



*Hope is the thing with feathers
that perches in the soul
and sings the tune without the words
and never stops at all.*

This quote by Emily Dickinson has always been a favorite of mine. I love the lyrical sound of it, and it brings a smile to my face whenever I hear it. We even used it once on the back of our Survivor tee shirts for our Relay for Life event because it just seems to embody everything that a cancer survivor stands for. There are hundreds, perhaps thousands, of “Hope” quotes and they are all inspirational, but for some reason, this one really resonates with me.

With the challenges that the COVID-19 virus is bringing to everyone, particularly women who are in treatment for ovarian cancer, it is essential that we do everything in our power to remain hopeful and to try to look for the good during these hard times. It was mentioned to me by a *One to One* member that the Stay at Home order is an uncomfortable reminder of the isolation she felt following her diagnosis last year. With a new diagnosis, or even a recurrence, there is a hyper-awareness of isolation and some fear and frustration which can cause physical and emotional symptoms. It is important to know that you are not alone and that no matter how inconvenient it might be, you should still stay in communication with your health care team. There will be some changes in protocol, but they will still be available to you. Your support system of family and friends is also only a phone call away. Fortunately, we live in a technical era so we can reach out and find support in various ways.

Staying positive, upbeat, and hopeful is not easy, but it is crucial to our wellbeing. It has been scientifically proven that hope affects our ability to heal by producing more dopamine, endorphins and other chemicals which promote health and energy for living. Try to establish a new routine and not to obsess over what’s on the news. Get some exercise every day – even if it is just minimal – for it will definitely help. Try to sit outside or take a walk and just breathe the fresh air. Yoga and meditation, which can be watched on YouTube, are also wonderful ways to help relieve stress.



“Hope connects us to others and helps us realize we are not alone.”

We can’t do anything about the fear, stress and sadness in the world, and we certainly can’t control the virus, however we can always, in our own little world, find something to celebrate which will help keep hope alive and make our lives happier and better. Whether it is celebrating a birthday with family via a Zoom call or finishing a long overdue project like cleaning out a closet, we can reward ourselves with a walk in the park or an ice cream sundae. Likewise, we can always do some small thing for others which will help us embrace the goodness around us and give us comfort. We have heard of many people making masks for our health care professionals or essential workers... or those quiet heroes who drop off groceries and meals for their elderly neighbors or friends who are alone. These small acts of kindness can boost our energy and help us appreciate our lives and contribute to our own sense of hopefulness. Hope connects us to others and helps us realize we are not alone; it is a real emotion and one that should be treasured.

~ Marcia

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.

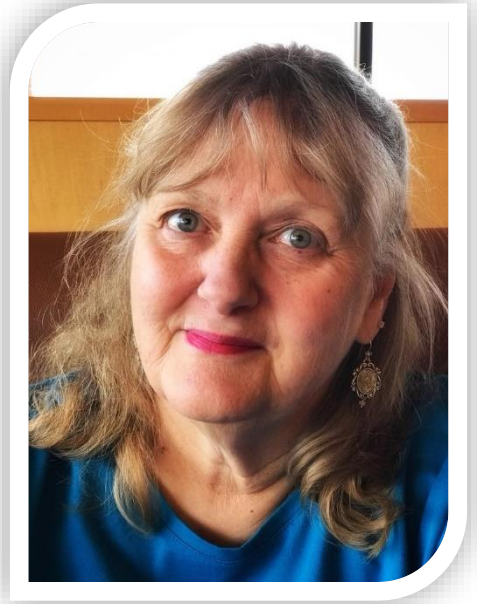
Ovarian Cancer: *An Eight-Year Perspective*

By Patti Phaendtner

Fear /fir/

Noun: an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.

When my son was in middle school, he tripped over a curb and broke his ankle. He's always been clumsy, so this in itself was worrisome but not frightening. When the ER staff took an x-ray of my son's ankle, however, they discovered an anomaly in his shin that could be a sign of bone cancer. We were there on a Friday night and couldn't get into the oncologist until Monday morning. In retrospect, that was the first time I felt true fear. I was consumed with it for over two days until the oncologist assured us it was simply Joel's bones trying to catch up with his massive growth spurts. Nonetheless, for three years we had to go every six months for x-rays to be sure everything was on the right track.



I experienced that same fear when I first received my diagnosis. Understandably, fear of the unknown combined with fear of what I had experienced with both of my parents took a toll on my equilibrium. Once treatment begins, one tends to just keep moving forward as instructed. The fear doesn't go away but becomes a new normal or an uncomfortable companion through all the recurrences and treatments. The human mind seems to be able to adapt to new circumstances with enough repetition and familiarity. The protocols are awful, and each leaves a nasty lasting impression. However, I know my cancer and with a few options, I know what to expect from my treatment plans. At least that is how it has worked for the last four recurrences.

I don't like change and it seems that holds true for my cancer. My team and I have always acted early and quickly to deal with what up to now has been a predictable, slow-growing version of the disease. It is what has kept me around almost six years longer than predicted. We have so little control over what happens with cancer, that I've found comfort in the ability to anticipate what will happen. My most recent recurrence, diagnosed in early November, is not following the familiar path.



As part of my biopsy, my physician has decided to submit my tissue for genetic testing. It is the third time that I've gone through testing for the BRCA gene. Apparently, I can test as BRCA negative (which is what has happened twice) and still have a tumor that tests BRCA positive. My understanding is that most ovarian clinical trials are geared towards BRCA positive patients. Aware of my many recurrences, my doctor is hoping for a positive test outcome so that I can take part in a clinical trial. He is very progressive and that is what I love about him. He is looking out for my best interests as chemo and radiation have so many lasting side effects. As a result, however, we have been waiting for over four weeks for the out-of-state results to come. I'm feeling that intense fear of almost eight years ago. I keep imagining the newest tumor running rampant through my lymph system. Fear is an emotion caused by a belief that something is dangerous. The waiting is paralyzing me. The change in tactics is messing with my equilibrium. How many new normals am I supposed to adapt to? For four weeks, my mantra has been, "I trust my doctor, I trust my doctor." I do, I really do...but it doesn't diminish the fear.



In response to our "Care to Share" e-mail request, we received the following contributions from our One to One members

Marsha Booser:



Thought I would share just a bit with you - for me, the fact that I am able to continue my yoga practice at home has been one of the best things. The yoga studio that I go to is offering online classes (through Zoom). You have to sign up in advance and then they send you a link before the class starts. It helps me feel a little normal. And, I continue to take walks as much as possible. Being out of the house helps tremendously.

I read your email on Monday, April 6, and the devotional that I read every day had this to say:

"When you focus on what you don't have or on situations that displease you, your mind also becomes darkened. You take for granted life, salvation, sunshine, flowers, and countless other gifts from Me. You look for what is wrong and refuse to enjoy life until that is 'fixed.'"

This is from a book by Sarah Young called Jesus Calling.

I think what we all have to do in these trying times is focus on what is right in our life. Not an easy thing to do right now but being outside working in the yard and looking forward to planting things helps me.

Talking to girlfriends also helps - as long as we can find things to laugh about.

And watching any videos about cats, dogs, aquariums, public gardens and zoos.

Hope you are doing well and we are able to see each other soon.

Terrie Karebian:

(sharing Facebook humor)



"You know, if you keep a glass of wine in each hand you can't accidentally touch your face."

"Yesterday my husband thought he saw a cockroach in the kitchen. He sprayed everything and cleaned thoroughly. Today I'm putting the cockroach in the bathroom."

"I used to spin the toilet paper like I was on Wheel of Fortune. Now I turn it like I'm cracking a safe."

"I need to practice social distancing from . . . the refrigerator."

"This morning I saw a neighbor talking to her cat. It was obvious she thought her cat understood her. I came into the house, told my dog . . . we laughed a lot."

"Day 6 of Homeschooling: My child just said, 'I hope I don't have the same teacher next year.' I'm offended."

Meet Us on zoom

We invite you to join our virtual One to One support group meetings via Zoom. We have tested this with a number of ladies and it is working well.

There will be two virtual meetings per month, on the 2nd Thursday and the 4th Thursday at 4:30 p.m.

Everyone will be sent an invitation via blind copy email with instructions of how to join. It is not necessary to do anything prior. If you do not wish to receive these invitations, please reply to Marilyn and I will remove your name for future virtual meetings. But you can always change your mind by contacting me at:
brozovicm87@gmail.com

THE REMISSION BLUES

It's been a year now
And I'm still here
No longer fighting cancer
Yet I am filled with fear

Will it come back?
What's that lump on my neck
Is there something new growing?
Hypochondriac now, what the heck

I always freak out
When I see a new bump or bruise
It's like I can't breathe
Til I get an MRI with good news
I know I shouldn't whine
Because there are those who have it worse
But I swear this remission
Is just a new curse

Everyone around me thinks
I shouldn't worry so much
But they don't understand
What it's like to touch:

A stomach
That is bloated
I bet it's cancer
I somehow know it

I lost eighty pounds
in a matter of months
But my abdomen was a bulge
I kinda had a hunch

Within hours upon
Arriving to the E.R.
I had an oncologist
I was getting prepped for the O.R.

Endometrioid carcinoma
They said a Stage 1c
It was leaking profusely
So they couldn't just let it be

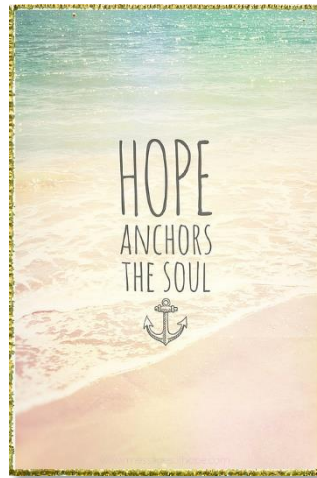
Scared, I sure was
But didn't have time to process
That I would need chemotherapy
Not sure if it would be a success

I went bald within
A very short time
My body felt heavy
I lost my ability to thrive
I prayed and I prayed
To have a good day
I felt like I was just
Sleeping my life away

Today is one year
That I am cancer free
But those feelings are fresh
Sometimes I am still a mess

Please be patient with me
I promise I will get there
I just need someone to hold
Sometimes I need some tender loving care

By Jen Murakami



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HAPPY SURVIVORsary!

Genny Beaudrie	25 years!
Letha Williams	20
Judy Majeski	8
Patti Pfaendtner	8
Barbara Blakemore	3
Bonita Gardner	1
Lisa Helmle	1

If your SURVIVORsary is missing, we did not receive an updated form from you. Please visit our One to One website for the form or contact Marilyn Brozovic via email: brozovicm87@gmail.com



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.*