



Ovarian Cancer Support Group

# The Struggle of Change

(Taken from an article submitted by Shirley O'Brien, previously printed in our December 2009 newsletter)



As we go through life, we are usually looking for many of the same things, but high on the list is stability. Don't get me wrong, in our lives most of us long for excitement, some form of success, material goods, and personal achievement, not to mention the ideal family life. For the most part, we don't mind working hard to achieve these goals which might include a nice home, car, perhaps some fun recreational toys or a get-away home, plus the means to take some nice, well-deserved vacations. We get to a point in our lives where we forget how hard it used to be and we like to look back with pride at how far we've come from the bread-and-butter days to where we are now. While those memories are to be treasured, we want to be sure they stay in the past and look forward to continued prosperity and preserving these good times. After all, we deserve it.

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 have worked hard, and we deserve it. We want the stability that these achievements represent, and we don't want to lose what we've worked so hard in our lives to build. We don't feel that anyone has a right to interfere with what we have or that anyone has a right to take it away from us.

We all know, however, that there is no constant in life. Change does happen and, fair or not, we are constantly being thrown curve balls. Whether it is news that our job has been eliminated, that our child is in crisis, the death of a loved one, or the dreaded diagnosis of a disease, such as cancer, life changes before our eyes without our permission. At the beginning, we rail in anger and then despair. That is only natural. All we can imagine is how all our well laid plans for the future are now gone and in its place.....what?

Now comes the tricky part. How we react to change, the strength that we embrace to help us become whole again actually comes from deep within us. Rather than wallowing in pity and self-destruction, we can pull ourselves up and take back from the learnings of our past and decide to become new again rather than to simply become older and dwindle away.

We should always remember that "There is a gift hidden in the travails of forced change. It is the gift of beginning again: *conversion.*" If you look at it that way, all of us have received a gift, some have received just a few, and some have received many. The question is: *Which of us is really the lucky one?*



# HAVE YOU ANY BOOKS ?

By Marcia Gurche



Our February 24<sup>th</sup> Zoom meeting had the feel of one of our former in-person meetings. You could sense the extra enthusiasm, as members jumped in excitedly to share their own impressions and opinions of various books that they had read. It was a bittersweet reminder of what we have missed by not being able to meet in person, and yet it was a cheerful acknowledgement that even through virtual meetings we can connect with each other in a fun and very personal way. I think it can safely be said that we all came away with some wonderful new referrals for books and authors. There was absolutely no “book shaming.” In fact, when one member admitted she was afraid her choice to read mysteries and thrillers was going to seem trite, she was relieved to learn from others in

the group that her preferred books and authors were the same as theirs! Read on to discover our favorites:

*(Please excuse any mistakes regarding books attributed to individuals – my note taking is marginal at best, especially when I get caught up in something as interesting as this subject!)*

**Genny Beaudrie** shared that she enjoyed reading *The President’s Daughter* by Bill Clinton and James Patterson; and *Resisting Happiness* by Matthew Kelly.

**Louise Brown** recommended books by Kristen Hannah; *Night Tourist* by Katherine Marsh; *Chasing Fire* by Nora Roberts; *Where the Crawdads Sing* by Delia Owens; *West with Giraffes* by Lynda Rutledge; and *The Lincoln Highway* by Amor Towles.

**Kathy Mills** found a wonderful message and interesting story in a book by one of her favorite writers, Mitch Albom, titled *The Stranger in the Lifeboat*. She also recommended Sarah Young’s *Jesus Calling*.

**Judy Nitz** had a number of recommendations for us beginning with *A Man Called Ove* by Fredrik Backman. She also recommended: *The 1619 Project: A New Origin Story* by Nikole Hannah-Jones; *Three Ordinary Girls* by Tim Brady; and *Pachinko* by Min Jin Lee.

**Bridget Smith’s** recommendations were a combination of motivational and entertaining reads: *Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques* by Peggy Huddleston; *The Sentence* by Louise Erdrich; and books by Barbara Kingsolver, such as *Prodigal Summer*.

**Pat Sills** readily recommends *You Can’t Afford the Luxury of a Negative Thought* by Peter McWilliams, as well as any David Baldacci books.



**Joline Bowdich** enjoys reading quilt-related books by authors Jennifer Chiaverini and Earlene Fowler. Some of them are mysteries and some are just entertaining.

**Nancy Nordlie** suggested *A Gentleman in Moscow* by Amor Towles and *Water for Elephants* by Sara Gruen.

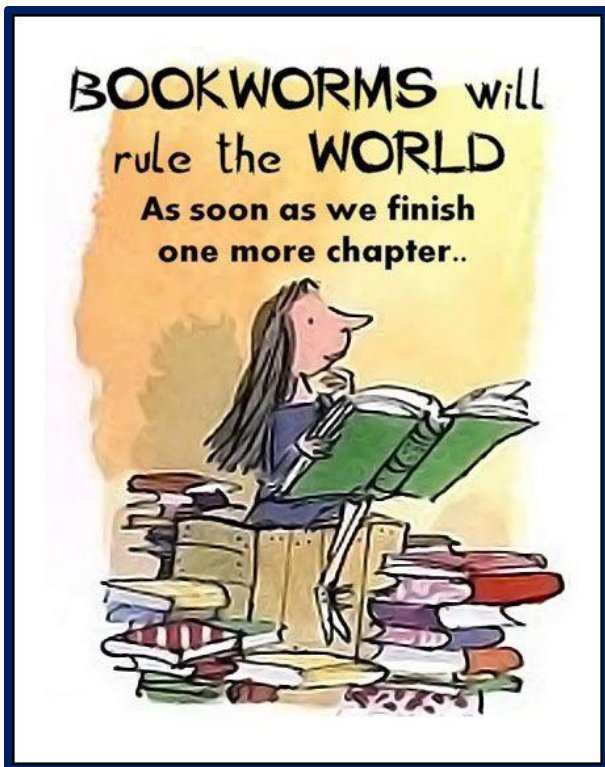
**Patty Kurpinski** thought we would enjoy reading mysteries by Mardi Link, which take place in Grayling, Michigan, and she also recommended *Wherever You Go, There You Are* by Jon Kabat-Zinn.

**Karen Simister** wasn't alone in her love of Lee Child books, and she also highly recommended reading *Lilac Girls* by Martha Hall Kelly.

**Renee Machiniak's** recommendation was for *The Everyday Life Bible* by Joyce Meyer and *The Invitation* by Oriah Mountain Dreamer.

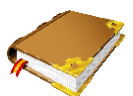
One of my own all-time favorite books is *The Boys in the Boat* by Daniel James Brown. Viktor Frankl's *Man's Search for Meaning* was a recent read which I found very impactful. I thoroughly enjoyed reading *Firekeeper's Daughter* by Angeline Boulley. I would also recommend any John Grisham books.

Coming from a large family, we didn't have a lot of money for entertainment, but we were blessed with two parents who valued reading and instilled that love of books in us. Every Friday evening my dad would take us to the library, and we would come home and make a large batch of popcorn before we eagerly dove into our new books. I now realize how fortunate we were to have that opportunity. It never dawned on me all those years ago, that reading was actually doing something for me besides helping to pass the time. It's a scientific fact that reading can positively affect our lives. In addition to the obvious, such as helping to build vocabulary skills, promote better writing skills and helping improve focus, concentration and memory, there are many other benefits which we may not think of as being associated with reading:



- Reading literary fiction increases a person's ability to empathize. They better understand the feelings and beliefs of others after reading stories that explore the inner lives of characters.
- Reading helps with cognitive decline. Studies show that seniors who read and do math related activities every day better maintain their cognitive functions.
- Reading rates right up there with yoga and humor as a stress reducer – who would have thought?
- Want a good night's sleep? Try reading before hitting the hay. Experts say it's best to read a print book and not to read in the bedroom (*Full disclosure: I read with a Kindle at night, in bed, and it puts me out every time!*)
- Sometimes when we are depressed, we feel isolated and estranged from everyone and reading fiction books can allow us to be temporarily swept away into another world. Reading non-fiction self-help can teach strategies to help manage symptoms.
- Interestingly, one study even showed that people who read 3 ½ hours a week lived longer than those who didn't read at all.

Thank you to every one of the ladies who shared their favorite books and authors. I think we can all agree that books are our friends. Most of us read for pure enjoyment and are always happy to hear about another good book or find another good author. With that being said, I am going to close now and pop some popcorn and begin reading Harlan Coben's *The Boy from the Woods*.



**SAVE THE DATES!**



Tuesday April 26 6:30 pm  
**Genetics & A Female Cancer**  
 Register via email: [sharingandcaring@beaumont.org](mailto:sharingandcaring@beaumont.org)



Thursday, June 23, 11:30 am  
**Creating our Vision Board**  
 Good Shepherd Lutheran Church Hall, Royal Oak  
 Join us as we create our own unique vision boards. Lunch is included and all materials will be provided at the workshop. Gather together those special pictures and mementos that you'd like to include on your board and bring them with you on June 23<sup>rd</sup>.



Friday Sept 2 – Sunday Sept 4, 2022  
**Annual Me, Myself, & I weekend**  
 St. Paul of the Cross Retreat Center

Did you ever wonder where the expression “It’s raining cats and dogs” came from? This common expression is often used to describe heavy consistent rain.

Back in the 17<sup>th</sup> century, English homes often had thatched roofs, and as crazy as it sounds, cats and dogs would often sleep in the thatch to keep warm.

On days when it poured with torrential rain, they would leap off to find better shelter, giving the impression of “it’s raining cats and dogs.”

Another theory is that during heavy rainstorms, dead animals and debris would be washed along the roadside ditches. The sight of these dead cats and dogs floating by may well have led to this phrase. Take your pick!



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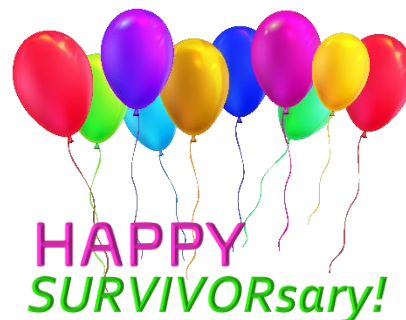
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Suzanne Kauffman	24 yrs!
Candy Brandon-Watters	19
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Barb Livingston	17
Patti Pfaendtner	10
Arlene Beyma	6
Kathy Dominczak	6
Pam Peplinski	2

***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**

Please join us for our ZOOM meetings on the second and fourth Thursdays each month.

**\* April 14, 4pm \***

Shared conversation, followed by Gong Immersion

**\* April 28, 6pm \***

Shared conversation

**\* May 12, 4pm \***

Mindfulness

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.