

# Teal Talk



## Welcome to the first issue of Teal Talk

We are excited to offer this new way of keeping you up-to-date and informed of the latest things planned for the Ovarian Cancer Alliance of Ohio. Whether you are new to us, or an old friend, our hope is to continue to provide support to survivors and their families and to create a sense of community for those touched by ovarian cancer. We want to encourage you to get involved, meet some new people, and perhaps even try your hand at something new. In each issue we will be providing you with news, medical advances, tips and resources to aid you in everyday living. We would also love to hear your ideas for making this newsletter the best it can be for you!

*You are a strong woman who has overcome battles most can't even imagine...don't forget that*

March 2020

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# Happenings



The February Survivor Event was held on February 1<sup>st</sup> at AR Workshop. There were 16 Survivors in attendance and they each had the choice of making a door hanger, lazy susan, board with feet or a serving tray. Light lunch was served and Kim mixed up a special teal cocktail that was delicious.

(recipe on page 5) Take a look at our Facebook page for finished projects.

On January 14<sup>th</sup> Cancer Support Community kicked off their Ovarian Cancer Networking Group. This group is an opportunity to get support and network with others who have been diagnosed with ovarian or other gynecological cancers. This group is appropriate for those newly diagnosed as well as those who are cancer free and want to share the hope of living after cancer.



This group meets at 6:30pm on the 2<sup>nd</sup> Tuesday of each month at 6:30pm and is led by Jen Troyer, MSW, LSW

# Education & Awareness

The Education & Awareness Committee Volunteers and Board Members were out and about in February spreading the word that a PAP test does not detect ovarian cancer. It is always amazing how many women do not know that this test is only for the detection of cervical cancer.

On February 19th Volunteer Fran Welsh and Board Members Kelli Merb and Lisa Mitchell attended the 2020 Legislative Health Fair, which was held at the Ohio Statehouse Atrium. It was a chance for them to connect with leaders at the State level and plant some seeds that we need funding for research.

On February 27 the Volunteer Teresa Shary and Board Members Kim Britt, Marianne Dean, Kelli Merb and Lisa Mitchell attended the Sunny95 Girls' Night Out at Scene75 Entertainment Center at Tuttle Crossing. It was a full house and over 250 women stopped at the table. The prize wheel was used for the first time and everyone enjoyed receiving specialty items from the OCAO, as well as important information about ovarian cancer and its symptoms.



If you would like information about how you can get involved to help educate and spread ovarian cancer awareness, check out our website for meeting dates/times or email Kelli Merb at [kmerb@ocao.org](mailto:kmerb@ocao.org).

We would love to have you be a part of our mission.



# NEWS

## New Drug May Prevent Recurrence

New research in mice finds a compound that prevents ovarian cancer recurrence by getting rid of the cancer stem-like cells that are left behind by chemotherapy. A team of scientists being led by Dr. Ronald Buckanovich, a professor of medicine at the University of Pittsburgh, discovered a drug that targets these stem-like cells and stops the cancer from returning. These cells can be thought of as seeds that put down roots and grow. As little as eleven of these cells is enough to grow into a tumor. The scientists set out to find a compound that inhibits a pathway known as ALDHA. The cancer cells rely on this pathway to eliminate the toxins that are produced when they replicate quickly. Through a variety of experiments, they were able to identify an inhibitor of the ALDHA1A family known as 673A, which efficiently kills cancer stem-like cells in ovarian cancer cell lines. They found that when 673A was used as a single agent, there was only a small effect on the cells. However, when combined with the chemo drug cisplatin, it was highly effective. This is an important finding because potentially lower doses could be used of both drugs, reducing toxicity for patients. 673A has the potential to significantly improve survival rates. However, as with all new drugs, it needs more work and needs to be tested in humans before we will see it on the market.

# **JamesCare for *Life***

## **Garden of Hope**

The Garden of Hope is located at The Ohio State University's Waterman Farm. It provides survivors and their caregivers access to fresh vegetables. The mission of the garden is to introduce you to *evidence-based* nutritional information on the benefits of a plant-based diet. All who participate will have the opportunity to harvest produce, receive emails with recipes and attend special programs such as cooking classes and home gardening classes. There is no charge for the use of this garden. However, all participants are required to attend an orientation prior to harvesting. The first orientation date is Saturday, April 18<sup>th</sup> 10am-11:30am at Martha Morehouse Medical Plaza-Pavilion Auditorium.

To register visit [cancer.osu.edu/events](http://cancer.osu.edu/events).

## **Vegetable & Herb Container Gardening**

If you would prefer to garden at home, Ohio State University's Waterman Farm is hosting a free class on vegetable and herb container gardening. Participants will plant and learn how to care for an edible container garden, which gives you access to fresh, nutritious vegetables and herbs when preparing meals.



# Recipes

## Hearty Vegetable Beef Soup

### Ingredients:

1 lb. Ground Beef	1 can carrots	1 46 oz can V8 juice
1 can corn	1 can potatoes	salt to taste
1 can green beans	1 can dices tomatoes	pepper to taste
1 can peas	chopped cabbage	

### Directions:

Brown ground beef in a large pot and drain fat when cooked. Drain water from all of the vegetable cans. Add all of the ingredients to the pot and heat. Season as desired. This can also be cooked in a crockpot after the ground beef is browned. You can add in other ingredients/spices you like or have on hand.

## Teal Appeal Cocktail

(Served at the AR Event)

2 ½ oz Vodka  
¾ oz Blue Curacao  
3 oz Pineapple Juice

Mix all ingredients. You may need more pineapple juice to get the teal color you want. Pour over ice and enjoy!



**Ovarian Cancer Alliance of Ohio  
INVITES YOU TO THE MOVIES**

**Join us for a private premier  
viewing of I Still Believe**

**\*\*\*Saturday March 14<sup>th</sup>\*\*\*  
1:30pm**

**Survivors may bring 2 guests  
Popcorn & drinks will be provided**

*Register at [www.ocado.org](http://www.ocado.org)*

FROM THE CREATORS OF I CAN ONLY IMAGINE

*I Still*  
**B E L I E V E**

**AMC LENNOX 24  
777 Kinnear Road  
Columbus, OH 43212**



OVARIAN CANCER ALLIANCE OF OHIO PRESENTS

18

28

# Designer Bag Bingo

11

31

**SATURDAY MARCH 21ST 2020**

**SINGLE TICKETS ARE \$40.00**

INCLUDES PASTA DINNER AND ALL THE SIDES

10 ROUNDS OF BINGO

DOOR PRIZE TICKET

**TABLES OF 8 FOR \$300.00**

**SPONSORSHIP TABLES FOR \$500.00**

**VISIT [WWW.OCAO.ORG](http://WWW.OCAO.ORG) FOR MORE DETAILS**

**DOORS OPEN AT 5:00 FOR DINNER**

**BINGO STARTS AT 6:00PM**

**St. Johns Evangelical Lutheran Church - Gym**

**3220 Columbus St. Grove City, OH 43123**

**TEL: (614) 546-9498**

**AWESOME PURSES**

KATE SPADE  
MICHAEL KORS  
COACH  
VERA BRADLEY

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**VISIT [www.ocado.org](http://www.ocado.org) FOR TICKETS**



# Let's Bowl

Join us for  
bowling fun,  
food and prizes!

Saturday April 25<sup>th</sup>  
1pm to 4pm

Gather your team & come dressed to impress. You could win a prize for the best designed team shirt

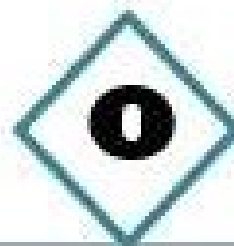
We'll have a friendly competition among the teams for even more chances to win

Heavy appetizers & non-alcoholic drinks will be served. Cash bar available

*No charge for Survivors, guests \$10 each*

*Register at [www.ocado.org](http://www.ocado.org)*

Star Lanes Polaris  
8655 Lyra Drive  
Columbus, Ohio 43240



# *Sensational Skin Care Day*

*Presented By:*

*23-year Survivor*

*&*

*Mary Kay Consultant*

*≈ Paula Fistick ≈*

Saturday May 16<sup>th</sup> 2pm-5pm  
Columbus Metropolitan Library  
96 South Grant Avenue  
Columbus, Ohio 43215  
*Register at [www.ocao.org](http://www.ocao.org)*



2020

# MARCH

<u>M</u>	<u>T</u>	<u>W</u>	<u>T</u>	<u>F</u>	<u>SA</u>	<u>SU</u>
						1
2	3	4 6:pm Education & Survivor Connection Meeting	5	6	7	8
9	10 6:30pm CSC Networking Group	11	12	13	14 1:30pm *Survivor Movie Premier Event	15
16	17	18	19	20	21 10am-2pm Pickaway Health Fair 5pm *Designer Bag Bingo Fundraiser	22
23	24	25	26	27	28	29
30	31					

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

\*\*RED indicates volunteer opportunity

2020

# APRIL

<u>M</u>	<u>T</u>	<u>W</u>	<u>T</u>	<u>F</u>	<u>SA</u>	<u>SU</u>
		1 6pm Education & Survivor Committee Meeting	2	3	4 10am-3pm Hilliard Health Fair	5
6	7	8	9	10	11	12
13	14 6:30pm CSC Networking Group	15	16	17	18	19
20	21	22	23	24	25 1pm *Let's Bowl Survivor Event	26
27	28	29 8am – 4pm Columbus State Health Fair	30 *Camp-mak-a- dream starts	31		

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

\*RED indicates volunteer opportunity

2020

# MAY

<u>M</u>	<u>T</u>	<u>W</u>	<u>T</u>	<u>F</u>	<u>SA</u>	<u>SU</u>
				1	2 11am-1pm *Survivor Brunch at Juniper	3
4 Camp-mak-a- dream ends	5	6 6pm Education & Survivor Connection Meeting	7 5:30pm *Venue TBD Ovarian Cancer Conference Comedian Karen Mills	8 World Ovarian Cancer Day	9	10
11	12 6:30pm CSC Networking Group	13	14 6pm - 8pm Sunny 95 Girls' Night Out Veterans Museum	15	16 2pm - 5pm *Sensational Skin Care Event Columbus Metropolitan Library	17
18	19	20	21	22 6pm - 9pm 4* Friday Westerville	23	24
25	26	27	28	29	30	31

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

RED indicates volunteer opportunity