

4th Quarter - 2015

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 "Like" us on Facebook!

Facebook -

https://www.facebook.com/pages/ Wisconsin-Ovarian-Cancer-Alliance/126322762022

Twitter -

https://twitter.com/WIOvarianCancer

2015 Donations

Looking for those last minute tax credits? Get your 2015 Donations in to WOCA prior to/or post marked prior to December 31, 2015. Donor acknowledgment will be mailed to all 4th quarter donors the week of January 11, 2016. Have a question about a donor acknowledgment letter from a previous quarter? Please contact Ashley at 262-797-7804 or ashley.wagner@wisconsinovariancancer.org.

Thank you for your continued support!

INSIDE THIS ISSUE

- **1. 2015 DONATIONS**
- 2. KEEPING THE DREAM ALIVE
- 3. COMEDY FOR A CAUSE INVITATION
- 3. WE ARE...THE REAL TEAL
- 4. HOLIDAY EATING GUIDE
- 5. HOW TO CREATE A FUNDRAISER PAGE
- **5. QUESTION AND ANSWER**
- 6. 2016 SUPPORT GROUP DATES
- 6. 2016 "MEET WOCA" DATES
- 6. A TRIBUTE TO OUR FUNDRAISERS
- 7. 2016 CALENDER OF EVENTS
- 8. HAPPY HOLIDAYS

PRINTING DONATED BY:



THANK YOU!!!

Keeping the Dream Alive

It is amazing to think that we have been doing the "WOCA thing" for more than 15 years. Some of you know the story of how WOCA was started, so please bear with us while we fill the others in. Our sister, Joan Sagan, an oncology nurse, was diagnosed with ovarian cancer in 1999. Even though we were diligent about our annual lady part checkups, neither of us had ever heard of ovarian cancer. So, we decided that we would find out everything we could about it and share the information with anyone who would listen to us. We filed to become a 501c3 organization, established an advisory board, and worked at every free health fair in the Milwaukee area that we could find.

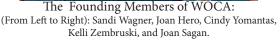
The health fairs were a tough audience. People were afraid to talk with us, and would avoid our exhibit because ovarian cancer was then known as The Silent Killer. Significant progress has been made since then. We now refer to it as The Disease that Whispers because of its subtle symptoms. Secondly, it was thought to be an older woman's disease. Not true! We have met hundreds of young ovarian cancer survivors over the years.

One of our Mom's favorite sayings was, "Self -praise stinks". Well Mom, we are proud. Proud of how we have grown. We no longer work from our homes. WOCA now has an office that it calls home. We are doing our best to make a difference in other parts of the state. We have a capable caring staff and a strong group of volunteers. And last, but not least, we have you, people who believe in us and our mission.

We lost Joanie in May, 2004. While in hospice, she made us promise to keep WOCA going, and we did! Needless to say, one of our greatest fears was who would follow us? Who would keep the mission alive? Who would believe in WOCA the way we do? We now know and are ready to confidently "pass the torch". There is a completely revamped Board of Directors and a strong talented young woman, Ashley Wagner, who has accepted the position of Executive Director. Watch for Ashley's story in the next newsletter. WOCA is what it is today because of hard work, dedication to the cause, and you. We can do the work, but we are nothing without your continued support. Kelli and I will be building a pledge page to collect donations in our honor, or use the enclosed envelope to send a tax exempt donation. Kelli and I won't be here in the same rolls, but we will be "on call" at any time for anything. And, we hope to see you at WOCA events.

Sincerely, Kelli Zembruski and Sandi Wagner







NEW DATE AND LOCATION

Comedy For A Cause We Are...THE REAL TEAL I

When: Friday, March 11th, 2016

5:30pm-11:30pm

Where: The Wisconsin Club

900 W. Wisconsin Ave Milwaukee, WI, 53233

What: Comedy For A Cause

5:30pm-7:00pm- Registration and Cocktail Hour

7:15pm- Dinner is served

8:00pm- "Please Send Hats" Presented By: Laura Clark-Hansen

8:30pm- Live Auction and "Diamond Dig" Winner Announced

9:00pm-11:30pm- Music and Dancing

10:00pm-Silent Auctions Close

10:30pm-50/50 Raffle Drawing Announced (DO NOT need to be present to win)

Pricing: \$75.00 per person

(\$35.00 is tax-deductible)

Please RSVP by March 1st, 2016 (Limited Seating Available) No Jeans Please. Teal is ALWAYS appreciated.

For any questions, please call us at 262-797-7804, visit www.wisconsinovariancancer.org or email us at friends@wisconsinovariancancer.org

THANK YOU to Blaze Pizza and Buffalo Wild Wings who held fundraisers for WOCA in September.





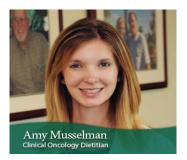


Evelyn Krowsky

January 10th, 2014-A day I will never forget and changed my life forever. Three days after my hysterectomy, they did not know it was there, or in my fallopian tubes. Ovarian Cancer. After three rounds of chemo, debulking surgery, three more rounds of chemo, BRCA1 positive, and trips to the doctor every three months, I am now doing well. Life has changed since my diagnoses. To start, my emotions; they sometimes go off the charts (my poor husband). Things I thought were important, are not anymore. I use to work 24/7 and now I take time for us, my family and friends. My husband always tells me not to worry about the small things, that it will be okay. So, I look at things much differently now that cancer has chosen to invade my space. Staying positive and stress free is my goal.

I was introduced to Wisconsin Ovarian Cancer Alliance thru my nurse navigator. I attended my first survivor's brunch this year. What an event! I won a trip to the Ovarian Cancer National Alliances' Conference in sunny San Diego. I have created a team at WOCA's Nancy's Run, Rock, and Stroll and raised funds for this great organization for the past two years. I feel as though I need to help get the word out there to women, because I wish that someone would have made me aware of the signs of Ovarian Cancer. WOCA is the tool to do so!!

Interested in sharing why you are **THE REAL TEAL**? Email ashley.wagner@wisconsinovariancancer.org.



Amy Musselman, MS, RD, LDN Clinical Oncology Dietitian Cancer Treatment Centers of America®

Ms. Musselman (who primarily works with ovarian cancer patients) states, "Healthy lifestyle choices are key components for any cancer survivor; including those undergoing cancer treatment and for those who are cancer free. Proper nutrition and exercise are important for minimizing symptoms, fighting fatigue, and improving overall quality of life." Ms. Musselman offers these suggestions while approaching holiday eating and perhaps, a new years resolution:

On days of celebration, gatherings, and buffets:

Continue to eat your regular meals but decrease your portion sizes. Make sure each meal consists of a complex carbohydrate (ex: fruit, yogurt, or whole grains), lean protein (ex: egg whites, nuts, turkey sausage), and healthy fat (ex: nuts, peanut butter).

Plating:

Fill half your plate with fruits and vegetables: use the dips to add flavor without drowning the dippers.

What to eat?

Peruse the room before piling food onto your plate. Skip the items that are available year-round.

After meal activity:

Invite your guests to join you for a stroll around the neighborhood.

Food highlight:

Try adding Brussel sprouts to your holiday meal. These small but powerful cruciferous vegetables are packed with fiber, antioxidants, vitamins (Vitamin A, C, and K), and minerals (iron, copper, potassium and calcium; to name a few) and foods rich in fiber (like Brussel sprouts) may contribute to decreased estrogen levels in the body, which is beneficial for ovarian patients. I suggest roasting, sautéing, or blanching for 5 minutes to avoid overcooking Brussel sprouts.



Winning the fight against cancer, every day.

INGREDIENTS

- 3 egg whites
- 1/8 tsp salt
- 3.5 tbsp. raspberry Jell-O powder (sugar free)
- 3/4 cup sugar
- 1 tsp vineg
- 1 cup chocolate chips

Raspberry Meringue Cookies

DIRECTIONS

Whip egg whites and salt until foamy. Add Jell-O powder and sugar slowly while beating mixture on medium. Beat until stiff peaks. Stir in vinegar. Fold in chocolate chips with a spatula.

Preheat oven to 200 degrees. Place aluminum foil on (3) cookie sheets (do not spray foil with cooking spray). Place batter into cookie press. Use attachment for kisses/meringue. Press cookies onto aluminum foil. Bake 1.25-1.5 hours; do not open oven for first hour.

Once meringues are done, remove from oven; make sure to lift cookies up from aluminum foil within 1-2 minutes after removing from oven to prevent them from sticking. Let cool.

Enjoy!

Nutritional Information Per Cookie 21 calories | 3 carbs

Find out how nutrition therapy and integrative care help fight cancer at cancercenter.com



HOW TO START A FUNDRAISER PAGE

First, thank you for your help in making the whisper roar! Volunteers and leaders like you are the reason we can spread awareness and support ovarian cancer survivors and their families. The mission of the Wisconsin Ovarian Cancer Alliance (WOCA) is to make sure women know about the symptoms and to raise money for research, awareness, and education in Wisconsin so we can fight the disease and one day defeat it.

Who can help? Here's your chance to raise your voice. You can start your own pledge page and raise money year round for the cause. Your contributors are all around you! Family, friends, co-workers, neighbors, friends at church, or anybody you know in a community group.

How do I reach out? Jump on email or your Social Media accounts and send the word out.

- Don't forget the old fashioned way; a phone call or even a letter. If you have a personal story or know of someone affected, make sure you let people know. People are more likely to donate when they become
- attached to a genuine story. Remember, the sooner you reach out, the better results you'll have.

How do I get started? Go to our website www.wisconsinovariancancer.org, scroll down to the middle of page, and click "online pledge page". At the top of that page, click "Create your own account". This will then allow you to begin making your on-line personal pledge page.

If you are planning to have your pledges count for WOCA's pledge raiser contest at either of WOCA's 2016 run/walks, please see important dates below. Note: If your contributors send a check to the WOCA office, please make sure they specify that the donation is designated for your pledge page.

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

WOCA's Whisper Walk

All pledges raised from January 1st, 2016-September 16th, 2016 will count towards your pledges raised.

All pledges raised from January 1st, 2016-September 24th, 2016 will count towards your pledges raised.

Question and Answer

Q: I can not personally financially help WOCA at the moment, how else can I help?

A. While WOCA understands that everyone is not able to financially contribute to the organization, there are several other ways one can help. Our annual "Comedy For A Cause" event is fast approaching, which means we need silent and loud auction items, and bottles of wine for our cork pull. If you are able to donate auction items, know of places that would be willing to donate, or are able to provide WOCA with bottles of wine, it will be greatly appreciated. Don't forget- All donations are tax deductible. Please contact WOCA for more information.

Have a question you would like to ask WOCA? Please e-mail it to ashley.wagner@wisconsinovariancancer.org.

1st Quarter 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, February 16 at 5:30 pm

TEAL Men of Ovarian **Cancer** (Quarterly)

Wednesday, February 10 at 7 pm

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

Monday, January 18 at 11 am Saturday, February 20 at 9 am Tuesday, March 22 at 7 pm Monday, April 18 at 11 am

Registration is appreciated, but not required. Please call our office at 262-797-7804 or online at www.wisconsinovariancancer.org.

MEET WOCA

We invite cancer and about WOC. to connect to members ovarian can twice, or every but not www.

"Meet WOC. month from 13825 W. National Light." We invite all women diagnosed with ovarian cancer and their support team to come learn more about WOCA and our mission. This will be a time to connect with the WOCA staff members, board members, and other individuals affected by ovarian cancer. You are welcome to come once, twice, or every month! Registration is appreciated, but not required. Please call our office at 262-797-7804 or online at www.wisconsinovariancancer.org.

"Meet WOCA" will be held every 2nd Tuesday of the month from 1:00pm-2:30pm at the WOCA office. 13825 W. National Ave. Suite 103. New Berlin, WI, 53151. Light refreshments will be served.

A Tribute to Our 2015 Fundraisers!!!

- We want to thank everyone who raised money for WOCA throughout the year.
- Some of you did it through individual
- donations; some of you developed a pledge page, and asked friends to
- donate; and many of you supported us
- by attending events. The people,
- organizations, and buisnesses listed
- below organized fundraisers that
 - collected over \$1,000.
 - Connie O'Heron raised funds at the
- "WSPA State Tournament" at the
- Olympia Resort in Oconomowoc from March 26-29th.
- Discount Liquor assisted in "Crafts and Drafts" at Serb Hall in Milwaukee
- on April 19th, and additional smaller
 - events throughout the year.
 - Tracy Kral held "Wines For Rose" at
 - Uncorkt in Racine on April 25th.
- Laura's Smile Foundation held "Laura's
 - Smile Mile" at Veterans Park in
 - Milwaukee on June 6th.
- Arizona Spa, Tobin Jewelers, Linda's
- Hallmark, Twins Flowers and Home
- Decor held "Demin and Diamonds" in
- New Berlin on June 18th.
- Colleen Paavola held her annual "Teal Cup Classic" at Edgewood Golf Course
 - in Big Bend on September 20th.

THANK YOU!!!

2016 CALENDAR OF EVENTS

Well Expo

January 15th-16th, 2016 Monona Terrace- Madison

Woman Up! Expo

February 6th , 2016
State Fair Park- West Allis

15th Annual Comedy For A Cause

NEW DATE AND LOCATION

March 11th, 2016
The Wisconsin Club- Milwaukee, WI

10th Annual Survivor's Brunch

(BY INVITATION ONLY)
April 17th, 2016
The Wisconsin Club- Milwaukee, WI

4th Annual Crafts and Drafts

April 17th, 2016 Serb Hall- 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

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

www.wisconsinovariancancer.org







From:

Kelli, Sandi, Ashley, Jamie, & Jennifer