



Nothing can compare to our own *One to One* Support Group meetings, but sometimes a person experiencing ovarian cancer, or a family member, needs a little more support. The **Ovarian Cancer Research Alliance** offers gynecologic cancer patients, survivors, friends and family the opportunity to join virtual support programs facilitated by an Oncology Licensed Clinical Social Worker.

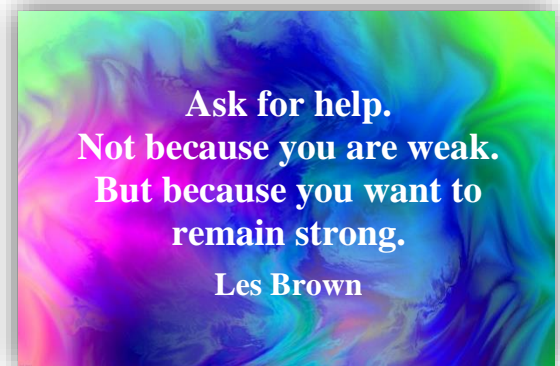
These weekly and monthly online gatherings are a great way to meet others, share experiences, and connect while social distancing. Registration is required. Please see below for group descriptions and to register.

Weekly Sessions

Living Well, Mondays at 1PM ET
 New Diagnosis, Tuesday at 1PM ET
 Summer Series (June: Relationships), Tuesdays at 7PM ET
 Evolving Hope, Fridays at 1PM ET

Monthly Sessions

Friends and Family, last Wednesday of the Month at 1PM ET
 Mindfulness, Movement, and Cancer at 3PM ET
 Express Yourself, one per month at 7PM ET



<https://ocrahope.org/patients/staying-connected-online-support-groups/>

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.

VISION BOARD Workshop

On June 23rd, **Gail Patricolo** led us in a very enjoyable and inspirational afternoon workshop where, after partaking in a delicious light lunch, we let our creative juices flow and we each created our own **Vision Board**. Using a variety of personal pictures, inspirational sayings, and images, we had a wonderful time creating our individual boards and most of us were seriously impressed with the results. A special thank you to Gail for her direction and to Marilyn Brozovic for organizing this fun event.

(More pics on the back page!)



PROFILE IN *Courage*

By Marcia Gurche

Letha Williams knew from a very young age that she wanted to get a college education and that she wanted to work in the medical field. At the age of fourteen she began volunteering at St. Joe's Hospital in Pontiac in the Occupational Therapy department. The hospital didn't usually accept volunteers that young, but Letha's mother was a corsetier at a store in downtown Pontiac at the time and an occupational therapist from the hospital got to know her, since her mother used to fit and alter bras for women who had had mastectomies.

As life often goes, Letha didn't actually go into the medical field per se, but she did get a college degree. In fact, she eventually earned a Masters and a PhD, and she retired a year ago after many years of teaching masters and doctorate students in Health Administration. Over the years, I'm sure she touched the lives of many future doctors and nurses and other health care workers aspiring to run health care facilities.



Letha was born in Pontiac and attended Pontiac Central High School. Both her parents are deceased, as is her only sister, **Judy**, who was five years her senior. She now lives in Waterford with her niece, **Susan**, who is disabled. Susan is a voracious reader and internet user and because she suffers from severe asthma, she requires multiple breathing treatments every day. Due to many food allergies, cooking is a challenge, but Susan has taken over the dinner cooking, which works out well since she is a good cook and Letha, admittedly, is not!

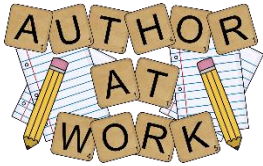
Following high school, Letha attended Wayne State University and entered a pre-occupational therapy program. She realized early on that the program was going to require a lot of hard science classes and she wasn't particularly good in that area. She finished up the year and left school to work in registration at Crittenton Hospital. After being asked one day by her supervisor if she "wanted to bang on a typewriter for the rest of her life," she made the decision to go back to school and enrolled at Oakland University, where she got her Bachelor of Arts Degree in Journalism. After several years of working in journalism with various newspapers, Letha realized that she missed the health care industry. She got a job in public relations with Hurley Medical Center in Flint and then went from there to Jackson to serve as Director of Community Relations at Foote Hospital.

As Letha's parents were aging and she saw they needed more help, she decided to move back to the area, and she subsequently held a variety of jobs in marketing. She ended up working for a long time for the American Red Cross as its Chief Strategy and Growth Officer.




Never one to let any grass grow beneath her feet, Letha decided to leave the business world and try teaching. She began teaching business at Baker College. In 2010 she was hired as an associate professor to teach in the Master of Health Administration (MHA) Program at A.T. Still University, where she taught online classes until her retirement. In 2012, she was promoted to Chair of both the MHA and the new (at the time) DHA programs.

You might think that someone who has been ensconced in the world of academia for so long would have a hard time adjusting to retirement. You would be wrong! Letha has adjusted just fine. Once she got past feeling guilty about not “doing anything,” she began to enjoy her free time. With that being said, I must clarify that she isn’t actually laying around eating bon-bons. She is presently a co-researcher on a research study with a colleague which requires a good amount of her time every week. The topic of the study is “What Doctoral Students Want from Their Dissertation Chair.”



Letha also continues to do research on her own. She is very interested in leadership and ethics, and she likes to know why leaders make the decisions they make. She loves to write and has written a novel which is unpublished, and she plans to write a couple more. She doesn’t know if she will ever publish anything, but she is practicing. She has had some short stories and poetry published in the past. She enjoys crafty things, particularly stitchery.

Letha was diagnosed with ovarian cancer in 2000 at the age of forty-six and was fortunate to go into remission after her initial treatment. She has been a valued member of the **Survivors Teaching Students Program** for around ten years. She continues to keep her hand in teaching as she volunteers for this program to bring awareness of ovarian cancer and its symptoms and risk factors to future health care professionals.

Letha was happy for the opportunity to spend the month of March in Florida. She is partial to short trips, such as the one she has planned with friends this July to Mackinac Island. But she’s perhaps most content when spending time at home, enjoying her own space and beautiful surroundings. 

Ovarian Cancer Research Alliance National Conference SEPTEMBER 21 - 23, 2022 | VIRTUAL

Register today for OCRA's National Conference.

Sign up to learn the most important information on research, treatment and care, directly from the experts, in language that's easy to understand. And because it's virtual, you'll get support and resources right from the comfort of your own home.

Here's just a snapshot of topics on the agenda — with many more to come:

- What's new in research and treatment
- Navigating a new diagnosis
- Precision medicine
- Managing recurrence
- Insurance and financial issues
- Nutrition, complementary medicine, and living well
- Support for friends and family



Listen in on **Ask the Experts**, one of our most anticipated discussions; find connection and support at our **interactive breakouts and Q&As**; and participate in **community-building activities** with others who can relate to what you're going through.

For more information and to register for the conference, go to:

<https://ocrahope.org/events/conference/>



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 at The Avenue Restaurant, located on Woodward just north of 13 Mile following the meeting.

*** June 9, 4:00 pm ***
In person at Berkley Library

*** July 14 ***
Conversation with
**Lisa D'Andrea, RN, Director of
Beaumont Troy Cancer Center**

*** August 11 ***
Guest Speaker: Daniel Devine,
Licensed Acupuncturist,
**Beaumont Integrative
Medicine and Natural Ease
Acupuncture**
**Topic: Benefits of
Acupuncture**

September 8 – TBD
October 13 – TBD
November 20 – TBD



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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.

HAPPY SURVIVORsary!

Bridget Smith	19 yrs!
Virginia Marrow	15
Betty Chernenko	14
Irene Kearney	13
Joline Bowdich	12
Margaret Huang	9
Kim Belhorn	8
Gail DePodesta	7
Dana McCarius	3
Ruth Vrbensky	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.*