



Ovarian Cancer
Support Group

Find a Doctor

OCRA Launches Innovative Tool to Empower Patients Nationwide

[New York, New York April 9, 2024] – Today, Ovarian Cancer Research Alliance (OCRA) proudly unveiled its latest innovation in supporting individuals affected by ovarian cancer: the “Find a Doctor” tool. This free function, accessible through the OCRA website, is designed to connect patients and their families with qualified healthcare professionals specializing in ovarian and all gynecologic cancer care across the United States.

Navigating a diagnosis of ovarian or other gynecologic cancer can be overwhelming, and finding the right medical team is paramount to ensuring the best possible outcomes. With the Find a Doctor tool, OCRA aims to streamline this process, providing patients with easy access to a network of physicians, including specialists, and treatment centers in their local area.

“Access to quality care is a critical issue of equity for patients,” said Audra Moran, President and CEO of OCRA. “The launch of our Find a Doctor tool represents a significant milestone in our mission to improve patient outcomes and ensure access to the best possible care for everyone affected by ovarian cancer regardless of geography.”



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.

Key features of the Find a Doctor function include:

- **Comprehensive Database:** Access to a curated database of more than 2,000 healthcare providers specializing in ovarian cancer treatment, including gynecologic oncologists, medical oncologists, surgical oncologists, obstetricians and gynecologists.
- **Location-Based Search:** Users can easily locate healthcare professionals and treatment centers near them, ensuring convenient access to care options within their geographic region.
- **Provider-type search:** The database can be searched by provider type, with users seeing just gynecologic oncologists, for example.
- **Provider Profiles:** Detailed profiles for each healthcare provider, including credentials, areas of expertise, and contact information, enabling informed decision-making.

In addition to connecting patients with medical professionals, OCRA offers a **clinical trial finder**, a one-step service that provides information on current ovarian cancer trials and other gynecologic cancer clinical trials in the United States and Canada, as well as access to educational resources, support groups, and other valuable tools to aid individuals throughout their treatment journey.

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This list of providers has been curated by OCRA using data from healthcare technology company Komodo Health and is based on specific criteria, such as clinical volume (number of patients seen with gynecologic cancer), specialty, and expertise. Komodo Health is an industry leader in technology and data connectivity, powering use of de-identified patient claims data with analytics and insights through its Healthcare Map and artificial intelligence-powered platform, to deliver real-time, actionable insight into treatment, diagnosis, costs, and outcomes of millions of patients across the U.S. Data is updated in the Find a Doctor tool quarterly.

The new tool underscores OCRA's ongoing commitment to advancing research, raising awareness, and providing support to the ovarian cancer community. By harnessing the power of technology, OCRA continues to break down barriers to care and empower patients with the resources they need to navigate their healthcare journey with confidence.

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The Gentle Gardener

I'd like to leave but daffodils
 To mark my little way,
 To leave but tulips red and white behind me
 as I stray;
 I'd like to pass away from earth and feel I'd
 left behind
 But roses and forget-me-nots
 For all who come to find.

I'd like to sow the barren spots
 with all the flowers of earth,
 To leave a path where
 Those who come
 Should find but gentle mirth;
 And when at last I'm called upon
 To join the heavenly throng,
 I'd like to feel along my way
 I'd left no sign of wrong.

And yet the cares are many
 And the hours of toil are few;
 There is not time enough
 On earth for all I'd like to do;
 But, having lived
 And having toiled,
 I'd like the world to find
 Some little touch of beauty
 That my soul had left behind.

~ Edgar Albert Guest

A RECIPE FOR YOU !

Barb Blakemore is the Betty Cocker of our *One to One* group and anyone who attends our meetings can attest to what an amazing baker she is. She brought these delicious Delta Bars to our last meeting and we all enjoyed them tremendously. Thanks, Barb, for so generously sharing your culinary talents!

DELTA BARS

Base:

- ½ cup butter } Cream together
- 1 cup sugar } Cream together
- 2 egg yolks } Beat in
- 1 tsp vanilla } Beat in
- 1-1/4 cup flour } Mix in
- 1 tsp baking powder } Mix in
- ½ tsp salt } Mix in



Press dough into a parchment-lined 9 x 13 in. baking pan

Topping:

- 3 egg whites } Beat till eggs begin to thicken
- 1 cup sugar } Beat in, 1 tablespoon at a time, on low speed of mixer. Beat at high speed till stiff peak stage.
- ¾ cup chopped pecans } Fold in

Spread topping over the base. Bake at 350° for 23-30 mins, until meringue is golden brown. Cool. Cut into 24 bars.



PROFILE in

Courage



By Marcia Gurche

When you think of Michigan, it is not usually the first place you think of people moving to in order to pursue the arts, however, that is exactly what **Nancy Minckler** did. After leaving her home state of Pennsylvania to work in New York and Miami in various areas of the theater, Nancy eventually moved to Coldwater, Michigan to do summer stock at Tibbets Opera House. Passionate about pursuing the arts, through the years Nancy enjoyed working as a model, actor, stage manager, and in all aspects of theater production, while working in both dinner theater and children's theater. While she loved being involved with the arts, it caused Nancy to often be strapped for cash. Nancy proudly states that she "was the last owner of 13 different cars." In her early thirties, while seeking a more stable income, she began working for Ford Motor Company creating video advertisements.



Nancy was born and raised in Valley Forge, Pennsylvania. She was the third child born to her parents, **Gloria** and **Howard**. Her three siblings, **Michael**, **Howard**, and **Linda** still reside in Pennsylvania along with her mother. Nancy began her college education at Ithaca College in New York, but later in life she completed her Bachelor of Social Work degree at University of Detroit and received her Masters in Social Work from University of Michigan. After receiving her MSW, Nancy worked as a caseworker with kids and families through the Royal Oak Youth Association. She was just getting ready to retire when she received her ovarian cancer diagnosis in July, 2022.


Presently Nancy is undergoing treatment for her first recurrence. She has embraced her diagnosis and is using both conventional and alternative therapies. She feels that her oncologist is responsible for her chemical healing and that she is responsible for her emotional healing. In addition to receiving acupuncture from Dan Divine to help strengthen her system and help her deal with side effects, she does Pilates to help keep herself moving. She also sees Dr. Michael Walker for advice on nutrition and supplements which help boost the effects of chemotherapy, and keep her platelets up. Nancy is constantly looking for opportunities to clear old emotional stuff and she finds that working with therapists from Integrative Medicine is a great way to do that. She receives reiki treatments from Gail Patricolo and uses a personal meditation tape which Gail made for her. One unique method Nancy is using with therapist Sandra Johnson is called EMDR – Eye Movement Desensitization and Reprocessing. Nancy knows that not everyone feels the same as she does and she laughingly refers to her personal beliefs about her emotional and spiritual path toward healing as a bit "WOOGGITY." Everyone has their own viewpoints and many of Nancy's come from reading Louise Hay, a well-known motivational speaker who is famous for her positive affirmations and joyful encouragements.



Nancy loves to travel and recently she and her family took a trip to Key West, Florida. Nancy's mom is now 96 years old but is still up for a nice trip with her children and their spouses and they had a wonderful week together. It was the fourth trip they have taken as a family and they hope to continue to do more. Nancy has plans to see some relatives in Florida in the near future and to visit Chicago to shop specific Christmas markets. Trips to Philly are always on the docket to see her immediate family, and she and friends enjoy visiting western Michigan spots such as Saugatuck and Holland. Nancy has plans to return to New York in June for a much-anticipated reunion with friends at the Shakespeare Festival. She is anticipating a trip to Maui in September and once she goes into remission, she has several destinations on her bucket list, namely Sicily, China, and Scotland.

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Nancy is an avid reader and she particularly enjoys reading murder mysteries. She loves sewing and doing crafts, particularly making cards and jewelry. She has recently gotten into some fabric work using natural dyes. Cooking is another passion of Nancy's, and she especially enjoys making Italian and Chinese food.

Having the opportunity to talk with such a delightful and emotionally healthy person as Nancy Minckler is truly a blessing. She is very calming and her generally happy demeanor is apparent at all times. I would love to have seen her on stage – I can just imagine her as a young woman portraying one of the members of the Gibbs or Webbs family in Thornton Wilder's "Our Town" or maybe even playing Blanche DuBois in "A Streetcar Named Desire." No matter what part she played, whether she was on stage or producing, or managing behind the curtain, I am certain she was a positive influence and brought much joy to not only the audience, but also to the other performers and members of the production crew. 



Some say life begins at 40, others say 50...
Nonsense!
Life begins when you decide to quit
worrying about what everyone else thinks.



HAPPY SURVIVORSary

July 

Bridget Smith	21 yrs!
Virginia Marrow	17
Betty Chernenko	16
Irene Kearney	15
Joline Bowdich	14
Margaret Huang	11
Kim Belhorn	10
Gail DePodesta	9
Dana McCarius	5
Ruth Vrbensky	4
Katie Tolly	1

HAPPY SURVIVORSary

August 

Shirley Malkiewicz	23 yrs!
Ginny Dimsa	18
Judy Nitz	18
Debbie Zemmer	12
Mary Walosin	9
Carole Kabrin	7
Diane Callaghan	6

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.

Group meetings will now be held at
4 pm on the 2nd Thursday of the month
in the **Cancer Center**
(3577 W. Thirteen Mile Rd., Royal Oak).

Parking is available at the
Neuroscience/Cancer Center parking lot
Enter the Cancer Center building.
The classroom meeting space is
down the hall on the left.

You are welcome to join us for dinner
following the meeting
at *The Avenue Restaurant*, located on
Woodward just north of 13 Mile.

July 11
August 8
September 12

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.

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