

Teal Talk



February 2021

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February is a month for love, kindness and caring. We encourage you to prioritize taking some time for your own self-love and self-care. Whether that is cuddling up with a good book along with a hot cup of tea, taking a bubble bath or simply relaxing by the fireplace, make time for YOU. We hope that you are staying safe and warm during this chilly winter.

*Friendship isn't about who
you have known the
longest, it is about
who came and
never left your side.*



Ovarian Cancer Research Alliance To Hold Advocacy Day

On March 8th and 9th, Ovarian Cancer Research Alliance (OCRA) will bring together survivors, caregivers and supporters to advocate virtually for programs and research that pave the way for better treatments for ovarian cancer.

It is a *critical* time for ovarian cancer priorities, with a new Congress and new administration coming in. Your elected officials need to hear from YOU to ensure that ovarian cancer research and education programs remain a congressional priority. **Registration for Advocacy Day closes on Friday, February 5, 2021.**

Space is limited, so register early!

A few things to know before you register:

-Advocacy Day will be conducted virtually this year, allowing advocates to participate from the comfort of their own homes.

-Training will be conducted via Zoom on Monday, March 8th, from approximately 10am - 4pm EST. All participants are required to attend Advocacy Day training.

-Meetings with legislators and staff will take place throughout the day on March 9th.

-Participants can expect to have up to 3 meetings with legislators, each lasting from 30-60 minutes.

-Each participant will receive detailed information about each Member they will be meeting with.

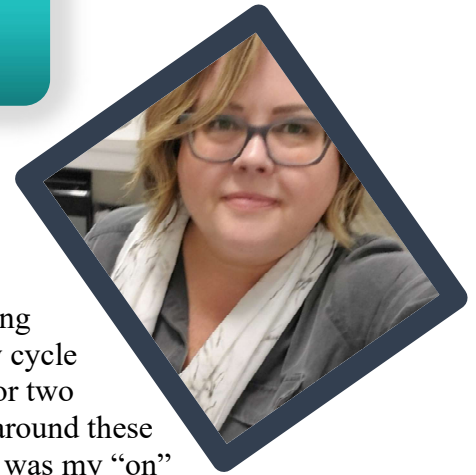
To register for Advocacy Day, please go to www.ocrahope.org
Registration for Advocacy Day closes on Friday, February 5, 2021.
The cost for registration is \$5.00



Survivor Spotlight

Meet Melissa Knezovich– 7-year Survivor

OCAO Volunteer



I feel my story is about knowing the symptoms if ovarian cancer being your own personal advocate. A year before my surgery, my monthly cycle was not normal. I was having bleeding for two weeks and then off for two weeks. It was really interfering with my life. I found myself living around these two-week cycles. A friend of mine asked me to go wakeboarding. It was my “on” time and so I declined the invitation. My friend commented that I was always on my cycle when we wanted to do something together; planting the seed that I should have it checked out.

In January of 2012 at my yearly exam, I didn’t mention anything because I thought my crazy cycles were due to my age- perhaps I was premenopausal. My doctor did not feel anything during my internal exam, so I didn’t press the issue. In June my mother passed away and I completely missed my cycle. I was having bad back pain, and it felt like there was something in my abdomen. I had ovarian cysts in the past and I thought it was probably just the same thing happening again. In July I called my doctor’s nurse and explained my symptoms. The “you are fine, you just had a checkup and there was nothing abnormal with your exam. She totally dismissed me, and I insisted that I be seen again. I was able to schedule an appointment for August. I told my doctor all the things that I was experiencing. He took me seriously and walked me straight across hall for abdominal and transvaginal ultrasounds. On the screen I could see big growths. I asked the technician what I was seeing, and she tried to put me at ease and said things are bigger on screen than in actuality. The next step was a CA125 blood test. I had just lost mother to cancer and all I could think was if this is cancer, how was I going to tell my dad and brother that I have cancer. I was told not to worry, my CA125 was in the single digits and it was just a 10% chance that it was cancer.

On September 3rd I had surgery to remove the mass. To be on the safe side my doctor had a gynecologic oncologist and pathologist in surgery with him. When I woke my doctor was holding my hands and crying. “I am so sorry to have to tell you this, this is cancer-you have ovarian cancer. All I could think of was my dad who was on the other side of the room. I asked what stage? How big? The cancer had spread to the colon making it stage 2b. The tumor was 18mm, which is the size of small watermelon. The second tumor was the size of cantaloupe. I was assured that the assisting doctor got everything during the 8-hour surgery.

Reflecting back on the whole experience, had I known symptoms, I would have known about the cancer sooner. Maybe would have been at stage 1. My doctor told me that I was a very lucky girl, had I waited for my next annual exam in January, we might not be sitting her now. It is so important to speak up for yourself. You know what you are feeling and as women we are afraid to speak up for ourselves. 8 years later, it still affects me to tell the story. I don’t have any control over how my story unfolded, but maybe I can help change someone else’s by spreading awareness and education.



Valentine's Day 5 Course Meal

Love Punch

Non-alcoholic

4 cups Cranberry or pomegranate juice
4 cups White grape juice
4 cups Ginger ale

*Raspberry sherbet (both recipes)

*Frozen raspberries (both recipes)

Alcoholic

4 cups Cranberry or pomegranate juice
3 cups White grape juice
2 cups Ginger ale
1 (750ml) bottle Champagne
½ cup Vodka, plain or raspberry

Mix all ingredients (except the sherbet) in a pitcher or punch bowl. Pour in glasses, add raspberries and top with sherbet just before serving.

Red Pepper Filled Appetizer Hearts

1 ½ cups Original Bisquick Mix
2 tsp Dried Oregano
1/3 cup Water

¼ cup Garlic & herb spreadable Cheese
½ cup Finely chopped red bell pepper
2 tablespoons Butter, melted

In medium bowl, stir bisquick, oregano & water until mixture comes together. On work surface sprinkled with additional bisquick, knead dough 5 times. Roll out dough into 13"x 10" rectangle about 1/8" thick. In a small bowl, mix cheese & bell pepper. Spread evenly over dough. Carefully roll long edges of dough together to meet in center. Place on cookie sheet lined with parchment paper. Freeze 10-15 minutes until firm. Heat oven to 450° Spray large cookie sheet with cooking spray. Transfer dough to cutting board. With sharp knife, cut dough into ½" slices. Place slices cut side down, on cookie sheet. Slightly pinch base of heart into a point. Brush butter over hearts. Bake 7-9 minutes, until golden brown. Let cool 10 minutes before serving.



Ultimate Winter Salad

6 oz. Kale, shredded

1 Tbsp Extra virgin olive oil

4 oz. Goat cheese, crumbled

6 oz. shredded Vegetables; carrots
brussels sprouts, cabbage, etc.

½ small Lemon, juiced

1 ½ cups candied Pecans—see below

2 medium Apples, cored & diced

1 ½ cups Butternut squash, roasted—see
below

Dressing

½ cup Red wine vinegar

4 tsp. Pure maple syrup

¼ tsp. Ground black pepper

4 tsp. Whole grain or Dijon mustard

¼ tsp. Sea salt

½ cup Extra virgin olive oil

Put kale in very large bowl. Add lemon juice & olive oil. Use hands to massage into the greens, about a minute or so. The greens should wilt slightly & take on a deep green color. Add the shredded veggies, apple & pecans. Make the dressing by combining all of the ingredients in a glass jar or canning jar. Shake vigorously for 30 seconds & pour over the salad. Mix well. Add the goat cheese & squash on top & serve.

Candied Pecans

Put pecans in small skillet with 1 Tbsp pure maple syrup & 1 Tbsp whole grain mustard. Cook on medium-low until nuts are toasted & sticky, 5-6 minutes.

There shouldn't be any liquid left in pan. Add a pinch of salt & remove from pan to cool before adding to salad.

Roasted Butternut Squash

Put squash on small baking sheet. Toss with 1 Tbsp avocado oil & a pinch of salt.

Roast at 425° until browned & soft, 15-20 minutes.



Chicken Bacon Ranch Casserole

- 1 ½ lbs. Boneless, skinless chicken breast
- 2 Bell peppers, diced
- 2 Tbsp Extra virgin olive oil
- 4 oz. Cream cheese
- 6 slices Bacon, cooked & chopped
- ½ cup Heavy cream
- 1 packet dry Ranch-seasoning
- 2 cups shredded Cheddar cheese.

Pre-heat oven to 350° Cut chicken into 1" cubes & place in 2qt baking dish. Dress with oil & ranch mix, tossing to coat. Top with peppers & bacon. In small saucepan warm the cream cheese, heavy cream & ½ the cheddar cheese on medium low; whisking continuously. Pour over chicken, top with remaining cheese. Bake on middle rack for 20-22 minutes until temp reaches 165°. Cool slightly & serve.

*VARIATIONS: add pasta, rice, cauliflower rice or additional veggies such as broccoli.



Chocolate Brownie Raspberry Trifle

- 3 cups whole Milk
- 2 pkgs (3.9 oz each) Jell-o chocolate instant pudding
- 1 tub (16 oz) Cool Whip
- 1 baked 9" square brownies; cooled & crumbled
- 2 pints fresh Raspberries

Beat milk & pudding mix until smooth. Stir in 2 cups Cool Whip. In large trifle bowl, place half of the crumbled brownie. Top with layer of pudding, cool whip & raspberries. Repeat all layers. Refrigerate 1 hour before serving.



FUN & GAMES

WORD SEARCH

D F A H A L C M P P U G S Y Y S N Q J A Z A F F E
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- ADMIRER
- ADORE
- AFFECTION
- AMOROUS
- ANGEL
- BALLOONS
- BELOVED
- BOUQUET
- CANDY
- CARD
- CARNATION
- CHARMED
- CHERISH
- CHERUB
- CHOCOLATE
- COURTING
- COURTSHIP
- CRAZY
- CRUSH
- CUPID
- DARLING
- DATE
- DEAR
- DECORATE
- DESIRE
- DEVOTION
- DOVES
- EMBRACE
- ENAMORED
- ENDEARMENT
- ENVELOPE
- FEBRUARY
- FLAME
- FLIRT
- FLOWERS
- FONDNESS
- FRIEND
- GIFT
- HEART
- HEARTTHROB
- HOLIDAY
- HONEY
- HUG
- KISS
- LIKE
- LOVE
- LOVEBIRDS
- PINK
- POEM
- RED
- ROMANCE
- SWEETHEART
- SWEETS
- TENDERNESS
- VALENTINE

SUDOKU

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		2		4	5		7		



COMING
SOON

—
COVID Permitting

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

April:

10th- 10-year Anniversary Gala
17th- Barks for Hope; Dog Walk

May:

6th- Carol Girardi Ovarian Cancer Summit
Guest: Karen Mills, Comedian
8th- World Ovarian Cancer Day
TBD- Survivor Brunch

June:

All month-Change for Change Fundraiser
6th- National Cancer Survivor Day
12th- Lost Loved Ones Remembrance

July:

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

September:

11-12 Strides for Hope Packet Pickup
17-18 Strides for Hope Packet Pickup
19th Strides for Hope 5k; Genoa Park

October:

16th Murder Mystery Fundraiser

SAVE THE DATE

**THE OVARIAN CANCER ALLIANCE OF OHIO
INVITES YOU TO**

**The 10th
Anniversary
Gala**



**APRIL 10, 2021 • 6 o'clock pm
Makoy Center-Hilliard**

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

8th ANNUAL

CAROL GIRARDI

Ovarian Cancer
Summit



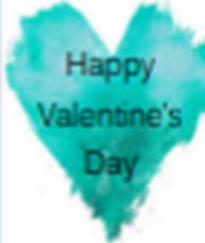

KAREN MILLS
Comedian

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

2021

FEBRUARY



<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 6:30 pm CSC Support Group	10	11	12	13	14 Happy Valentine's Day 
15 President's Day 	16	17	18	19	20	21
22	23	24	25	26	27	28






*See website OCAO.org for information and registration

*RED indicates volunteer opportunity

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 st Day of Spring	21
22	23	24	25	26	27	28
29	30	31				

*See website OCAO.org for information and registration

*RED indicates volunteer opportunity

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***