

Teal Talk



Happy 10th Anniversary OCAO

What began as a small walk in Easton Towne Center has now become a growing regional movement that is recognized throughout Ohio. This remarkable growth has been sparked by the hard work of members, volunteers and sponsors to further the cause.

The OCAO began as the Central Ohio Chapter of the National Ovarian Cancer Coalition (NOCC). Most of the money raised under this organization was funding national education and awareness.

As the local chapter grew, it became clear that there was a great need for education and awareness at the local level. In 2008 a new board was elected and it was under this board that the decision was made to break away from NOCC and form an independent organization.

There were nine original founding members. The mission was established, and it is what we embody and work for today; 'To promote early detection of ovarian cancer with advocacy, education, awareness and public outreach to improve outcomes and help save lives. We also work to support women who have been diagnosed with ovarian cancer as well as their family members.'

The separation from NOCC has allowed OCAO to expand contacts, participate in community health fairs, engage in public speaking, and expand relationships with treatment centers. We also have developed relationships with national organizations such as Ovarian Cancer National Alliance and Ovarian Cancer Research Alliance.

We are indebted to the founding members for seeing a need in our community and taking a leap of faith that OCAO would survive the separation from its mother organization. The OCAO has sustained its mission and has thrived as a source of support for Survivors and their families.

She remembered who she was and the game changed

May 2020

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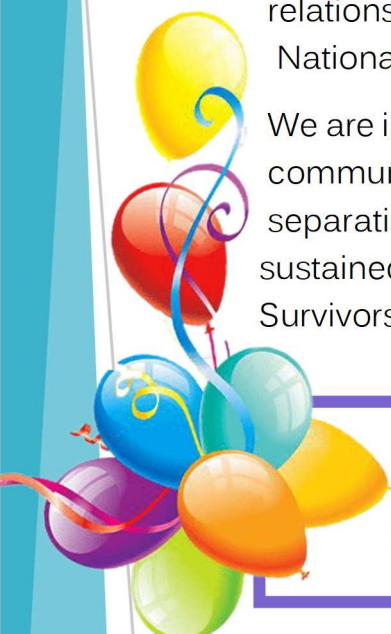
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IN THE NEWS

US JUDGE RULES TALC LAWSUITS AGAINST JOHNSON & JOHNSON CAN PROCEED, TESTIMONY LIMITED

Reuters April 27, 2020



Thousands of plaintiffs who say that Johnson & Johnson's baby powder and talc products caused cancer can go forward with their claims, but face limits on what expert

testimony will be allowed in trials after a ruling by a New Jersey judge.

J&J faces more than 16,000-talc related lawsuits nationwide, the majority of which are pending before U.S. District Judge Freda Wolfson in New Jersey. The lawsuits allege that the company's talc products have been contaminated with asbestos and can cause ovarian cancer.

The company had sought to bar all of the plaintiffs' experts from testifying, which would have effectively wiped out all the cases before Wolfson.

"We're very pleased," said Leigh O'Dell, a lawyer for the plaintiffs. "The decision states, in a nutshell, that plaintiffs' general causation experts are going to be able to testify that talcum powder can cause ovarian cancer."

J&J said in a statement that the decision "is not a determination by the court on the validity of the plaintiffs' allegations." It added that all verdicts against the company in talc lawsuits that had gone through the appeals process have been overturned.

The New Brunswick, New Jersey-based company denies that its talc causes cancer, saying numerous studies and tests by regulators worldwide have shown its talc to be safe and asbestos-free.

Ways to Give Back

Visit our website on Tuesday May 5th to donate.
It's Global Giving Tuesday



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

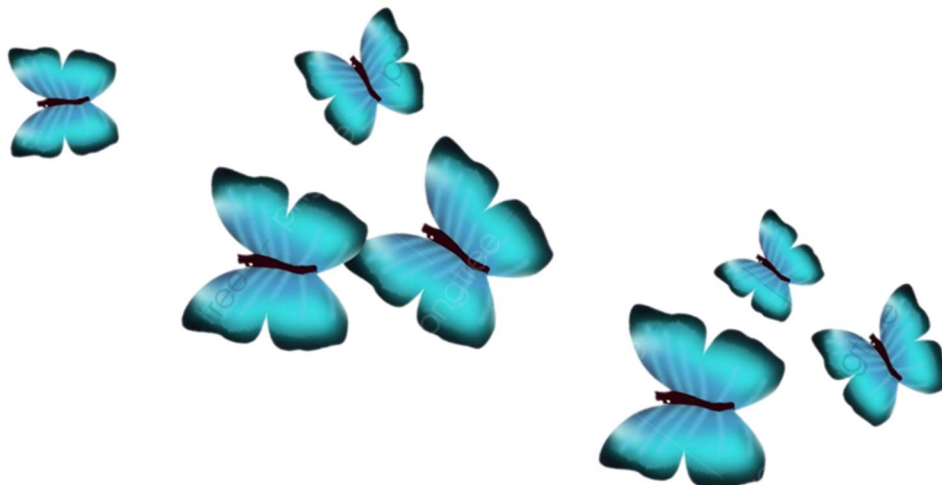
OCAO earns a percentage of your spending AT NO COST TO YOU!

Survivor Spotlight

Meet Darlene Larson, 3-Year Survivor

My cancer story began around the summer of 2016. I live in Galloway, Ohio and my husband of 38 years was working in Memphis, TN on an assignment for work for several months. I began to have bloating, frequent urination and severe fatigue. I attributed these symptoms to our lifestyle change and change in diet since I was cooking for myself. My husband's assignment ended early and he came home at the end of November. We went on vacation to Florida in January 2017. During the vacation I noticed my symptoms were not getting better. Shortly after coming home I made an appointment with my PCP. I explained my symptoms to her and I told her "I think I have ovarian cancer". Her first reaction was a chuckle and she said "Oh Darlene". She thought I was over reacting but did order the appropriate testing. The ultrasound and MRI did reveal a mass on the left ovary the size of a cantaloupe and the right a mass the size of a grapefruit. Surgery was done and on my 56 birthday I was diagnosed with Stage 3 ovarian cancer and was found to have the BRCA 2 gene. I completed 17 weeks of chemo and was in a clinical trial for PARP inhibitors. I have been advised that because of having the BRCA 2 gene, my risk of breast cancer is such that a bilateral mastectomy is warranted, but at this time I have not made that decision.

I am now a three-year survivor and enjoying life again with my husband, my two grown children, 5 grandsons, family and wonderful friends. Still today any new twinge, pain or sensation makes me wonder if it has reared its ugly head again, but I am determined to fight it. I'm not finished yet!



Healthy RECIPES

With summer right around the corner. I thought some smoothie recipes would be a change of pace from all the heavy comfort food that we tend to crave during the long winter months. Smoothies make an energizing breakfast, quick lunch, simple dinner or refreshing snack depending on the ingredients used. During chemo I found it extremely difficult to tolerate the smell of cooked food and smoothies were a great way to easily get nutrients without the hassle and nausea. The goal is to include low sugar, high protein, fiber and healthy fats.

Some things to consider in these recipes:

- If you do not like Greek yogurt you can use plain or substitute cottage cheese. Cottage cheese can also be used as a thickener*
- Any of these recipes can be made "green" by adding spinach or kale*
- You can interchange milk, almond milk, etc*
- If you are using fresh fruit, freeze it before putting in your smoothie. You can also peel and freeze bananas to use. This allows you to omit ice so your smoothie doesn't get watered down*
- Smoothies are very forgiving so make substitutions where needed*
- For more protein, add protein powder*
- You can add fruit juice, coconut water, or coconut milk for added flavoring*



ULTIMATE HEALTHY BREAKFAST SMOOTHIE

- 1 Medium banana
- ½ cup strawberries, blueberries or mangos
- ¼ cup plain Greek yogurt
- 1 Tbsp Almond butter
- ½ cup Baby spinach
- ½ cup unsweetened almond milk
- Optional: 1-2 basil leaves, 2-3 mint leaves, ½ tsp peeled chopped ginger

KALE AVACADO SMOOTHIE

- 1 cup coconut water
- 1 Tbsp lemon juice
- 1 tsp macha powder
- 1 cup kale, stemmed
- 1 cup spinach
- ¼ ripe avocado
- 2 pitted dates



CARROT CAKE SMOOTHIE

- | | |
|--------------------------------|-----------------------|
| 1 large carrot, peeled & diced | 1 Tbsp cinnamon |
| ¼ cup mango | 1 tsp ground allspice |
| 1 large peach | 1 tsp ground ginger |
| ¼ cup milk | |

Pulse carrot and mango until roughly chopped. Add rest of ingredients and blend until smooth.

Coming Soon

The Board Members of OCAO want to assure you that we are still diligently working behind the scenes to give support to Survivors and we are continuing to plan Survivor events and fundraising events. Everything that was scheduled prior to the Covid-19 pandemic is still “in the books” and we are awaiting the ability to reschedule. Keep an eye on our website and Facebook page for updates and information.

On Saturday **May 9** at 2pm we will be hosting a virtual Survivor Scavenger Hunt that will take place from the safety of your home via ZOOM. Prizes will be given for the first 3 place winners. See flyer for information.

The OCAO T-shirt contest is underway. If you would like to submit your design to be placed on the 2020 Strides for Hope t-shirts, be sure to get it to us by **June 1**. See flyer for rules and requirements.

June 7 is National Cancer Survivor Day and we are planning an ice cream social. It's a chance for Survivors and their families to get out and celebrate their Survivorship. The venue has not been determined, as we are waiting for things to open back up to schedule.

The Designer Bag Bingo fundraiser has been rescheduled for **June 27**. This event was sold out in March, but there may be a chance to purchase tickets if current ticket holders are unable to attend. Let us know if you are interested and we will put you on the waiting list. Email info@ocao.org or call 614-546-9498

The Carol Girardi Ovarian Cancer Summit has been rescheduled for **September 30**. This year, comedian and ovarian cancer Survivor, Karen Mills will be performing.

The event that we have had the most inquiries about is the Survivor Celebration Brunch. It is our hope to hold the brunch sometime in September. We will do our best to notify everyone as soon as the date is confirmed.

The 10th Anniversary Gala will be rescheduled for the spring of 2021. You won't want to miss that event. We have a fun evening planned and there is sure to be something for everyone to enjoy, while raising funds to continue our mission to educate and spread awareness about ovarian cancer and to support Survivors and their families.

**OVARIAN CANCER
ALLIANCE OF OHIO**

**INDOOR
SURVIVOR
SCAVENGER
HUNT**

JOIN US FROM THE

COMFORT OF HOME

VIA ZOOM.COM

**SATURDAY 9TH MAY
2PM**

**For more information & registration
Email: lmitchell@ocao.org**

OCAO

T-Shirt Design

CONTEST

Design



SHOW US YOUR CREATIVITY

Your design could be on the front of the 2020 Strides for Hope T-shirt. The rules:

- Must say Strides for Hope
- Must have day and year
- Only 2 colors and one must be teal
- Must say Ovarian Cancer Alliance of Ohio
- Must be in high resolution format

**Submissions Due
by June 1st**

**Email to:
info@ocao.org**





ICE CREAM *Social*



**It's National
Cancer Survivor Day!**

**Come & Celebrate
Eat Some Ice Cream
Meet Other Survivors**



**SUNDAY, JUNE 7
Details TBD**

OVARIAN CANCER ALLIANCE OF OHIO PRESENTS

18

28

Designer Bag Bingo

11

31

SATURDAY JUNE 27. 2020

SINGLE TICKETS ARE \$40.00

INCLUDES PASTA DINNER AND ALL THE SIDES

10 ROUNDS OF BINGO

DOOR PRIZE TICKET

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

5

AWESOME PURSES
KATE SPADE
MICHAEL KORS
COACH
VERA BRADLEY

MasterMyWall.com **VISIT www.ocado.org FOR TICKETS**

8th ANNUAL

CAROL GIRARDI

Ovarian Cancer
Summit



KAREN MILLS
Comedian

NEW DATE

September 30, 2020

5:30pm Registration
6:00pm Welcome & Introductions
6:15pm Opening Remarks
6:30pm Speaker Karen Mills
8:00pm Conclude

**MT. CARMEL EAST HOSPITAL
SIEGEL CENTER AUTOTORIUM**

**5975 EAST BROAD STREET
COLUMBUS, OHIO**

THE OVARIAN CANCER ALLIANCE OF OHIO
INVITES YOU AND ONE GUEST TO THE

Survivor Celebration Brunch

at the Juniper/Smith
Columbus, OH 43215

POSTPONED

12:00AM-1:00PM
.....
OPEN HOUSE • SURPRISE ENTERTAINMENT
TAKING RESERVATIONS UNTILL APRIL 20TH

FOR MORE INFORMATION
CALL 614.546.9498

TO RSVP PLEASE EMAIL
RSVP@OCAO.ORG

Sensational Skin Care Day

Presented By:

23-year Survivor

&

Mary Kay Consultant

≈ Paula Fistic ≈

Saturday May 16th 2pm-5pm
Columbus Metropolitan Library
96 South Grant Avenue
Columbus, Ohio 43215
Register at [www.cmlibrary.org](#)

POSTPONED



Let's Bowl



Join us for
bowling fun,
food and prizes!

Saturday April 25th
1pm to 4pm

Gather your team & come dress to
impress. You could win a
the best designed

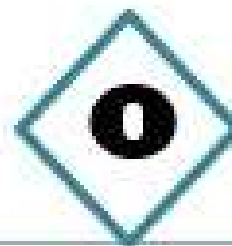
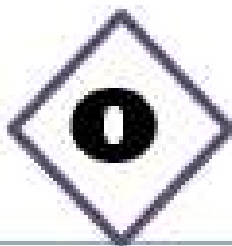
We'll have a fun
the team

POSTPONED

& non-alcoholic
Cash bar available
for Survivors, guests \$10 each

Register at www.ocado.org

Star Lanes Polaris
8655 Lyra Drive
Columbus, Ohio 43240



SAVE THE DATE

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

**The 10th
Anniversary
Gala**

Coming 2021

**June 13 • 6 o'clock pm
Makoy Center-Hilliard**

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

2020

MAY



<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 Giving Tuesday 	6 6pm Education & Survivor Connection Meeting	7	8 World Ovarian Cancer Day	9 2:00pm Survivor Scavenger Hunt	10 
11	12	13	14	15	16	17 
18	19	20	21	22	23	24
25	26	27	28	29	30	31

*See website OCAO.org for information and registration

RED indicates volunteer opportunity

2020

JUNE



<u>M</u>	<u>TU</u>	<u>W</u>	<u>TH</u>	<u>F</u>	<u>SA</u>	<u>SU</u>
1 T-Shirt Design Contest Submissions Due	2	3	4	5	6	7 *TBD Nat'l Cancer Survivor's Day Ice Cream Social
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 6pm-9pm Westerville 4+ Friday	27 5pm *Designer Bag Bingo	28
29	30					

*See website OCAO.org for information and registration

*RED indicates volunteer opportunity

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