



April 2020

Dear Diane,

As we live through these surreal times, we hope you're keeping safe and healthy.

We realize some survivors live alone, without benefit of friends and family close by. If you find yourself in need of assistance, please call our hotline at 877- 682-2679 or email us at info@ovariancancerosw.org. Whether it be an urgent need for groceries or medicine, or someone to talk to, we will do our best to help.

Learn more about your state's response to the Coronavirus disease (COVID-19) - latest news and available resources (utilities, food banks/pantries, and etc):

- Oregon, <https://govstatus.egov.com/or-covid-19>
- Washington, <https://dfi.wa.gov/coronavirus/financial-resources>, and <https://coronavirus.wa.gov/>.

To learn more about COVID-19, visit the Centers for Disease Prevention and Control (CDC) [here](#).

We're currently working on initiatives to keep our community connected such as Zoom video/audio conferencing sessions. We'd like to hear from you: what types of topics do you find meaningful: meditation/yoga/stress relief; COVID-19 medical updates; informal group chats/check-ins.....send your suggestions to info@ovariancancerosw.org.

While we may be physically isolated, our community bonds remain strong.

Warmest regards,

Zoya Kumar

Executive Director

In Her Own Words:

Paula McNeill

It was Labor Day Weekend...read more [here](#)



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Annual Survivor/Volunteer Luncheon

June 28, 11:30am-2:00pm (Subject to Change)

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).

Registration will be live in May; stay tuned for additional event information.

O'Vary Funny FUNdraiser

Featuring Comedian, Inspirational Speaker, and Ovarian Cancer Survivor [Karen Mills!](#)

Save the Date: October 9

6:30pm-10:00pm

DoubleTree Hotel by Hilton Portland

Registration will be live in May

OCAOSW Website Resource Pages

Financial Assistance Resources: click [here](#).

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

Please visit this [page](#) for details on event and programming changes based on current recommendations and restrictions surrounding the COVID-19 (Novel Coronavirus) situation.

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