



# The **POWER** of Friendship

*The following is a reprint of an article that originally appeared in our March 2016 newsletter.*

**F**riendship and its importance has been expounded upon for years by various artists and esteemed writers. The Beatles sang, “I get by with a little help from my friends.” Helen Keller said, “I would rather walk with a friend in the dark, than alone in the light.” Bette Midler confided, “You’ve got to have friends to make that day last long.” Even the renowned William Shakespeare wrote, “A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow.” This leads me to believe that the value of friendship in a person’s life has been recognized for centuries.


Over the years research has shown that friendship enriches our lives and improves our health. In a two-decade-plus study of nearly 1,500 seniors by the Flinders University Centre for Ageing Studies in Australia, it was determined that those with a large network of friends outlived others with the fewest friends by 22 percent. According to an article in the East Michigan edition of *Natural Awakenings*, the University of Chicago National Opinion Research Center also reports people with five or more close friends are 50 percent more likely to describe themselves as “very happy” than those maintaining fewer confidants.

In the journal *Cancer*, a study followed 61 women with advanced ovarian cancer. It was determined that those with a good amount of social support had much lower levels of a protein linked to more aggressive types of cancer. Lower levels of the protein, known as interleukin 6, or IL-6, is known to boost the effectiveness of chemotherapy. It was found that women with less social support had levels of IL-6 that were 70% higher, and two and a half times higher in the area around the tumor.



Sheldon Cohen, PhD, a psychology professor at Carnegie Mellon University reports that “Friends help you face adverse events. They provide material aid, emotional support, and information that helps you deal with the stressors. There may be broader effects as well. Friends encourage you to take better care of yourself. And people with wider social networks are higher in self-esteem, and they feel they have more control over their lives.”

In trying times, friends can surround us with positive energy, says Madisyn Taylor, co-founder and editor-in-chief of the spiritual blog *DailyOM*, in Ashland, Oregon. “The people we love form a protective barrier that buffers and shields us from many of the world’s more crippling blows, including receiving hurtful slights from others.”

Friends can also make you laugh and take your mind off your problems. (We all know how important it is to laugh!) They will also cry with you and allow you to say what is on your mind without judgment. They will sit with you without saying anything and just give you a hug when you need a hug. 

*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.

# WHAT CAN YOU DO?

The most recent horrific campus shooting at Michigan State University has led to an outcry by the public and dozens of young people who rallied outside the state capitol to demand that lawmakers pass tighter gun control measures. This is a normal reaction when something terrible happens to us or to someone we love – we want to do something to change the system that allowed it to happen. With a cancer diagnosis, we cannot necessarily change the system, but we can possibly prevent the same thing happening to another, through education and awareness. If we cannot prevent it from happening, we can at least try to do something else, such as reach out to help someone recently diagnosed, like we do in our own *One to One* support group.



*“I felt so alone when it came to finding someone who actually got it. I have friends my age, but they weren’t going through what I was going through.”*

Jamie Davey lives in Trumbull County, Ohio and was 26 years old when she was diagnosed. She’s also an open book about everything from her “buns and guns” class at the gym, to how you can best support friends and loved ones facing ovarian cancer and what it’s like being a 28-year-old in menopause.

*“I had made sure so many women had the resources and support they needed, the follow up care. I was always so active in making sure things were in place for other people, I just never thought about me being diagnosed.”*

Yvette Jives, a nurse and social worker in North Carolina, has spent a lifetime helping others. After her diagnosis, in order to address what she saw as a need for ovarian cancer awareness and support in her community, as well as the disproportionate impact of ovarian cancer on patients of color, she founded Health Education and Resources (HERS).



*“I’m not saying this is a diagnosis anyone would want to get, but it makes you sort of laser focus on what is important in life. It makes you reassess and say, ‘Where do you want to be? Who do I want to be with? What do I want to be doing?’”*

Janice Murphy, diagnosed with ovarian cancer at age 62, is committed to raising awareness not just about the disease itself, but about what she believes to be an extra risk of ovarian cancer within the LGBTQIA+ community.

*I never say, ‘I have cancer,’ because it’s not mine. I’m dealing with it.”*

A lover of art and travel and people, one-time social worker and cruise line cook, and now celebrity chef, Elle Simone can also add social entrepreneur to her list of accomplishments. Elle is an ovarian cancer survivor and OCRA board member who is determined to use her platform to raise awareness about the disease.



*“Take things one step, one battle, one victory at a time. Just get through today; win today. When you take the good out of that day, then you won that one battle.”*

After being diagnosed with a rare form of ovarian cancer, Stacy Saravo found hope and inspiration through OCRA’s Woman to Woman program and Inspire online community. To help give rising medical professionals a patient perspective on the disease, Stacy volunteers with OCRA’s Survivors Teaching Students program.

*(Cont. ’d on next page)*

## Survivors Teaching Students

AMANDA



"My clinical trial gave me a chance to live."

BeRemarkable



Stage IIb Borderline, then  
Stage IIIc Low Grade  
Dx 8/2008, Age 29

**So... what about YOU?**  
**What can you do about it?**  
**How do you want to fight back  
after your diagnosis?**

If you are actively in treatment, you might not be able to expend any more energy or time. For those who have finished treatment, however, and are looking for a way to help others and who might want to share what they have learned, the **Survivors Teaching Students® (STS) Program** is a great way to do it. The STS Program educates future healthcare providers about ovarian cancer by sharing stories of diagnosis, treatment, and survivorship, along with facts about

the disease. Medical/healthcare students interact with and learn from ovarian cancer survivors in a classroom setting. It is extremely gratifying to be able to talk to these future doctors, nurses, physical therapists, physicians' assistants, and pharmacists and help them learn about the symptoms and risk factors of ovarian cancer in the hopes that they may recognize the disease in a patient.

To find out more about this amazing program or to attend an STS presentation, please contact **Marcia Gurche: [mgurche@gmail.com](mailto:mgurche@gmail.com) or 586-506-0598.**

*\*The survivor stories above were taken with permission from the [ocrahope.org](http://ocrahope.org) website\**



# Extraordinary People



*"Extraordinary people survive under the most terrible circumstances and they have become more extraordinary because of it."*

People come into your life for a **reason**, a **season** or a **lifetime**. When you know which one it is, you will know what to do for that person...

When someone is in your life for a **REASON**, it is usually to meet a need you have expressed. They have come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally or spiritually. They may seem like a godsend and they are. They are there for the reason you need them to be. Then, without any wrongdoing on your part, or at an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled, their work is done. The prayer you sent up has been answered and now it is time to move on.

Some people come into your life for a **SEASON**, because your turn has come to share, grow or learn. They bring you an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it, it is real. But only for a season.

**LIFETIME** relationships teach you lifetime lessons – things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person and put what you have learned to use in all other relationships and areas of your life.

**It is said that love is blind but friendship is clairvoyant.**



# Points To Ponder

Friends don't tell friends that 1970 was 53 years ago.



Some days I amaze myself. Other days I look for my phone while I'm holding it.

I often wonder who Pete is and why we do things for his sake . . .



In life it's important to know when to stop arguing with people, and simply let them be wrong.



A police officer came to my house and asked me where I was between 5 and 6. He seemed irritated when I answered, "Kindergarten."



I don't always go the extra mile, but when I do it's because I missed my exit.



## 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.

March 9  
April 13  
May 11

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## HAPPY SURVIVORSary!

- Cheryl Meehan 25 yrs!
- Lori Coluzzi 13
- Lynne Karty 7
- Christine Babish 6
- Jill Covert 3



- 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.