



FOCUS
ON
THE

Physical

By Marcia Gurche

Once again, the amazing physical therapy students from Oakland University put on a fantastic event for us. The “Find Your Happy” experience took place on Saturday, November 12th, at Oakland University and was attended by seventeen ovarian and breast cancer patients and guests. After getting checked in and having a quick evaluation of our blood pressure and pulse, we were treated to some very interesting sessions by these amazing young people.

It is one thing to be told that we **need** to exercise and that we **need** to eat a healthy balanced diet, but another to be told the **why** and **how**. Explaining in a concise and interesting way how exercise and certain foods impact our bodies, with delicious samples to boot, makes it much clearer. Picturing what those bad foods are doing to our arteries can be strong motivation not to want to put them into our bodies.



beautiful teal and pink balloon arch. What a fun way to reaffirm our commitment to ourselves and our friendships!

Getting back to business, we had a “Find Your Happy” Pilates session. Pilates is a type of repetitive exercise that can be performed on a yoga mat or a chair and is used to promote strength and stability. All in all, the session was very relaxing and enjoyable, although I must confess that I found the last pose – the ‘Dead Bug’ – to be more than a little challenging!

(Cont. 'd on next page)

Women’s pelvic health was naturally of great interest to this group of attendees. The PT students discussed and shared some exercises to help with certain problems that many women share.

During a short break, we all enjoyed taking pictures together using a photo booth machine. We also posted hand-written notes expressing our power words which described ourselves and our group, and we then placed the notes within a

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.

This specialized event was both fun and informative. The students did a tremendous amount of work in putting it together and should be commended for all their efforts. They provided us with many resource sheets to help us follow through with anything that was talked about, and they even included some healthy recipes. The Sharing and Caring Breast Cancer Support Group, as well as the physical therapy team, assembled a fantastic swag bag for each participant and there were some amazing door prizes and snacks for all to enjoy. It certainly was a wonderful way to spend a Saturday morning.

A heartfelt thank you to Lia, Anastasia, Amanda, Eric, Gage, Jessica, Kaylin, Lauren, and Hannah and their dedicated instructors, Sara and Jacqueline. We are already looking forward to our next PT event with the Oakland University Physical Therapy students.



Chicken Lettuce Wraps

Ingredients:

- 2 Tbsp extra virgin olive oil
- 1 pound of ground chicken
- 4 cloves of garlic, minced
- 1 yellow onion, diced
- A few mushrooms of your choice, finely chopped
- 2 Tbsp soy sauce
- 1 Tbsp rice wine vinegar
- 1 Tbsp ginger
- 1 tsp sriracha
- 8 oz. can water chestnuts, finely chopped
- 2 green onions, sliced
- Salt and pepper to taste
- 1 head of butter lettuce



Prep Time: 5 min
Cook Time: 15 min
Serves 4

Procedure:

1. Heat extra virgin olive oil in a pan over medium high heat and add in ground chicken, making sure to crumble it as it cooks and when it's done, drain the liquid from the pan.
2. Stir in garlic, onion, General Tso's stir fry sauce, soy sauce, rice wine vinegar, ginger, mushrooms and sriracha until onions become translucent.
3. Stir in water chestnuts and green onions until tender.
4. Mix in salt and pepper to taste.
5. Once cooked, put the mixture in lettuce boats and enjoy!



IT'S ♥KAY

By Marcia Gurche

One sleepless night, not too long ago, I was scrolling through YouTube and came across something that looked like it might be interesting. I put my feet up, pulled up my blanket, and began to watch. I got way more than I bargained for with the 2021 America's Got Talent video of a singer called **Nightbirde**. Her original song, "It's Okay," drew me in and took over my thoughts for many days.

Jane Marczewski was a petite, 30-year-old with a pixie haircut, wearing stylish cut-up white jeans, when she appeared on America's Got Talent last year -- just a few short months before she passed away from metastatic breast cancer. Jane sang under the name "Nightbirde," a name she gave herself after she had the same dream of birds singing outside her bedroom window three nights in a row. Her song, "It's Okay," touched the hearts of scores who heard her sing it that night. Her message of courage, hope and positivity inspired everyone in the audience and many millions more who have heard it since then.

"It's Okay" is a song about the last year of Jane's life. She had been given three to six months to live after her cancer diagnosis and her husband of five years had just left her. She moved to California in search of a cure. Her failing health and her divorce caused her to suffer a mental breakdown. She eventually was able to get healthy enough to sing and express herself through music...and express herself she did! Her lyrics proclaim, "I'm a stick of dynamite," and "It's okay if you're lost, we're all a little lost and it's all right."



"You can't wait until life isn't hard anymore until you decide to be happy."

Jane's message is that when life does not go your way, you need to make changes. She believed that she was so much more than the bad things that happened to her. She exuded hope, saying "I have a 2% chance of survival, but 2% is not 0%. You can't wait until life isn't hard anymore until you decide to be happy." She was so courageous that she appeared at the audition alone that night because her family could not afford to fly out to be with her.

Jane was very connected to her faith and had a wonderful support system in her family, friends, and fellow church members. She came from a Christian background and she thought that life was beautiful, but hard. Her tattoo of seven dots was a reminder of a bible verse about how a righteous person falls seven times and gets back up again each time. She loved spreading positivity. Jane felt that if something unimaginably

catastrophic and awful can happen, like a cancer diagnosis, "then doesn't it also mean that something impossibly beautiful and impossibly redemptive can happen?" She was full of what she called 'rebellious' hope!

Even after the return of her cancer forced her to withdraw from the America's Got Talent competition, Jane had her dreams. It was her contention that we get to decide how we want to handle things. She asked a reporter who was interviewing her, "Don't you want to see what happens if you don't give up?" In the same interview, she commented on how much beauty there is to be seen in the world. Her refreshing ideals have helped her spread the gift of hope to so many. Her message is that, while we might not have control over what happens to us, we do have power over how we handle what happens. In Jane's words, "I can't control birds flying over my head, but I can control their making a nest in my hair." ♥

OIL of EMU



100% pure Emu oil is a popular Australian beauty export that intrigues beauty consumers across the globe. Aboriginal Australians began using this thick, rich in fats, cure-all almost 40,000 years ago. For centuries, this oil fixture has been utilized for everything from moisturizing extremely dry skin to helping heal wounds. It contains 70% unsaturated fatty acids (mainly Omega-9), 20% linoleic acid (Omega-6), and 1-2% linolenic acid (Omega-3).

The benefits of Emu Oil are many: It hydrates skin (due to its thickness, helps prevent water loss), can help heal wounds and is a potent anti-inflammatory offering some arthritis relief, has antioxidative properties—contains a rich supply of carotenoids, flavones, polyphenols, tocopherol, and phospholipids, targets skin aging, slowing down wrinkle formation—dark circles around the eyes—and other aspects of the aging process. It is also a natural insect repellent containing different terpenes, is relatively safe for topical use in humans and is available over the counter at local drug stores and pharmacies. Emu oil is most beneficial to individuals with dry, inflamed skin.

Emu oil can be found as an ingredient in various moisturizing creams and oils. Prices range from \$9 - \$40 for a 4 oz. bottle of 100% oil or a 4 oz. jar of cream. Not a vegan sanctioned product.

Contributions from: Hadley King, M.D., F.A.A.D., New York City-based dermatologist, Erum Ilyas, M.D., M.B.E., F.A.A.D., King of Prussia & P.A.-based board-certified dermatologist

meeting

Group meetings are held on the **2nd Thursday** of the month at **4 pm**. Meetings are in-person at the **Berkley Public Library** and are also held via Zoom.

You are welcome to join us for dinner following the meeting at *The Avenue Restaurant*, located on Woodward just north of 13 Mile.

January 12
February 9

Trail Mix



Ingredients:

- 1 cup Skinny Pop popcorn
- 2 cups dried fruit of your choice
- ½ cup granola
- ½ cup yogurt covered pretzels
- ¼ cup sprouted pumpkin seeds
- ¼ cup raisins
- ¼ cup mini dark chocolate chips

Procedure:

Mix all ingredients together in a large bowl and enjoy!

Note: You can leave out any of the ingredients or add in some of your other favorites. The sky is the limit with this trail mix!

Prep Time: 5 min
Cook Time: 2 min
Serves 4

HAPPY SURVIVORsary!

Sharon Rocklin	54 yrs!
Marilyn Brozovic	26
Lorraine Marsin	23
Marcia Gurche	22
Rose Newman	10
Louise Brown	8
Michelle Urbanczyk	8
Marsha Booser	7
Deb Claybaugh	7
Genevieve Riess	7
Eileen Shaughnessy	6
Jeanne Schaberg	4
Kathy Mills	2



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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.