We are committed to supporting women and finding new ways to achieve our goals.

I want you to know MOCA is committed to serving ovarian cancer survivors, loved ones, caregivers and our community no matter what challenges we face in the days and weeks ahead. The coronavirus has forced us to rethink the way we gather and support each other, but rest assured we are still “teal together.”

I’m confident in MOCA’s ability to meet the needs of women and families who turn to us in this time of uncertainty. We have found ways to practice “physical distancing” while still offering our meaningful support programs. We hosted our first virtual MOCA Connections meeting last Thursday, so women could attend from the safety and comfort of their own homes and still receive support. We will be adding more virtual support offerings and additional online resources for survivors and loved ones.

We have adapted our Living Well: Finding Joy educational meeting to a virtual event. We hope you join us April 6th to hear from ovarian cancer survivor and motivational speaker Karla Heeter, as she shares techniques for finding joy during difficult times. You can register on our website for this free event.

MOCA made the difficult decision to cancel our Black, White & Teal Gala on April 18th to protect the health and safety of everyone involved. I want to thank all of our loyal supporters who reached out to me with kind words and generosity. As many of you know, our Gala is our second largest fundraising event of the year.

Our staff at MOCA will continue to find innovative ways to accomplish our mission. We are motivated by the strength of our community and the desire to change the future of ovarian cancer.

Gratefully,

Kathleen Gavin

P. S. Connect with the MOCA community for updates and inspiration on Facebook, Twitter & Instagram.
MOCA’s Living Well:
Finding Joy Now Meeting Online!

How do we find joy during stressful and uncertain times? Though we planned this meeting back in December, it's an especially relevant topic now. Join us for this virtual Living Well meeting on Monday, April 6, starting at 7 p.m. from the comfort of your home! Ovarian cancer survivor and motivational speaker Karla Heeter will be sharing techniques to help build resilience and find a more joy filled life. Survivors, loved ones and caregivers are always welcome! Registrants will receive details on how to connect.

Register

MOCA Connections and East Metro Support Updates

Our upcoming East Metro Support Group set for April 14 and MOCA Connections scheduled for April 16 will be meeting virtually! You'll be able to participate through your computer or your phone.

For information on how to connect to these groups or to receive over the phone support, please contact MOCA’s Community Support Program Manager Stefanie Gliniany at sgliniany@mnovarian.org or 612-584-3550.

Support Info
MOCA Mentors

Our MOCA Mentors are available to connect for one-on-one phone support with our community. The MOCA Mentor program includes survivors, partners of survivors, daughters who have lost their mothers to ovarian cancer and friends of survivors. To connect with a mentor, contact Stefanie at sgliniany@mnovarian.org.

MOCA Cares Kits

MOCA will continue to provide our MOCA Cares Kits to recently diagnosed ovarian cancer survivors and women experiencing a recurrence. The kits include a small backpack filled with thoughtful items including: a journal, pen, MOCA mug, organic green tea, fleece blanket (when available), soft socks, a beanie, teal wristbands, a pin and an inspirational book.

Teal Talk with Stefanie

In this month's Teal Talk, MOCA Community Support Program Manager Stefanie Gliniany discusses the importance of taking time out of your day for self-care. Look for new ways to boost your well-being during stressful times.

Save the Date:

Tie It Teal with the Twins!

MOCA will "Tie It Teal with the Twins" on Tuesday, August 18th at 7:10 p.m. Let's turn Target Field teal and raise awareness about ovarian cancer as the Minnesota Twins take on the Chicago White Sox! Tickets are available now.
MOCA is making headlines!

MOCA Vice-Chair Teri Woodhull shared her experience with neuropathy in a KAAL-TV story about new research at Mayo Clinic.

HOM Furniture’s Founder Wayne Johansen reflected on his career and support of MOCA’s HOM Teal Strides in a story from Fox 9.

See these stories and more on our media page!

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HOM Teal Strides T-Shirt Design Contest

Calling all artists and designers!
Enter MOCA’s t-shirt design contest for a chance to see your work on our HOM Teal Strides t-shirts. HOM Teal Strides is MOCA’s annual walk/run event and largest fundraising event of the year set for Saturday, September 12!

The HOM Teal Strides T-shirt Design Contest runs from April 1 to May 18. A panel of judges including marketing and design professionals from Lessing-Flynn will select the top submissions.

MOCA supporters will vote for the winner on MOCA’s Facebook and Instagram pages from June 1-June 15.

The winner receives a free event registration, $100 HOM Furniture gift card and a $50 gift certificate to the MOCA store! Go to mnovarian.org or click below for more details on how to enter.

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Read More
**MOCA Matters**

**Why does MOCA matter to you?**

We’re asking ovarian cancer survivors to share their answers in our monthly column.

“Through MOCA, I have been able to meet many women who have fought and are still fighting ovarian cancer. I am proud to stand side by side with MOCA and these amazing brave warriors, spreading the word of awareness and helping fund research for treatments and testing.”

--Gwen Gephart, Stage 3 Fallopian Tube Cancer Survivor

Thank you, Gwen! Would YOU like to share your story?
Contact MOCA’s Communications Manager Jody Ambroz McArdle at jambroz@mnovarian.org.

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**Teal Thanks**

We want to give MOCA volunteer David Albrecht a **Teal Thank you** for his work as a Black, White & Teal Gala volunteer and for his fundraising efforts over the past several years!

David got involved with MOCA after his sister Lyn was diagnosed with ovarian cancer. David continues to honor his sister’s legacy by volunteering at the Gala. He said MOCA “... is a great organization and everyone at the event is so positive!”

Thank you, David for all you do to help MOCA!

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**Minnesota Ovarian Cancer Alliance**

Providing Education. Funding Research. Offering Support.