



## December 2021

Dear Diane,

This time last year, I was indulging in ever-optimistic thoughts: that the new year would bring an end to this pandemic and the struggles that have come with it.

It didn't, of course, and we all marched forward, adapted, and persevered. And here we are in December again.

This year, though, I'm focused on another thought. I'm extremely grateful that we are still executing our mission, because women facing ovarian cancer diagnoses are at the heart of everything we do. I need to communicate that gratitude to the people who are responsible for that – our community: survivors, caretakers and families, medical professionals, sponsors, friends of the Alliance, and Board of Directors.

Thank you all.

Happy holidays and joyous New Year,

Zoya Kumar

Executive Director

*P.S. Below you'll find an impressive accounting of all OCA accomplished this past year. If you feel so moved, please join us and our community with [a gift of comfort and support](#).*

**In Her Own Words:**

## Dianne Helmer

I am a six year survivor...read more [here](#)



### Quick Links

[Website](#)

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### [Survivor Stories](#)



### OCAOSW Upcoming Events

December 10, 4-5PM: [Virtual Support Group Moderated by Susan Hedlund](#)

January 13, 2022, 4-5PM: [Virtual Support Group Moderated by Susan Hedlund](#)

January 27, 5-6:15PM: [Personalized Medicine, Clinical Trials, and New Anticancer Treatments](#)

February 17, 4-5PM: [Virtual Support Group Moderated by Susan Hedlund](#)

March 18, 4-5PM: [Virtual Support Group Moderated by Susan Hedlund](#)

## 2021 OCAOSW Impact

### Here4You Financial Assistance

- \$31,422 was distributed for critical needs such as housing, medical bills, utility bills, and etc.

### Peer Mentees

10 were officially paired; however, there's a significant amount of peer mentoring via support groups. Difficult to measure. Peers are mentored in many different ways, for example when we field phone calls and emails.

### Events

- 12 support sessions moderated by Susan Hedlund: 228 registrants total
- 4 happy hours: 50 registrants
- 7 educational sessions: 267 registrants
- 1 annual medical update: 46 registrants
- 1 STS speaker happy hour: 10 registrants
- 2021 OVF
  - \$85,000 gross proceeds. New OVF sponsorship record: \$43,000!

### Survivors Teaching Students Program

586 healthcare students in 2021: nursing school, nurse practitioner, pharmacy, and PA (pretty amazing during Covid!!)

### Trust Your Gut Symptom Awareness Social Media Campaign

- September - November:
  - 389,717 impressions (number of unique people who viewed the ad)
  - 8,039 all links (clicked on ad; viewed OCAOSW page; commented or liked ad)

July-October public service announcements (PSAs): OCAOSW has received 283 TV commercials at no charge. Valued at \$34,150.

### By Your Side Kits

- 19 in 2021. \*\*Low number this year likely due to staffing issues/turnover and ongoing Covid safety protocols.

### Expert Presentations from OCRA's 2021 Virtual National Conference

This past fall's Uniting for Hope Ovarian Cancer National Conference included a wide range of session topics, including demystifying genetic testing and precision medicine; providing resources for financial support; explaining clinical trials; and so much more.

Watch the presentations [here](#).

## No Out of Pocket Genetic Re-Testing

Have you previously tested for BRCA1/BRCA2 full testing or for Lynch Syndrome prior to 2013? If so, you may qualify for update testing at no out of pocket expense. Check with your geneticist or provider for more information.

## Story Time: Seeking IHOW Authors

*In Her Own Words* is one of the most read and appreciated articles in our newsletter and on our website. If you're interested in sharing your journey with our community, please contact [Diane O'Connor](#).

## Camp Mak-a-Dream in Gold Creek, MT Retreats

Please visit this [page](#) for details on event and programming changes based on current recommendations and restrictions surrounding the COVID-19 (Novel Coronavirus) situation.

For more camp information: click [here](#).



## Easy Ways to Make a BIG Difference



Set up a Facebook Fundraiser to benefit the Ovarian Cancer Alliance of Oregon and Southwest Washington.

Follow these [easy instructions](#).

You'll make a big difference in the lives of survivors by helping fund our emotional and financial support programs.



Make a difference when you shop! Please consider linking your online Amazon shopping account to the Ovarian Cancer Alliance of Oregon and SW Washington. For every dollar spent, **OCAOSW** receives a [donation from AmazonSmile](#) and that is surely something to smile about!



You can help the Ovarian Cancer Alliance of Oregon and SW Washington earn donations just by shopping with your Fred Meyer rewards card! To learn more, login to your [Fred Meyer account](#).

Ovarian Cancer Alliance of Oregon & SW Washington  
PMB 243 Suite 103 | 16420 SE McGillivray | Vancouver | WA | 98683