



Clarifying Your



By Marcia Gurche

I have a vision and so can you!
 If you were able to attend the February Zoom meeting with **Gail Patricolo** on **“The Power of Visualizing,”** you no doubt came away with a renewed sense of wellbeing in knowing that we can help ourselves decrease stress, enhance motivation and direct our own positive outcomes through the simple process of visualization.

What is a VISION BOARD and why do I need one?

In her excellent presentation, Gail explained that creating a vision board, which is an inspirational collage of images, words or objects, is a creative and concrete way to express your values. A vision board can help motivate you and can spark joyful feelings as it reminds you of your dreams and goals.

Mark your calendar! We will be getting together on **May 26th** to create our own unique vision boards and put everything we learned from Gail into action. Plan on joining us for lunch and for the workshop where all materials will be provided. Start thinking about what you would like to include on your vision board now and begin to gather those special pictures and mementos to bring with you on May 26th.



Dream Big!



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*

By Marcia Gurche

I've known **Kathy Mills** since we were both 15 years old and we began playing basketball together on the same high school team. We didn't attend the same parochial school, but since hers didn't have a basketball team, she was eligible to play on my school's team for all four years. We shared many fond memories, like when, as sophomores, our varsity team won the CYO District Title. After graduation, Kathy and I attended the same private, all-girls college in Kalamazoo. While there, we had a lot of fun and made some great friends, but we both transferred to other schools after our first year. Kathy went on to Western Michigan University, where she graduated with a degree in Secondary Education. We have stayed in touch through the years and Kathy, along with a mutual friend, Ellen, even sang at my wedding reception. Little did I know that we would one day end up in the same cancer support group, yet here we are.



Like so many other women who are diagnosed with ovarian cancer, Kathy's illness was missed in December of 2020 because, at the time, she was being treated for another health issue: autoimmune hepatitis. It is also possible that Kathy wasn't examined as thoroughly as she might have been due to the Covid pandemic, which was in full swing and before vaccines were available. Following her diagnosis on Christmas Eve, she had debulking surgery. Initially, it was thought to be Stage I because the only visible cancer was in her fallopian tube. Her relief at hearing this was deflated nine days later when she went to have her staples removed. Pathology reports had come back showing evidence of cancer in the peritoneal washings; thus the doctor confirmed a Stage 3 (2A) diagnosis. More bad news -- due to ascites he could not remove her stitches. Instead, he sent her to radiology for her first of many paracentesis procedures. Blood work taken that day showed a problem with her kidneys which resulted in her being sent back to the hospital. One thing led to another, and she was becoming sicker and sicker. Three weeks after returning to the hospital, Kathy ended up having emergency surgery where it was discovered that she had a perforated bladder. This was the cause of the infection which was making her so sick. After 50 lonely days in the hospital, she was finally released to go home. That's when Kathy began her quest to get stronger both physically and mentally. She learned that she needed to become her own advocate as she began her new journey toward recovery.

Kathy was born and raised in Detroit by her very devout and dedicated parents, **Tony** and **Nell Calice**. She has three brothers, **Rick**, **Mark** and **Bill**, and three sisters, **Karyn**, **Nancy** and **Joelle**. She attended St. Benedict Catholic Grade School and then went to Mercy High School, where she loved being a member of the Mercyaires, a choral group that performed for the public. She put her singing on hold when she went off to college, but 15 years ago became a member of the St. Thomas More Church Choir where she sings at weekly Masses and special concerts.

During her working career Kathy ended up teaching middle school and high school English for 15 years. Having previously earned a Certificate in Counseling, she then changed direction and spent the next 15 years as a guidance counselor for middle school and high school students.

(Cont. 'd on next page)

Kathy's love of music may have been one of the things which attracted her to her husband, **John** (besides his dimples and blue eyes), when they first met at the Royal Oak Rathskeller Bar in 1972. John was a talented saxophone player who, at the time he and Kathy met, was newly out of the military. He was finishing up his last year of undergraduate school and working as a wedding photographer on the side. Looking for some excitement, he had been thinking of taking a motorcycle trip out to California. His priorities changed after he and Kathy began to get serious, and he decided to enroll in law school. John eventually became a very respected attorney. He ended up specializing in adoption law and was instrumental in helping to write some of the guidelines for new adoption laws for the State of Michigan. Sadly, John passed away seven and a half years ago from esophageal cancer. He and Kathy had been married for 40 years, and the loss was understandably devastating. According to Kathy, "John was strong and he was open and honest, and he wasn't shy about expressing how much he cared about people – whether they were family, colleagues or friends." The way he handled his cancer diagnosis helped Kathy when she was faced with her own diagnosis.



Kathy and John were married for 14 years before they adopted their oldest son, **Dan**, at the age of three months. **Rob's** adoption four years later completed their family and they were on their way to becoming the poster family for semi-open adoptions. Dan and Rob are both married now and have turned into outstanding young men. Dan and his wife, **Katie**, along with their dog, "Lady," live in Atlanta where he heads up a sales and marketing team for Char-Griller. Rob got married to **Jackie** a year ago and they recently moved to a new home in Beverly Hills, Michigan with their dog, "Eli." Both Dan and Rob were Kathy's 'rocks' from the time of her diagnosis through her recovery. When Kathy was unable, Dan took over keeping everyone up to date on the CaringBridge site and became the contact person for the doctors. Meanwhile, Rob handled all the insurance issues and managed the arrangements for caregiving for his mom. Interesting fact – on the day of Kathy's hysterectomy, Rob was with Kathy before she went into surgery and then hustled to get to the Oakland County courthouse where he was sworn in as a new attorney. No pressure!

When Kathy and John married, two large Catholic families came together and have been there for her in every way imaginable. Their support during her illness has been constant and has seen her through one of the worst times of her life. Kathy has also connected with some extraordinary people through membership in several groups. Her "Manresa Group" consists of women who meet once a month and support each other through prayer and in various other ways. The "Naz Group" is a band of friends who she has known for close to half a century. Additionally, Kathy belongs to the U of D Alumni Moms group, which has been a source of encouragement for many years. She is also amazed by the support she has received from our own *One to One* group. She has learned so much from the experiences of other members and it has helped her feel less alone.

Kathy is ready to move ahead now and focus on pleasant things, like doing some traveling. She hopes to move from her "too big" home to a condo which will be just her size. I have said from the beginning that Kathy is like a sponge – she is open and inquisitive and she soaks up all the information she can. Her courage and resilience are inspiring, and we are truly blessed to have her!



What's
The
Difference?



We have had a few people ask us recently if we are connected to the Michigan Ovarian Cancer Alliance (MIOCA). We are **not** a part of MIOCA. MIOCA is a state-wide organization which raises awareness of ovarian cancer, provides resources and support to survivors, advocates both locally and federally, educates within the community and helps fund research. The organization is run by a paid staff. Our **One to One** Ovarian Cancer Support Group has been providing a forum for ovarian cancer survivors to address their concerns and to offer them support, reassurance and friendship since March 1997. Our focus is totally on our members and the group has become the missing link for many – the glue that joins mind, body and spirit. Our leaders are all volunteers and a majority of our speakers volunteer their time also. As a support group we are here to encourage our teal sisters no matter what they are up against.

Just for Today...

Just for today, act as if your dreams count. Just for today, believe you deserve people in your life who are respectful, honest, and make you feel good about yourself. Just for today, don't listen to anyone who holds you back, keeps you stuck or makes you unhappy. Just for today, take a small and deliberate step towards your dreams. And then tomorrow, there's a very good chance you'll want another day just like today! ❤️



Be grateful that no matter how much chocolate you eat, your earrings will still fit.



HAPPY SURVIVORsary!



Cheryl Meehan	24 yrs!
Lori Coluzzi	12
Lynne Karty	6
Christine Babish	5
Jill Covert	2

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meeting

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

(Note: meeting times vary)

* March 10 at 4 pm *
Just Conversation

* March 24 at 6:00 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.

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.*