



I AM A SURVIVOR!!!

The survivors' brunch is an event that began in 2007 with 17 survivors in attendance. It has grown over the years and there have been as many as 150 survivors joining us. With family and friends who join them, the event continues to grow reaching an average attendance of approximately 250 people. This event enables ladies who are traveling the same journey to get together, and in many cases bond. Newly diagnosed women are given a sense of hope when they meet and talk with attendees who have experienced years of survival. As you may know, there are very few if any support groups solely focused on women who are survivors of this devastating disease for which there is no test. This is one day dedicated just to them.



Pictured Above :
A portion of the 120 Ovarian Cancer Survivors in attendance.

This years' brunch took place on Sunday April 29th at the Wisconsin Club in downtown Milwaukee. The morning started out with an expo where survivors and their guests could talk to different vendors and medical professionals about ovarian cancer and different ways to get involved within the ovarian cancer community. There was also plenty of shopping, raffles, and photobooth fun!

Everyone then enjoyed a wonderful brunch that included an omelet station, fresh carved meats, cheeses, fruit and a mashed potatoe bar! Brunch was then followed by our guest speaker for the event, Amelia Coffaro. Ms. Coffaro spoke about her inspirational journey of becoming a cancer survivor as a young adult. Next, Gynecologic Oncologists from accross the state conducted a panel to answers questions submittted by the survivors in attendance. Thank you to Amelia Coffaro,, Dr. Bishop, Dr. Johnson, Dr. Mahdavi, and Dr. Raftery.

Before the day ended we drew the winners for the National Ovarian Cancer Conference Scholarships. The winners were:
Hillary Fry , who is a 4 year survivor from Brookfield, WI
Michelle Berry, who is a 6 month survivor from Sun Prairie, WI

Thank you for all who attended this wonderful event. We could not do it without you and our generous sponsors. Our Teal level sponsor this year was The Marek Group. Our Gold level sponsors were Ascension - Columbia St. Mary's, Aurora Health Care, Cancer Treatment Centers of America, Froedtert and The Medical College, The Medical College of Wisconsin, ProHealth Care, a UW- Madison Department of Obstetrics and Gynecology.

Looking forward to seeing you all again on April 28th, 2019. Make sure you check our website at www.wisconsinovariancancer.org for more details.



The Johnson Family cordially
invites you to their 1st Annual...



TEAL-riffic **FUN**draiser

for Ovarian Cancer

"Because Ovaries Get Cancer , too!"

When: Saturday, August 11th, 2018

Time: 1:00pm-5:00pm

Where: Oberg's Bar- 348 Liguori Rd, Edgerton, WI 53534

100 % of Proceeds to Benefit:



**Department of
Obstetrics and Gynecology**
UNIVERSITY OF WISCONSIN

Ovarian Cancer Research



Education, Support Services,
& Funding of Research



\$\$\$ Cash & Quilt Raffle

Win \$1,000 CASH -or- Handmade Queen Size Quilt (Value: "Priceless")
(Pre-Event tickets available at: Oberg's Bar-WOCA office- or send an email
request to wiwoca2@gmail.com. You do NOT need to be present to win!)



**Raffles- Prize Drawings- Games throughout the
Event!!!**



4:00pm "Picnic Buffet"
(available for purchase while supplies last)

Survivor Spotlight

By: Edna Grotjahn Early



Listen to your Body:

It was April 1, 2013, and I had my yearly physical scheduled with my favorite doctor. She told me I didn't have to have my usual Pap test because last year my test was normal. I replied, "I'm old-fashioned and think I should have a Pap test and mammogram every year." I thank God daily I listened to my body; it saved my life.

On April 3, the doctor called to tell me I had cancer and it was found in my Pap test. I called my husband. We met at home, fell apart for a while and then we started our cancer journey. I created four mottos for my new adventure: 1). Let go and let God, 2). One day at a time. 3). Gratitude over complaining, and 4). Love over fear. They served me well and still do. After consulting with my doctor, it was decided I would go on an anti-depressant, which was a great aid. I quit about two months after my last chemo treatment.

Be your own advocate and Get multiple opinions:

I had several tests in three different healthcare facilities, with multiple doctors, because they could not locate the cancer. It was a scary two months that led to what was initially going to be laparoscopic surgery, but ended with a 4-hour extensive surgery and the discovery of my stage 2 ovarian cancer. My Mayo Clinic surgeon informed us that it was a rare, aggressive form and that in six more months I would have had a 20% survival rate. I cannot emphasize enough to be your own advocate and keep going until you get the answers!

Be prepared for Complications:

I had several complications: 1). Blood clot. 2). Pneumonia. 3). IV fluids periodically because of being nauseous and having diarrhea; I couldn't keep fluids down. 4). Low white blood count; chemo was halted for five weeks, 5). Edema in my legs; luckily it never lasted. 6). Two bowels obstructions. 7.) Developed C-Dif twice, which is a serious bowel bacteria. 8). And enlarged lymph nodes in my right groin area that resulted in more biopsies plus and a bladder biopsy; again luckily nothing was found.

Don't let Cancer Define you: Cancer has been an adventure for me and I don't regret my journey or lessons learned. I never gave up hope... and encouraged those around me to see ME even when cancer tried to take over who I was.

Live for Today: Today I am 4 and a half years in remission and have a great wellness routine: 1). Eating healthy meals that limit my sugar intake. 2). Daily stretches and twisting often with yoga help keep my scar tissue "pliable". 3). Support is crucial. I don't know what I would have done without my husband, kids, their spouses, my five grandgirls and one grandson, other family and friends. 4). My faith has always been important to me but it has only been enhanced with this diagnosis. Our priest, our church family and prayer was and continues to be tops on my list. 5). Meditation was learned and used during surgery, chemo treatments, hospitalizations, blood draws, laying in bed for days and weeks. I still value my meditating time. 6). Monthly massages to release lymph node toxins, Physical Therapy for scar tissue, digestive issues and pain, and last but not least Acupuncture for the Neuropathy in my feet, the last three toes.

I know statistics, I know ovarian cancer can return at anytime but I have love over fear in my life and do everything possible to keep cancer away. Living one day at a time, I focus on my gratitude. There's no place for negativity in my life. My husband of 47 years, my family, faith, and friends ... I am blessed! Nothing can surpass that; life is good.

September Happenings!

Pizza

With a *Purpose*



MOD Pizza

September 10th, 2018

Locations: New Berlin, Greenfield, Oconomowoc, East Towne

September 24th, 2018

Locations: Fitchburg, East Towne, Tosa Village

Show the flyer and 20% of Sales will be donated to WOCA!!!
Print the flyer by visiting www.wisconsinovariancancer.org
and clicking "September Fundraisers"



September Lights!!!

Look for these buildings to light up Teal in September.
We appreciate their continued support & helping bring attention to Ovarian Cancer Awareness Month.

The Mitchell Park Domes	1st-3th
Alverno College	1st-15th
The Marquette Interchange	7th-10th
U.S. Bank Building	1st-10th
The WI Center Tunnel	1st-15th
Potawatomi Hotel & Casino	4th
Catholic Financial Life	2nd-9th

The

TealTini



Join us for our

September Kick-Off Party!!!

Help us kick off September right!!!
Meet & Mingle with WOCA staff and board,
fellow survivors and their families!

When: Friday August 24th, 2018

Time: 6:00pm-8:00pm

Where: Great Lakes Distillery
616 W Virginia St, Milwaukee, WI 53204

Registration Recommended

2018 WOCA Run/Walks



The events are open to men, women, and children of all ages, and of all experience levels. Some participants run or walk in honor or memory of someone, some are survivors, and some just enjoy getting out and supporting an awesome cause!

Nancy's Run, Rock & Stroll

Sept 8th, 2018

Greenfield Park: Pavilion 3A
2028 S 124th St, West Allis,
WI 53227

Whisper Walk

Sept 23rd, 2018

McKee Farms Park
2930 Chapel Valley Rd,
Fitchburg, WI 53711



UW Carbone
Cancer Center

*Proceeds from the Whisper
Walk to benefit ovarian cancer
research at the U.W. Cancer
Center*

To Register for either event visit:

www.wisconsinovariancancer.org

1. Click: Events
2. Click: Nancy's Run, Rock, & Stroll
OR Whisper Walk
3. Click: Register Now
4. Click: Register to Run/Walk

To Create a Pledge Page:

Follow Steps 1-3

Then Click: Become a
Fundraiser

Customize your page &
share with your friends &
family!!!

Teams are a great way to gather your friends and family!

Teams are made up of 10 or more people. To get your team name added to the drop down list, please email us at friends@wisconsinovariancancer.org.

Healthy Grocery Shopping Strategies

Cancer patients have plenty to think about when they leave the hospital, like when to take their medications, how to care for surgical wounds, when to return for follow-up appointments and how to manage side effects like fatigue and pain. Stocking up at the grocery store is probably the last thing on their mind, and if it is on their to-do list, it's likely a source of dread.

"Grocery shopping can become overwhelming, and standing for long periods of time to shop and prepare meals can be burdensome," says CRYSTAL LANGLOIS, RD, CSO, LD, Director of Nutrition at Cancer Treatment Centers of America® (CTCA) in Newnan, Georgia.

But choosing the right foods is important to cancer patients' recovery. Proper nutrition helps the body maintain a healthy weight, preserve strength and combat certain side effects after treatment. Developing a shopping strategy and bringing a list of nutrient-rich foods may help ease the stress in getting this chore crossed off the list—no matter your cancer type, Langlois says.

The first steps: make a list in advance, pay attention to labels and stick to the perimeter of the store as much as possible, because that's where the healthiest options—meat, dairy, produce—tend to be located. Langlois offers a section-by-section tip list for making your grocery shopping experience more effective and efficient, from fresh to frozen:

Central Aisles

- Avoid the soda and chip aisle.
- Buy whole-grain breads, not just whole-wheat options.
- Choose healthy oils like olive and canola oils instead of corn and vegetable oils.
- Try a variety of seasonings. Studies have found that spices like ginger and garlic have antioxidant, anti-inflammatory and immune-stimulating properties. Plus, experimenting with different flavors and tastes may enhance your appetite.
- Plan ahead for healthy recipes by stocking up on relevant staples, such as low-fat chicken soup, low-sodium broth, brown rice, raisins, tomato paste and whole-grain pasta.

Produce Department

- Choose fruits and vegetables that are in season because they're typically cheaper.
- Avoid fruits and vegetables that look wilted, dented or damaged. Air exposure over time may cause these foods to lose nutrients.
- Buy organic if you can, but if organic produce is too expensive, make sure you wash your fruits and vegetables well with water and some vinegar.

Meat and Poultry Department

- Buy organic.
- Choose meats and poultry from grass-fed animals, and seafood caught in the wild.
- Order organic meats and cheeses at the deli, or request nitrate-free options.

Dairy Department

- Buy organic, skim, almond or soy dairy products.
- Choose organic, low-fat yogurt, and, when possible, Greek yogurt because it typically contains more protein than other options.

Frozen Department

- Look for organic meals.
- Select pre-chopped vegetables that are flash-frozen, so they



1st ANNUAL SPARKLE BOWL

Fundraiser to support research for women's cancer with Sparkle of Hope and UW Carbone Cancer Center and women going thru cancer needing support with the Wisconsin Ovarian Cancer Alliance (WOCA)

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DATE: AUGUST 25, 2018

TIME: 3 Game Session 1-1:00pm and 3 Game Session 2-3:30pm
(Day Of Registration starts at 12:30 and 3:00)

PLACE: VILLAGE LANES, 208 Owen Rd, Monona, WI

PRICE: \$30/person or \$110/four person team

PRE-REGISTER WITH VILLAGE LANES AT 608-222-7361



UW Carbone
Cancer Center

CONTACT STEPHANIE HERFEL WITH
ANY QUESTIONS AT 608-405-2360



50/50 RAFFLE



RAFFLE AUCTION

2018 Calendar of Events

September Kick Off Party

Friday, August 24th, 2018
Great Lakes Distillery - Milwaukee, WI

WOCA's Nancy's Run, Rock, and Stroll

Saturday, September 8th, 2018
Greenfield Park - West Allis

WOCA's Whisper Walk

Sunday, September 23rd, 2018
McKee Farms Park- Fitchburg, WI

Shorewood Hot Cider Hustle

(Hosted by All Community Events, with a portion of the proceeds benefitting WOCA)

Sunday, October 28th, 2018
Estabrook Park - Milwaukee, WI

DePere Turkey Trot

(Hosted by All Community Events, with a portion of the proceeds benefitting WOCA)

Thursday, November 22nd, 2018
Voyageur Park - DePere, 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.

All Community Events -

Shorewood Hot Cider Hustle

Sunday, October 28th, 2018

(7am - 11am)

Estabrook Park - Milwaukee, WI

DePere Turkey Trot

Thursday, November 22nd, 2018

(7am-11am)

Voyageur Park - DePere, WI



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.