



# COVID and your Mental Health

It's going on two years now, and things don't seem to be getting a whole lot better. Many of us are very emotional regarding our comfort level with socializing due to the fear surrounding Covid-19. Much worry and anxiety still prevail due to the variants which have sprung up and the unknown effects which they may bring. We are still trying to navigate how to live with these challenges and to cope with this new way of life. Many of us are experiencing sadness, stress, anxiety, fear and loneliness, and it's not getting better. There are some things that can be done to help us cope and take charge of our lives while we wait for things to get back to "normal."



The Mayo Clinic has some strategies to help with our self-care:

- Get enough sleep and try to stay on the same wake up and bedtime schedule.
- Participate in regular physical activity since it can help reduce anxiety and improve your mood.
- Eat healthy and avoid eating junk food. Limit caffeine which can aggravate stress, anxiety and sleep problems.
- Avoid tobacco, alcohol and drugs.
- Limit screen time and be sure to turn off electronic devices at least 30 minutes before bedtime.
- Relax and recharge by setting aside time for yourself. Try some deep breathing, tai chi, yoga, mindfulness, meditation, or just soak in a warm tub.

*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.

- Keep a regular routine and be sure to include time for activities that you enjoy.
- Limit exposure to news media. If looking for information on COVID, look for reliable sources such as the U.S. Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).
- Stay busy – healthy distractions can get you away from a cycle of negative thoughts.
- Focus on positive thoughts. Choose to focus on the positive things in your life, instead of dwelling on how bad you feel. Consider starting each day by listing things you are thankful for.
- Use your moral compass or spiritual life for support. It can bring you comfort during difficult and uncertain times if you draw strength from a belief system.
- Set priorities – set reasonable goals each day and outline steps you can take to reach them.
- Connect with others via email, texts, phone or video chat.
- Do something for others since helping others is an excellent way to help ourselves.
- Support a family member or friend. If you can't visit in person, you can do this by telephone or by sending a note to brighten their day.

***At our recent One to One Zoom meeting, we talked about dealing with depression related to isolation. We realize that things aren't going to change for a while, but we can do things to help ourselves. YouTube is a good source of information for those who might want to learn how to do something different, such as learn a craft, or how to dance, cook, or bake something new and exotic. Trying something out of the ordinary is exhilarating and can make you feel happy even when the finished product isn't necessarily a blue prize winner because, well, at least you tried! Just remember, we're all in this together, and the busier we stay, the happier we will be.***



# A Deer Friend

By Marcia Gurche



I have been blessed to have a very dear friend for over 47 years now. **Carol** is married to Vince, a guy I went to high school with. Back then, Vince and I were on Student Council together, he played basketball with my brother, and he and my husband both stood up in a mutual friend's wedding. For the most part however, we went our separate ways following graduation. Carol went to a rival high school and after graduation, she coincidentally met another of my high school friends, Fran, while riding the bus downtown to attend a Carnegie Institute training program to become a medical technician. Fran's boyfriend, Mike, and Vince were best friends, so eventually they introduced Vince to Carol. As luck would have it, the two fell in love and got married.

Shortly after my husband, Al, and I moved to our home in Berkley, Fran told Carol, who was by then, also living in Berkley, that she should call me since we each had two-year-old daughters. Carol made the call and that same day, I walked the four blocks to her house with my daughter, Allison. From the minute we met we became best friends, as did Allison and her daughter, Aimee.

The years flew by, and our friendship and families grew. We are godparents for each other's sons, and we have always been there for each other, in good times and bad. Our kids have many wonderful, shared memories. We've rejoiced in all of the weddings and new babies each family has had. We have coached each other's kids and sat together as we watched them play sports on the same team or different teams over all these many years. We are as close as two families can be, I think. In fact, recently my brother said, "Carol and Vince are like part of our family." We have each moved twice since our Berkley days but, through chance, have never lived more than a couple miles away from each other. Which brings me to the crux of my story.




Shortly after Christmas this year, we were surprised to find a deer in our back yard. We had seen him in a neighbor's yard the week before and noticed that he had an injured back leg. He disappeared for a few days and then reappeared in our yard. Now, I realize that many people have deer on their properties, but we live in a suburban area with relatively small, fenced yards. Some of our neighbors don't have a tree, bush or plant in their entire backyard. It's not exactly a typical forest environment. Of course, we were thrilled to see this guy make himself at home in our yard and felt he was just finding a comfortable living arrangement while he healed enough to make it back to his "home." Well, he stayed for well over a week. At one point I was talking to Carol on the phone and telling her about our deer visitor and she told me that, at that moment, there was a doe standing in her yard just staring at her through the window. Carol and Vince, unlike us, live in a much more deer friendly area. Their home backs up to woods and they have deer in their yard routinely (much to Vince's chagrin, since they eat all of his beautiful flowers!) Carol and I joked that maybe the doe was our deer's girlfriend and that she was waiting for him to come home.



As the days went on, Al and I were more and more surprised that our deer didn't leave, and when Carol and Vince got a look at him, they found it amazing that he was so big and so comfortable in our yard. We knew he could jump fences since we had seen him do so, but for some reason he just seemed to want to hang out at our place. And then one day, he was just gone! We felt like parents whose kid had left for college for the first time. We missed him but were kind of relieved that he had been able to move on.

The next day our phone rang, and it was Carol. She was beyond excited and wanted to know if our deer was still in our yard. When I told her no, she replied, "You're not going to believe this, but he is now in my yard with the doe!" Carol and Vince live 2.2 miles away from us (maybe a little less as the crow flies – or as the deer glides!) Apparently, the little doe really *was* expecting her friend to come home, and he finally did. He seemed to know that she would be there waiting for him no matter how long it took him to get back. These two deer are blessed with a genuine, trusting friendship like I have with my own dear friend, Carol. And who could ask for anything more??



"A true friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words."  
 ~ Anonymous

## Who Are We?



There are angels here among us  
 All around and everywhere -  
 Some are short and some are tall  
 Some are dark and some are fair.

They are ready any moment  
 To be there at your side.  
 So remember when your road is weary  
 That from them you cannot hide.

They'll hold your hand and dry your tears  
 They're never far away.  
 They'll help allay the deepest fears  
 As you wake to face the day.

The ones that live among us  
 Are God's helpers here below.  
 And just in case you haven't guessed  
 It's the *One to One* Group, you know!

~ Barb Solms

*This beautiful poem was written by Barb Solms and shared at our holiday meeting in December 2005. Thank You Barb!*

# GILDA'S CLUB



**GILDA'S  
CLUB  
METRO  
DETROIT**

An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

Gilda's Club offers a large variety of activities to help cancer survivors and their families cope with the stress of a cancer diagnosis. In addition to the numerous cancer support groups that they offer for all types of cancers, as well as for caregivers and children of cancer patients, Gilda's has a multitude of educational lectures, workshops, social activities and physical activities. Best of all, you don't have to leave your home to partake in any of them since everything is accessible online. In January alone, they offered meditation sessions; a class on mindful self-compassion; three different types of yoga; book clubs; family fun day; game days; sessions on coping with anxiety through art, and instruction on estate planning. Each month different topics and classes are offered – the opportunities are endless! There is no reason to sit home and feel alone or stressed with this wonderful resource just a few keystrokes away. Just go to your computer and check out all that Gilda's Club has to offer at [www.gildasclubdetroit.org](http://www.gildasclubdetroit.org).



**HAPPY  
SURVIVORSary!**

Ella Steele	13 yrs!
Sonia Culver	9
Karen Simister	2



## DID YOU EVER WONDER ???

Did you ever wonder where the expression "It cost an arm and a leg" came from? Obviously, it is used when describing something that is extremely expensive. One possible explanation dates back to George Washington's days when there were no cameras and an image was either sculpted or painted. Some images showed our first president standing behind a desk with one arm behind him and others showed him standing with both arms and legs in view. The prices for the paintings back in the day were

determined not just by how many people were in the image, but by how many limbs were to be painted. This was due to the fact that artists knew that arms, hands, and feet were more challenging to paint, therefore, the artist charged the buyer more accordingly. Hence, the expression: "It'll cost you an arm and a leg."

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## meeting

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

**(Note: meeting times vary)**

\* February 10 at 4 pm \*

"Power of Visualizing" with Gail Patricolo

\* February 24 at 6:30 pm \*

\* March 10 at 4 pm \*

\* March 24 at 6:30 pm \*

"Gut and Immune Health" with Dr. Michael Walker

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.

**"Friends are  
God's way of  
apologizing for  
your family."**

~ Dr. Wayne Dyer

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.