MOCA MESSENGER

Listening, Learning and Changing

The events of the last few weeks have left us with heavy hearts. George Floyd’s murder took place just blocks from MOCA’s office in South Minneapolis. Protests for change in our community led to calls for social justice worldwide. Although MOCA is an ovarian cancer organization, we believe every organization and individual has a role to play in building a more just and equitable society. MOCA stands in solidarity with the Black community.

MOCA is committed to listening and taking action to address racial inequities. Through our work, we have learned systemic racism continues to create barriers for Black women seeking medical care and often impacts the quality of cancer care they receive. As an organization, it’s imperative we work to reduce these inequities to improve outcomes for all women with ovarian cancer.

We understand these are especially stressful and difficult times for women and families impacted by ovarian cancer. They are navigating complex challenges brought on by the coronavirus pandemic. All of us at MOCA are working hard to meet the changing needs of our community--from our virtual support groups to our "Masks with love from MOCA" program.

It's our goal to make sure no woman faces ovarian cancer alone. We believe our important work is even more critical now. We invite you to join us as we continue to provide support and build a more just and inclusive community.

Gratefully,

Kathleen Gavin

P. S. We have several important events coming up! Follow us on Facebook, Twitter and Instagram for updates.
Register today for MOCA's Living Well: Complementary Therapies virtual meeting!

Complementary Therapies are gaining in popularity and often used alongside standard treatments to ease symptoms and improve quality of life. What complementary therapies are available now, and could they be right for you? Join us for a virtual Living Well meeting on Wednesday, July 29 at 7 p.m.

Maureen (Mo) Anderson, DNP, RN, from the University of Minnesota's Earl E. Bakken Center for Spirituality and Healing will lead the conversation. Ovarian cancer survivors, loved ones and caregivers are welcome to attend this free educational event from their computer, mobile device or land line. Registration is required. Use the link below to register or call the MOCA office at 612-822-0500.

Our series of Living Well meetings is sponsored by Tesaro's "Not On My Watch" campaign.

Take a Swing Against Ovarian Cancer!

Save the Date: August 31st

MOCA's annual Molly Cade Scramble for Ovarian Cancer has a new later date! Join us August 31st at Brackett's Crossing Country Club in Lakeville. Together we'll change the course of ovarian cancer!

Watch our website, Facebook, Twitter and Instagram pages for more updates on this event!
Welcome MOCA's Newest Board Members!
MOCA is pleased to introduce our new board members, Mary Adamski and Mark Urista!

Mary Adamski first learned about MOCA after her mother was diagnosed with ovarian cancer in 1996. Since then, Mary's involvement with MOCA has continued to grow. She serves on our Finance Committee and volunteers along with her family at HOM Teal Strides.

Mary is the Senior Vice President for the Adamski Wealth Management Team at RBC. She has two adult daughters and lives with her husband, Lance, in Eden Prairie, Minnesota. In her spare time, Mary enjoys reading, gardening, biking and downhill skiing. She has also participated in two marathons and several half marathons!

Mark Urista became involved with MOCA after his wife Debra was diagnosed with stage 4 ovarian cancer in 2014. Mark and Debra enjoyed attending several MOCA events together until her passing in 2018.

Mark is committed to MOCA's mission of funding research, raising awareness and supporting women and families impacted by the disease. Mark resides in Nowthen, Minnesota. He has worked as a broker and business owner throughout his career in real estate. He is active in the real estate community and his church.

Thank you to Mark and Mary for joining our board. We look forward to working together in the years ahead.

Our "Masks with love from MOCA" program is growing!
We've now provided more than 300 "Masks with love from MOCA" to ovarian cancer survivors and their families. MOCA is now able to offer our free, handsewn cloth masks to health care providers involved in the treatment of ovarian cancer survivors. Masks are also available for health care workers' family members. We know cloth masks are becoming a necessary part of everyday life.

If you'd like to request a mask or volunteer to sew masks, please contact Constance White at cwhite@mnovarian.org.
RESEARCH ROUND-UP

MAGENTA Clinical Trial Results Find At-Home Genetic Tests Effective

At-home genetic testing with online education for ovarian and breast cancer is just as effective as the typical protocol for genetic testing which includes repeated office visits and genetic counseling, according to results from the MAGENTA clinical trial. MAGENTA stands for MAking GENetic Testing Accessible.

The MAGENTA study indicates at-home genetic testing with online education is a viable option. The results also support making individualized counseling available to patients with positive test results.

More than one thousand women from Minnesota and Wisconsin participated in the trial. MOCA worked with the local media to raise awareness about the availability of free at-home genetic testing through the MAGENTA trial.

Elizabeth Swisher, MD, a University of Washington School of Medicine gynecologic oncologist and lead author said, "MOCA provided critical support for all aspects of the trial, including financial support for the Ovarian Cancer Dream Team. MOCA personnel provided oversight as advocates and even designed the logo used for the trial. When enrollment was lagging, MOCA organized and amplified a media campaign that was so successful--it temporarily 'broke' the online enrolment process and women from Minnesota ended up representing one-fourth of participants."

The MAGENTA trial findings do not support the use of ancestry or consumer testing kits. Clinical test kits provided by Color were used in this trial.

Teal Talk with Stefanie

In this month's Teal Talk, MOCA's Community Support Program Manager Stefanie Gliniany writes about how MOCA is getting creative to educate future health care providers.

One of MOCA's missions is to educate the health care community about the symptoms of ovarian cancer, so more women can be diagnosed earlier. One way we do this is through MOCA's Survivors Teaching Students or STS program. When classes moved online, so did STS!
Connect to MOCA's Virtual Support!

Have you tried our virtual support group offerings? MOCA Connections and our East Metro Support Group are now meeting online. You'll find meaningful connection and support from the comfort of your home. Join us from your computer, landline or cell phone! 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 her at 612-584-3550.

Support Offerings

MOCA Matters

Why does MOCA matter to you?
We're asking ovarian cancer survivors to share some of their experiences with MOCA in our monthly column.

"The ability of MOCA to provide a support system and connect people that are going through similar things is incredible. One of the few things that really helped to keep me positive and hopeful was the connections I was making... It was so inspiring to get to know these women and just have an example of someone who was healthy, could have kids and was thriving. This was so meaningful and powerful for me to have throughout my journey."

--Trina Rinke, Stage 3 Ovarian Cancer Survivor, Diagnosed at Age 20

You can learn more about Trina's journey by watching her story here.
We want to give MOCA volunteer Troy Hansen (pictured left) a Teal Thank you for his continued support at HOM Teal Strides over the past several years.

Troy first got involved with MOCA after his wife Carrie was diagnosed with ovarian cancer in January 2012. Later that year, they attended their first HOM Teal Strides event along with their son Bryce.

Troy said, "It was so enlightening to see how happy she was that day and how empowered she felt being with so many MOCA warriors."

Carrie passed away just five months after the family’s first walk/run. Troy and Bryce continue to volunteer with registration and t-shirt hand-out at HOM Teal Strides.

"We feel so honored each year to be able to congratulate each and every one of the attending warriors that we know are providing the same empowerment to each other that Carrie felt that first year..." said Troy.

Thank you for all you do, Troy!