the singing group at age 11, when John Lennon died. She has seen Paul McCartney in concert 15 times and Ringo even more times than that. Julie went to England twice and while there she was able to meet Julian Lennon when he was signing autographs in a toy store. She also met Paul McCartney’s son, as well as Ringo once, at an autograph signing in New York. In addition to the British celebrities, Julie met Air Supply and Lou Diamond Phillips. She is an avid concert attendee and she has been on more cruises than she can count. Julie

enjoys traveling with her kids and sisters and friends, since Jesse would prefer to stay home and hold down the fort. The one time she went to Hawaii with no family, she missed her kids terribly.

Julie also enjoys traveling so she decided after her diagnosis that she was going to spend her retirement money and have fun. However, as that money started to dwindle, she decided she had to slow down a bit and got a part-time job with Mason schools to help supplement her love of travel. Her girls love taking trips too, and I remember her telling me a cute story years ago. Julie had seen a notice online about a free stay at Disney World and Universal City for a parent with cancer who had children under the age of 18. She had to submit proof from her doctor that she was considered terminal. When she got the paperwork with the doctor’s statement that she was indeed terminal, Julie was taken aback, for the reality of seeing the word in writing hit her hard. However, little Aubrey cheered, since that meant they qualified for the trip! *Kids!*

(Cont. 'd on next page)

The most striking things about Julie are her upbeat attitude and her strength. She graciously attributes her ability to stay positive to God. She is honest about her fear of dying, and yet she is determined to pack as much living into her life as she can. She loves to laugh and does so unabashedly. Her favorite show is “Impractical Jokers.” Julie met the cast members and told them how much she enjoyed watching their show when she was flat on her couch, laid low from chemotherapy treatments. She found the program so funny that, when her kids were small, they actually asked her to “laugh a little quieter.”



Julie readily admits that her cancer journey hasn’t been easy and that there are many bad days. She recently told a good friend’s brother, who was diagnosed with cancer, that the “journey is a process, and it’s important not to think of yourself as a statistic.” Likewise, she knows it’s essential to have support. Julie met her friend, Karen, who lives in England, through the ovarian cancer website, *Inspire*. They have become very close and whenever Julie needs someone to lean on, she reaches out to Karen. Happily, they were able to finally meet in person a couple of years ago when Karen came to New York.

Julie doesn’t just talk a good game, she *lives* it. Awhile back she put down a deposit on a cruise for herself and her daughters which was not going to take place for two YEARS...and, yes -- she went! Lately she has been busily crocheting baby blankets which she is putting away for her daughters’ future children. Just as she dreamed of being here to see her girls graduate from high school, I have no doubt that with her determination, Julie will be here to see them graduate from college, marry and have babies, then swaddle those babies in the beautiful afghans herself.



HAPPY SURVIVORsary!

| | |
|-------------------|----|
| Nannette Gearhart | 21 |
| Terrie Karebian | 17 |
| Julie Fisk | 15 |
| Debra Frick. | 13 |
| Jordan Tolmie | 11 |
| Betty Austin | 9 |
| Deanna Cosens | 9 |
| Sharon Witkowski | 9 |
| Cheryl DiChiera | 8 |
| Laura Marmorstein | 3 |
| Diane Barretta | 1 |

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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.*



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

**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.