



February 2020

Dear Diane,

It's a wonderful mission moment: our Survivors Teaching Students (STS) team set a new record. Susan Leighton, STS National Program Director for the Ovarian Cancer Research Alliance, reported, "In 2019, OCAOSW's STS team conducted 27 presentations and reached 939 students. This represents a 51% increase in reach from 2018 when the team reached 620 students." Read more below!

Come meet our STS team members and community at two upcoming events:

- No-host happy hour fundraiser on February 18, 3-6pm, at [Six Avenue Bistro](#) in Vancouver, WA. [10% of the happy hour proceeds will allow us to advance our mission and help our wonderful community!](#) No registration required - invite your friends and family!
- Annual Survivor/Volunteer Luncheon on April 26, 11:30am -2:00pm. Register [here](#).

Warmest regards,

Zoya Kumar

Executive Director

In Her Own Words:

Carol Hoefler

When I was diagnosed...read more [here](#)



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No-Host Happy Hour

February 18, 3:00pm-6:00pm

[Six Avenue Bistro](#), 7904 NE 6th Ave, Vancouver, WA

No registration required - invite your friends and family! 10% of the happy hour proceeds will enable us to advance our mission and help our wonderful community!

Annual Survivor/Volunteer Luncheon

April 26, 11:30am-2:00pm

McMenamins Kennedy School, Portland, OR

The luncheon celebrates the lives of ovarian cancer survivors and those who volunteer for our organization.

Ovarian cancer survivors and volunteers are invited to attend free of charge. Guests are welcome to attend, and we ask that they pay a small fee for their lunch (\$20 per person).

For more information and to register, click [here](#).

Free Patient Webinar hosted by The National Comprehensive Cancer Network (NCCN)

This webinar will help participants:

- Demonstrate an understanding of what ovarian cancer is and how it is diagnosed and staged.
- Compare, discuss, and select treatment options with their doctor.
- Discover the most recent advancements in ovarian cancer care.
- Identify and utilize supportive care and patient and caregiver resources.

There are TWO opportunities to attend:

- Weds., February 19 from 10:30am-11:45am PST
- Mon., February 24 from 2:00pm-3:15pm PST

Click [here](#) for more information and to register.

O'Vary Funny FUNdraiser!

Save the Date: October 9

6:30pm-10:00pm

DoubleTree Hotel by Hilton Portland

Registration will be live in March!

OCAOSW Survivors Teaching Students (STS) Team sets a New Record

Susan Leighton, STS National Program Director for the Ovarian Cancer Research Alliance, reported:

“In 2019, OCAOSW’s Survivors Teaching Students Team conducted 27 presentations and reached 939 students. This represents a 51% increase in reach from 2018 when the team reached 620 students. Congratulations and thank you to the 18 volunteers who are helping to educate our future health professionals about ovarian cancer; you are saving women's lives!”

National figures are equally impressive, with the *local STS team delivering 9 percent of all 2019 presentations in the continental US. Susan attributes success of OCAOSW'S Survivors Teaching Students team to experienced leadership, thorough training, and overall commitment to the message.*

“Most importantly”, she adds, “the team members have a unique bond beyond their survivorship. They are united in their goal of reaching as many students as possible with the key messages of STS”.

Many thanks to our wonderful survivors who are dedicated in their mission to educate healthcare students:

Diane O'Connor

Phyllis Lang

Kristine Walter

Sherry Hanson

Becki McCall

Susan Gianotti

Mary Beebe

Jasmin Kim

Diane Elizondo

Melissa Hopkins

Kelly Shafer

Teri Giangreco

Roselle Soriano

Barb Sanders

Sayla Hachey

Diane Sarver

Anna DeMers

Kay McGuire

New Caregivers Resource Page on Our Website

Take a peak at our website page for caregivers resources: click [here](#).

Exercise Study for Ovarian Cancer Survivors

Intervention overview:

Participants randomized to the exercise arm meet with an exercise trainer in person one time for an hour (in Seattle) to learn how to exercise safely, and then they receive weekly phone calls from the trainer for support. The ultimate goal is 150 minutes per week of moderate intensity exercise (BRISK walking, cycling, whatever activity brings joy). The exercise trainer helps tailor activities based on abilities and functional limitations, and participants work up to the goal. Those randomized to control will be offered the identical exercise intervention after the 6 months is completed.

For eligibility criteria and additional information, contact: [Katy Pennington, MD](#)/ University of Washington Gynecologic Oncology

Story Time: Seeking IHOW Authors

In Her Own Words is one of the most read and appreciated articles in our newsletter and on our website. If you're interested in sharing your journey with our community, please contact [Diane O'Connor](#).

Camp Mak-a-Dream in Gold Creek, MT Retreats

March 27- 29, 2020: Caregiver - serving cancer survivors and their primary caregiver (ages 21+)

April 30 - May 4, 2020: Women's Ovarian Cancer - serving women diagnosed with ovarian cancer (21+ years old)

For more information: [click here](#).

Make a difference when you shop! Please consider linking your online Amazon shopping account to the Ovarian Cancer Alliance of Oregon and SW Washington. For every dollar spent, **OCAOSW** receives a [donation from AmazonSmile](#) and that is surely something to smile about!



You can help the Ovarian Cancer Alliance of Oregon and SW Washington earn donations just by shopping with your Fred Meyer rewards card! To learn more, login to your [Fred Meyer account](#).

Ovarian Cancer Alliance of Oregon & SW Washington
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