# WOCA Whisperer

Quarter 4, 2018

Dear WOCA Advocate,

Wow, what a great year 2018 was!!! Thank you for your amazing support and generosity, without it we would not have been able to accomplish everything that we did. Because of your generosity, WOCA was able to expand on our current programs, and continue our awareness and education efforts throughout the state.

• We continued our "Camp Mak-A-Dream" Scholarship (In Memory of Laura Clark - Hansen). Through this Scholarship, WOCA was able to send Ovarian Cancer Survivors to Camp Mak-A-Dream in Missoula, Montana. We continue to receive so much positive feedback regarding this program, we will be sending 4 survivors this year as well!

• We continued our Teal In Need Campaign (In honor of the Cathy Mislinski Legacy Gift). Our goal was to financially assist every woman that applies. We are happy to report we were able to do this for the 3rd consecutive year. The success of this program is rapidly expanding and we will be looking to increase the budget in years to come.

• Through Survivors Teaching Students® : Saving Women's Lives - WOCA Survivor volunteers taught over 370 Medical Students throughout Wisconsin. We will be looking to add additional facilities statewide this year!

• We continued to expand our reach throughout the state. We added two coordinators to help us achieve our goals outside of the Milwaukee Area. Mary Ann Johnson has been added to the team as our Madison Area Coordinator. Mary Ann is an 8 year survivor and has been involved with WOCA for several years. Susan Skiles has accepted the role of Fox Valley Area Coordinator after her recent diagnosis in early 2018. Welcome Mary Ann and Susan!

• WOCA continued our year end giving campaign. We successfully raised over 90% of our goal. The most generated in any previous year end campaign! We simply can not thank you enough!

We are excited about the changes and growth to come in 2019. On behalf of myself and the WOCA Board and Staff, I want to THANK YOU for your continued support of our organization. It is an honor that you trust WOCA with your funding, and allow us to make a meaningful impact on those affected by ovarian cancer throughout the state. We look forward to continuing our mission throughout 2019!

Sincerely,

Ashley A. Wagner
Executive Director
ashley.wagner@wisconsinovariancancer.org

***"Giving is not just about making a donation. It is about making a difference." - Kathy Calvin***

# A Very Teal Gingerbread House!

On March 19th, 2018, Charmane Borucki was diagnosed with stage 4 ovarian cancer. Since the beginning of this journey, Char has endured multiple rounds of chemotherapy and massive surgery. She continues to fight and receive treatment every 3 weeks.

In keeping with her fighting and giving spirit, Char decided to transform her family home into a gingerbread house for the holiday season, from December 1st through December 26th, 2018. It was her hope to spread a little extra holiday cheer, while raising money for research and awareness for a cause she holds dear.

In these trying times, Charmane constantly reminds her family and friends of her favorite Forrest Gump quote: "Life is like a box of chocolates, you never know what you're going to get." Charmane's positivity, selflessness, and radiant smile continue to shine through during this difficult journey.

All funds raised directly benefited the Wisconsin Ovarian Cancer Alliance.

Charmane was able to raise over $10,000 from her Gingerbread House! All funds raised directly benefited the Wisconsin Ovarian Cancer Alliance and ovarian cancer research!

Thank you for your support Borucki Family and Friends!

## Lesser Known Symptoms

If any of these symptoms persist daily for more than a few weeks, please see your doctor, preferably a gynecologist.

- Fatigue
- Back Pain
- Constipation
- Menstrual Irregularities
- Indigestion
- Pain with Intercourse

# A Toast to Teal

*Join WOCA in an evening to celebrate friends, family, and loved ones!*

*The evening will be filled with fabulous live and silent auction items, diamond dig, cork pull, raffles, dinner, drinks, and inspirational stories of survivorship.*

*$75.00 Per Person · Cocktail Attire · Show us your best TEAL*

*Saturday, March 2nd, 2019*

*5:30pm*

*The Wisconsin Club*

*900 W. Wisconsin Ave*

*Milwaukee, WI, 53233*

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# Fox Valley Teal Talk

*This is a time for Ovarian Cancer Survivors to connect with other Survivors. Meetings will take place on the last Friday of the month in Appleton, and the 2nd Saturday of the month in Rhinelander. See below for details.*

**APPLETON:**

When: The last Friday of every month
Where: Panera Bread
(3320 West College Avenue, Appleton, WI)
Time (2 Sessions): 11:00am OR 4:00pm

**RHINELANDER:**

When: The 2nd Saturday of every month
Where: Coffee Beans Etc.
(1022 Lincoln Street, Rhinelander, WI 54501)
Time: 10:00am

WOCA
WISCONSIN OVARIAN CANCER ALLIANCE

# Meet WOCA's Newest Board Members!

Stephanie Herfel is WOCA's newest board members. Stephanie states, " I made a choice two years in my journey to be an advocate for ovarian cancer, including awareness and education. As I watched WOCA grow, and be a support system for me, I thought it would be a good way to give back. I support their mission, and hope to inspire others to get involved in supporting our cause. I have participated in WOCA events for the past 3 years, and more recently have joined the WOCA board. My favorite event is the survivor's brunch. Every year the amount of survivors that attend the brunch increases, which is a complete expression of hope, and means we are living longer!

As one of the only survivors on the board, I feel I bring a unique perspective, in better understanding the needs of the survivors. And I'm not shy. I'm a former marine. I have a dog, named Sierra that smelled my cancer, and I'm currently in the process of writing a book. I did 25 years of government civil service, with the rank equivalent to a colonel. I enjoy spending time with my family. I enjoy having new experiences and challenging myself. "

Susie Siettman BSN, OCN, ONN-CG is an exciting new addition to the WOCA board, bringing with her an extensive background in the medical and gynecological fields, as well as a passion for fundraising and a creative mindset! She learned about WOCA through receiving Comfort Totes for her patients, and was pushed to get involved by the impact WOCA made on them. Her favorite event is the Survivor Brunch, as she loves seeing the special treatment her patients receive. In her free time, Susie loves biking and kayaking, as well as attending festivals. As a fun fact, her mother considered her a 'miracle baby,' being born 16 years after her next closest sibling! During her time as an oncology nurse, she traveled for work, once even getting to live in Costa Mesa, CA!

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By understanding the symptoms and recognizing changes in your health, you can **BEAT** the odds and catch ovarian cancer in its early stages.

| B | E | A | T |
|---|---|---|---|
| Bloating, indigestion or nausea | Eating less and feeling full quickly | Abdominal or pelvic pain | Trouble with your bladder or bowels |

If any of these symptoms persist daily for more than a few weeks, please see your doctor, preferably a gynecologist.

**NOTE:** Pap Smears DO NOT detect Ovarian Cancer

# A little change...

It's true, a little change makes a BIG difference. Help WOCA make a difference, by collecting your loose change throughout the year. WOCA even makes it easy by providing the container! You will be able to check out a container, that will be mailed to your house, for easy change collecting. You are welcome to turn the change in at any of our events, or at the WOCA office! WOCA will use the change counter at the office, and provide you with a tax exempt letter. Just fill out the form on our website, www.wisconsinovariancancer.org, and get started today! (If you would like to pick up your container, stop in the office during business hours!)

# Survivor Spotlight

## By: Susan Skiles

My name is Susan Skiles, I am currently 54 years old, I am married and work as a data analyst manager. I like dragonflies!

November 2018, I went to see my primary care physician with chronic low back pain, acute indigestion and nausea. My primary care physician prescribed medicine for the indigestion and nausea and physical therapy for the low back pain. Neither treatment worked, and I returned to the doctor. After another examination she palpitated my abdominal area and said it did not feel right so she ordered a CT Scan which was done on December 11, 2018. The results showed a large mass on my ovaries, small intestine and bowel as well as other masses in the abdominal cavity.

I was diagnosed with Stage 3 C Serous Ovarian Cancer on 01/02/2018 during the surgery. My C125 blood work was in the 500's. It was very important to me to find an oncology team that would work with my mind, body and spirit and not just treat the cancer.

My cancer treatments and ongoing care are with the University of Wisconsin Carbone Cancer Center. I treated with clean eating, low carb diet, exercise, plenty of water, meditation, energy work and with Paclitaxel and Carboplatin. I also took 4 different steroids, Benadryl and Neulasta. Nine treatments total. It was brutal to say the least.

I remained positive, active, working and living as normally as one can during cancer treatment. Luckily, I had minimal side effects. I am still plagued with some residual neuropathy in my feet.

I am now 5 months with no evidence of disease. My C125 is now at 13. I am actually the healthiest I have been in years. I believe the key to fighting this dreadful disease is a positive attitude, willingness to make life style adjustments to be healthy and a lot of laughter.

I was also quite fortunate to have a very large support group even though most of them are long distance. Just knowing that people cared was tremendous.

I will be forever thankful that my spouse Sandy reached out to WOCA for information and a comfort tote. The organization is a wonderful resource for those currently in treatment, survivors and their caregivers.

I have recently been appointed as the "Fax Valley Area Coordinator" at WOCA in order to help spread their mission throughout the state. I will be hosting monthly support groups, and working on getting some of their established programs facilitated in the Green Bay area!

WOCA WISCONSIN OVARIAN CANCER ALLIANCE

# CRAFTS & DRAFTS

•SPRING BEER FEST • MAY 5, 2019 •

sponsored by Discount LIQUOR

This is the 7th Year of Crafts & Drafts and we can't think of a better way to kick off Milwaukee Beer Week! At Crafts & Drafts, you'll have a chance to try different beers from an amazing array of breweries, as well as being able to chat with brewery owners, brewmasters, and brewery representatives.

## Event Information:

When: May 5th, 2019

Where: Serb Hall
5101 W. Oklahoma Ave
Milwaukee WI, 53219

**Tickets on sale March 11th!!!**

Time: TEAL & VIP: Noon- 5:00pm
General Admission: 2:00pm-5:00pm

Details: TEAL: $80 advance/ ONLINE ONLY- LIMITED AMOUNT
VIP: $70 Advance / $75 At The Door
General: $55 Advance / $60 At The Door

For more information visist: http://www.craftsanddrafts.org/

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## MEET WOCA

*As part of WOCA's initiative to cover the entire state, we will be traveling to a city near you. "Meet WOCA" is a time to connect with WOCA staff and learn how the organization can help you.*

### 2019 Dates

**March 30th, 2019- North Suburban Library District**
*5562 Clayton Circle, Roscoe, IL 61073*
***June- Green Bay**
***November- Marshfield**

*(*Dates and Locations TBD, subject to change based on availability)*

# 2019 Calendar of Events

### "A Toast To Teal"
March 2nd, 2019
The Wisconsin Club, Milwaukee, WI

### Survivor's Brunch (By Invitation Only)
April 28th, 2019
The Wisconsin Club, Milwaukee, WI

### Crafts and Drafts -Spring Beer Fest
May 5th, 2019
Serb Hall - Milwaukee, WI

### WOCA's Nancy's Run, Rock, and Stroll
Saturday, September 21st, 2019
Greenfield Park - West Allis

### WOCA's Whisper Walk
Sunday, September 29th, 2019
McKee Farms Park- Fitchburg, WI

# Interested in getting involved?

**We have some upcoming volunteer opportunities listed below! Please find more information about the event and how to register as a volunteer on our website @ www.wisconsinovariancancer.org.**

### Shamrock Beer Fest
**Saturday, March 23rd, 2019**
**(1pm - 4:30pm)**
**Veterans Park - Milwaukee, WI**

### Crafts and Drafts - Spring Beer Fest
**Sunday, May 5th , 2019**
**(10am-2pm OR 2pm-6pm)**
**Serb Hall - Milwaukee, WI**

### All Community Events - Mother's Day 5K
**Sunday, May 12th 2019**
**(7am - 11:30am)**
**Veterans Park - Milwaukee, WI**

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**WOCA OFFICE:**
13825 W. National Ave. Suite 103
New Berlin, WI, 53151
PHONE- 262-797-7804

**OFFICE HOURS:**
Monday- Thursday-8am - 4pm
Friday- 8am -12pm
Additional hours available upon request!

**WEBSITE:**
www.wisconsinovariancancer.org

**EMAIL:**
friends@wisconsinovariancancer.org


## Connect with us on Social Media!

**Facebook -**
Wisconsin Ovarian Cancer Alliance

**Twitter -**
@WIOvarianCancer

**Instagram -**
WI_OVARIAN_CANCER_ALLIANCE

**LinkedIN -**
Wisconsin Ovarian Cancer Alliance

For Board Member Information, please visit our website.