

Teal Talk



Letter from the President

During this time of uncertainty, I wanted to reach out and assure you that our commitment to support you remains constant. The OCAO is still here to build a community of togetherness and support. We understand that there is increasing uncertainty and apprehension, but we are standing united to get through this *together*.

Since the onset of COVID-19 we have had to reschedule or cancel several Survivor and education events. We are still working hard behind the scenes to provide the best events and outings that we can and we will provide updates to keep you informed.

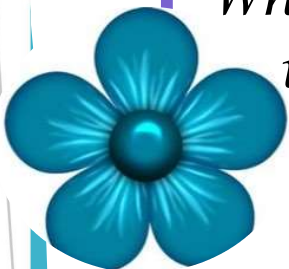
At this time Let's Bowl on April 25th is tentatively scheduled depending on Governor DeWine reopening public establishments. The Survivor Celebration Brunch on May 2nd, Designer Bag Bingo on May 9th, Sensational Skin Care Day on May 16th and the 10th Anniversary Gala on June 13th are still moving forward as planned.

Our main concern is that of the health and safety of everyone. As always, let us know if there is anything that we can do for you.

Please continue to reach out to us so we can stay connected with you. We can be reached through several social media outlets, our new and improved website, email and phone.

Stay healthy and safe,
Kim

*When women support women,
incredible things happen*



April 2020

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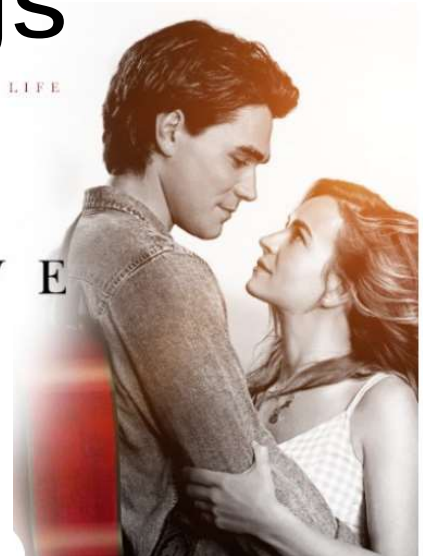
*Board Member
Directory*

Happenings

ONE LOVE CAN CHANGE YOUR LIFE

FROM THE CREATORS OF I CAN ONLY IMAGINE

I Still BELIEVE



March 14th was a cold, snowy day but Survivors and their guests braved the elements to attend a private showing of the movie 'I Still Believe'. Popcorn and drinks were provided and all of the guests received goody bags. One of the most important items in the bags was the tissues. The movie was a real tear-jerker.

Education & Awareness

Due to the restrictions on gatherings, we have had to postpone our public outreach program indefinitely. However, this doesn't mean that we can't find other ways to spread education and awareness about ovarian cancer. Here are some ways for you to help us with our mission:



Make a video telling your story and email it to us



What were your symptoms? Make a sign for each one of them and take a picture of you holding each of them individually



What do you wish you had known about ovarian cancer before you were diagnosed? Write us a list or send us a video telling us about those things you would like others to know



How long have you been a survivor? Make a sign and take a picture



If you are currently in treatment, what is your doctor saying about staying safe during this time of quarantine?



Advocacy Day 2020



On March 6, 2020 there was a storm of teal, led by the Ovarian Cancer Research Alliance, that swept Capitol Hill for Spring Advocacy Day. Women and men from all across the country were there to advocate for programs

and research that pave the way for better treatments for ovarian cancer. Chad Ramsey, OCRA VP, Policy posted a video from the Hill.

“Over seventy advocates, ovarian cancer Survivors, supporters and caregivers came to Capitol Hill to let members of Congress know that the community needs their support. We want to continue appropriations for the ovarian cancer research program at \$35million. We got a nice bump last Congress and we want to continue that. We also want to push for continuing appropriations for Johanna’s Law at \$12million and the Ovarian Cancer Control Initiative. Along with those appropriations, we want to see people’s support of the reauthorization of Johanna’s Law. If we can get that Bill passed, we will be able to reauthorize that program for another three years at an additional \$15million per year. We spent the day training with all of these advocates and it was so inspiring to see all the first-time advocates who came out. This is a rough time to be here. The coronavirus is spreading, people are concerned and we have ovarian cancer survivors that decided it was so important to them to come to town now to meet with members of Congress that they are here. They are spreading across the Hill today to make their voice heard and we at OCRA are so excited and so proud of them and happy to be their voice on the Hill.”

If you are not familiar with Johanna’s Law, also known as the Gynecologic Cancer Education and Awareness Act, it was named after Johanna Silver Gordon who died of ovarian cancer in 2000, at the age of 58. Senators Arlen Specter and Tom Harkin introduced the Bill in the Senate in 2005. Then Senator, Barack Obama co-sponsored it. The Bill passed both Houses of Congress unanimously and was signed into law on January 12, 2007 by George W. Bush.

On another side note, if you were following Kenni’s story, the toddler with ovarian cancer, her father was on the Hill telling her story.

Financial Aid Program

The Ovarian Cancer Alliance of Ohio is dedicated to supporting women across Ohio who have been diagnosed with ovarian cancer. We are so excited to announce the kickoff of our Financial Aid Program to add another layer of support to our mission.

This program is specifically aimed at helping women with expenses during and after cancer treatment. Grants may be given to qualified applicants in the form of gift cards for food and/or gasoline. This may be expanded to other forms of payment in the future. There are yearly and lifetime limits on the amount each individual may receive.

To qualify for the grant, you must be a resident of Ohio. You must be diagnosed with ovarian cancer and currently be in chemotherapy or other oncologist-directed treatment for ovarian cancer OR have completed surgery or treatment for ovarian cancer within the last three months.

For more information and an application, please visit our website:
www.ocado.org/what-we-do/financial-aid.



Survivor Spotlight

Meet Paula Fistick, 23-Year Survivor

At the age of 48, my hubby and I had been married for 25 years. Deane was a High School Administrator and I was a High School teacher. Our 14 and 16-year-old sons were busy with their athletic activities, my husband played handball and I regularly attended aerobics classes. We were a happy, well-grounded, healthy family. At the age of 48, I didn't know that my life and my family's life were about to change. I began experiencing daily headaches. Soon I noticed that I was "feeling full" after eating a very small amount of food. My waist started to expand and I started to feel bloated. I finally decided it was time to see my doctor, something wasn't right.



At my appointment with Dr. A, I shared my symptoms and he responded that I should add an extra day of exercise and cut back on my daily calories. After all, these symptoms were typical for someone my age. I followed the doc's orders, adding an extra weekly aerobics class and counting calories. My average daily calorie intake was 900 calories. It was now summer break when I scheduled all of our family's doctor checkups. I saw my dentist, my optometrist and my OB/GYN (I didn't think of sharing these symptoms with him).

When I had to buy maternity pants to fit around my waste, I decided to see a different doctor. This time I booked an appointment with a highly recommended woman, Dr. B. After describing my symptoms, she responded, "If you hadn't just seen your OB/GYN, I would guess your symptoms describe ovarian cancer." I was shocked to hear these words because I had just lost an aunt to ovarian cancer. Yet I felt it wasn't something I had to worry about since Dr. B was confident that the PAP smear taken at my GYN appointment would have indicated ovarian cancer. Dr. B decided to send me to have a colonoscopy and upper GI endoscopy. These test results were normal. Dr. B then sent me to a specialist to have fluid extracted from my abdomen. Two weeks later I received a call saying the cells were cancerous. To this day I don't know who made that call, all I remember is feeling numb. My body moved, my mouth moved, but it felt like my body was no longer attached to me. I just wanted to run. Then I wanted to scream. Then I panicked. Then I denied that this was happening to me. My family gathered around me. We processed this information together and realized that we didn't know what kind of cancer I had.

Dr. B was stumped and said it was time for more test. What I didn't know was that my GYN was receiving reports of the tests I was having and contacted Dr. B to suggest a CA125 blood test to rule out ovarian cancer.

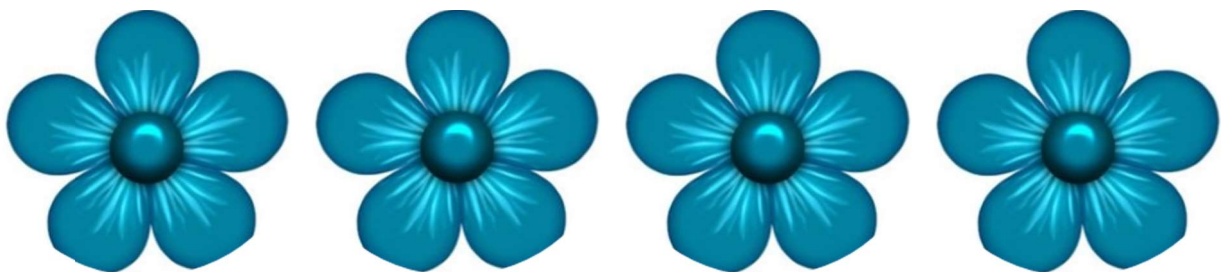
Sitting in Dr. B's office with my husband at my side, she took my blood for a CA125 test. I wanted answers. I felt like a walking time bomb. My mind was going crazy imagining that I had pancreatic cancer, kidney cancer, stomach cancer, etc. Once I was diagnosed with ovarian cancer, Stage 3, I felt relieved. I could take charge and set up an action plan. I had watched my Aunt's ovarian cancer journey. I knew but I didn't know. Everyone's journey is different.

Even after a total hysterectomy and eight months of chemo, my life continued to focus on doctor visits. I needed periodic checkups, testing, scans and blood work to see if my cancer remained in remission. These tests became farther and farther apart. Every doc appointment and series of tests brought up a mix of emotions. Waiting for results seemed endless. But I'm still here! Cancer free! Somewhere I found the strength to deal with cancer. Strength not only from within me but also from God, my husband, my family and my friends.

I decided to have BRCA2 Gene Testing and tested positive. Several years ago, I made the decision to have a double mastectomy so my chances of breast cancer went from 86% to 2%. I will never regret this decision.

Soon I will be celebrating my 71st birthday - a 23-year SURVIVOR. I have a constant ringing in my ears, neuropathy in both my feet and hands, but I don't care because I'm alive! I give gratitude every day. There are birthdays to celebrate (our sons will be 37 and 40), anniversaries to look forward to (Deane & I will be married 48 years this month) and lots of extended family and friends to celebrate life.

If you would like to share your story and have it published in an upcoming edition of Teal Talk, please submit by email to Lisa Mitchell at lmitchell@ocao.org.



Healthy RECIPES

Guacamole Dip

- | | |
|-------------------------------|---|
| 3 Ripe Avocados | ½ tsp Salt |
| 1 Roma Tomato, finely chopped | ¼ Cup Cilantro leaves, finely chopped |
| ¼ Cup Red Onion, finely diced | 1 Jalapeño or Serrano chili, finely diced |
| Juice of 1 Lime | ½ tsp Garlic Powder |

Cut avocados in half, remove pit. Spoon out flesh and smash until smooth. Mix in remaining ingredients. Chill in refrigerator at least 1 hour. Serve with tortilla chips. **TIP: if you put the pit back into the guacamole, it will keep it from browning.*



Mexican Chicken Bake

- | | |
|---|---|
| 1 Box Chicken Flavored Stuffing Mix | 1-10oz. Can Diced Tomatoes with Green Chilies |
| 2 Cups Cooked, Diced Chicken | 2 Cups Mexican Blend Cheese |
| 1-14oz. Can Corn, drained | 1 Cup Corn Chips, broken |
| 1-15.25oz Can Black Beans, rinsed & drained | |

Preheat oven to 400°F. Prepare 11x13" baking pan with cooking spray. In large bowl, combine all ingredients except ½ cup cheese & corn chips. Mix well and pour into prepared dish. Sprinkle both ½ cup cheese & corn chips on top. Cover with foil & bake for 20 minutes. Remove foil & continue baking an additional 20 minutes or until top is crispy & the internal temp is about 165°F. Remove from oven and allow to sit for 10 minutes & serve. Refrigerate any leftovers.

**This is a very versatile recipe. If you would like it to be creamier, you can add cream of chicken soup and/or sour cream mixed with chicken broth or milk before baking. You can add additional veggies such as green/red peppers and onions.*



Pineapple Margarita

2 Cups Lime Juice (about 20 limes)
2 Cups White Tequila
2 Cups Triple Sec

2 ½ Cups Fresh Pineapple Juice
Fresh Pineapple Slices for Garnish

Combine all ingredients in a pitcher. Fill a cocktail shaker ½ way with ice & ¾ way with margarita mix. Shake for 30 seconds and pour into glasses. Decorate with pineapple slices and drink cold.



Sopapilla Cheesecake Bars

2 Cans Crescent Rolls or Crescent Roll Sheets
2-8oz. Packages Cream Cheese, softened
½ Cup Butter, melted
1 Cup Sugar
1 tsp Vanilla
½ Cup Cinnamon Sugar (1/2 cup sugar, 2 tsp cinnamon)



Preheat oven to 350°F. Place 1 can crescent rolls (or sheet) into 13x9" glass baking dish & spread to cover entire bottom. Beat together cream cheese, sugar & vanilla until smooth. Spread mixture evenly over dough. Place remaining can of rolls (or sheet) on top of cream cheese mixture. Pour melted butter on top. Sprinkle with cinnamon sugar. Bake for 30-35 minutes or until bars appear set when gently shaken. Cool slightly, about 30 minutes. Refrigerate for easy cutting. Cover and refrigerate any left over bars.

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**



SUNDAY

APRIL 5TH

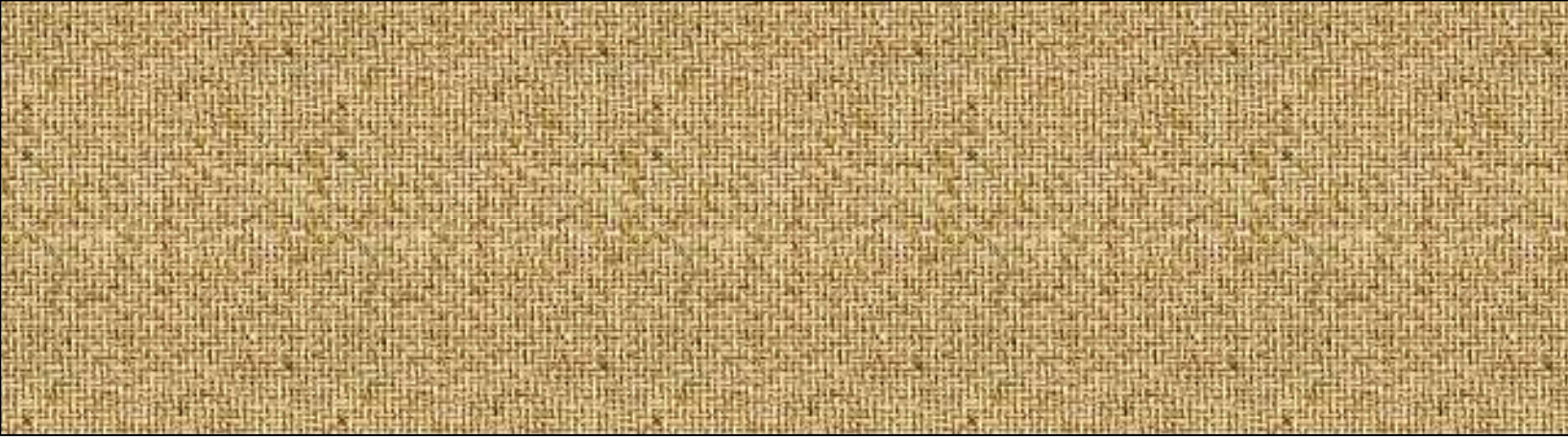
→ 2:00PM ←

**FACEBOOK
LIVE**

**FOLLOWED BY
INSTAGRAM • LIVE •**

HAPPY EASTER

*From Ovarian Cancer
Alliance of Ohio*



Let's Bowl



Join us for
bowling fun,
food and prizes!

Saturday April 5th
1pm

Gather your team &
impress. You
the h

POSTPONED

...tion among
... chances to win

...tizers & non-alcoholic
... be served. Cash bar available

No charge for Survivors, guests \$10 each

Register at www.ocado.org

Star Lanes Polaris
8655 Lyra Drive
Columbus, Ohio 43240



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

Survivor Celebration Brunch

*at the Juniper/Smith Brothers Building
580 N. 4th St Columbus, OH 43215*

MAY 2ND • 11:00AM-1:00PM

.....
**OPEN BUFFET • SURPRISE ENTERTAINMENT
TAKING RESERVATIONS UNTILL APRIL 20TH**

**FOR MORE INFORMATION
CALL 614.546.9498**

**TO RSVP PLEASE EMAIL
RSVP@OCAO.ORG**

OVARIAN CANCER ALLIANCE OF OHIO PRESENTS

18

28

Designer Bag Bingo

11

31

SATURDAY MAY 9TH 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

**AWESOME
PURSES**
KATE SPADE
MICHAEL KORS
COACH
VERA BRADLEY

5

VISIT www.ocado.org FOR TICKETS

Sensational Skin Care Day

Presented By:

23-year Survivor

&

Mary Kay Consultant

≈ Paula Fistick ≈

Saturday May 16th 2pm-5pm
Columbus Metropolitan Library
96 South Grant Avenue
Columbus, Ohio 43215
Register at www.ocado.org



8th ANNUAL

CAROL GIRARDI

Ovarian Cancer
Summit



KAREN MILLS
Comedian

MAY 7, 2020

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

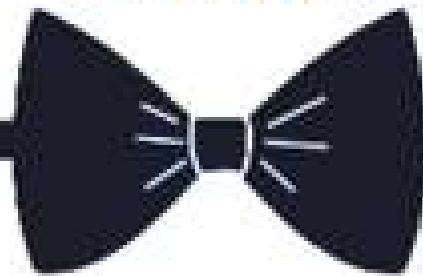
**MT. CARMEL EAST HOSPITAL
SIEGEL CENTER AUTOTORIUM**

**5975 EAST BROAD STREET
COLUMBUS, OHIO**

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**

2020

APRIL

<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	5 2pm Facebook Live with Board Members
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 [unclear] [unclear] Event	26
27	28	29 8am - 4pm Columbus State Health Fair	30	31		

*See website OCAO.org for information and registration

*RED indicates volunteer opportunity

2020

MAY

M		W	T	F	SA	SU
4	5	6 6pm Education & Survivor Connection Meeting	7 5:30pm *Stegel Center Ovarian Cancer Summit Comedian Karen Mills	8 World Ovarian Cancer Day	2 11am-1pm *Survivor Brunch at Juniper 9 5:00pm *Designer Bag Bingo Fundraiser	3 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 for information and registration
RED indicates volunteer opportunity

JUNE

<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	5	6	7 TBD *National Cancer Day Ice Cream Social
8	9 6:30pm CSC Networking Group	10	11	12	13 6pm *10th Anniversary Gala	14
15	16	17	18	19	20	21
22	23	24	25	26 6pm-9pm Westerville 4th Fridays	27	28
29	30					

*See website OCAO.org for information and registration

RED indicates volunteer opportunity

Board of Directors - Directory



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