

MOCA MESSENGER

Volume 4, Number 3

MINNESOTA OVARIAN CANCER ALLIANCE

August 2004

Walk/Run Fundraising Online

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Contact the

MOCA Office

952-890-8775

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The "Silent No More" Walk/Run is MOCA's biggest fundraising event. In 2003, MOCA initiated the use of online pledge gathering through our online registration provider, active.com. We had such great success that we're going to do it again this year! From your own fundraising page, which you create, you can e-mail your family and friends personalized messages and encourage them to support you and MOCA. And if you want to help us fundraise but you don't want to set up your own page, let your family and friends know about MOCA's fundraising page at www.active.com/donate/MOCA5

To set up your personal fundraising page for the Walk/Run, follow these steps:

1. Go to www.active.com/fundraise/MOCA5
2. You will be prompted to log in (if you have an existing account with active.com)

or create a new account – it's free to create an account.

3. You'll be directed to a page called Create Your Fundraising Web Page, where you'll decide what your page will be called.

4. After that, you'll click a link to continue to the next page, where you set up your details.

If, at a later time, you want to make changes to your fundraising page, go to www.active.com, click on **Individual Sports**, log in using the user id and password that you used to set up your page, then click on the **Donation Center** link on the left side of the screen.

Don't forget to register for the Walk/Run while you're on the active.com site. In the **Event Search**, enter MOCA. You can even use the site to e-mail an invitation to your friends to join us, too. Let's make this the most successful Walk/Run yet! See you in September!

**5th Annual
"Silent No More"**

Walk/Run

Saturday

September 18th

Rosland Park

Edina

9:00am

5K Run

9:30am

2K Walk

10:00

NEW! Kids Run

**Register online at
www.active.com**

**For more
information call
952-890-8775
or go to
www.mnovarian.org**

Letter from Laura

Greetings!

September is National Ovarian Cancer Awareness month. Across the nation there will be events bringing attention to this observance, including here in Minnesota. MOCA's 5th Annual "Silent No More" Walk/Run will be held on Saturday, September 18. All of you can play a part, either by walking, running or volunteering at the event, encouraging your friends and family to participate, or gathering pledges. Here's hoping for good weather and a great turnout – pretty soon we're going to need a wide-angle lens to accommodate all of the survivors in the survivor photo! What an inspiration.

As you may already know, the proceeds raised from the Walk/Run are put toward research grants in ovarian cancer in Minnesota. We had a great Annual Meeting in May where we heard from this year's four grant recipients about their research projects. While I can't say I understood all the medical terminology, I was impressed with the researchers' enthusiasm and pas-

sion for what they're doing. These wonderful people will make a difference in our lives.

We've had lots of exciting news lately! MOCA has been named as a beneficiary of two upcoming golf events, the Human Resource Professionals (HRP) event in August and the United Health Group event on September 15th. These are great opportunities for us to get our name and our cause in front of new groups. These new events are in addition to our already successful annual Golf Shoot-Out in August.

Exciting things are happening in the office, too. First of all, I would like to welcome our new Operations Manager, Lynne Nystuen. Lynne brings many wonderful qualities to MOCA, and will be a great addition to the staff.

Our second piece of exciting office-related news is that we've found a new space! Board member Merle Rosenberg looked at numerous office spaces (thank you, Merle!)

and found a great place for us in St. Louis Park. We look forward to having an open house once we're settled, to welcome you to MOCA's new home.

Here's wishing you a great rest of the summer, and I hope to see you at the Walk/Run!

Thinking of you,

Laura

MOCA Board of Directors

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Co-Vice President

Merle Rosenberg,
Co-Vice President

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Raine Snyder

Laura Solarz, *President*

In Celebration of Life

All of us at MOCA wish to honor and celebrate the lives of the following women who recently passed away. Their strength, courage and grace are to be admired. We will carry on the fight against ovarian cancer in their names. We extend our sympathies to their spouses, children, family and friends.

Betty Benjamin
 Jan Bouman
 Karen Carlson
 Ebba Johnson
 Marlene P. Johnson
 Shirley Keefe
 Kathy Kolb
 Mary Dee Krenik
 Patty Winters

MOCA's Mission

- To create an awareness regarding early warning signs that may be indicative of ovarian cancer.
- To create and promote resources for support, networking, and education for women diagnosed with ovarian cancer in order to help them in their battle.
- To unite and educate individuals, the medical community, and organizations to overcome ovarian cancer.
- To advance ovarian cancer research toward better treatment, diagnosis and a cure.

MOCA Medical Advisory Board

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MOCA Shoot-Out Benefit Golf Tournament August 20th

MOCA's 4th Annual SHOOT-OUT Benefit Golf Tournament is scheduled for August 20th at beautiful Oak Glen Country Club in Stillwater, MN. This event is held in conjunction with King Companies of Rogers, MN.

We still need sponsors for the event to help us make it the great success it has been in the past. Please contact Kathleen Gavin at 952-890-8775 or kgavin@mnovarian.org or Susan Kushner at 651-454-8336 or suzikush@aol.com, if you know of any potential sponsors.

Along with the golf outing we are selling raffle tickets to help raise money for ovarian cancer education and awareness.

Ten cash prizes will be awarded with the top prize set at \$1,000. Tickets are on sale for \$25 each. The winning tickets will be drawn at the golf event but the winners need not be present to win. If you are interested in purchasing or selling tickets, please contact the MOCA office 952-890-8775.



Hope to see you there.

Susan and Barry Kushner
Co-Chairs

Team MMH

In June of 2003, an employee of the MN Masonic Home in Bloomington, Sarah Noonan, was diagnosed with Stage 1C ovarian cancer. After 2 surgeries and 15 weeks of chemotherapy, Sarah is now cancer-free with an excellent prognosis. She was very lucky, because she had virtually no risk factors or symptoms. Because this is a familiar story some of Sarah's co-workers decided to become involved with MOCA not only to support her but to support the need for research and awareness about ovarian cancer. The first MOCA event this group participated in was the "Silent No More" Walk/Run last fall. A small group of co-workers along with Sarah's family participated in the walk and decided on that day to make this a tradition. We also decided that our little support group should grow and now we have

"Team MMH".

The MN Masonic Home – Bloomington Campus is a Teal Sponsor for this year's event and Sarah along with two of her co-workers are captains for their team. Fundraising has already begun with the sale of casual day stickers for staff. Our first installment of \$235 has already been given to MOCA. In addition, here are some of the other things we have planned:

- We received a donation of hats for all walkers on Team MMH (white with the teal ribbon.)
- Providing transportation to participants of the Walk/Run.
- "Mochas for MOCA" – we have a coffee cart that will be donating \$1.00 for every cup of coffee sold the week of August 9th.

- Selling popcorn and pop on paydays for staff.
- GREAT prizes donated for both walkers and "silent walkers"—individuals that donate \$10 to the cause but are not able to walk.

We are hopeful to have a large presence at the event this year to support Sarah, her family and the outstanding work of MOCA.

Debbie Richman

Jennifer Brennan

Sarah Noonan

TEAM MMH Captains

MOCA Membership Meeting October 25th: What We Should Know About Clinical Trials

One of the decisions you may want to make in your treatment plan for ovarian cancer is whether or not to participate in a clinical trial.

At the program on October 25th, MOCA will bring a team of people who are knowledgeable about clinical trials. We hope that the information presented at this meeting will help you understand clinical trials as a treatment option.

What is a clinical trial? How do we evaluate a clinical trial? Who is eligible? What are the pros and

cons of being involved in a clinical trial? Who pays for the drug in the trial? How should you partner with your doctor when involved in a clinical trial? These are just some of the topics that will be covered by Elaine Bell, Coordinator of the Clinical Trial Office at the University of Minnesota, Marva Bohlen, Director of Outreach and Education at the U of MN and Deb Beigert, a research nurse who enrolls women for trials at the U of MN. Peter Argenta, Gynecologic Oncologist at U of MN will also be present to discuss clinical trials.

Join us on Monday, October 25th, 6:30 pm at Temple Israel, 2324 Emerson Ave South, Minneapolis. For more information call Lisa McLaughlin at 952-495-0087 or Merle Rosenberg at 952-920-1730.

Also coming in January: A Night of Pampering. An evening for ovarian cancer survivors to be pampered, details coming soon!!!

Calling All Angels

On April 23rd, MOCA held a glamorous evening at the Calhoun Beach Club. It was a beautiful evening filled with wonderful people celebrating the lives of Jane Franczyk and Kimberly Kincaid. Both friends and family of Jane and Kim as well as many members of the MOCA community attended the gala. Highlights of the evening included dancing to music

by The Outliers and a silent auction with unique art, jewelry and ceramics. The evening raised \$25,000 for MOCA programs. Please mark your calendars for next year's event on February 11, 2005. We hope to see you all there.



Wally Franczyk & Lisa McLaughlin

Shelly Ross Memorial Fund Reaches \$100,000

We are pleased to announce that MOCA has reached its initial goal of raising \$100,000 for the Shelly Ross Memorial Fund. This endowment fund was started by Shelly's daughters, Stephanie Ross Upin, Pam Ross Weinstein and Jennifer Ross Bruns, to honor their mother and to support MOCA's programs

and activities. Almost 200 friends and family members have become supporters of the Fund, with donations still being made. We are also pleased to announce that the first disbursement from dollars raised will be given in sponsorship of this year's Walk/Run. Many thanks to all who have contrib-

uted to this special effort, specifically to the family of Shelly Ross.

If you are interested in setting up a special memorial or endowment fund, please feel contact Executive Director, Kathleen Gavin at MOCA.

MOCA has a New Home

We are delighted to report that MOCA will be moving to our new home in the first floor of a house in St. Louis Park on August 15th. The new quarters will have more space to support MOCA's growing staff and organization and offer a more central location for members. We hope that the space will become a place where MOCA members feel comfortable coming to use resources, to volunteer and to pick up MOCA supplies and materials. We expect we will be able to hold support group and committee and board meetings at our new office.

Thanks to Eastlund, Solstad, Cade and Hutchinson

This law firm has housed MOCA for the last three years, free of charge. We so appreciate having the space and equipment donated to us during our early years of development as a non-profit. Thanks to all the employees of the firm for supporting us in so many ways.

Still Want to Keep Expenses Down

Though we will need to pay rent at our new office, we would still

like to keep our expenses as low as possible. To that end, we are asking all our members and supporters to review the list of materials and services we need to keep our office operations running smoothly. If you are in a position to donate any of these please contact Lynne Nystuen at lnystuen@mnovarian.org or by calling the office at 952-890-8775.

Can You Help Us Furnish Our New House?

See wish list, items already donated are ü To help us defray our office start up costs, your in-kind contributions & cash donations are welcome. Just note on your check or donation envelope: A New Home for MOCA.

We'll Be Easy to Reach

Happily, our phone number will be the same. The address of the new office is 3751 Alabama Ave. Suite 100 St. Louis Park, MN 55416 and it is just west of Highway 100 (the 36th St. exit). Our mail will be forwarded from our old address so we won't miss your letters during the transition.

Wish List

- 2 computers with Pentium II processors or higher
- High speed printers
- Phones
- Copier
- Fax
- Paper cutter
- Postage scale
- Paper shredder
- Dehumidifier
- Board table and chairs ü
- 3 office desks
- 4 office desk chairs
- 4 - 4 drawer file cabinets
- Shelving units
- Bookcases
- Couch ü
- Coffee table
- Stacking chairs
- Light fixtures
- Coffee maker
- Microwave
- Refrigerator ü
- Safe
- Cleaning service
- Moving services ü
- Electrical services
- Copier service contract
- Phone service contract
- Computer network services
- Plumbing services

Volunteer Website Designer Needed

We are fortunate to have a team of individuals, led by MOCA board member Laura Devereaux and MOCA Member Jill Rosenberg, working on a redesign of the MOCA website. Planned changes include providing more comprehensive information, delivered in a more timely manner. Our website

is maintained at no cost to MOCA, by Forecom Systems, Inc. However, to accomplish the ambitious goals of the redesign project, we need the help of an experienced website designer who can commit to working with our team.

If you or someone you know would be interested in donating their talents and time to this project please call Lynne Nystuen at 952-890-8775 or email her at lnystuen@mnovarian.org.

Beyond Survivorship: Advancing the Ovarian Cancer Community Agenda

What an important theme for the 7th Annual Ovarian Cancer National Alliance's Conference to be held in Washington, D.C., September 30 to October 2, 2004!

OCNA's conference is the only one of its kind for the ovarian cancer consumer community. In addition to the formal program, which features research, treatment, survivorship, awareness/education and organizational development, the conference will include breakfast workshops, luncheons, and other networking opportunities.

The entire conference will take place at the Loews L'Enfant Plaza Hotel in Washington, D.C.

For those who have attended in the past, it is not only an opportunity to learn more about the latest developments in ovarian cancer research and treatment, it has been a chance to meet other women and their families who walk our same path. We have left the conference invigorated and re-committed to bringing awareness of and support for ovarian cancer. Several MOCA members will be attending again this year.

Please consider joining us for an amazing experience!

OCNA provides scholarships for this event. Please contact OCNA at 202-331-1332 or go to their website at www.ovariancancer.org for more information. We hope to see lots of you there!

Kay Banister Schaffer

Annual Meeting Highlights

By Merle Rosenberg

MOCA held its Annual Meeting on May 5th at the Southdale Library. It was a beautiful spring evening and more than 80 MOCA supporters came to celebrate a very successful MOCA year. The room was filled with friends and family eager to hear an overview of MOCA's year and learn about the \$275,000 awarded for research grants. Each of the four award recipients presented their research as MOCA members listened and looked on with pride. After all, it is the hard work of MOCA members and supporters that gives us the ability to fund research in this extraordinary way.

A short video presentation of Molly Cade, of blessed memory, was shown. This video demonstrated the many and varied accomplishments of MOCA's

founder and the tremendous impact her passion for educating and creating awareness about ovarian cancer had and still has on the greater community. She was dearly missed that evening.

So many wonderful, dedicated volunteers have had an impact on our success. Our evening, celebrating spirit and commitment, would not have been complete without their presence. Honoring them and their outstanding efforts on behalf of MOCA was enjoyed by all.

No celebration would be complete without refreshments and a bit of socializing. Thanks to Lynn Gordon and Steve Shapiro of French Meadow Bakery we were treated to an outstanding cake. Our 5th Annual Meeting was the perfect blend of spirit and commitment.

Your donations are working!! With your support, MOCA was able to make the following grant awards:

Diagnostic Markers for Ovarian Cancer: Detection of Novel Cell Adhesion Proteins in Patients' Specimens, \$97,500, Univ. of MN, Amy Skubitz, Ph.D.

Modulation of Growth Factor Signaling by Hsulf-1: Implications on Ovarian Cancer Cell Survival and Chemoresistance, \$78,661, Mayo Clinic & Foundation, Viji Shridar, Ph.D.

The Regulation of the Pro-Apoptotic Bcl2 Family Bok in Ovarian Carcinoma, \$50,000, Univ. of MN Cancer Center, Ameeta Kelekar, Ph.D.

Functional Significance of Insulin Receptor Isoform A Expression In Ovarian Epithelial Cancer, \$43,839 Mayo Clinic College of Medicine, Kimberly R. Kalli, Ph.D.

Donations to MOCA

The Minnesota Ovarian Cancer Alliance gratefully acknowledges the following individuals and organizations for their support of the Minnesota Ovarian Cancer Alliance, Inc. These contributions reflect the time period of April 1 to June 30, 2004.

General Donations

Diane & Mark Arps
Jon Dayton
Amy & Mark Duder
Fortis, Inc.
Microsoft Giving Campaign
Moms Club of St. Paul - Summit Hill
Brad Vadner
Dennis & Mary Velazquez
Jean West

In Memory of Jane Perlich Beim

Trudy & Dan Nulsen

In Honor of Jan Bouman

Jane Grober
Ken, Barbara & Julie Johnson
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In Memory of Jan Bouman

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Mary Lee Whiting
Jane & Jeff Woll
Lynn Worth & Chauncey Smith

In Memory of Jeffrey Brick

Jeanette Cohn-Rossel

In Memory of Marlys Bulander

Kathy & Harold Miller and Family

In Memory of Dorothy Burns

Debra & Philip Meneely

In Memory of Molly Cade

Virginia Ackerman
Chris & John Hoffman
Joyce & Daryl Irlbeck
Deborah & Chris Toren
Dave & Lori Wething

In Honor of Laura Devereaux

Bob & Marilyn Devereaux

In Honor of Dr. Steven Duane's Birthday

Raine Snyder

In Memory of Jim Dunn

Madelyn Browne

In Memory of Julie Edlund

Marcia & Mark Cherniack

In Honor of Dawn Felchle for Mother's Day

Brody Felche

In Honor of Mitch Felchle for Father's Day

Brody Felche

In Memory of Jennifer Fick

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In Honor of Diane & Howard Kaplan's 35th Anniversary
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In Memory of Barb Marvy-Levie's Mother
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In Memory of Tom Johnsen's Mother Mary Merrill
 Raine & Tripp Snyder

In Memory of Lorraine McSween
 Ginny Lutz

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In Honor of Ardith Nelson
 Lisa Slesinger

In Honor of Jackie Nelson's Birthday
 Barb Marvy-Levie

In Honor of Bette Noble's Birthday
 Raine Snyder

In Memory of Janet Roozen Pomeroy
 Kathy Sabota

In Honor of Mary Riehle
 Kathy Sabota

In Honor of Jeanne Rivkin
 Dory Rose

In Honor of Merle & Jill Rosenberg
 Temple Israel Sisterhood
 Fred, Zelma & Jeffrey Weinstein

In Honor of Merle & Bob Rosenberg's 41st Anniversary
 Alan & Janny Silver

In Honor of Rose Rosenfeld's Birthday
 Myra Cohen & Herb Levy

In Honor of Joan Schwartz
 Peter Bell & Sharon Bottoroff

In Memory of Leonard Shapiro
 Janet & Josh Arnold
 Diane & Howard Kaplan

In Honor of Stacy Shapiro's Graduation
 Merle & Bob Rosenberg

In Honor of Barb Sherman for Mother's Day
 Doris & Eddie Sherman

In Memory of Keiko Shimizu
 Philippa Smith & Robert Freeman

In Memory of Elinor Slosburg
 Dory Rose

In Honor of Raine Snyder
 Susan & Barry Kushner
 William Messerli
 Bette Noble
 Rita Thysell

In Honor of Raine Snyder for Mother's Day

Brody Felche

In Honor of Tripp Snyder for Father's Day
 Brody Felche

In Honor of Cindy Stolp
 Norma Shannon

Honoring Caregivers Ceremony

By Ellen Hufschmidt

The 3rd annual HONORING CAREGIVERS CEREMONY is planned for Saturday November 6, 2004 at 3pm. It will be held again at the Great Hall of Metropolitan State University on the eastside of downtown St. Paul.

Caregivers, this celebration is for you! Bring yourself, no matter how new or old your caregiving experience. Survivors, invite your family members, friends, co-workers, health providers and community of faith members. Invite all who have helped care for you. It's your chance to appreciate and honor all your many silent

helpers in a public and uplifting way. Caregivers, even if your loved one has died, we still want you to come. Survivors, some of you have now become caregivers doing community work—bring yourself and others like you.

Survivors and caregivers, we also invite and encourage you to submit poetry or to be musicians, dancers or singers. We'd loved to hear from anyone who wants to be a part of this incredible event that opens hearts and pours in love. Please contact Ellen Hufschmidt at 612-729-6817 or RitesOf-

Change@aol.com for more information or questions.

The event is produced by Ellen Hufschmidt and sponsored by the Minnesota Ovarian Cancer Alliance, the Women's Cancer Resource Center, Pathways: A Health Crisis Resource Center, U of MN Center for Spirituality and Healing, and U of MN Cancer Center.

Donations (continued)

In Memory of Alicia Talcott
RSP Architects Ltd.

In Honor of Art Taub's Birthday
Arleen & Robert Blatt
Dr. Don & Lois Loiben
Merle & Bob Rosenberg
Fred, Zelma & Jeffrey Weinstein

In Memory of Mary Kay Thibeau
Madelyn Browne
Mary Beth Cutting
Rita & Mark Dillon
Kathleen & Jesse Kramer
Leslie Yoder

In Honor of Rhoda Uretsky's Birthday
Myra Cohen

In Honor of Roxanne Way
Mary Buell
Joanne Holmes
Erica Lorsbach
John McKeon
Joanne Miller
Patty Serie
Friends of Roxanne Way

In Honor of Marilyn & Sidney Weisberg's Granddaughter's Birth
Merle & Bob Rosenberg

In Honor of Maureen Wiegner's Birthday
Barb Marvy-Levie

In Memory of Kitty Wind
Diane & Mark Arps
Mary & Craig Burton
Jim & Cynthia Grochowski
Jackie & Roger Larson
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Connie & Gary Westeen

In Honor of Ben Zack's Graduation
Merle & Bob Rosenberg

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Burton G. Ross and
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Connie & Paul Ross
Nancy Speer
The Levitt Foundation - Jeanne Levitt
Vivian Winick
Charles and Julie Zelle

In Memory of Karen Bohn's Mother
Stephanie Upin

MOCA on the Move

Sarah Noonan, a member of the Young Survivor's Network, will be representing MOCA at *Relay for Life* in Renville County on August 6th. This event, sponsored by the American Cancer Society, raises money for cancer research and honors cancer survivors. Sarah will have the opportunity to share information about ovarian cancer and MOCA with hundreds of cancer survivors and their friends & family. We are grateful for this opportunity to get the word out about MOCA so that we can more effectively support survivors in greater Minnesota!

A big "Thank you!" to Theresa Best, Chairperson of *Relay for Life*, for arranging a booth for MOCA at this event!

On July 6, MOCA Board Member, Raine Snyder, called in to an MPR show on cancer survivorship. She spoke about how MOCA helps her survive ovarian cancer, that it is a lifeline connecting other ovarian cancer survivors, and that the organization raises awareness about ovarian cancer and its symptoms, and hopefully is helping to save lives. She also mentioned MOCA raises funds for research grants.

On May 22, The Lacek Group of Minneapolis held a "Mocha for MOCA". This was a one-hour event organized by MOCA member and Lacek employee, Chris Hoffman. Several Lacek Group employees baked goodies, served coffee drinks, and sold them to fellow employees with all proceeds going to MOCA. The event raised awareness about ovarian cancer and MOCA. The Lacek Group raised over \$600 for MOCA. Thank you to The Lacek Group for hosting this event and to Chris Hoffman and Lisa and Jeff McLaughlin for their hard work and dedication to MOCA.

Welcome Lynne Nystuen

We are pleased to introduce Lynne Nystuen who joined the MOCA staff in July as Operations Manager. She works part-time and can be reached at the MOCA office at lnystuen@mnovarian.org. Lynne has a Bachelors of Science degree in Sociology from the University of Minnesota. Her background is primarily with financial

and data systems. For the past eight years, she worked as an Analyst with a lending division of U.S. Bank.

Lynne is excited to join the staff of a thriving nonprofit that is making a difference for women with ovarian cancer. She hopes to become an integral part of MOCA's future growth and its many activi-

ties and programs. She continues to volunteer in her community with her children's school, scouts and sports programs. Lynne lives in Southwest Minneapolis with her husband and two children.

MOCA Benefit of UHG Charity Golf Tournament

MOCA has been chosen to be the beneficiary of the UnitedHealth Group Corporate Systems Charity Golf Tournament. The Tournament will be held on September 15 at Baker National Golf Course. Organized entirely by UHG, the golf event will help fund MOCA programs and also give us

an opportunity to raise awareness about ovarian cancer. MOCA board member and UnitedHealth Care employee, Laura Devereaux will be speaking at the dinner following the golf event. Many thanks to both Laura and MOCA member Connie Manuel for their assistance with this event.

A special thank you to Mary Beth Dondelinger and all our friends at UHG-Corporate Services.



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MOCA Calendar at a Glance

August 20: MOCA SHOOT-OUT Benefit Golf Tournament, Oak Glen Country Club, Stillwater, MN

September 15: UHG Golf Tournament, Baker National Golf Course, Medina, MN

September 18: 5th Annual "Silent No More" 5K Run/2K Walk, Rosland Park, Edina, MN

September 30-October 1: OCNA National Meeting, Washington D.C.

October 9: 3rd Annual Toast to Life Event, Architectural Antiques, Minneapolis, MN

October 25: MOCA Membership Meeting, Temple Israel, Minneapolis, MN

Mark your calendar now and plan to join us!

The information contained in this newsletter mailing or any enclosure contained herein, should NOT be considered a substitute for the opinion of a qualified health care provider. MOCA does not recommend or guarantee any product mentioned in this newsletter mailing or any enclosure contained herein. Please use this information to assist you in obtaining further information and in making your own health care decisions.