



Ovarian Cancer Support Group

Hints from Heidi

Heidi Roed, daughter of our *One to One* member, **Georgia Roed**, has been sharing her professional organizational skills with our support group, and we have enjoyed and benefited greatly from her tips and knowledge. Heidi started her company, **Life Easier, LLC** in 2018 to help people just like her try to find balance while also creating a more healthy and sustainable life. Heidi and her team are based in Charlotte, North Carolina, however, she also works here in Michigan since she comes back monthly to spend time with her mom, Georgia. One major focus of Life Easier is assisting senior clients. Heidi and her team help them with decluttering and move management so that they can safely age and stay in place or move to a new home, such as an assisted living facility, nursing home, or an apartment. Heidi is very compassionate in the way she works with individuals as they process the stressful decluttering experience. Her services extend to financial and tax organizing, in addition to estate clean outs and downsizing. You can read all about Heidi and her company, Life Easier LLC by visiting her website at life-easier.com.



Heidi has graciously agreed to send us some helpful tips from time to time. This month she shared information about the use of **Tupperware**. We were all raised with Tupperware and have undoubtedly used it for many years. Tupperware has become extremely popular with YouTubers who shop for it at garage and estate sales and purchase it for cheap prices, reselling it for big profits on E-bay.

Bisphenol A (BPA) is a chemical produced in large quantities for use primarily in the production of polycarbonate plastics. After reading some of the latest information on the negative health effects of using plastic, it is understandable that Tupperware is no longer as popular and is rumored to be going out of business. According to the Mayo Clinic, "Exposure to BPA is a concern because of the possible health effects on the brain and prostate gland of fetuses, infants, and children. It can also affect children's behavior. Additional research suggests a possible link between BPA and increased blood pressure, type 2 diabetes, and cardiovascular disease."



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.

According to its website, items Tupperware sells in the US and Canada are BPA-free since March 2010. That does not bode well for those YouTubers who have been making big bucks on vintage Tupperware items though, since if it was not safe the day it was purchased originally, it is not safe 13 years later. When we wash plastic containers in the dishwasher or with rough scrub brushes, it puts stress on them, causing the plastic to break down. The scratches can create hiding places for bacteria to live. When we put highly acidic foods, such as tomatoes or citrus fruits in the containers it will also break down the surfaces. Even when a container claims to be "microwave safe" it does not mean it is totally safe from a health standpoint since some of the plasticizers and chemicals from the plastic container can transfer to the food during heating. You should always transfer from the plastic container which you used to store your food, to a glass container before heating it up. Sam Cole, Global Director of Product Certification at the **National Safety Foundation** recommends discarding any plastic containers that are damaged.



Need a Ride?



At our last One to One group meeting, Carole Kabrin asked Theresa Wagner-Vrij if she knew how a friend of hers could get rides to appointments since she no longer drives. Theresa, who had come and given us a presentation on Palliative Care and how it differed from the services offered by Hospice Care, kindly provided Carole with the following information on senior transportation options. A special thank you to Carole and Theresa for sharing this with us!

Road to Recovery, American Cancer Society **(800) 227-2345** www.cancer.org

The American Cancer Society's Road to Recovery program provides free transportation to and from cancer-related medical appointments for patients with a cancer diagnosis. This includes appointments for active treatment as well as follow-up appointments, regardless of the length of time between follow-up appointment and patient's initial diagnosis. Volunteer drivers donate their time and the use of their cars.

Ford Warriors in Pink

888-947-2873 www.warriorsinpink.ford.com

Ford Warriors in Pink® and GoRide Health are teaming up to help cancer patients with complimentary non-emergency medical transportation to treatment in southeast Michigan.

My Ride 2

(855) 697-4332 www.myride2.com

SENIOR CENTERS offering transportation assistance:

Bloomfield Township Senior Center

<https://www.bloomfieldtwp.org/Services/Senior-Services/Supportive-Services/Transportation-Services.aspx>

Royal Oak Senior Center

<https://www.romi.gov/383/Transportation>

Madison Heights Senior Center

<https://www.madison-heights.org/292/Transportation-Program>

Dearborn Senior Center

Call 313-943-4083 for information

Rochester Senior Center

<https://www.opcseniorcenter.org/services/transportation>

Shelby Township Senior Center

Call 586-739-7540 for information

Clinton Township Senior Center

<https://www.clintontownship.com/309/Smart-Transportation-Options>



SMART also offers an ADA Paratransit (Parallel Transportation) Service within Wayne, Oakland, and Macomb counties. ADA Paratransit Service is an advance reservation, curb-to-curb service that is provided for persons who are unable to use SMART's fixed route bus service because of a disability.

Goodbye Autoimmune Disease

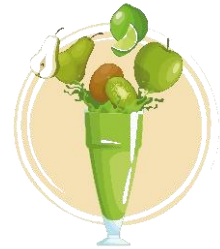
by Rev. Renee Machiniak, M.Div.

As volunteer chaplain with our *One to One* support group, I rejoice when any of our **Teal Sisters** overcome difficulties related to their ovarian cancer diagnosis and treatment. Through all the ups and downs, we are there for each other, sharing our individual journeys and helpful information about such things as medication side effects, family concerns, physician referrals, etc. Although I, myself, do not have cancer, I am able to offer empathy, compassion, encouragement, and supportive presence as I have lived with the chronic, life altering diagnosis of lupus for almost a decade and have struggled mightily to keep going while living and working with nerve pain, fatigue, arthritis, and fear of the future.

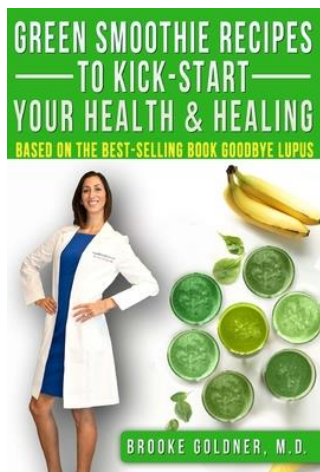


Near the end of the summer of 2022, I was confiding with a colleague of mine in ministry that, at the age of 56, I was feeling a decline in my health. I felt worried and sad because my lupus was progressing, i.e., I felt weaker and blood test results were discouraging. I wondered if I should retire early from ministry. He suggested that I read the books *Goodbye Autoimmune Disease* and *Goodbye Lupus*, written by a physician who, herself, suffered with lupus as a girl and defied all the predictions that she wouldn't make it to adulthood. When Dr. Brooke Goldner was age 16, she promised God that, if she survived systemic lupus nephritis with stage IV kidney disease, she would become a physician and research solutions for healing the body at the deepest levels.

I read the books and spent some time prayerfully assimilating all the information. Basically, Dr. Goldner's protocol uses inexpensive grocery store foods without any drugs or supplements. While informing and working with my primary physician, I embarked upon a completely new way of living. I bought a high-powered Vita-Mix blender and every morning filled it half full of cruciferous greens and chia seeds or flax seeds, water and fruit to add natural sweetness. I began by following a strict 6-week Hyper-nourishing Rapid Recovery Program and within three months, my test results improved! My liver enzymes, thyroid numbers (I have Hashimoto's Thyroiditis) and cholesterol numbers were declining. Once the 6-week recovery period was accomplished, I relaxed a bit, incorporated other healthy foods and continued to eat according to the overall life plan she advocates.



To reverse such autoimmune diseases as lupus, multiple sclerosis, rheumatoid arthritis, Hashimotos, Sjogren's, scleroderma, mixed connective tissue disease and countless more conditions such as chronic pain, Dr. Goldner advocates a 6-Step protocol: 1) Eliminate Animal Products; 2) Eliminate Added Oils; 3) Eliminate Processed Foods; 4) Hyper-Nourish Yourself with Raw Plant Foods; 5) Consume Omega-3's Every Day; 6) Water, Water, Water!



Of course, with each point of the protocol, there is much to understand and it is very important to read the book(s) to gain the knowledge and understanding of the science and testimonials behind it all. At six months, all my blood test results and scans showed NO EVIDENCE OF DISEASE. My high lupus markers were all gone, cysts on liver and kidney disappeared and my thyroid is getting healthier! Even my dentist noticed that the bone in my mouth is no longer receding! She asked, "Renee, what are you doing? Your mouth and teeth look great!" Personally, my favorite smoothie, and there are many in her booklet *Green Smoothie Recipes to Kick-Start Your Health & Healing*, includes half a blender of fresh kale, ¼ cup chia or flax seeds, avocado, a frozen banana, frozen wild blueberries, a handful of frozen raw cranberries, a sweet dark red apple and fresh ginger! I enjoy these raw vegan smoothies twice a day and eat vegetarian basically. Because I am now at a point of good health, I enjoy salmon once or twice a week.

(Cont. 'd on next page)

God has directed my path and I AM WELL. Throughout my life, God has presented special people who have altered the course of my destiny. In this case, my colleague who suggested these books, Dr. Brooke Goldner, M.D., who shared her wisdom and her own path to wellness, as well as each and every woman in our *One to One* support group who has bravely shared her experiences, courage and wisdom on how to persevere and rise above the obstacles that come with the diagnosis of ovarian cancer. God will provide a way through. To access free information, upcoming events with Dr. Goldner or to learn more about personal consultations, go to:

<http://GoodbyeAutoimmuneDisease.com>

I wish you amazing health and joy!



The Healing Nest is a free, non-profit, healing resource for women with cancer that treats the mind, body and spirit. The Healing Nest reaches out to women with cancer by offering a series of wellness treatments designed to comfort, encourage and enlighten. We offer a monthly service day of pampering and friendship to women in treatment (or who have completed treatment in the past year) for any type of cancer. Each guest will get to choose two services such as facial, reiki, massage or reflexology. We are offering this at our Washington Township, MI location and all services are always free of charge. Please visit our website: www.thehealingnest.org for the required paperwork to attend.

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.

May 11
June 8
July 13

Reeling & Healing Midwest

is a two-and-a-half-day **fly fishing wellness retreat** for women battling or surviving cancer. The mission is to introduce women to the healing powers of fly fishing by providing a one-of-a-kind experience, both on and off the river. It is designed to renew their spirit and hope through the combined elements of fly fishing, nature, peer coaching, positive camaraderie and support. Retreats are led by professional facilitators and certified fly fishing instructors – no prior fishing experience is required! The cost for the new participant to attend starts at \$35. All equipment, lodging and meals are provided. This amazing event takes place on the beautiful **Au Sable River** in **Grayling**, Michigan. Many of our *One to One* ladies have participated over the years and have come back with wonderful memories.

Retreat dates for 2023 are: July 23-July 25; August 20-August 22; August 27-August 29 and Sept 17-Sept 19..

Dates fill up fast so you must register now. For more information go to **FishOn.org** or Call **616-855-4017**.

HAPPY SURVIVORsary!

GennyBeaudrie	28 years!	
Letha Williams	23	
Gail Bidinger	10	
Barbara Blakemore	6	
Paula Smith	3	
Shani Lewins	1	

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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.