



July - Aug 2023

BE IN THE DRIVER'S SEAT - ADVANCE CARE PLANNING



Our support group was fortunate to hear a very interesting and informative presentation on Advance Care Planning. The two Corewell Health presenters were Linda Caurdy-Bess, LMSW Manager Advance Care Planning and Tracey Chartier, LMSW Oncology Social Work, Beaumont Troy. Here is a summary of what they shared with us.

You can speak up and have a say in directing your healthcare. Getting health care often involves choices that impact your life and wellbeing in many ways. Advance care planning puts you in the driver's seat to direct that care throughout your lifetime journey. Through advance care planning, you empower yourself and provide a sense of relief and understanding for your patient advocates and your family.

Most of us never even consider our health care preferences until we are faced with a serious, traumatic life event or new diagnosis. You may have witnessed situations where uncertainty about someone's healthcare wishes created unnecessary anxiety or confusion. You may have wondered if your preferences will be honored if you become unable to communicate your choices. Advance care planning and advance directives are not just for the elderly or seriously ill; they are for every adult who would like their voice considered in directing their healthcare. Completing your advance directive ensures that if you lose capacity to make decisions, shared decision-making between your patient advocate and physician will be driven by your wishes and values.

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.

At Corewell Health we believe that advance care planning is a process that begins with a conversation. Talk to the people who matter most about the care you want. The more you speak up, the better your health care will be. **Respecting Choices®** at Beaumont offers certified facilitators to guide you through the process of reflecting your values, goals, and preferences in your healthcare wishes and making them known to the people closest to you. This conversation with a facilitator can result in the completion of an advance directive document that can be made part of your medical record. Your advance directive, also called a Durable Power of Attorney for Healthcare (DPOA-H), allows you to choose a patient advocate who can make medical decisions that will be on track with your values if you are ever unable to communicate them yourself. Expressing your wishes through meaningful conversations with your advocate and your physician is an empowering experience.

Throughout your healthcare journey we are available to help you every step of the way. For more information regarding advance care planning, or to schedule your conversation, call us at 947-522-1948 or visit <https://www.beaumont.org/patients-families/respecting-choices-at-beaumont-advance-careplan>

***** See back page for more information *****

PROFILES IN *Courage*

By Marcia Gurche

At the time of **Nancy Evanston's** diagnosis of Stage 1c endometrial ovarian cancer in January 2012, she and **Laura Marmorstein** were co-workers and casual friends. Since that time, Nancy and Laura's friendship has grown into something much more.

Nancy was a single mother of two adopted sons and had given up her 30-year career with IBM to be able to spend more time with them. She took a job as a library assistant at Cranbrook School-Brookside, where her boys were students. In true Cranbrook-community fashion, the staff, including Laura, rallied around Nancy as she navigated her way through treatment and recovery. Little did Laura know that five years later in the spring of 2017, she would be facing her own startling diagnosis of Stage 4 serous ovarian cancer. The friendship that had begun to bud between these two women was cemented as Laura relied more and more on Nancy for advice and support as she began her quest for survival from this disease.



Laura

Nancy

Nancy credits her early diagnosis to a lot of good fortune. When she woke up a couple of days in a row unable to urinate, she remembered a friend of hers who had complained about her husband who ignored a health problem and ended up in a dire situation. With that thought in her head, Nancy decided to call her doctor's office and even though she was feeling better by the time she spoke to the receptionist, and even though her own physician was not in the office that day, the receptionist insisted that she come in and get checked out. The doctor she saw knew what test to order and Nancy was consequently diagnosed at an early stage. It was still a long journey for her and for her sons, **Ben** and **Daniel**. Ben, who Nancy adopted from Paraguay as an infant, became expert at researching everything that came up. Daniel was adopted from Viet Nam, and as a high schooler, took his mother's diagnosis very hard. With the help of their dear friend and former nanny, **Audra**, as well as Nancy's sister, **Carol**, and numerous friends, the family slowly returned to normal following Nancy's surgery and treatment.

Fast forward five years. Following a trip to Florida to visit her parents, **David** and **Jean Merrion**, Laura became sick with a respiratory infection. Subsequent abdominal pain was attributed to respiratory congestion. Laura then had an IBS diagnosis and a bowel blockage and during this time multiple tests were run. It was Laura's husband, **Michael**, who finally suggested to her that her symptoms sounded like those he had read about during a fundraising event for ovarian cancer. It turns out that Michael was right and unfortunately Laura was diagnosed with ovarian cancer. Since she didn't have an actual tumor, chemotherapy was the only option, so she had three rounds of chemo before having surgery, followed by three more rounds of chemo.



Nancy and the rest of the staff at Cranbrook pitched in to help with Laura's teaching duties and other responsibilities as librarian at the ECC (Early Childhood Center) Lower School Library. It was a no-brainer for Laura to follow Nancy's suggestion to consult Dr. Adnan Munkarah prior to surgery since he was a Cranbrook parent, as well as Nancy's gynecological oncologist. The surgery went well and Laura set goals for herself. She was determined to go back to visit her parents in Florida, she wanted to go to Utah to hike in Arches National Park, and to be back to work after spring break. She is proud to say that she accomplished each of those goals.

(Cont. 'd on next page)

Nancy retired from Cranbrook after twelve years and is now a professional volunteer. She has become involved in many ovarian cancer events and is a presenter for the **Survivors Teaching Students Program (STS)**. She has learned a great deal about ovarian cancer and is a mentor for other survivors through a program at Henry Ford Hospital. She spends two half days each week as a volunteer at the Preschool Day Care at Beaumont and one day at her synagogue's food pantry. Additionally, she spends one day a week with her step-grandsons, Greg, David, and Trevor, which she thoroughly enjoys. Her own sons are adults now – Ben is 32 and taking classes toward becoming an electrician and Daniel, 29, works for Ernst & Young as an accountant. Nancy still has Bailey, her 14-year-old fur-baby, at home to care for and keep her company.




**Be strong,
be fearless,
be beautiful.
And believe that
anything is possible
when you have the
right people there
to support you.**
~Misty Copeland

Laura and Michael reside in Southfield and celebrated their 40th wedding anniversary last May. They met at Albion College and married the year after they graduated. They decided to forego a honeymoon to purchase a house with the goal of taking an Alaskan cruise at a later date. That date seems to keep getting pushed back, as these things tend to, but they have taken a lot of nice trips over the years. Their daughter, **Raleigh** (33) and her husband, **Aaron**, live in Colorado, where Raleigh is a school psychologist and is also a social activist. **Victor** (30) and his new bride, **Nicole**, live in Holt and he is in digital sales and technology related to state and provincial lotteries. With no children at home, the Marmorsteins are in good company with their 7-year-old German Shepherd, Luger, their 2-year-old oriental short-haired cat, Perfect Tommy, and their newest addition, a 3 ½ month old German Shephard puppy named Trudy.

These friends have shared a lot over the years. Nancy is a patient of Dr. Sheba Roy, ND and Laura began seeing her as well, after her own diagnosis. Both ladies feel they have benefited from the care and wisdom of Dr. Roy. In the company of a few other close friends, Laura and Nancy enjoy celebrating birthdays and other important events. They also travel together and have been

to New York City and Disney World and have spent time at Laura and Michael's cabin in Lewiston. In June they enjoyed a weekend in Lansing celebrating the wedding of Laura's son.

O. Henry said, "No friendship is an accident," and in the case of Nancy and Laura that could not be more true. They were undoubtedly destined to become friends. The love and concern they have for each other is evident in every aspect of their relationship. They commiserate together and offer each other a different perspective on things. They are there for each other through good times and bad and enjoy each other's company immensely. Their relationship and all that they have shared is a testament to what Misty Copeland has said: "Anything is possible when you have the right people there to support you." 

TECH HELP NEEDED



Are you, or anyone you know, technology savvy and willing to volunteer to help our support group occasionally? We need someone with some tech skills to help us from time to time. Not a lot of time is required, but we would very much appreciate someone who could help us navigate the "new world of technology," which is beyond our grasp. Please contact Marilyn at 248-561-2027 or email her at brozovicm87@gmail.com.

ADVANCE CARE PLANNING
SHARE YOUR WISHES



FAMILY	<ul style="list-style-type: none"> Talk about your wishes and preferences for future health care with your family, friends and your patient advocate. Give them a copy of your written document.
DOCTOR	<ul style="list-style-type: none"> Share your wishes and preferences for future health care with your primary care doctor at your annual visit, after a hospitalization and before a surgery. Give your doctor a copy of your written document.
MyChart	Upload your document into your Electronic Health Record via <ul style="list-style-type: none"> fax to 947-522-0473 or submit through MyChart or email to advancedirectivefax@Beaumont.org
TRAVEL	<ul style="list-style-type: none"> Make copies of your document and keep a copy on you particularly when you travel. You can access your document anytime on MyChart. Also, included in the Advance Directive documents is a wallet card that you can fill out and carry on you at all times.

ANY QUESTIONS, EMAIL respectingchoices@beaumont.org

PHARMACY, L205, 06/08

You look in the mirror and sometimes see a mess of a human being. But you don't see the lives you've touched, or the people you've saved. You don't see all the love you've given freely, or the extraordinary memories you've made. You are a book of beautiful moments and feelings.

~ Author Unknown

Happy
SURVIVORSARY



July

Bridget Smith	20 yrs!
Virginia Marrow	16
Betty Chernenko	15
Irene Kearney	14
Joline Bowdich	13
Margaret Huang	10
Kim Belhorn	9
Gail DePodesta	8
Dana McCarius	4
Ruth Vrbensky	3

August

Shirley Malkiewicz	22 yrs!
Ginny Dimsa	17
Judy Nitz	17
Debbie Zemmer	11
Mary Walosin	8
Carole Kabrin	6
Diane Callaghan	5

Almost everything will work again if you unplug it for a few minutes, including you.

Anne Lamott



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.

August 10
September 14
October 12

Group Leadership

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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.