

# Teal Talk



March 2021

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March marks the 1-year anniversary of Teal Talk. We hope that you have been enjoying this newsletter & being a member of this community of Survivors.

March is International Women's Month honoring contributions of women to history, culture & society. We have added inspirational quotes throughout this edition of Teal Talk to celebrate the event.

More events have been added to the 2021 calendar, be sure to note the change of date for the 10<sup>th</sup> Anniversary Gala. We have added in a Designer Bag Bingo Fundraiser on the original date. Grab your besties & come out for a night of fun, laughs and PRIZES, all while supporting a great cause. We hope to see you there!

You can always tell who the strong women are. They are the ones you see building one another up instead of tearing each other down.

---Unknown



# IN THE NEWS

## Study: Pap Test/Cervical Swab Samples Can Reveal Ovarian Cancer Biomarkers

---February 24, 2021  
Medscape.com

Residual fixatives from liquid-based Pap tests and cervical swabs contain tumor-specific biomarkers for ovarian cancer, according to an analysis of proteins found in matched biospecimens from a woman with high grade serous ovarian cancer.

The findings suggest that Pap test fluid or cervical swabs could be used to detect ovarian cancer biomarker proteins to allow for earlier detection of ovarian cancer, reported Kristin L. M. Boylan, PhD, assistant director of the Ovarian Cancer Early Detection Program at the University of Minnesota, Minneapolis, and colleagues.

The investigators examined the biospecimens from a 72-year-old woman diagnosed with metastatic high-grade serous adenocarcinoma that did not encompass the cervix. The Pap test, obtained prior to surgery, was negative for malignancy, but nearly 5,000 proteins were detected in the three matched biospecimens, including more than 2,000 that were expressed in each of them.



These proteins included several known ovarian cancer biomarkers, such as CA125, HE4, and mesothelin, the investigators noted. The findings were published online Feb. 9 in Clinical Proteomics.

"Our data demonstrate that ovarian cancer biomarkers can be detected in Pap test fluid or a cervical swab by MS-based proteomics," they wrote. "In addition to identifying multiple known biomarkers, over 2,000 proteins were detected in all three biospecimens, suggesting a potential role for novel biomarker discovery."



*A strong woman looks a challenge  
in the eye and gives it a wink*



Proteins from the cell-free supernatant of the patient's liquid-based Pap test fixative were concentrated by acetone precipitation or eluted from the cervical swab, and protein was also extracted from the patient's tumor. Analyses showed similarities in the Pap test fluid and cervical swab proteins, as well as the tumor extract, they said.

The findings are notable, because while early detection of ovarian cancer increases survival, an adequately sensitive and specific screening tool for use in the general population is lacking, they explained. Pap test screening is widely accepted, suggesting that developing it as a screening tool for both cervical and ovarian cancers could improve testing for this "lethal but elusive disease," they added, concluding that "While our samples were from a single patient, the results are proof of concept: that Pap test fluid or cervical swabs could be used for detection of ovarian cancer biomarker proteins, and this approach warrants further investigation."

Senior author Amy Skubitz, PhD, professor and director of the Ovarian Cancer Early Detection Program, stated in a press release that she "sees an opportunity for this method to be translated into a self-administered, at-home test, where swabs could be collected by women at home and sent to a central laboratory for analysis of proteins that would diagnose ovarian cancer."

However, next steps include using quantitative mass spectrometry to determine if

It's okay if you fall down and lose your spark. Just make sure that when you get back up, you rise as the whole damn fire. --- Coletter Werder



# Survivor Spotlight

## *Meet Vickie Morris– 11-year Survivor*

It was January, I'd just turned 57 and I was putting on weight. I had eaten much more than my share of holiday goodies! tighter. At my February physical, I didn't mention much, except that I was a little constipated, so I was told to up my fiber. My belly continued to grow, but the part that bothered me more was that I was having trouble taking a deep breath (figured all the new fat was preventing the diaphragm from expanding). This was concerning since I sang in the church choir and had to stand during practice in order to breathe deep enough.



April 1, I went back to my PCP when the pain radiated from my back to under my right ribs. I figured it was a gallbladder attack, and convinced him to order an ultrasound, since all the women in my family had had theirs removed. The ultrasound did show some 'sludge' so he sent me to a general surgeon.

That office set a surgery date for the 23rd. Then I got a call from the surgeon's office saying he was postponing it. Upon reviewing my ultrasound, he saw 'fluid' and wanted to find out where that was coming from first (although, I later found out, he already had his suspicions). So, a CT scan was done on April 16. The Sunday night after that, I was having a lot of pain and I called his answering service to see what sort of pain meds I'd be allowed to take. He happened to be 'on call' and in the emergency room at the time. He told me what I could do. I asked if he'd gotten the CT report.

Since he was right by a computer, he told me to hold on and he'd check. To my absolute utter surprise, he came back on and told me I had a 'large' tumor on my left ovary and 'a lot' of fluid (ascites). (I'd had no pelvic pains....just abdominal girth increase!) He said he'd make arrangements in the morning for me to see a gyn oncologist.

That appointment was made for April 20 and surgery set for April 26. At that time, they removed a 'grapefruit-sized' tumor and 5 Liters of fluid (no wonder my diaphragm didn't want to expand!) Oh, and they also took the gallbladder.



Once pathology came back, it showed no cancer cells in the fluid and a Stage 1C tumor. Praise God! That meant I would only need 3 chemo treatments, 28 days apart.

So why has it taken so long to share my story? Why did God answer my prayers for such an outcome, when others pray, too, and don't get the answer they want? Yes, I lost my hair and had some fatigue, but no major side effects, so how could I relate to those who had had a worse experience from the chemo treatment? My story didn't seem 'dramatic' enough.

It took me many years before I began to realize that I was blessed to be a blessing! My symptoms weren't the 'normal' ones, but they were unusual for me and I should have talked to my doctor sooner. I realized I could be a listener, a shoulder to cry on, an encourager/cheerleader, an advocate for others.

This raising awareness of 'unusual' (for you) symptoms that last several months is important. Write down what you want to tell your doctor so you don't 'wimp out'. Early intervention can make a difference in the outcome.

It will be 11 years come this April since I had that surgery. I thank God every day and every April anniversary I get to celebrate being cancer free.

*She overcame everything that was meant to destroy her.*

---Rumi

*Some women fear the fire. Some women simply become it.*

---R.H. Sin

*A woman is like a tea bag, you never know  
how strong she is until she gets in hot water.*

---Eleanor Roosevelt

*She has been through hell, so believe me  
when I say fear her when she looks into the  
fire and smiles.*

---E. Corna



# ST. PATRICK'S DAY RECIPES



## CORNED BEEF WITH BLACKBERRY MUSTARD GLAZE

### Corned Beef Ingredients

- 4-5 lb Corned beef
- 2 Tbsp Canola Oil
- 1 Onion, peeled & quartered
- 8 Whole cloves
- 4 Cloves garlic, minced
- 3 Sprigs fresh thyme
- 3 Bay leaves
- 1 Tbsp Whole, black peppercorns
- 3 Carrots, chopped

### Glaze Ingredients

- ½ cup Blackberry preserves, or favorite flavor
- 2 Tbsp Dijon mustard
- 2 Tbsp Brown sugar, packed
- 1 Tbsp Soy sauce
- ½ tsp Ground pepper



Use sharp knife to trip excess fat from corned beef. Heat oil in Dutch oven with corned beef stock pot. Cook 1-2 minutes on each side until browned. Add next 6 ingredients & fill the pot with water until beef is completely covered. Bring to boil. Either: reduce heat to simmer for 3-4 hours until meat is fork tender or transfer to a 300° oven & cook 4-5 hours until meat is fork tender. If you would like to cook carrots, add to pot about 1 hour before beef is finished cooking. Remove beef & carrots, set carrots aside. Place beef on aluminum foil covered baking sheet. Brush with glaze, then place under broiler for 5-7 minutes, until glaze begins to caramelize. Remove from oven & let sit for 10 minutes before carving. Brush with additional glaze if desired. Serve with roasted cabbage, carrots & colcannon (see recipe).



## **COLCANNON (Irish mashed potatoes)**

- 5 medium Yukon Gold potatoes
- 6 Tbsp Unsalted butter, divided
- 2 Leeks, white & pale green parts only  
Sliced in half lengthwise, thinly sliced
- 2 Garlic cloves, thinly sliced
- 2 cups (packed) Shredded savoy cabbage, divided
- 1 ¼ cups Milk
- ½ cup Heavy cream
- Ground pepper
- 1 Scallion, thinly sliced



Cover potatoes with water in small pot; season with salt. Bring to boil on high heat, then reduce & simmer until paring knife slides through the flesh; about 30-40 minutes. Drain, let cool slightly & peel. Meanwhile, melt 4 Tbsp butter in large saucepan over medium heat. Add leeks & cook, stirring frequently, until very soft 8-10 minutes. Add garlic & cook, stirring until garlic is fragrant & leeks are just beginning to brown around edges. Add 1 cup cabbage & cook, stirring constantly, until wilted. Add milk & cream & bring to simmer. Add potatoes & remaining cabbage, coarsely mash with potato masher. Season with salt & pepper. Transfer to serving dish, top with remaining butter & sprinkle with scallion.

## **BAILEY'S BROWNIES**

- 1 box Brownie mix & ingredients per box
- ½ cup Sweetened condensed milk
- 1 ¾ cups Milk chocolate chips
- ¼ cup Bailey's Irish Creme
- ½ tsp Pure Vanilla extract
- Pinch kosher salt

Pre-heat oven to 350° Line 8x8 baking pan with parchment paper & grease with cooking spray. Prepare brownie batter according to box directions. Spread in pan & bake according to directions. In medium bowl, combine rest of ingredients & place bowl over pot of barely simmering water to create a double boiler & stir constantly until the chocolate is melty. Pour fudge mixture over cooled brownies. Refrigerate until set. Slice into squares & serve.



# Daytrips from Columbus

## Welcome to Ohio Amish Country

Whether you're wanting to immerse yourself in a rich culture, hop on a tour, enjoy a little comfort food or find your bliss away from the everyday, you'll find what you are looking for in Ohio's Amish Country. There is so much to do and see, you won't be disappointed.

### *Hershberger's Farm and Bakery*

5452 OH-557; Millersburg, OH 44654

Not often is a bakery a destination stop for travelers, but for those who have ventured to Amish Country and found their way to Hershberger's Farm & Bakery, that experience alone is a reason to venture to Holmes County. Sure, a person could walk into Hershberger's Farm & Bakery and see all the amazing selections of baked goods, like fry pies, apple fritters and muffins, to name just a few. Or they could view fresh, colorful produce piled high, but why let your eyes have all the fun? Letting your nose savor all those luscious aromas, like homemade bread and countless freshly baked goods is worth the trip. Or allowing your ears to take in the joyful pop-pop-popping of the kettle corn, made over an open fire just outside, is always a family favorite. Perhaps the touch of a wooly lamb will be an exciting new experience for the youngsters. Hershberger's Farm & Bakery isn't your average bakery. With a wide array of canned goods and homegrown seasonal produce and a huge assortment of flowers, all of your senses will be on full alert with the colors, aromas and fresh tastes of the season. Then there is the farm store, featuring USA made wooden toys, tack, bird seed, leather goods and more. This Holmes County favorite is sure to please with its wide variety of merchandise. However, there is even more to do than one might expect. A free family-friendly petting zoo featuring a nice variety of farm animals beckons families to experience the farm life up close. They also offer pony and horse rides for a small fee, and just recently Hershberger's added a new antique farm store, which is sure to delight. A trip to Hershberger's Farm & Bakery is a Holmes County highlight for many people who have now made it a destination. It is a visit which will have the entire family anticipating their next trip to Amish Country, when they can once again excite all of their senses.







### ***B. Heinis Cheese Chalet***

6005 County Road 77, Millersburg, Ohio 44654

Established in 1935, Bunker Hill Cheese, or Heini's, is a third-generation, family-owned company. John (Hans) Dauwalder trained as a master cheese-maker in Switzerland and came to the States in the 1920's to display his Artisan talents in a growing cheese market. Through the years the Dauwalder family has partnered with local farmers to produce their cheese and that commitment remains strong. Today up to twelve tons of cheese can be made in a day: we make over 25 varieties of cheese averaging 50,000 pounds of cheese a week and offer free samples of over 50 varieties of cheese, Meat, Jams, and Fudge daily.



### ***Sols In Berlin***

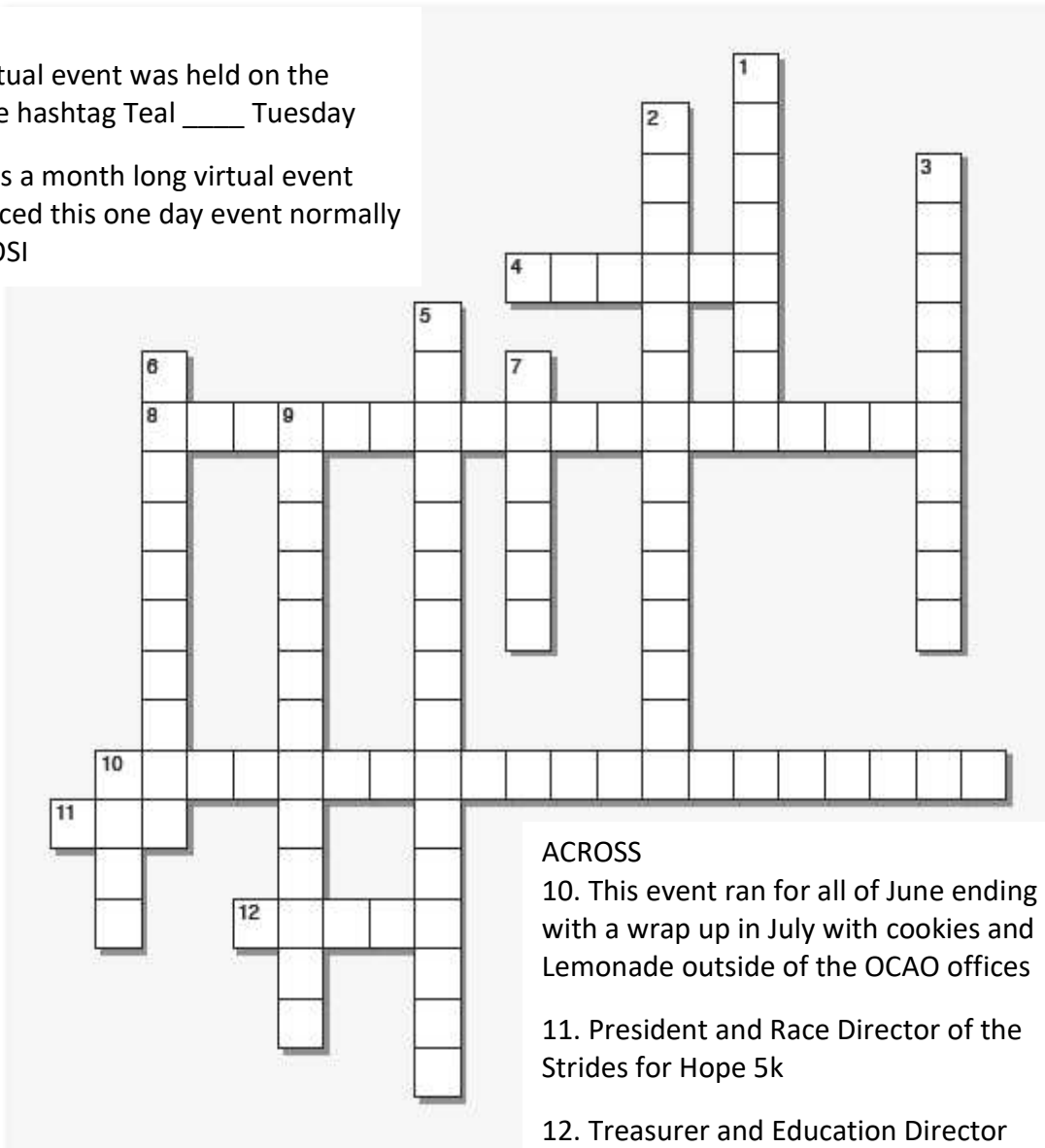
Ohio's largest arts and crafts mall with over 400 artisans and crafters is conveniently located in the heart of Amish Country. Sol's is made up of three large side by side buildings brimming with home decor, gifts, candy and dips, daily samples, Amish made baskets, noodles, brooms, leather, handmade wooden toys, and so much more. On site outside during the spring, summer, and fall months customers enjoy homemade ice cream, buggy rides, and fresh popped kettle corn. Open since 1993, Sol's has been called a "Must See" in Amish Country.



# FUN & GAMES

## ACROSS

4. This virtual event was held on the alliterative hashtag Teal \_\_\_\_ Tuesday
8. This was a month long virtual event that replaced this one day event normally held at COSI



## ACROSS

10. This event ran for all of June ending with a wrap up in July with cookies and Lemonade outside of the OCAO offices
11. President and Race Director of the Strides for Hope 5k
12. Treasurer and Education Director

## DOWN

1. Vice President and Fundraising Director
2. This event normally held in May was held in September at Via Vecchia Winery
3. Survivor event where you create your own sign or lazy Susan
5. Coach, Prada, Vera Bradley, and Kate Spade were prizes at this fundraiser
6. Solving a mystery puzzle to get out was this exciting event
7. This was a fun Survivor day watching wild animals in Powell
9. Movie watched at Survivor event held at AMC Lennox Theatre
10. Board Secretary & Survivor Connection Director

# OCAO Website Information

F	Z	S	X	G	A	V	I	Y	M	A	N	T	U	M	H
S	I	E	P	O	H	R	O	F	S	E	D	I	R	T	S
M	O	N	T	H	L	Y	D	O	N	A	T	I	O	N	S
K	I	F	A	N	G	E	L	A	M	M	L	Y	K	T	D
I	E	V	E	N	T	C	A	L	E	N	D	A	R	E	X
M	D	L	C	Y	C	A	D	H	V	T	A	M	O	A	Y
W	M	H	I	C	K	I	V	V	S	Y	O	A	G	L	M
O	A	P	X	S	U	W	A	I	N	A	R	Z	E	T	M
N	R	H	P	R	A	I	L	L	Q	O	T	O	R	R	A
E	I	J	K	F	L	G	E	N	A	F	G	N	R	I	T
T	A	O	E	L	N	R	I	K	G	I	L	S	E	B	M
A	N	B	E	I	O	U	V	W	I	U	D	M	W	U	A
N	N	K	L	T	L	V	I	K	K	I	H	I	A	T	O
O	E	I	S	L	I	N	T	E	R	N	S	L	R	E	J
D	A	R	E	E	T	N	U	L	O	V	Q	E	D	S	H
M	M	S	R	E	T	T	E	L	S	W	E	N	S	B	A

Financial Aid  
Event Calendar  
Kroger Rewards  
Amazon Smile  
Donate Now  
Newsletters  
Mailing List

Monthly Donations  
Interns  
Teal Tributes  
Store  
Volunteer  
Strides for Hope

Angela  
Kim  
Lisa  
Kelli  
Tammy  
Amy  
Vikki  
Marianne





***ALL EVENTS SCHEDULED SUBJECT TO CHANGE. WATCH OUR WEBSITE OR FACEBOOK PAGE FOR UPDATES AND ADDITIONS***

*April:*

10th- Designer Bag Bingo Fundraiser

*May:*

6th- Carol Girardi Ovarian Cancer Summit

Guest: Karen Mills, Comedian

8th- World Ovarian Cancer Day

13<sup>th</sup> – 15<sup>th</sup> Camp Mak-A- Dream (Virtual event; Registration required)

TBD- Survivor Brunch (Invitation to follow)

TBD- Barks for Hope; Dog Walk (Keep an eye on our website for more info)

*June:*

All month-Change for Change Fundraiser

6th- National Cancer Survivor Day

12<sup>th</sup>- 10<sup>th</sup> Anniversary Gala **DATE CHANGE ALERT**

*July:*

17th- Ice Cream Social; turn in Change for Change Collections

*September:*

11th-12th Strides for Hope Packet Pickup

17th-18th Strides for Hope Packet Pickup

19th Strides for Hope 5k; Genoa Park

*October:*




16th Murder Mystery Fundraiser

*Please  
Join us*

2021

# MARCH



<u>M</u>	<u>TU</u>	<u>W</u>	<u>TH</u>	<u>F</u>	<u>Sa</u>	<u>Su</u>
1	2	3	4	5	6	7
8 OCRA Advocacy Day 1 	9 OCRA Advocacy Day 2  6:30 pm CSC Support Group	10	11	12	13	14 Daylight Savings Time Begins 
15	16	17  Happy St. Patrick's Day	18	19	20  1 <sup>st</sup> Day of Spring	21
22	23	24	25	26	27	28
29	30	31				

\*See website [OCAO.org](http://OCAO.org) for information and registration

\*RED indicates volunteer opportunity

2021

# APRIL

<u>M</u>	<u>TU</u>	<u>W</u>	<u>TH</u>	<u>F</u>	<u>Sa</u>	<u>Su</u>
			1	2	3	4 
5	6	7	8	9	10  5pm; Makoy Center Hilliard	11
12	13	14	15	16	17	18
19	20	21	22 Earth Day 	23	24	25
26	27	28	29	30		

\*See website [OCAO.org](http://OCAO.org) for information and registration

\*RED indicates volunteer opportunity



Ovarian Cancer Alliance of Ohio

Presents

# Designer Bag Bingo

45

21

6

23

22

56

Saturday April, 10th

5PM - 10PM

Doors open at 5:00 for dinner

Bingo starts at 6:30pm

Makoy Center - Burgundy Room

5462 Center St. Hilliard OH 43026

Tickets \$40.00 per person

Table of 8 for \$300.00

Pizza and  
drinks will be  
served

Michael Kors

Kate Spade

Coach

Vera Bradley

BINGO

35

4

48

13

5



# SPRING FLING

## CRAFT BAZAAR

SAT MAY 1ST, 2021

10AM - 3PM

Gifts  
&  
Crafts

Homemade  
Decor

Fashion  
&  
Jewelry

Directs  
Sales  
&  
More

**Where:**

Southern Point - Main Park  
Condo Side  
5254 Horseshoe Dr.  
Orient, OH 43146

OCAO will be  
there spreading  
awareness. Stop  
by and say Hi

8th ANNUAL

# CAROL GIRARDI

Ovarian Cancer  
Summit



**KAREN MILLS**  
Comedian

*This event will be held virtually  
May 6th  
Stay tuned for more information*



SAVE THE DATE

THE OVARIAN CANCER ALLIANCE OF OHIO  
INVITES YOU TO

# The 10<sup>th</sup> Anniversary Gala



**\*\*\*DATE CHANGE ALERT\*\*\***

**June 12<sup>th</sup> 2021**

**Invitation to follow  
Attire: Black Tie Optional**

# Ways to Give Back



You shop. **Amazon gives.**

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.

AmazonSmile is the same Amazon you know. Same products, same prices, same service.



Create a Kroger digital account

Link your card to OCAO

OCAO earns a percentage of your spending AT NO COST TO YOU!

*THANK YOU FOR YOUR  
CONTINUED SUPPORT*