

Teal Talk



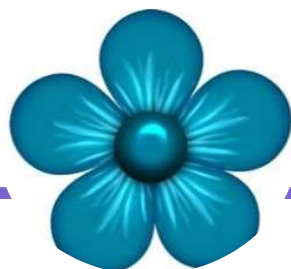
Welcome to Spring! It is a time for new beginnings, birth and renewal. The earth seems to come alive again with the return of birds and the awakening of other wildlife.

We encourage you to take some time for a renewal of sorts for yourself. Recommit to things that have fallen by the wayside during the long winter months. Perhaps you made a New Year's resolution that didn't stick. Maybe you have a new activity that you would like to try. Is there someone that you have not seen or talked to in awhile and you would like to reconnect?

Take some time for yourself. Pampering and self-care are important to your mental health. Treat yourself (and maybe your significant other or a friend) to a massage, facial or new hairdo. Take a walk and really get in touch with nature. Marvel at the signs of spring; trees budding, flowers blooming, and birds singing.

We are hoping to start holding Survivor events soon and renew relationships with our amazing teal community.

In the end, she became more than what she expected. She became the journey, and like all journeys, she did not end. She simply just changed directions and kept on going.



April 2021

IN THIS ISSUE

*Welcome
April*

*Remembering
Amy Flowers*

*Advocacy Day
2021*

*Survivor
Spotlight*

*Healthy
Recipes*

*Camp
Mak-A-Dream*

Fun and Games

*Upcoming
Events*

Calendars

*Board Member
Directory*

In Memory of our Teal Sister

*Amy
Flowers*

January 15, 1976 - March 29, 2021

*Goodbyes are not forever
Goodbyes are not the end
They simply mean I'll miss you
Until we meet again*

It is with sadness that we say goodbye to one of our Board Members - Amy Flowers. Amy was a fierce advocate for early detection & spreading the word. Her bubbly, outgoing personality and amazing sense of humor brought light and joy to those around her. She was always first to volunteer or lend a helping hand. Amy will be deeply missed by OCAO and all of those who knew and loved her. Until we meet again....



Advocacy Day 2021

On March 8 - 10 the Ovarian Cancer Research Alliance led a “march” on Capitol Hill for Spring Advocacy Day. Due to COVID protocol, the meetings were held virtually. Women and men from all across the country stepped up to advocate for crucial programs and research for ovarian cancer.



I had the honor of joining fellow Survivor Melissa Kritzell in representing the women of Ohio. We met with Legislative Assistants for the offices of Senators Sherrod Brown, Rob Portman, and Congressman Bob Latta. We also had the honor of meeting with Congressman Troy Balderson directly.

Congress funds ovarian cancer research, education, and awareness programs through annual Department of Health and Human Services (HHS) appropriations and Department of Defense (DoD) appropriations. There are three programs across both appropriations bill – all of which are critical in leading efforts to educate, raise awareness, and advance breakthrough research and treatment options.

The ask this year was for continued funding for:

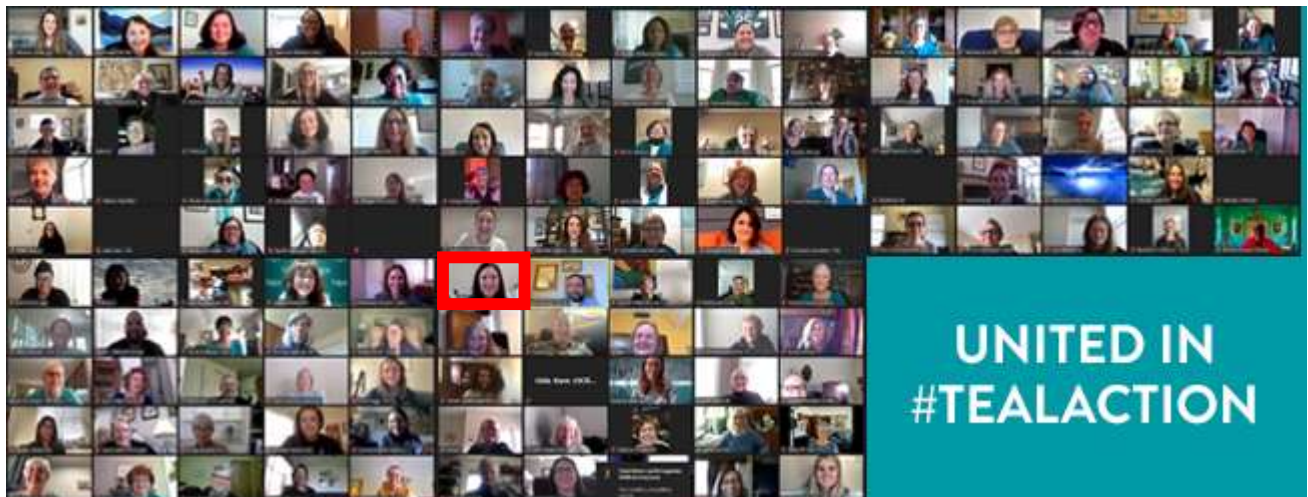
\$45m for Ovarian Cancer Research Program (Dept of Defense)

\$13m for Ovarian Cancer Control Initiative (Center for Disease Control)

\$15m for Johanna’s Law (Center for Disease Control)

\$7.609b for National Cancer Institute (in coordination with One Voice Against Cancer)

You too can represent the women of Ohio and speak for those who have gone before us, those in the fight and those to come. It is your right as an American to let the voice of the teal community be heard. I would encourage you to join the next advocacy day. It is not as intimidating as one might think. ---Lisa



Survivor Spotlight

Meet Rosemary Walton, 1-Year Survivor

I began my journey with ovarian cancer the day before Thanksgiving 2019. I had an exceptionally low hemoglobin level requiring three units of blood. I was hospitalized overnight and had an endoscopy that discovered an issue with ulcers, which may have been the cause of the low

hemoglobin levels. I continued to follow up with my primary care doctor who was concerned that my hemoglobin was not coming up as fast as it should, and my white blood cells were very high. In December 2019 he referred me to a hematologist/oncologist to diagnose and treat my problem. I continued to see this specialist for 10 months and during that time, I had a number of UTIs, issues with urine with sandy like secretions, and blood at various times. I was napping a lot because my white blood cell count remained high the entire time. The specialist recommended taking iron supplements and my hemoglobin increased but never was normal, always low. The specialist never made a diagnosis the entire time or came up with a treatment plan. I had the same lab tests when I saw him. I began to become very disheartened and angry about the lack of help I needed. I contacted my PCP and he referred me to a very caring gynecologist who did a thorough evaluation and referred me for testing. In the meantime, I started having pain in my pelvic region and back, and I was still very tired. Within a short period of time, my gynecologist contacted me on my birthday and told me she was referring me to the Bing Center to see Dr. Pierce, a gynecologic oncologist and they would call me. I got a call that day and was seeing them 5 days later. Dr. Pierce sat down with me and gave me detailed, but easy to understand information. He had met with the oncology specialists and because of the extent of my ovarian tumor, and other factors, I needed to have surgery as soon as possible. My life changed December 18, 2020, I had extensive surgery to remove all the cancer that could be seen. I never looked back, only forward to be grateful for the life I had been given. Every day I am grateful for life. I was in the hospital for 6 days and spent a week recovering at my sister's home. I had Stage 3 cancer which spread to my bladder wall and intestines. I was required to use a foley catheter for several weeks and my bladder was smaller. I had difficulty with urinary incontinence. My doctor continued to follow up and check on me closely. I began chemotherapy in January 2021 with the plan for 6, 21-day rounds to treat my cancer. My family and friends have been such great support. My sister has been to all four chemo sessions. I have 2 more sessions left. My first 3 sessions were not too bad with side effects, but my 4th treatment, changed the game. It was more difficult, but I am not complaining. I have life!!! My next treatment is April 8 and my last one should be the end of April. I have been well supported in my journey with ovarian cancer. I am grateful for life every day.



Healthy RECIPES

Italian Meatloaf

- | | |
|---------------------------|---|
| 2 Egg whites | 1 medium Apple, peeled, cored & finely shredded |
| 2 Garlic cloves, minced | ½ cup Onion, chopped |
| ¼ tsp dried Basil | ½ cup Bread crumbs |
| ½ tsp Salt | 1 lb ground Turkey |
| ½ tsp dried Rosemary | ½ cup Spaghetti sauce |
| ¼ tsp Red pepper, crushed | 2 Tbsp Parmesan cheese, grated |

Preheat oven to 350°. In large bowl, stir egg, garlic, basil, salt, rosemary & red pepper. Stir in apples, onion & breadcrumbs. Add turkey & mix until well combined. Spray loaf pan with no-stick spray. Pat mixture into pan. Bake 15 min. Spread spaghetti sauce over top of turkey. Let stand 5 min. Transfer loaf to serving plate. Sprinkle cheese on top, slice & serve.



Spicy BBQ Meatloaf

- | | |
|----------------------------------|-------------------------|
| 1 lb ground chuck | ¾ tsp Salt |
| 1 lb bulk Pork sausage | ¼ tsp Black pepper |
| 2 lg Eggs | 1 lg Onion, chopped |
| ¾ cup Hickory flavored BBQ sauce | 3 Garlic cloves, minced |
| 1 Tbsp Butter | ½ cup Breadcrumbs |

Preheat oven to 375°F. Mix beef, sausage, eggs, ¼ cup BBQ sauce, salt, pepper & breadcrumbs. Melt butter in large skillet over medium heat. Add onion & garlic. Cook until soft stirring occasionally. Mix meat mixture with onions & garlic. Bake until cooked through.



Western Salmon Loaf

1 (16 oz) can Salmon
¾ cup fresh Breadcrumbs
1 Egg, slightly beaten
¾ cup Milk
2 Tbsp Onions, minced

½ tsp Salt
½ tsp Pepper
2 Tbsp Margarine
3 Tbsp Lemon



Preheat oven 350° Drain & flake salmon. Combine with Rest of ingredients. Turn into greased loaf pan. Bake 40-45 minutes.

Zucchini Bread

4 Eggs
1 cup Oil
3 cups Sugar
4 cups Flour
1 tsp Baking soda
1 tsp Baking powder

1 tsp Salt
3 tsp Cinnamon
3 cups Zucchini, shredded
3 tsp Vanilla
1 cup Walnuts, chopped (optional)

Preheat oven to 350°F. Beat together eggs, oil & sugar. Add flour, baking soda, baking powder, salt, cinnamon. Mix well. Add grated zucchini, vanilla & nuts mixing well. Put in greased, floured loaf pan. Bake 60 minutes or until done. Makes 3 loaves.





Camp Mak-A-Dream provides cost-free, camps for several different groups including kids, teens, caregivers, women's cancer survivors and ovarian cancer survivors. The 2021 ovarian cancer camp will be held virtually.

Virtual Women's Cancer Retreats
hosted by



Programs offered FREE of cost

Retreats are open to women ages 21+ who are either in or out of treatment

Spring Ovarian Cancer Retreat ~ May 13-15, 2021

Spring Women's Cancer Retreat ~ May 20-22, 2021

Come share your story, life experiences and meet others who understand what it means to live with, through and beyond cancer.

Educational workshops

Art projects

Cooking classes

Fun & Games

Guest speakers

Small group discussions

Self-Care techniques

Community & Connection

Networking

To apply visit: <https://www.campdream.org/apply/>





FUN & GAMES

April Birthdays

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

Maya Angelou

Billie Holiday

Ella Fitzgerald

Harper Lee

Cobie Smulder

Michael Fassbender

Hugo Weaving

Robert Downey Jr

Paul Rudd

Jackie Chan

Robin Wright

Elle Fanning

Emma Watson

David Tennant

Crispen Glover

George Takei

James McAvoy

Jeffrey Dean Morgan

Jet Li

Channing Tatum

Uma Thurman

Michelle Pfeiffer

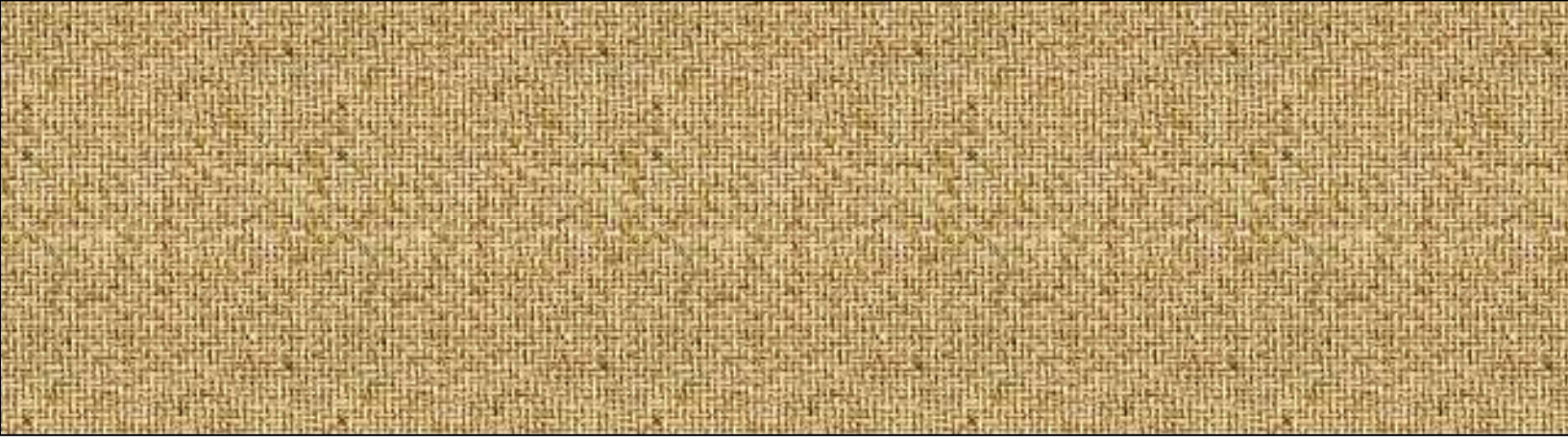
Gal Gadot

Saorise Ronan

Ron Perlman

HAPPY EASTER

*From Ovarian Cancer
Alliance of Ohio*



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

Cancer is a Laughing Matter

May 6, 2021

6:00 - 7:15 p.m.



Karen Mills

Cancer is a Laughing Matter will feature clean comedian, radio host & ovarian cancer survivor, Karen Mills.

As a Tennessee resident, Karen has performed at The Grand Ole Opry, is a regular on Sirius XM radio, and was a featured TEDx speaker. This program will highlight her TEDx experience. Join us for *Cancer is a Laughing Matter*, Karen's humorous take on her cancer journey. This program will be provided virtually and is open to all cancer survivors.

This program will be provided virtually and is open to survivors, guests and community members.

Registration is Required (program access provided after registration)

gina.crooks@mchs.com

614.234.1550

Provided in partnership with:

American Cancer Society

Cancer Support Community

The Crawford Crew



The Mount Carmel Foundation

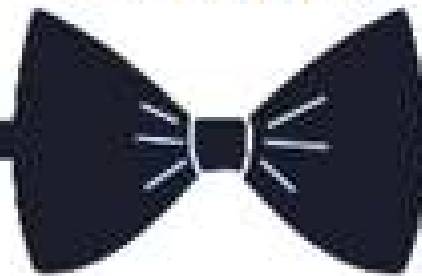
Ovarian Cancer Alliance of Ohio

Young Survival Coalition

SAVE THE DATE

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

**The 10th
Anniversary
Gala**



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

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

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 Design's Bug Bango 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 for information and registration

*RED indicates volunteer opportunity

2021

MAY

<u>M</u>	<u>TU</u>	<u>W</u>	<u>TH</u>	<u>F</u>	<u>Sa</u> 1	<u>Su</u> 2
					*Southern Point Craft Bazarr 1-3pm	
3	4	5	6	7	8 World Ovarian Cancer Day 	9 
10	11	12	13	14	15	16
17	18	19	20	21	22 * Survivor Brunch 	23
24	25	26	27	28	29	30
31 						

*See website OCAO.org for information and registration

*RED indicates volunteer opportunity

Board of Directors - Directory



Kim Britt

President
Director, Strides for Hope

kbritt@ocao.org



Marianne Dean-Jackson

Vice-President
Director, Fundraising

deanma@ocao.org



Lisa Mitchell

Secretary
Director, Survivor Connection

lmitchell@ocao.org



Kelli Merb

Treasurer
Director, Education & Awareness

kmerb@ocao.org



Angela Bucci

Member

abucci@ocao.org



Vikki Angelo

Member

angelov@ocao.org



Tammy Flowers

Member

tflowers@ocao.org