There's still so much we can do to support ovarian cancer survivors and their families.

In the past couple of months, we have learned all about the power of connection and how important it is. Even when we can’t be together in person, there’s still so much we can do to stay connected and support women and families impacted by ovarian cancer.

I am truly amazed by the outpouring of support from volunteers who have joined our staff in sewing cloth masks for our *Masks with love from MOCA* program. Thanks to these volunteers and generous donations, MOCA has now distributed more than 260 handsewn cloth masks to ovarian cancer survivors and loved ones. We anticipate the need for these masks to continue. You can find out how to support our efforts in an article below.

In addition to our *Masks with love from MOCA*, we’ve received numerous requests for our *MOCA Cares Kits*. These backpacks full of comfort items are offered to women who have been recently diagnosed with ovarian cancer and those experiencing a recurrence. As ovarian cancer survivors face additional challenges with their care, we know these kits are greatly appreciated.

Our *virtual support groups* are also allowing women to connect with each other from the comfort of their homes. As ovarian cancer survivors face increasing isolation, MOCA is responding to an increased need for virtual and over the phone support.

As many of you know, MOCA focused on raising funds for our support efforts during the Give At Home MN campaign. We want to thank our supporters who gave generously during these difficult times to support women and families who need us.

We know the world has changed. This is why MOCA must look for more ways to support women and families impacted by ovarian cancer. We hope you’ll join us.

Gratefully,

Kathleen Gavin

P. S. We hope you’ll help us spread the word about our programs by sharing our messages on social media!
Honoring MOCA's Board Members

This month, MOCA is honoring our board members who have completed their terms. We are truly inspired by their commitment to helping women and families impacted by ovarian cancer.

David Gehant Gehant joined MOCA’s board in 2014 and served as MOCA’s secretary. David has also been an integral part of HOM Teal Strides, serving as a committee head since 2011.

What efforts do you believe had the most impact?
“The evolution and growth of both the Gala and HOM Teal Strides events have been the most visibly impactful efforts that I have observed during my six year run, but I would be remiss if I didn’t call out the development of our media exposure and social networking presence in that time as well.”

What MOCA events do you enjoy most?
“I have always looked forward to the Gala event, and I have many friends and relatives who look forward to it every year as well... I have also been the chairperson of site set up and clean up for HOM Teal Strides walk/run. It can be exhausting work for two days, but it is an opportunity for me to throw myself into something in which I believe-- in a physical way that is very satisfying to me.”
Honoring MOCA's Board Members

Ellen Kleinbaum joined the MOCA board for the second time in 2014 and served previously from 2007-2010. Ellen served on our finance committee and as treasurer for a number of years. She is a 29-year ovarian cancer survivor and volunteers for MOCA's Survivors Teaching Students ® (STS®) program to educate medical professionals.

What efforts do you believe had the most impact?
“Serving as the treasurer for several years, I believe that was probably my greatest impact. However, I also hold the distinction of being one of the longest survivors - 29 years this July! I have a lot of experience as I had it 3 times in the first 5 years.”

What MOCA events do you enjoy most?
“Teal Strides has to be my favorite. Seeing the numbers of survivors grow each year is so heartwarming and emotional. The survivor picture with everyone in their survivor shirt is beyond words. But also, I remember those who have not survived.”
Honoring MOCA's Board Members

Marcia Trevarthen is a survivor of ovarian and uterine cancer. She joined the MOCA board in 2014. Marcia actively supports MOCA at numerous events.

What efforts do you believe had the most impact?
“The grant money given to researchers to find an early detection and cure is what gives survivors hope. Equally as important though, is the support MOCA provides to women and their families and the continual emphasis put on educating others and bringing awareness of the disease.”

What MOCA events do you enjoy most?
“I have loved attending MOCA’s Galas over the years. It gives us not only a chance to celebrate as a community and have some fun, but also raise money for the organization that we believe so strongly in. What is so especially heartwarming at the Galas and other events--is that the medical community is also there supporting MOCA. I really feel like we know each other, and we are all working together.”

Thank you to David, Ellen and Marcia for their hard work and dedication. Next month, we’ll highlight MOCA’s new board members!
Let's make Strides Against Ovarian Cancer!

Join Us for HOM Teal Strides on Saturday, September 12.

HOM Teal Strides for Ovarian Cancer is MOCA's largest fundraising event of the year! We're making plans now for our annual walk/run on Saturday, September 12 at Rosland Park in Edina. MOCA will make adjustments as needed to safely continue with our inspirational program and event.

What can you do now?

Register! Registration is now open for anyone wishing to walk, run or take part virtually!

Spread the word! Invite your family, friends, colleagues and neighbors to join you at HOM Teal Strides.

Share MOCA’s social media messages! Help us raise awareness on Facebook, Instagram and Twitter. #HTS2020

Last Call for MOCA’s HOM Teal Strides T-Shirt Design Contest!

Use your creativity to raise awareness about ovarian cancer! Enter MOCA’s HOM Teal Strides T-Shirt Design Contest! Top designs will be selected by a panel of judges. MOCA supporters will vote for the winning design on Facebook and Instagram in June.

The winner receives a FREE HOM Teal Strides registration, $100 HOM Furniture gift card and a $50 gift certificate to the MOCA store. See below for details on how to enter!
In this month's Teal Talk, MOCA's Community Support Program Manager Stefanie Gliniany shares information on our MOCA Mentor program. Whether you're a survivor, loved one, caregiver or friend--MOCA mentors are here to listen and virtually "hold your hand."

Right now, all of MOCA's support programs are being offered virtually. One support program that has always had a virtual component is our MOCA Mentor program. We know that a cancer diagnosis can invoke a whirlwind of emotions. Talking to someone one-on-one over the phone or email--especially right now--can be very beneficial.

MOCA Support is only one click away!

Ovarian cancer survivors, loved ones and caregivers are invited to join us at our upcoming virtual MOCA Connections and East Metro Support Group meetings. Connect through your computer, phone or mobile device. Click the button below for details on dates, time and information on how to connect.

Masks with love from MOCA

Our "Masks with love from MOCA" program has provided more than 260 handsewn cloth masks to ovarian cancer survivors and family members in just one month! The masks are handsewn by volunteers and MOCA staff. "Masks with love from MOCA" are intended for ovarian cancer survivors who live in Minnesota or receive their care here. One additional mask is available for a woman's family member who is residing with her. If you would like to request a mask or help sew masks, please contact Constance White at cwhite@mnovarian.org.
MOCA Cares Kits
MOCA Cares Kits are backpacks full of comfort items for women recently diagnosed with ovarian cancer and those experiencing a recurrence. Our Cares Kits include a journal, pen, MOCA mug, fleece blanket (when available), beanie, soft socks, teal wristbands, pin and an inspirational book. MOCA Cares Kits are available to women with ovarian cancer who are living in Minnesota or receiving their care here. If you would like to request a kit, please contact Stefanie Gliniany at sgliniany@mnovarian.org.

MOCA works with the media to educate the public about ovarian cancer.
Ovarian cancer survivors are facing additional challenges due to COVID-19. MOCA board member Becky Drexler and MOCA Executive Director Kathleen Gavin are featured in this KARE 11 report.

WDIO-TV in Duluth, Minnesota featured MOCA's Give at Home MN campaign and our Teal Hearts Club!

See these stories and more on MOCA's media page.

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.

"MOCA mentoring was a vital lifeline for me when I first became sick in 2003, and now I act as a mentor, primarily for others experiencing a recurrence. I also serve as a patient advocate for ovarian cancer research. I feel that those of us lucky enough to be here can pay it forward by helping others."

-Peggy Jennings, Primary Peritoneal Cancer Survivor

Thank you, Peggy! Would YOU like to share your story? Please contact Communications Manager Jody Ambroz McArdle at jambroz@mnovarian.org.
Teal Thank you

We want to give Kirsten Thompson (pictured left) and Erin Precup (pictured right) a Teal Thank you for their help as HOM Teal Strides volunteers and their work distributing HOM Teal Strides t-shirts.

Kirsten and Erin started volunteering with MOCA in 2004 after their mom, Dawn, was diagnosed with ovarian cancer. Dawn passed away in 2007.

Kirsten and Erin said they stay involved “as a way to celebrate our mom’s life together as a family.”

They added, "We love our t-shirt role, being involved in passing them out and celebrating the successes of participants and most especially, the survivors."

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.