We’re working hard and launching new programs to help ovarian cancer survivors.

We know ovarian cancer is relentless. That’s why we must continue to work hard and advance our mission despite the current difficulties brought on by the coronavirus pandemic. All of us at MOCA are adapting to these challenges to serve the women and families who may need us now, more than ever.

This week, we introduced our **Masks with love from MOCA** campaign. MOCA staff and volunteers are sewing cloth masks for ovarian cancer survivors and supporters who are considered "high-risk." With your help, MOCA plans to expand this program to caregivers and family members. Please let us know if you need any masks or would like to sew them.

**MOCA’s Teal Hearts Club** is another opportunity for our community to show support for ovarian cancer survivors. You can spread hope by placing a teal heart in your windows. We have more details on how you can get involved with the Teal Hearts Club in an article below.

MOCA is continuing to offer our support programs virtually this month. Our online format allows women to interact and find connection, while staying safe at home. We also presented our first virtual Living Well educational meeting about finding joy on April 6th. If you missed this hour-long presentation, we encourage you to watch a recorded version now available on our website.

We are making plans to move forward with other programs and events. We’ll make adjustments as needed for our community. Please know, MOCA is still working hard to advance our mission and change the future of ovarian cancer.

Gratefully,

Kathleen Gavin

P. S. Please reach out to me at kgavin@mnovarian.org if you have questions, concerns or suggestions.
New Program Alert! "Masks with love from MOCA"

MOCA has launched our *Masks with love from MOCA* program to provide free cloth masks to ovarian cancer survivors and their families. These masks are intended for women with ovarian cancer who live in Minnesota or receive their health care here. One additional mask is available to a woman's family member, who is residing with her.

Our masks are handsewn by staff and volunteers. If you are in need of a cloth mask or would like to volunteer to sew masks, please contact Constance White and cwhite@mnovarian.org.

Show Your Support to Ovarian Cancer Survivors

**Join MOCA’s Teal Hearts Club Today!**

Help lift the spirits of ovarian cancer survivors by joining MOCA’s Teal Hearts Club! Spread hope to ovarian cancer survivors and families by placing teal hearts in your windows. Just print out our teal heart or create your own! Then, help MOCA spread the word by taking a photo and sharing it on social media using #mocatealhearts! Find our print out here.

Create. Design. Inspire.

**Enter MOCA's HOM Teal Strides T-Shirt Design Contest**

Use your creativity to inspire others! MOCA is calling all artists, designers and students to enter our [HOM Teal Strides T-Shirt Design Contest](#) now through May 18. A panel of judges will select top entries and MOCA supporters will vote for the winning design on Facebook and Instagram in June.

The winner of our HOM Teal Strides T-Shirt Design Contest receives a $100 HOM Furniture gift card, a gift certificate to the MOCA store and a FREE HOM teal strides registration for our event Saturday, September 12. [Enter here, today!](#)
In this month's Teal Talk, MOCA Community Support Program Manager Stefanie Gliniany shares ideas for staying connected with others to promote health and well-being.

It is understandable that during times like this, we may be feeling worried, overwhelmed and anxious. It's important to our well-being and health that we don't confuse the necessary physical distancing with social isolation. Staying connected with others is still possible and very helpful.

MOCA is making plans now for our largest fundraising event of the year, HOM Teal Strides for Ovarian Cancer. Join us for our annual walk/run on Saturday, September 12 at Rosland Park in Edina. Your support at HOM Teal Strides makes a difference by funding meaningful programming for women and families impacted by ovarian cancer and vital research needed to change the course of this disease. Register now to walk or run at HOM Teal Strides or become a virtual participant!

Registration is NOW OPEN for HOM Teal Strides September 12.

MOCA is here for you in new ways.

Survivors, loved ones and caregivers are invited to join MOCA at one of our virtual support offerings this spring. Connect through your computer, cell phone or land line to find support and encouragement. Details on dates and times are available below! For more information, please contact MOCA's Community Support Program Manager Stefanie Gliniany at sgliniany@mnovarian.org or call at 612-584-3550.
Coronavirus Resources for Ovarian Cancer Survivors

MOCA understands ovarian cancer survivors, families and caregivers have many questions concerning the coronavirus. We are providing an updated list of helpful resources from trusted sources in cancer care on our website at mnovarian.org.

Recording Available of MOCA's "Living Well: Finding Joy" Virtual Meeting

How can the "Three Good Things" technique or writing "gratitude letters" help you find joy during uncertain times? Ovarian cancer survivor and motivational speaker Karla Heeter shares tools for finding happiness in our "Living Well: Finding Joy" virtual meeting. A recording of this one-hour presentation is now posted on MOCA's website.

MOCA Matters

Why does MOCA matter to you?

We're asking ovarian cancer survivors to share their answers and some of their experiences with MOCA in our monthly column.

"When I started out (after my ovarian cancer diagnosis,) MOCA helped beyond words. Everyone in the office connected me to amazing people and wonderful wisdom."

-Frannie Vanselow, Stage 3 Ovarian Cancer Survivor

Thank you, Frannie! Would YOU like to share your story? Please contact Communications Manager Jody Ambroz McArdle at jambroz@mnovarian.org.
We want to give MOCA volunteer Molly St. George (pictured above, center) a Teal Thank you for her work as an area chair for "day-of" registration at our HOM Teal Strides event and for her help at our Black, White & Teal Gala!

Molly volunteers to honor her grandmother's memory and to support the work MOCA does for women and families. Molly said, "I enjoy volunteering because it is a wonderful way to connect with fellow members in the cause, to do a group activity with my friends and to give back! For me, volunteering is more than just helping. It is also being a part of something bigger and giving each other hope, support and love!"

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

MOCA would like to thank ALL of our tremendous volunteers! If you'd like to submit the name of a volunteer MOCA should recognize, please contact Jody Ambroz McArdle at jambroz@mnovarian.org.