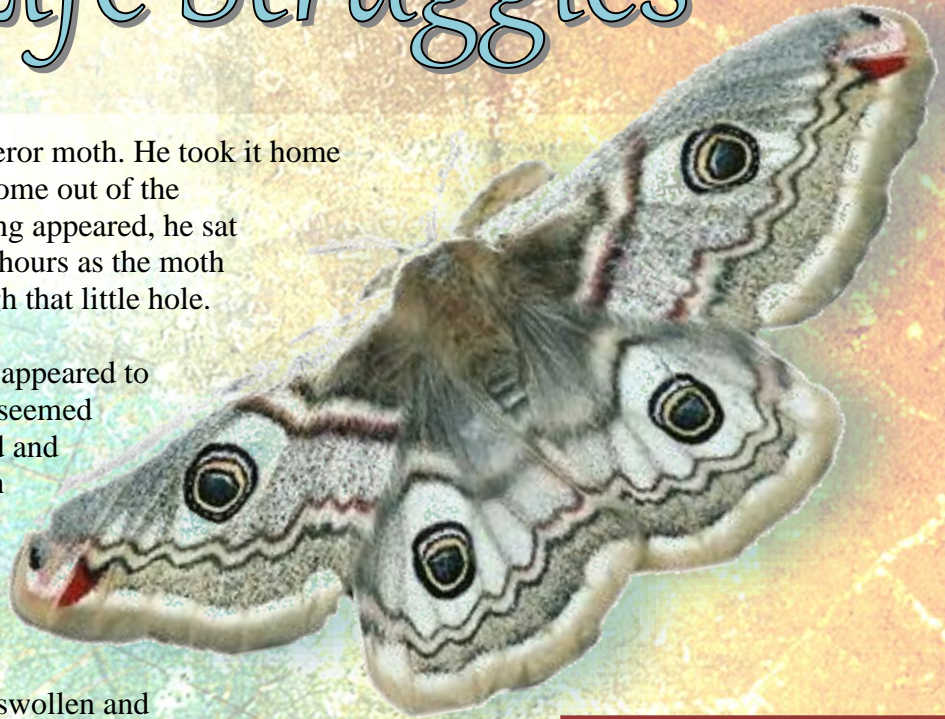




# Life Struggles



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.***

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.

# PROFILE IN *Courage*

*As told to Marcia Gurche*

**Kathy M** has a personality which just draws people to her. She is lively and vivacious and just plain fun to be around. Kathy was raised in the Finger Lakes Region of New York, roughly 75 miles south of Syracuse. This region is absolutely beautiful and mainly rural, which surprises people, for most think of “the big city” when you mention you’re from New York. She was the middle child of loving parents, **Nicholas** and **Lillian**, and enjoyed being raised in a high-spirited Italian environment which was fun and faith centered. Her hometown was the site of a famous shoe factory, Endicott Johnson, which attracted many Italian leather craftsman immigrants after they entered into the U.S. at Ellis Island. Many only knew how to say in English, “Which way to EJ?” Kathy had a lovely childhood and fondly recalls many family celebrations and Sunday meals at her Nonna’s house, surrounded by family members and cousins who she remains close to. Kathy’s older brother, **Terry**, still lives in New York with his family, and her sister, **Lisa**, lives in Florida with her wife.



Following high school and two years at community college, Kathy transferred to a State University of New York (SUNY) @Oswego (Al Roker’s alma mater). She had a wonderful experience there living with some fantastic women who she remains close with to this day. She graduated with a BS in Business Administration. Her first job out of college was with National Cash Register based in central New York, where she sold paper products. Her entire career has mainly been in the sales industry. She worked for General Electric while living in Cincinnati, Ohio and began her corporate sales career with Marriott International in Columbus, Ohio and retired from it in the greater Detroit Michigan markets.



Kathy’s life took a romantic turn in 1981 when she met her husband, **John**, not once, but three times in quick succession, and they began dating. The first time they met at a wedding where John was working as the photographer. Kathy thought he was actually giving her a pick-up line when he asked her “Do you have a twin?” A little later that evening however, he introduced her to a woman who did indeed look enough like Kathy to be her twin. Kathy regrets not getting her contact information because she is still amazed to this day that there is another person out there who resembles her that closely. After six months of dating John in NY, they both moved out of state to pursue career opportunities. They agreed to keep in touch but also decided to date others for it was uncertain what the future held. They maintained a long-distance relationship, but life got busy. Kathy was surprised when, by chance, they

ended back in New York for a weekend visit late in 1982 and rekindled their relationship. That weekend, John proposed, Kathy accepted and the rest, as they say, is history.

John worked in the investment industry prior to his retirement, primarily for banks, in Securities. He and Kathy lived in a number of states for a while, but eventually settled in Michigan and now live in Lake Orion. They are very active, working out almost every day at The Great Lakes Athletic Club. In addition, they’re committed to walking six miles outdoors year-round at Stoney Creek Metropark, a couple of times a week, no matter how cold it gets. Staying fit is very important to them.

*(Cont. 'd on next page)*

John inherited a love of cars from his father and as soon as he was able to purchase a classic Corvette, he did so. He and Kathy have been active members of a Corvette Club since they were first married. John is currently serving as president and Kathy has held various club positions. They are very proud of the fact that the money raised by their current Michigan Corvette Club is more than a quarter million dollars since its inception in the late 1970's. Their club is non-profit, and all proceeds are donated to the Leader Dogs for the Blind in Rochester, Michigan.



Kathy and John took the trip of a lifetime along the historic Mother Road, Route 66, this past summer with another couple from their Corvette Club. The trip, which lasted 24 days, was 6,000 + miles long and took them from the start of Route 66 in Chicago, through seven states and ended in Santa Monica, California. They were amazed at how beautiful the country is along the route, and how they seemed to step back in time to a simpler way of life. The people they met along the way were kind and holistic. Kathy and John felt they got a glimpse of the way life used to be and they felt very much unplugged since there was limited cell service a good part of their trip. The trip was magical, and they highly encourage everyone to make this voyage if they get the opportunity.

Kathy was diagnosed with Stage 2C ovarian cancer in 2013 and underwent a strenuous IV chemo regimen for 18 consecutive weeks due to the aggressive cell type. One month after finishing chemo she attended a family funeral in New York and learned that a first cousin had ovarian cancer and breast cancer. Kathy got genetic testing and found out that she was positive for the BRCA mutation. She

immediately realized that it was imperative that she take action and scheduled a prophylactic double mastectomy.

Kathy has become a strong advocate for the **Survivors Teaching Students** program where she speaks to future health care professionals, as well as the **SPEAK** program, where she encourages women to be their own advocate. She has volunteered for the Michigan Ovarian Cancer Alliance to raise money and bring awareness of ovarian cancer over the years in a variety of ways.

A woman of very strong faith, Kathy volunteers for her church in various capacities. She and John are extremely social and enjoy many activities through their car club, such as car cruises, fundraising car shows and club trips. Kathy really enjoys her exercise regimen and one of the most therapeutic things she does is to participate in "aqua mix" class in the pool. Since it is a saltwater pool, she finds that it has helped her immensely with breaking down scar tissue from her surgery and suggests that it might be a solution for others who are dealing with similar issues. Aqua mix is a combination of movements with the lifting of arms and legs in the pool. Kathy says it is much easier on the body than doing it on ground and when the music plays it makes the activity very FUN and ENJOYABLE! Always a saleswoman, Kathy sold me, that's for sure!



GIRL



FRIENDS

According to a lecture given by Alan F. Schatzberg, M.D., Chairman of the Department of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine, close relationships between women may have some very significant health benefits. Dr. Schatzberg said, among other things, that one of the best things that a man could do for his health is to be married to a woman whereas for a woman, one of the best things she could do for her health was to *nurture her relationships with her girlfriends*.

At first everyone laughed, but he was serious.

Women connect with each other differently and provide support systems that help each other to deal with stress and difficult life experiences. Physically this quality "girlfriend time" helps us to create more *serotonin* -- a neurotransmitter that helps combat depression and can create a general feeling of well-being. Women share *feelings* whereas men often form relationships around *activities*. They rarely sit down with a buddy and talk about how they feel about certain things or how their personal lives are going. Jobs? Yes. Sports? Yes. Cars? Yes. Fishing, hunting, golf? Yes. But their feelings? - Rarely.

Women do it all the time. We share from our souls with our sisters/mothers, and evidently that is very good for our health. Dr. Schatzberg stated that spending time with a friend is just as important to our general health as jogging or working out at a gym. There's a tendency to think that when we are "exercising" we are doing something good for our bodies, but when we are hanging out with friends, we are wasting our time and should be more productively engaged -- not true. In fact, he said that failure to create and maintain quality personal relationships with other humans is as dangerous to our physical health as smoking!

**So every time you hang out to schmooze with a gal pal, just pat yourself on the back and congratulate yourself for doing something good for your health! We are indeed very, very lucky. Sooooo let's toast to our friendship with our girlfriends. Evidently it's very good for our health.**



# RADIOLOGY 101 : 2 HELPFUL WEBSITES, helpfully shared by Amanda Crowell-Itliong

"It's completely designed for patients, and it's written by experts and edited by people like me to help make it more accessible for patients. It's in multiple languages and it answers a lot of questions about radiology procedures. You can look things up by the type of procedure or by the disease. I highly recommend it and it's perfect if a patient is wondering, "What is this test like?"

**Radiologyinfo.org** tells you how various x-ray, CT, MRI, ultrasound, radiation therapy and other procedures are performed. It also addresses what you may experience and how to prepare for the exams. The website contains over 260 procedure, exam and disease descriptions covering diagnostic and interventional radiology, nuclear medicine, radiation therapy and radiation safety and is updated frequently with new information. All material on the *RadiologyInfo.org* website is reviewed and approved by experts in the field of radiology from RSNA and the ACR, as well as other professional radiology organizations.

"This is actually developed by a local radiology group, and I love it for looking up words in radiology reports. It's a radiology glossary!"

**Radiologyexplained.com** helps you understand your x-ray, CT scan, ultrasound, MRI, Pet scan reports and more in everyday language.

## HAPPY SURVIVORSary!



Sharon Rocklin	53 yrs!
Marilyn Brozovic	25
Lorraine Marsin	22
Marcia Gurche	21
Rose Newman	9
Louise Brown	7
Michelle Urbanczyk	7
Marsha Booser	6
Deb Claybaugh	6
Genevieve Riess	6
Eileen Shaughnessy	5
Jeanne Schaberg	3
Kathy Mills	1



*If your SURVIVORSary is missing, we did not receive an updated form from you.*

*Please contact Marilyn Brozovic via email: [brozovicm87@gmail.com](mailto:brozovicm87@gmail.com)*

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## meeting

Please join us for our ZOOM meetings at 4:00 pm on the second and fourth Thursdays each month.

**\* December 9 \***

**\* January 13 and 27, 2022 \***

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.

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.*