



## November 2022

We hope you were able to join us at our 10th Annual [O-Vary Funny FUNdraiser](#) on October 1. Preliminary numbers show we raised close to \$122,000 – just \$3K shy of our financial goal of \$125,000!!!

Each year, proceeds from O-Vary Funny enable OCAOSW to fulfill our mission. This includes assisting women diagnosed with ovarian cancer, expanding vital programs, and amplifying our [Trust Your Gut symptom awareness campaign](#).

**This event would not be possible without the help of our generous sponsors, donors, volunteers, attendees, and Board of Directors. We are grateful for your support and commitment to our mission.**

To view O-Vary Funny event pictures, click [here](#).

Please be sure to check out our [upcoming events](#).

Warmest regards,

[Zoya Kumar](#)

### Quick Links

[Website](#)

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Platinum  
Transparency  
**2022**

**Candid.**

Executive Director

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## In Her Own Words: Jenna Jenkins

My name is Jenna, and I'm turning 50 years old...read more [here](#).

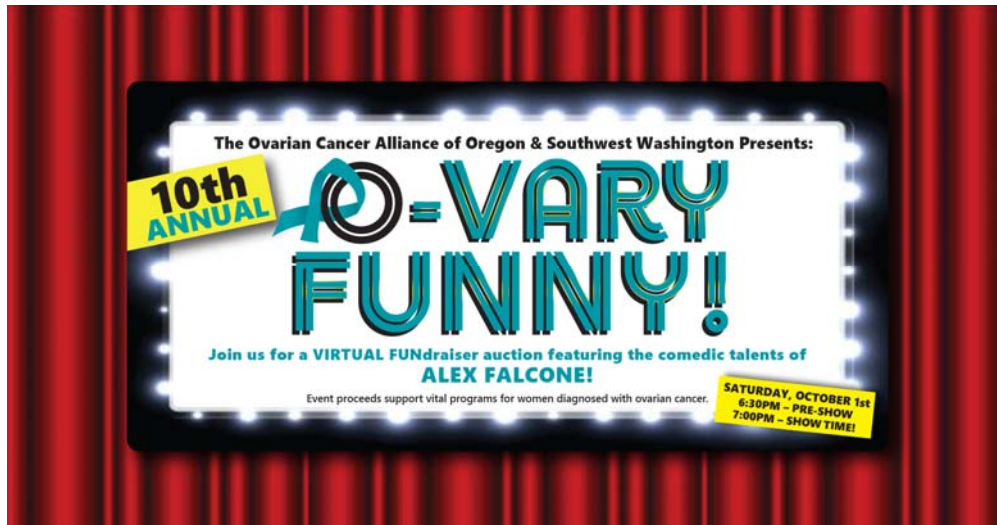


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## OCAOSW Upcoming Events

Join us for these upcoming events:

- November 9, [Navigating a Cancer Diagnosis and Advocating for Yourself](#)
  - November 16, [OCAOSW Support Group moderated by Susan Hedlund](#)
  - December 15, [OCAOSW Support Group moderated by Susan Hedlund](#)
  - June 24, 2023, **(Save the Date) Inaugural Teal Ribbon Walk**
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**A Huge Thanks to our 2022 O-Vary Funny Sponsors !!!**

**Presenting: [Compass Oncology](#)**

**Gold: [Grail](#), [GSK Oncology](#), [Merck](#), [Providence Cancer Institute of Oregon](#), [Walsh Trucking Co.](#), and [Zidell Family Foundation](#)**

**Silver: [Legacy Cancer Institute](#), [Myriad Genetics](#), [OHSU Knight Cancer Institute](#), [Standard TV & Appliance](#), and [Willamette Valley Cancer Institute and Research Center](#)**

**Bronze: [Caris Life Sciences](#)**

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### **Sexual Health and Intimacy After Cancer Virtual Workshops**

**Presented by the Legacy Cancer Institute, featuring Dr. Sage Bolte**

Each interactive virtual session, led by certified sex therapist Dr. Sage Bolte, will explore the ways cancer impacts a person's sexual self and intimate relationships.

Participants can expect to better understand the common challenges people face, along with techniques, treatments or approaches one can take to improve their sexual self.

Each session is relevant to all ages, regardless of relationship status. Come laugh and learn about how to improve a critical area of your quality of life.

Register at: [LegacyHealth.org/CancerClasses](https://LegacyHealth.org/CancerClasses). For questions, please contact: Niani Dunner at [ndunner@lhs.org](mailto:ndunner@lhs.org) or 503-413-7284.

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### **Research Study on Relationships After Cancer:**

**OSU Research Team Looking for New Study Participants**

If you participate in this study:

1. You and your partner will learn coping and communication skills that can improve your health and relationship after cancer.
2. Couples will be randomly assigned to participate in one of two skill-building programs. Programs will be delivered online via Zoom.

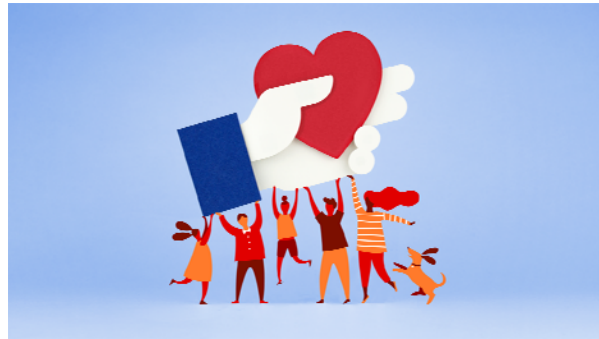
#### Program #1

- Couples will participate in 5 weekly sessions.
- Couples will learn ways to improve their personal and relationship health, focusing on coping with changes in intimacy and family building plans.

#### Program #2

- Couples will participate in 4 weekly sessions.
- Couples will learn ways to improve their personal and relationship health, focusing on coping with changes in relationships after cancer.

. For additional information and to participate, click [here](#).



### Facebook Fundraisers

#### Easy Way to Raise Awareness, Funds, and Make a Big Difference

Now more than ever, it's easy to raise funds and raise mission awareness for OCAOSW. Inspire your friends and family with your passion for our mission by sharing your special day with us.

A Facebook fundraiser posted to your timeline tells your friends and family what matters to you on your special day. It doesn't have to be instead of cake and cards – you can have those things too!

Learn how to create a Facebook fundraiser [here](#).

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### No Out of Pocket Genetic Re-Testing

Have you previously tested for BRCA1/BRCA2 full testing or for Lynch Syndrome prior to 2013? If so, you may qualify for update testing at no out of pocket expense. Check with your geneticist or provider for more information.

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### 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](#).

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

Camp Mak-A-Dream empowers survivors and their families to live with and beyond cancer through life-changing Montana experiences where they strengthen life skills, gain resilience and develop lasting relationships.



**Live with. Live beyond.**

For camp information, click [here](#).

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### Easy Ways to Make a Significant Difference



Set up a Facebook Fundraiser to benefit the Ovarian Cancer Alliance of Oregon and Southwest Washington.

Follow these [easy instructions](#).

You'll make a big difference in the lives of survivors by helping fund our emotional and financial support programs.



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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