



MOCA MESSENGER

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For you...

A letter from our Executive Director



Your support keeps MOCA moving forward.

We can't thank you enough for your support of MOCA. We are grateful for all we could achieve together over the past year, during such an uncertain time. Because of you, MOCA awarded an additional \$725,000 to ovarian cancer research in 2021! We expanded support offerings by introducing our new Lunch and Learn program, and we reached out to more than 350 health care providers through our medical education programs.

As we enter the new year--MOCA has big plans to make an even greater impact! We hope you join us to celebrate and make a difference at our annual community events. MOCA is thrilled to bring back our Black, White & Teal Gala, April 2 at the Hyatt Regency in Minneapolis. We have an entertaining evening planned with music, a MOCA video premiere, silent and live auctions and so much more! Be sure to reserve your seats and purchase your tables today!

We hope you'll plan to join us for MOCA's September events during Ovarian Cancer Awareness Month! Walk or run with us at HOM Teal Strides for Ovarian Cancer, September 10 at Rosland Park in Edina. Make this your year to be one of our top fundraisers and help us change the course of ovarian cancer! Registration details are coming later this month.

If you haven't attended our Light Duluth Teal Gala yet, please consider this a personal invitation! MOCA supporters from across Minnesota and Wisconsin gather at this meaningful event in the Northland to find inspiration, view area landmarks lit in teal and make an impact! Save the date for this year's Light Duluth Teal Gala, September 24 at the Duluth Entertainment Convention Center.

We can't wait to see you at a MOCA event this year. With your continued support, we know more progress is possible in 2022. Thank you for being a part of our community.

Gratefully,

A handwritten signature in dark ink, appearing to read "Kathleen Gavin".

Kathleen Gavin
MOCA Executive Director



Celebrate at MOCA's Black, White & Teal Gala

Celebrate with the MOCA community and make an impact against ovarian cancer! Join us for MOCA's Black, White & Teal Gala, Saturday, April 2 at the Hyatt Regency in Minneapolis.

Enjoy an inspirational evening to benefit MOCA's ovarian cancer research and programs for women and families.

THE EVENING'S EVENTS

6:00 p.m. Cocktails, silent auction and games

7:30 p.m. Dinner, music, live auction and program hosted by KARE 11's Jennifer Austin

Cocktail attire suggested. Black, white and teal encouraged!

Purchase your tickets and tables, [here](#).

For the health of our community, MOCA will be following Minnesota Department of Health and CDC guidelines for this event. Please check mnovarian.org/events for more information.

Please click below for additional event details, hotel block information and more!

[Read More](#)

Save the Dates!

Save the dates for MOCA events during Ovarian Cancer Awareness Month in September!

HOM Teal Strides for Ovarian Cancer

Saturday, September 10,
Rosland Park, Edina, MN

Walk or run to change the course of ovarian cancer! Join us for the 2K Walk, 5K Run or Kids Fun Run.

Together, we'll educate, inspire and raise vital funds for MOCA's ovarian cancer research and support programs!

Registration and fundraising details are coming soon!

Light Duluth Teal Gala

Saturday, September 24
Duluth Entertainment Convention Center
Duluth, MN

Join us in the Northland as we light area landmarks teal and celebrate the MOCA community. Enjoy dinner, silent and live auctions, music and more--all to benefit MOCA's research and programs for women and families.

Registration details are coming this spring!

Find Tips to Manage Side Effects

What can you do to manage side effects while undergoing ovarian cancer treatment and maintenance therapy? Survivors, loved ones and caregivers are welcome to attend MOCA's Virtual Living Well: Managing Side Effects of Ovarian Cancer Treatment and Maintenance Therapy, Wednesday, January 26 from 7-8 p.m.

Learn ways to manage common issues many women experience such as fatigue, nausea, hair loss and more. Akia Smith, DNP, APRN, WHNP, of Minnesota Oncology is our guest speaker. Smith specializes in treating women with ovarian cancer and assists them in their journeys with the disease.

Registration is required to attend this free virtual meeting. Join us from your computer, mobile device or landline. Submit questions in advance to MOCA Community Support Program Manager Stefanie Gliniany at sgliniany@mnovarian.org or ask via the chat box during our live presentation.

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RESEARCH ROUND-UP



MOCA-Funded Research Helps Lead to Early Detection Clinical Trial

MOCA is a proud supporter of research that has led to the MicroRNA Detection Study (MiDE) to develop a clinical diagnostic test for the detection of early onset ovarian cancer. The study is being led by MOCA-funded researcher Dr. Kevin Elias at Brigham and Women's Hospital in Boston. MOCA provided two years of funding to Dr. Elias for previous research which led to the MiDE trial.

The MiDE trial is open to high-risk adults throughout the U.S. with a family history of ovarian cancer or a known genetic mutation such as BRCA1, BRCA2 and others. Participants can expect to provide up to four tubes of blood every six months for up to five years. Researchers hope to detect specific biomarkers in the blood that indicate the presence of early asymptomatic cancers in the ovaries and fallopian tubes.

For more information and eligibility requirements, visit MiDEStudy.org.

National Ovarian Cancer Patient and Caregiver Preferences Study

Ovarian cancer patients and caregivers are invited to share their voices and contribute to a national study aimed at improving patient care. Participants will share their views about the impact of ovarian cancer and their preferences for different ways of taking medication.

The study is being conducted by Global Perspectives. The research hopes to identify areas for improvement in supporting patients with ovarian cancer and their caregivers after surgery and chemotherapy.

Please email contact@global-patients.com to arrange a telephone screening call. Eligible participants will receive an online survey link and \$50 for their time upon completion of a 25-minute survey.

We're here for you.

MOCA SUPPORT OFFERINGS

Find Connection, Day or Night!

MOCA has renamed our support group meetings to better reflect our community. Please join us for MOCA Connections-Day (formerly East Metro Support Group) or MOCA Connections-Night (formerly MOCA Connections). Our groups are currently meeting virtually. Click below for more information.

[Support Offerings](#)

Teal Talk with Stefanie



As we enter the new year, many of us take time to reflect and set intentions for our lives. *In this month's Teal Talk, MOCA Community Support Program Manager Stefanie Gliniany shares ways to help you set intentions that will bring purpose and joy to your life.*

Did you know setting intentions can make a huge difference in your mindset? Taking time to focus on what's important to you and what gives you purpose will help you set your intentions.

[Read More](#)

MOCA Matters

Why does MOCA matter to you?

We're asking ovarian cancer survivors to share some of their experiences in our monthly column. This month's featured survivor is Linda Vos.

What does MOCA mean to you, personally?

"MOCA means HOPE to me. MOCA works so hard to fight this dreaded cancer and cares for each and every survivor."

What message would you like to share with other survivors?

"As a survivor, I try to find the silver lining every day. I also rely on humor. Laugh, laugh and laugh more. The more I found humor on my journey, the better I felt. And keep moving. Walk around the block or to a park and soak up life. I was not going to let cancer conquer me!"

Linda Vos, Stage 2B Ovarian Cancer Survivor, Diagnosed January 2019



Teal Thank you

This month's Teal Thank you goes out to MOCA's Finance Committee! Members of the Finance Committee include Mary Adamski, Eileen O'Byrne, Cut Ogdahl, Jeffrey Olson, Samia Miller, and Timothy Schultz.

We are grateful for the expertise they provide on financial matters, including financial policies and management throughout the year. The Finance Committee ensures MOCA meets high standards from charity watchdog groups including GuideStar and Charities Review Council.

This time of year, the Finance Committee is especially busy reviewing MOCA's audit and budget development process. MOCA is grateful for the support of the entire committee!



MINNESOTA OVARIAN CANCER ALLIANCE

Minnesota Ovarian Cancer Alliance

Providing Education. Funding Research. Offering Support.

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