



WISCONSIN OVARIAN CANCER ALLIANCE

3rd Quarter - 2016

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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

WEBSITE-

www.wisconsinovariancancer.org

"Follow" us on Twitter and
Instagram and "Like" us on
Facebook!

Facebook -

Wisconsin Ovarian Cancer Alliance

Twitter -

@WIOvarianCancer

Instagram -

WI_OVARIAN_CANCER_ALLIANCE

Volunteers Needed!

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

September 17th, 2016

**West Allis, WI
7am-1pm**

**WOCA's
Whisper Walk**

September 25th, 2016

**Fitchburg, WI
7am-1pm**

**Shorewood Hot Cider
Hustle 10MI/5k**

October 16th, 2016

**Shorewood, WI
6am-11am**

For more information on these events or to register as a volunteer, please visit our website.
Go to www.wisconsinovariancancer.org, click "Get Involved", then "Be A Volunteer".

WISCONSIN TEAL TAKEOVER!!!

THE

TealTini



Join WOCA to kick off September!

When: September 1st, 2016 - 5pm-7pm

Where: Great Lakes Distillery

616 W Virginia St, Milwaukee, WI 53204

Details: Join The Wisconsin Ovarian Cancer Alliance (WOCA) as we kick off Ovarian Cancer Awareness Month. Light Refreshments will be served and TealTini's will be available for purchase. RSVP's are appreciated to 262-797- 7804 by August 22nd, 2016.



Enjoy a **TealTini** at the participating restaurants.
A portion of their proceeds will benefit WOCA!



MOVIDA

WASABI
sushi • lounge



matllysbar



WISCONSIN TEAL TAKEOVER!!!

LOOK FOR THE TEAL LIGHTS AROUND THE STATE:

Alverno College Rotunda – All of September

Mitchell Domes – September 1-10, 16, 17, 18

U.S. Bank Building – September 1-8

Potawatomi Bingo and Casino – September 1-3

Marquette Interchange – September 9-11

Phister Hotel- Confirmed- September 16 - September 30

The Wisconsin Center- Dates are TBD

DON'T FORGET TO TAG YOUR PICTURES ON FACEBOOK, INSTAGRAM, AND
TWITTER USING #WITEALTAKEOVER

Enjoy delicious food while supporting a great cause!

The following restaurants will be donating a portion of their proceeds.

Don't forget to bring you flyer.

All flyers can be downloaded from te WOCA website.



9/6 - Blaze Pizza (Brookfield)

9/7 - Point After (Franklin)

9/13- Panda Express (Oak Creek)

9/19 - Blaze Pizza (Glendale)



And Many More...

Continue to check our website for the most current September happenings. Also, don't forget to print our events calendar!!

2016 Run/Walk Race Information



11th Annual

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

**Saturday, September 17th, 2016
10:00 a.m.**

**Cool Waters Pavillion
2028 S. 124th Street
West Allis, WI, 53202**

First 800 participants will receive a goodie bag!

3rd Annual

WOCA's Whisper Walk

**Sunday, September 25th, 2016
10:00 a.m.**

**McKee Farms Park
2930 Chapel Valley Road
Fitchburg, WI, 53711**

First 500 participants will receive a goodie bag!

REGISTRATION FEES

Before August 26th, 2016:

FREE- Ovarian Cancer Survivors
\$30.00 - Runners and Walkers
\$28.00 - Team Participant
MUST BE 10 OR MORE PEOPLE
\$5.00- Rascal Romp (8 and under)

On Race Day :

FREE- Ovarian Cancer Survivors
\$35.00 - Runners and Walkers
\$10.00- Rascal Romp (8 and under)

REGISTER ONLINE @
www.wisconsinovariancancer.org

**A SEPARATE FORM IS REQUIRED FOR
EACH INDIVIDUAL PARTICIPANT!**

Create Your Own Pledge Page

1. Go to donatetowoca.org
2. "Click" Register
3. "Click" the portion that states:
"Click Here to Create Campaign"
4. Fill out Campaign Information
5. When Finished, Click "Submit Campaign"
6. An Email will then be sent to
WOCA administration. Your
campaign will be approved
within 1 business day.

****Prizes will be awarded to the top 3
pledge raisers at each event.**

BALLOON LAUNCH:

Participate in our teal balloon launch by
purchasing a balloon on our website, or at the event.

Pricing- 1 for \$3.00, 2 for \$5.00 , or 5 for \$10.00

"Teal In Need"

While we realize the financial burden that can come about due to ovarian cancer, WOCA's "Teal In Need" campaign focuses on financially assisting ovarian cancer patients; while they are currently undergoing treatment or finished treatment within the past 6 months. WOCA defines "treatment" as: chemotherapy, radiation, surgery, clinical trials, and/or therapy/program regimen. If additional funds are available, WOCA will accept applications from all individuals with a history of ovarian cancer that reside in the state of Wisconsin.

WOCA assists individuals regardless of their race, age, religion, or sexual orientation. To be eligible for financial assistance, you must be an ovarian cancer patient living or receiving treatment in Wisconsin, unless otherwise approved by the "Teal In Need" committee.

"Teal In Need" has budgeted a specific dollar amount for each quarter. Below are important dates regarding the 2016 application process and grant disbursement:

3rd Quarter:

September 1st – September 15th: Application Period (applications received before or after this period will not be considered)
Week of October 3rd: Awarded recipients will be notified and money will be dispersed

4th Quarter:

December 1st – December 15th: Application Period (applications received before or after this period will not be considered)
Week of December 22nd: Awarded recipients will be notified and money will be dispersed

In Honor of The Cathy Mislinski Legacy Gift

To download an application, please visit our website.
If you would like an application mailed to your home,
please call our office (262-797-7804).



Upcoming WOCA Support Groups:

All support groups will be held at the WOCA offices:
13825 W. National Ave, Suite 103. New Berlin, WI, 53151

*Caring for the Caregiver
(Quarterly)*

Tuesday, December 6th @ 3pm

WOCA's Circle of Courage:
Encouraging those diagnosed with
Ovarian Cancer (Monthly)

Saturday, August 20th @ 9am
Tuesday, September 20th @ 7pm

**Registration is required. Please call our office at 262-797-7804 or online at www.wisconsinovariancancer.org.
Light Refreshments will be served.**



Transition & Change

By: Brian Larsen

Social Worker - Cancer Treatment Centers of America

When a patient hears a doctor say that treatment is completed it is often the best news someone can receive after being diagnosed with ovarian cancer. For many ovarian cancer survivors this is indeed a time to celebrate but also a time of transition and distress. The diagnosis and treatment can affect so much of a person's life they often look in the mirror and see a very different person. This could involve physical appearance, body functioning, and mental health. A person's ability to work, raise a family, have intimate relationships, and how they view themselves can all be affected and in flux. During this time, it is vital to manage all the transition. One of the best ways this can be done is to form new boundaries to help navigate all the change.

Forming boundaries is important for everyone but even more so for a cancer survivor. Boundaries set the table for how someone wants to be treated and helps us separate the thoughts, values, and feelings of other people. The first step in setting boundaries is to know your sense of self. Sense of self is a person's perception of their thoughts, feelings, values, etc, and understanding your sense of self will help you identify where you stand to know when someone has crossed a boundary. The next step is to clearly state the boundary and ensure the other person has clearly understood the boundary. This can be achieved by having them summarize or repeat back the stated boundary. Next, you state the consequence (often for those who do not respect your boundary). Remember a consequence is not what you do to someone else but you will do differently and can help uphold your boundary. As transitioning back to home life continues, circumstances will arise that will require a new boundary to be set. For example, you are the church party planner and decorator. Your church often informs you of scheduled parties very late and expects top notch work. This causes you to rearrange your schedule and feel resentful towards church. The stated boundary can be "I will no longer party plan for events that I do not at least receive 1 week notice. If this continues to happen I will step down as party planner. Being assertive and setting good boundaries is a key to good mental and physical health and essential in managing change.

We Are...**THE REAL TEAL**

Paul Hansen

(Support System to wife, Laura Clark-Hansen)



First of all let me preface this by saying that before and after being diagnosed with ovarian cancer my wife Laura Clark-Hansen is a force of nature. She's an actress, playwright, director, author, presenter, and business woman. I think I can honestly say that anyone who has ever met Laura will never forget her. And within 15 minutes she will know pretty much everything about you.

She was diagnosed with stage II-C ovarian cancer in 2005 when we were living in Minneapolis and running our own theatrical company. After receiving chemotherapy she was pronounced NED (no evidence of disease) and we decided to move back to the Madison area to be closer to her many family members. She almost immediately became involved with WOCA as an Ambassador in Madison, as a presenter in the Survivor Teaching Students, Saving Women's Live® program and as an actress in a one-woman show called Please Send Hats that she wrote about her experience with ovarian cancer.

She recurred in 2013 and has been undergoing treatment since then. Despite many complications and setbacks she is still as upbeat and willing to share her many gifts as she ever was. Sometimes your heroes are admired from a distance. In my case I live with my hero. WOCA has been an integral and incredibly supportive part of our cancer journey. And for that we are very grateful.

Ovarian Cancer Research Fund Alliances' 2016 Conference



Pictured Above :The 2016 Advocacy Day participants



*Pictured Above : Sandie Martin, Ashley Wagner
Marilyn Borzymowski, Monty Norris,
and Ruth Amy Gerlach*

A message from our 2016 Conference Scholarship Winners:

"I had no idea the amount of information I would receive when I attended the conference. While at times I felt overwhelmed, I came away feeling empowered. Meeting other "sisters" brought a new sense of belonging. The feeling of not being alone in this struggle was wonderful. Finally, meeting with the government representatives in itself was an experience I will not forget."

Marilyn Borzymowski

"The information provided by a wide range of professionals was enlightening, and the camaraderie with other survivors was nothing less than a "hoot"! I approached Advocacy Day with apprehension, but found it to be inspiring and hopeful. Advocacy Day was a learning experience that provided a deep sense of satisfaction in helping future sisters afflicted with ovarian cancer. Also, the amount of teal was overwhelming. Overall, the conference was inspiring and stimulating; I left with a very positive outlook."

Sandie Martin

"I really enjoyed the conference and I'm so thankful that the scholarships were available through WOCA."

Ruth Amy Gerlach

"I returned home from the conference with vitality of spirit as well as a renewed hope for the future for myself and other survivors, as I learned valuable information from the best and brightest in the ovarian cancer field. I wanted to thank you and WOCA for allowing me to participate in such a wonderful experience, one that I will treasure forever."

Kathleen Neuberger

OCRFA
*Ovarian Cancer
Research Fund Alliance*

WOCA
WISCONSIN OVARIAN CANCER ALLIANCE

NEW WOCA WEAR

COMING SOON!!!



AND MUCH MORE!!!

ITEMS WILL BE AVAILABLE FOR
PURCHASE BY
SEPTEMBER 1ST, 2016

PRINTING DONATED BY:



CALENDAR OF EVENTS

Ovarian Cancer Awareness Month Kick Off Party

September 1st, 2016

Great Lakes Distillery - Milwaukee, WI

11th Annual WOCA's Nancy's Run, Rock, and Stroll

September 17th, 2016

Greenfield Park- Cool Waters

3rd Annual WOCA's Whisper Walk

September 25th, 2016

McKee Farms Park- Fitchburg

Shorewood Hot Cider Hustle 10MI/5k

**(Held by All Community Events,.
A percentage of proceeds benefit WOCA)**

October 16th, 2016

Estabrook Park - Shorewood, WI

ON THE HORIZON FOR 2017:

16th Annual Comedy For A Cause

March 10th, 2017

Milwaukee, WI

11th Annual Survivor's Brunch (By Invitation Only)

April 30th, 2017

Milwaukee, WI

Please continue to check our website for upcoming events and registration details!

www.wisconsinovariancancer.org