



March 2020

Dear Diane,

Hello friends!

I'm Anna DeMers, a 4-year survivor, and I'm honored to be the new board president of the Ovarian Cancer Alliance of Oregon and SW Washington. For those who don't know me, I've served on the board of directors; served as a [peer mentor](#); and presented on behalf of the [Survivors Teaching Students \(STS\) program](#) for the past 3 years.

I've been thinking about OCAOSW goals. Empowering our community through information and educational opportunities is of utmost importance. These will be a key focus in my role as board chair.

Speaking of empowerment, I hope you'll join us at the [Annual Survivor/Volunteer Luncheon](#) on April 26th and say hello. This is a wonderful event with Dr. Gina Westoff as our speaker. I know we'll acquire important information and have time to connect with one another.

Please know my door is always open. I'd love to hear from you. I can be reached at 503-704-0662 or demersanna@gmail.com.

Warmest regards,

Anna Demers

OCAOSW Board of Directors President

In Her Own Words:

Terrilyn Chun

My cancer journey began in July 2017...read more [here](#)

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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](#).

Advancements in Breast Cancer Hosted by Compass Oncology

March 17, 5:00pm-8:00pm

DoubleTree Lloyd Center, 1000 NE Multnomah, Portland, OR

Learn about the most recent developments in breast cancer research and treatment directly from the physicians at Compass Oncology.

You will hear a review of the latest information presented at the San Antonio Breast Cancer Symposium, the largest international breast cancer conference.

This event is FREE and open to the public. Free on-site parking is available, however, space is limited. Please RSVP by emailing Events@CompassOncology.com or call Angie Henderson at (360) 597-1307.

For more information and event schedule, click [here](#).

O'Vary Funny FUNdraiser!

Save the Date: October 9

6:30pm-10:00pm

DoubleTree Hotel by Hilton Portland

Registration will be live in April (as well as a big announcement of this year's comedian - you won't want to miss this year's event)!

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.](#)

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Ovarian Cancer Alliance of Oregon & SW Washington
PMB 243 Suite 103 | 16420 SE McGillivray | Vancouver | WA | 98683