St. Louis Ovarian Cancer Awareness 12015 Manchester Road, Suite 130 Des Peres, MO 63131 314.966.7562



Teal Talks Summer 2015 Page 8

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### Mission Statement

St. Louis Ovarian Cancer Awareness is committed to impacting ovarian cancer survivorship by promoting awareness of early warning signs and standards of care, funding ovarian cancer research, and supporting survivors.

### Donations

SLOCA is a 501(c)3 tax-exempt organization. Donations may be made at www.sloca.org/donate or by mailing a check to 12015 Manchester Road, Suite 130, Des Peres, MO 63131. Please note if the donation is in memory or honor of someone or is intended for SLOCA's endowment fund.

### Stay in Touch

We publish Teal Talks twice a year and send e-mail blasts intermittently. We hope you'll share your e-mail address so that we can stay in touch; go to www.sloca.org/newsletters.

To be removed from the mailing list, e-mail newsletter@sloca.org.

SL**®**CA St. Louis Ovarian Cancer Awareness •

# Teal Talks

# Join Us for an Event – or 5 – in September Baseball takes center stage to kick off National Ovarian Cancer Month in September. Registration is now open. You can purchase a table of eight for \$200 at <a href="https://www.sloca.org/trivia">www.sloca.org/trivia</a>. Doors will open at 6 p.m., and trivia will start at 7.15 p.m.

The Cards will take the field against the Pirates at 7:15 p.m. on **Friday, September 4**, to open a three-game series over Labor Day weekend, and SLOCA will have 500 teal-clothed fans on hand to cheer the Redbirds.

Tickets for Ovarian Cancer Night at Busch Stadium are still available but expected to sell fast in August. Tickets are \$35 each and include a voucher for a free hot dog and soft drink. Tickets may be purchased online at www.sloca.org/baseball or at the SLOCA office.

This year's seats are in Sections 127, 128 and 129 in the Lower Right Field Box level. They carry a face value of \$59, coupled with the free vittles, makes the \$35 price a good deal for

Eight-year-old Jack Imber will throw out the first pitch. His parents, Melanie and Stuart Imber, purchased the coveted pitch at SLOCA's Living Out Loud Gala in March. Melanie lost her mother, Judi Garland, to ovarian cancer last year.

### Rise 'n Shine, Yoga for SLOCA



A scant 14 hours later, 200 or so SLOCA Rise 'n Shiners will take to their yoga mats for the 7th annual Rise 'n Shine, Yoga for SLOCA, 9 a.m. to 12 noon, at the World's Fair Pavilion in Forest Park.

Online registration is under way now at www.sloca.org/ yoga, at \$35 per person. After August 23 to event day, the cost is \$40.

We encourage you to register by August 22, but walk-ups are welcome and can register at the pavilion at 8 a.m. on Saturday, September 5.

Local yoga instructors will lead attendees through a series of 108 Sun Salutations. Bradford Smith & Friends will

set the mood with live music, and Dr. Teresa Knight, an OB-GYN, will make remarks. New this year will be a children's area with yoga, music and art. Also available will be massages, henna tattoos, raffle tickets for gift baskets, and flower purchases.

T-shirts can be ordered in advance in four styles: a white tank, a teal cap sleeve, a gray short sleeve and a white long sleeve. T-shirts will also be for sale at the event.

### Trivia Night

The fifth annual Trivia Night to benefit SLOCA is planned for Saturday, September 12. Join us at the Von Gontard Center at Mercy Hospital in Creve Coeur to test your trivia smarts.

food and drink, including beer. Raffles, 50/50 and more will be offered during the evening.

Last year's event drew more than 250 and raised nearly \$7,000 for ovarian cancer research. The event was started by the nurses and techs who work on Mercy's Women's Health Unit.

#### **Paint Your Toes Teal**

The friends of the late Shawn Blaes will reprise their **Teal** 

Toes fundraiser on Tuesday, September 15, at the Beautiful Nails salon, 8721 Manchester Road in Brentwood.

You can register for an appointment later this summer at www.sloca.org/tealtoes. Refreshments and raffles will be available.

Last year's event included 141 services – manicures and pedicures – delivered to women and men and raised \$3,000 to fund ovarian cancer research.

#### FamiliesROC 5k



This year's event will be held on Sunday, September 20, in downtown St. Louis. The race includes a 5k and a 1 mile run/walk that start at Soldiers Memorial, 1315 Chestnut Street. SLOCA, which will have a booth to hand out awareness information, supports the event because proceeds fund research taking place at The Siteman Center for Advanced Medicine in association with Washington University.

You can register and get more information at www.familiesroc.com.

### Wine Tasting

That may be the end of September's fun and frivolity, but a celebration looms ahead in October: the **Celebrating Teal** Success Wine Tasting on Thursday, October 22.

The wine-tasting returns for a second year to Grapevine Wines, at 309 S. Kirkwood Road, Kirkwood. Last year's party saw record attendance with more than 80 men and women sampling wine and craft beer. The fundraiser generated nearly \$1,500 for ovarian cancer research.

Stay tuned for details at www.sloca.org/wine.

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Survivor Spotlight



From left, Kim and her daughters, Grace and Emma.

A year ago, Realtor Kim Carney was zipping through a busy spring selling high-end real estate, a single mother of twin girls and overseeing a massive renovation on her Ladue home.

She hardly had time – or patience – to sit through a routine appointment with her primary care physician for him to authorize a prescription refill. But she's glad she did.

"He started asking a lot of questions, running through every part of my body," she recalls. "He asked, 'Is there anything different?' I said, no, other than looking like I'm pregnant. I feel great -- which I did."

Kim was 40 and had started working out regularly. But when the doctor heard her say she felt like she looked pregnant, that set off alarm bells for him.

He ordered an abdominal ultrasound and, later, a transvaginal ultrasound. By the end of the day, the doctor was delivering the sobering news to Kim.

She had ovarian cancer -- and a date the next Tuesday with a gynecologic oncologist. Kim was incredulous.

"Cancer? Oncologist? I'm a busy professional. I've got two girls to support. I have got to beat this!" she recalls.

It was May 2, 2014.

Her father and stepmother drove in from Florida to take care of Kim's daughters, Emma and Grace, whose father died three years ago. Kim's mother drove in from Innsbrook to take care of Kim. Kim's surgery showed her cancer was Stage 3C; soon after, doctors implanted two ports and she began a grueling course of chemotherapy that ended in September.

Throughout the ordeal, she reassured her daughters that the cancer was gone and she was suffering from the side effects of chemo. All true.

Kim's CA-125, a blood test that can be a measure for some women's cancer, rebounded to a normal range after just one round of chemo – a good indication the cancer had been knocked out.

Continued on page 7

### New Executive Director

Susan Robben joined SLOCA as its new Executive Director on July 20.

She worked for five years at Webster University as a Development Officer in Corporate Relations, where she cultivated strategic corporate relationships, solicited funding for programs, and planned donor recognition events. Prior to that, as a senior professional representative with Merck & Co., she managed a \$5 million territory promoting pharmaceuticals to physicians in the St. Louis metropolitan area.



Susan Robben

Board President Lisa Sienkiewicz says the board is thrilled that Susan is joining SLOCA and looks forward to working with her.

"We were most impressed with Susan's combination of not-forprofit and corporate experience," Lisa says. "She is very passionate about our mission and comes to SLOCA with stellar references, proven success in development, and connections to St. Louis corporations and foundations."

Board VP-Development Karen Scheible visited with Susan last month to introduce her to *Teal Talk* readers.

**Karen:** Susan, your professional credentials are, without doubt, impressive. What would you like to share with us about you personally?

**Susan:** St. Louis has always been my home. I graduated from Nerinx High School. I went to Mizzou for a couple years, then transferred to Webster University where I graduated with a Bachelor's degree in Business Administration. My husband, Tim, works for AT&T in finance and technology; we have been married for 20 years. We have two daughters: Claire, a college sophomore, and Elise, a high school senior.

I was drawn to philanthropy at an early age. I was one of those young girls who organized neighborhood summer carnivals for charity. It eventually became a career. I also have volunteered at my daughters' school including chairing the auction. I like jogging, tennis and hot yoga.

**Karen:** What interested you in applying for this position?

Susan: When I saw the posting, I had an immediate emotional, actually joyful, reaction. I was determined to learn more and apply. I looked at SLOCA's website and was impressed with the organization. I was personally touched because I, too, am an ovarian cancer survivor. I was diagnosed and went through surgery and treatment during my college years. I was determined to beat cancer and to finish my degree. Being in my 20s, I didn't realize the full impact of this diagnosis until after I was married and adopted our daughters – that was the silver lining for me. I am very excited to now be able to give back through this organization; it is a meaningful sense of purpose and contribution to create awareness and help others. I have come full circle.

Continued on page 7



### Donations

Barbara Platzer

Sharon Barnholtz

M/M Mike Bever

Marilyn Reznik

M/M Philip Siwak

M/M James Nouss

Rose Marie Renz

Karen Scheible

Martha Smith

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The following donations were made to SLOCA Feb. 1, through June 25, 2015, in honor of: Mary Liddy Carol Buck

Team Alii Custom Inc LLC

Arnold Douglas and Jacob Goldstein at Anslinger

**Beverly Faber** M/M Mitchell Podolsky

Harvey Gerstein Seymour Krout

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Beverly Kinkade M/M Stephen Lyle Margaret Primm William Zaranka

Leslie Kully M/M Bill Peck

SURVIVOR, continued from page 2

Now, a year later, she's virtually back to a new normal. "Physically I'm doing really well," she says.

She's back to work selling real estate for Coldwell Banker Premier. She's working out with a trainer. And she's enjoying the two-story addition and swimming pool that were built while she was undergoing treatment.

In June, to mark her daughters' 11th birthday, she and her extended family visited the Go Ape Treetop Adventure Course in Creve Coeur. It's a combination of high ropes and zip lines.

Grace and Emma were fearless. But the last year and Kim's pre-existing fear of heights may have caught up with her. "I got anxious and dizzy and had to come down," she laughs.

During the course of treatment, Kim learned about SLOCA through its newsletter and she was able to connect with SLOCA Board member Elizabeth Mannen, an ovarian cancer survivor who mentored her to recovery.

"She was awesome, she walked me through everything," Kim says.

And now Kim is giving back. She participated in the video featured at SLOCA's Living Out Loud Gala in March, and she was instrumental in arranging for Katie's Pizza and Pasta in Rock Hill to designate SLOCA as its beneficiary for a recent Give Back Tuesday event that raised more than \$4,000.

What would she tell a woman who was newly diagnosed with the disease? "Don't read anything on the Internet – it's too scary. We've come so far. We're going to get this cured."

### In Memoriam



Barbara Platzer

Barbara Platzer, a former member of SLOCA's Board of Directors, passed away on May 14 after a nine-year battle with ovarian cancer. She was 77.

Barb was deeply passionate about spreading awareness of the symptoms of ovarian cancer. She served on SLOCA's board for about five years, until 2013. She staffed countless health fairs and was a frequent and effective speaker in SLOCA's medical education program, Survivors Teaching Students: Saving Women's Lives®. In

fact, she spoke to medical students just three weeks before she passed away.

Barb spoke about volunteering with SLOCA in the *Teal Talks* newsletter in Spring 2014. "I love to spread the word," she said at the time. "Awareness became my purpose in life even though it's late in life."

She and her daughter, Cindy Becker, were featured in an inspirational video at SLOCA's Living Out Loud Gala in March. It can be viewed at <a href="https://www.sloca.org/gala">www.sloca.org/gala</a>.

In addition to Cindy, survivors include Barb's husband, Robert Platzer; their son and daughter-in-law, James and Heather Platzer; and two grandchildren.

SUSAN, continued from page 2

**Karen:** What are the strengths you bring to this position?

**Susan:** My greatest strength and experience is with donor relations and cultivation of donors. I truly enjoy meeting and educating potential donors and forming relationships.

The skills I acquired in pharmaceutical sales are transferrable to this position. What I enjoyed about my sales career with Merck was the objective: I sold drugs that helped people. The fact that these medications made a difference in people's lives brought me satisfaction and gave the job meaning.

**Karen:** How do you see yourself getting started in your new position?

**Susan:** I will spend the first month soaking in the history of this organization. I am looking forward to meeting with Board members, founding members of SLOCA, and key volunteers. I will be learning all about the programs and events. Of course, I will be hitting the ground running with the September events on the calendar for National Ovarian Cancer Awareness month. And we will want to get started soon in securing sponsorships for our Living Out Loud Gala and Auction.

I am thrilled to be the new Executive Director of SLOCA and look forward to working with you all to further the mission of this important organization.

www.SLOCA.org



Half-marathoners, from left: Corrina Stanfield, Dr. Katherine Fuh and Dr. Andrea Hagemann.

### 50 Walk/Run for SLOCA At GO! St. Louis in April

SLOCA participated this year as a GO! For a Cause charity partner for the GO! St. Louis Marathon & Family Fitness Weekend ®. Team SLOCA, with more than 50 members, participated in the 5K and the half-marathon. Many were survivors or friends or family members of those affected by ovarian cancer.

The members of Team SLOCA represented a wide spectrum of athletic ability, for many this was their first race while others had several finisher medals at home. Participants could choose to walk or run.

In its first year, Team SLOCA raised more than \$10,000!

### 9,000 Grocery Bags Impacting Awareness

The tally is in: Schnucks sold 9,025 reusable shopping bags printed with SLOCA's infographic of the four leading symptoms of ovarian cancer.

The bags were priced at \$1 each and were sold at all Schnucks stores in the metro St. Louis area from January through March. The project represented SLOCA's most ambitious effort to raise awareness of ovarian cancer to a broad cross-section of women here.

The bags are teal and silver and bear the infographic on one side and an image of the Gateway Arch with SLOCA's logo on the other. SLOCA has 975 bags that remain from the 10,000 order.

The bags were promoted with the slogan, "Use One, Share One – Save a Life." The goal is for women to use the bags themselves and share them with women they love in the hope that wider knowledge of the symptoms will lead to earlier diagnosis.

### Race in Hallsville Raises \$10K for SLOCA

The Alpha Eta Iota Chapter of Beta Sigma Phi raised \$10,000 to benefit SLOCA in its Trot to the Tropics 5k in Hallsville, Mo., on April 11. The annual event is held in memory of Mallory Morton, who lost her battle with ovarian cancer last year.

The 5k also included a raffle and fish fry. It raised \$17,000, with

a portion of the proceeds going to fund a scholarship in Mallory's memory at Hallsville High School. Hallsville is northeast of Columbia, Mo.

### Tossing Washers and Spiking Balls for SLOCA

One repeat event and one new one were set to bring out young people for lively and competitive fund-raising events in July.

The inaugural Volley for SLOCA was set for July 18 at Concord Lanes and Recreation Complex in the Concord Village area of south St. Louis County.

Megan Hudson Murray and Jenna Wingenbach put on the sand volleyball tournament to raise money – and awareness – for SLOCA. They formed teams of five to eight players at \$35 per person for play, barbecue and beer. Spectator tickets were also being sold.

The Washing Out with Washers (WOWW) Tournament pitched into its fifth year at Tower Grove Park on July 11. Players paid \$30 each and enjoyed food and beverages from Adam's Smokehouse, Urban Chestnut, Schlafly and Anheuser-Busch. Spectator tickets also were sold. The annual washers tournament is organized by JMJ events.

#### St. Louisans Gave On Give STL Day

SLOCA was in great company for the second annual Give STL Day; 790 St. Louis-based non-profits participated in this national day of giving and raised more than \$2 million. The event is spearheaded locally by the Greater Saint Louis Community Foundation.

This year SLOCA raised \$2,020 through 36 gifts, representing an increase in both dollars raised and number of donors from 2014 when \$1,535 was raised through 34 gifts.

#### Katie's Pizza Raises \$4K and Awareness

Giveback Tuesday at Katie's Pizza & Pasta on June 23 raised \$4,000 for SLOCA and served up a generous dollop of awareness at the same time.

Katie and Ted Collier, owners of the restaurant in Rock Hill, said the event broke an all-time record for their monthly charity fundraiser.

On Giveback Tuesdays the restaurant donates 100 percent of their proceeds to the designated charity. SLOCA was chosen in memory of Ted's mother, Nadia Collier, who succumbed to ovarian cancer.



SLOCA board member Karen Scheible (left) and survivor Mary Lou Loyd enjoying the festivities at Katie's.



Teal T Summer 2

# Changes on the Board



Jannet Dieckgraefe

Jannet Dieckgraefe, a 3-year survivor of ovarian cancer, was elected to the SLOCA Board of Directors as its recording secretary, effective July 1. Two other board members retired on June 30: Carol Nachtweih and Karen Scheible.

Jannet got involved with SLOCA in 2013, a year after being diagnosed with cancer at an early stage. She has volunteered to help with health fairs, the Gala and photography.

She is employed as the finance and office administrator at St. Paul's Evangelical Church.

Jannet replaces Carol Nachtweih, who retired as recording secretary. She'd been actively engaged with SLOCA since 2010, when she lost a sister to the disease. She's worked on the Living Out Loud Gala, coordinated the Christmas card project and staffed health fairs.

Also retiring from the board as Vice President-Development is Karen L. Scheible. Karen represented SLOCA at many fundraising and awareness events over the past couple years. In that position, she was the liaison to the Rise 'n Shine, Yoga for SLOCA committee, worked on the annual Gala & Auction, and initiated SLOCA's first annual giving campaign, 'Take Note, Take Action' in 2013. She facilitated SLOCA's participation in St. Louis' GiveSTL Day the last two Mays, as well as put "Giving Tuesday," a national online giving day, the Tuesday after Thanksgiving, on our calendars.

Karen got involved with SLOCA in 2012 after partnering with it to sell bracelets to raise money for research. She joined its Strategic Planning Committee, and she was elected to the board in 2013.

### Men's Group Gives SLOCA \$5K

The St. Louis Men's Group Against Cancer awarded SLOCA a \$5,000 grant this spring to help pay for the printing of awareness materials that the organization distributes at health fairs, the Working Women's Survival Show, area festivals and corporations' employee fairs.

The St. Louis Men's Group Against Cancer is a non-profit, charitable organization whose purposes include raising funds that are directed to specific cancer-related organizations that focus on research, prevention, and care activities in the St. Louis community.

## Life is Your Journey



From left, Emcee Julie Tristan, SLOCA Board President Lisa Sienkiewicz and Ellen Levine, a board member who chaired the Gala.

*Life Is Your Journey* was the theme of this year's Live It Out Loud Gala and Auction where a sell-out crowd packed the seats on March 28 at the Edward Jones Corporate Headquarters in Des Peres.

More than 360 people attended and took part in lively bidding on glamourous and savory prizes in the silent and live auctions. Scores raised their paddles to make generous cash gifts during the fund-a-need segment. The event raised just under \$140,000 after expenses.

Heather Salsich Lawyer accepted the Teal Spirit Award on behalf of the Salsich family, and she spoke poignantly of losing her mother, Denise Salsich, and sister, Heidi Salsich Hoehn, to the disease. After their deaths, the Salsich family spent several years raising money to fight ovarian cancer. In 2013, they disbanded the Salsich-Hoehn Foundation and donated \$20,000 to SLOCA.

"We're grateful to the 23 sponsors who committed more than \$68,000 for this festive event and to Edward Jones for hosting us for the third year," says Ellen Levine, SLOCA board member and gala chairwoman. "We're pleased to report our operating expenses came in under budget thanks to skillful planning by SLOCA's Community Relations Manager Tabitha Tomko."

The sponsors were: Ameren, World Wide Technology, Graybar Electric, Mercy, Susan and Curtis Finley, Express Scripts, Myriad Genetics, McCarthy Building Companies, Maritz Travel, Edward Jones, EverBank, Siteman Cancer Center, Dr. and Mrs. Kevin O. Easley, Summitt Marketing, Missouri Foundation for Health, Chrysalis Investment Co., St. Luke's Hospital, Nidec, GeneDX, Fox Family Foundation and St. Anthony's Charitable Foundation. One sponsor asked to remain anonymous.

www.SLOCA.or

www.SLOCA.c

Summer 2015

## Donations

The following donations were made to SLOCA Feb. 1 through June 25, 2015, in memory of:

JoAnn Barnes Jodi Notter

**Josephine Bowolak** Patricia Bowolak

Judi Garland Steven Horn

**Dorothy Greathouse** Robert Stone

Judy Henderson Ellyn Henderson

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# Gabriel Group Puts FUN in Fundraising for SLOCA



Gabriel Group, a database and direct marketing company based in Earth City, selected SLOCA as its 2015 Pay-It-Forward recipient in memory of the late Kim Marxkors, an associate who passed away from ovarian cancer in late 2014.

Each year, Gabriel Group makes a donation to charity in honor of its clients in lieu of a traditional Christmas gift. This year's goal is to raise \$10,000 to benefit SLOCA.

Gabriel's 100-plus employees like to put a little FUN in their fundraising efforts. Here's a sampling of what they're doing this year:

- On Dress-Down Wednesdays, associates may wear blue jeans every Wednesday for a \$1 donation.
- The first Thursday of each month is designated Teal Thurs day, when associates are encouraged to raise awareness of ovarian cancer by wearing SLOCA's "Fight Like A Girl" t-shirts or other teal clothing, ribbons and bracelets.
- Bring Your Dog to Work Week.
- Sporting event contests such as a Washers Tournament, monthly raffles, Spring and Fall Happy Hours and potluck lunches.

Kim Marxkors, who battled ovarian cancer for six years, is always at the center of the employees' efforts.

"We were all touched by Kim's strength, zeal for life, positive attitude and determination to live her last six years to the absolute fullest," says Laura Rizzo, an account manager and head of the Pay-It-Forward Committee. "Consequently, when it came time to select our 2015 Pay-It-Forward recipient, choosing SLOCA, an organization that meant so much to Kim, was the clear and unanimous choice."

Continued next column



Kim Marxkors

# \$75K SLOCA Grant Goes To Wash U Researcher



the success of young investigators.

Dr. Katherine Fuh

A \$75,000 grant funded by SLOCA has been awarded by the Foundation for Women's Cancer to Dr. Katherine Fuh, an instructor in gynecologic oncology and researcher at Washington University. Dr. Fuh's research proposal is titled "Functional Genomics of Metastatic Ovarian Cancer."

This is the second time that a SLOCA grant has been awarded to a St. Louis area researcher since SLOCA began funding grants 10 years ago. It is the highest dollar amount that SLOCA has committed to research in one calendar year. Last year's research grant was \$50,000.

Dr. Fuh's proposal was one of 55 submitted for five research awards given out by the Chicago-based FWC. The goal of FWC's grants program is to mentor and accelerate

Nearly all recipients opt for careers as physician-scientists, publish research results in peer-reviewed publications and leverage the FWC grant support to attract other funding.

Dr. Fuh's research is broadly aimed at increasing the survival rate of ovarian cancer. She notes that patients die of metastatic disease that commonly begins at the omentum, which is the covering of the abdominal organs, and often at too young of an age.

"My goal is to identify cancer genes that cause ovarian cancer cells to attach to and invade the omentum," she writes, adding: "Identifying these aggressive genes is the first step towards developing new therapies against ovarian cancer metastasis, and hopefully at an earlier stage than we are currently able to catch this deadly disease."

Dr. Fuh, 37, attended medical school at Georgetown University and did her residency and fellowship at Stanford University. She also earned a Ph.D. in cancer biology from Stanford.

Continued from column 1

Gabriel Group is planning special events in September to mark National Ovarian Cancer Awareness month.

Associates are planning a teal-themed baking contest and a weekly bingo, and they have a team that will participate in the Families ROC Star 5K on September 20.

Since 2008, the Pay-It-Forward initiative has benefited World Vision, Our Little Haven, St. Louis Crisis Nursery and charities in the Dominican Republic, Haiti, Zambia and Mozambique.

The company develops integrated marketing campaigns for clients that include major national nonprofits, financial service institutions, manufacturers and casinos.

You may read more about Kim Marxkors at www.gabrielgroup.com/ourangel.

www.SLOCA.org

Ronald Meyer

Dr. Jerry Meyers

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