

## TEALTALK

2023

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## Denise Nagel Memorial Golf Tournament: A "Tee-rific" Turnout

The second annual Denise Nagel Memorial Golf Tournament was held on July 16th, 2022, at the Forest Park Golf Course. One hundred and fifty-two golfers brought their A-game to support the Nagel Family in raising funds for SLOCA and sold out the tournament for the second year! Golfers enjoyed a four-person scramble with contests for closest to the pin, longest drive, and a hole in one. There were various raffle items including an HP ProBook Laptop and a much-coveted sampler of rare bourbons. The tournament raised \$10,050 to benefit SLOCA. Thank you to the sponsors who helped make the tournament a success including presenting sponsors, Buildingstars International. Additional sponsors included Clarity Quest, JH Concrete Construction, The Chocolate Rooster, and the Medsys Group. This event will sell out once again, register early to secure your spot at the 2023 Golf Tournament scheduled for July 15th. You can also support the tournament by sponsoring a hole or donating a raffle item. Looking "fore"-ward to seeing you there!



Follow Us On Social Media!



# Families Run for Ovarian Cancer

## 16 Years and Still ROC'ing

The 16th annual Families Run for Ovarian Cancer ROC Star 5k and 1-mile Run/Walk took place at Soldier's Memorial on Sunday, October 9th, 2022. The event was attended by more than 1,250 participants who helped raise \$114,000. Y98's Julie Tristan served as the emcee and kicked off the morning honoring survivors of ovarian cancer at the Survivor Ceremony and providing inspiration for the walkers and runners. After the main event, participants enjoyed food and entertainment including donuts by Dunkin' Donuts and music from TKO DJs. Fan favorites Fredbird and Louie joined the party as well as the Bubble Bus to delight participants and their families. This is the largest local event dedicated to honoring survivors of ovarian cancer and supporting them and their loved ones, as well as those in the medical community. A big shoutout to all the walkers, runners, and volunteers who made this event a ROC'ing success!



Also, a huge shoutout to our sponsors who make the event possible. Sponsors included Edward Jones, GSK, Team Aunt Debbie Loves ROC'ers, Myriad Genetics, Brett Palazzolo American Family Insurance, US Bank, Spellman Brady & Company, Merck, and HealthSource Clayton.

**Save the date for the 17th annual Families Run for Ovarian Cancer scheduled for October 8, 2023.** If you can't walk or run, you can still join the fun by volunteering – we are always in need of ROC Stars to help with packet pickup, registration, course support, and more. Let's "ROC" it out of the park in 2023!



# 2022 Living Out Loud Gala & Auction

## Celebrating Twenty Years of Teal

SLOCA's annual Living Out Loud Gala & Auction sponsored by Myriad Genetics took place on Saturday, April 9th at Meadowbrook Country Club in Ballwin. This event celebrated SLOCA's 20th anniversary. SLOCA was founded in 2002 by Christina Carr along with six other courageous women who shared her vision. Since its formation, SLOCA has made a difference in the lives of women and families impacted by this devastating disease. Over 2,000 sister boxes have been delivered to newly diagnosed women in the community, more than \$600,000 has been raised to fund research, and extensive awareness and education initiatives continue to help those fighting this disease.

The celebration hosted 280 supporters who enjoyed a delectable dinner and dessert along with live music from ovarian cancer survivor and R&B soul singer Àngela Winbush. There was an exciting live auction with packages such as the Cardinals Suite Splendor and the Ultimate Blues Experience. There were many coveted raffle items including a Louis Vuitton handbag and a wine raffle featuring more than 30 bottles. Auctioneer and emcee Rene Knott greeted attendees saying, "You are the people that are going to make the difference tonight and over the next year." Gala co-chairs Randalynn Vasel and Deb Hill Jablonski, who are both survivors, spoke about their personal journeys and the importance of SLOCA in advocating for awareness and creating connections for those affected by ovarian cancer.

The Teal Spirit Award was presented to Jon and Alene Becker, longtime supporters of SLOCA. Alene was diagnosed with cancer at a young age and now shares her story to support those fighting the disease and to educate medical students and nurses. She said, "It takes a village and I'm so inspired when I look out and see this village." This dynamic duo has also served on SLOCA's board of directors and finance committee. Survivor speaker, Jen Majzun, inspired with her personal journey battling cancer multiple times since the age of twenty-two. When she was diagnosed with ovarian cancer, she said the Sister Box she received instantly lifted her spirit. She shared that throughout this experience she has learned to trust in herself and her doctors and tries to live her best life.

SLOCA would like to give a shout-out to all the sponsors as well as all the generous supporters who attended the event and helped raise an astonishing \$208,877! The event is SLOCA's largest fundraising event of the year, and your support is so important. **The 2023 Living Out Loud Gala & Auction will take place on Saturday, April 22 at Meadowbrook Country Club. We welcome all supporters of SLOCA to get involved by attending, donating, and volunteering. For more information, visit [sloca.org/gala](https://sloca.org/gala) or reach out to the office at [info@sloca.org](mailto:info@sloca.org). Let's continue spreading the message and supporting those impacted by ovarian cancer!**



# Rosé and Raising Awareness

On a bright and beautiful day in May, more than 2,000 participants strolled the streets of the Central West End with an event passport and walkable wine glass. At each tasting station attendees received a sample of rosé wine and learned how local non-profit organizations, such as SLOCA, support and empower women and girls in the St. Louis area. There was exciting entertainment by local musicians and an abundance of art by regional artists. Businesses and restaurants in the area offered special discounts and donated a portion of sales. The event raised \$1,490 for SLOCA as an official event partner.

2022 was the fourth annual event and SLOCA has participated since the beginning in this walking wine festival coordinated by the Fifty Roses Foundation. This is an annual event that raises both funds and awareness. We'd be tickled pink if you join us next year, be on the lookout for information about Rosé Day 2023!



# Funding Research Advancements

**Siteman Cancer Center Physician-Scientists continue to lead the way in advancing new knowledge in the treatment of ovarian cancer.** The Alvin J. Siteman Cancer Center at Washington University School of Medicine continues to bolster its reputation as one of the country's leading hubs for ovarian cancer research. Thanks in large part to philanthropic support from individuals and groups like SLOCA, the center's ovarian cancer research and treatment team has been better positioned to pursue novel areas of research.

"We continue to be grateful for our longstanding partnership with SLOCA," says Dineo Khabele, MD, Mitchell and Elaine Yanow Professor of Obstetrics & Gynecology, Chair Department of Obstetrics & Gynecology at Washington University School of Medicine. "It is the advocacy and philanthropic investment of private individuals and organizations like SLOCA that positions our program to accelerate the pace of discovery by providing flexible recourses to advance highly promising projects."





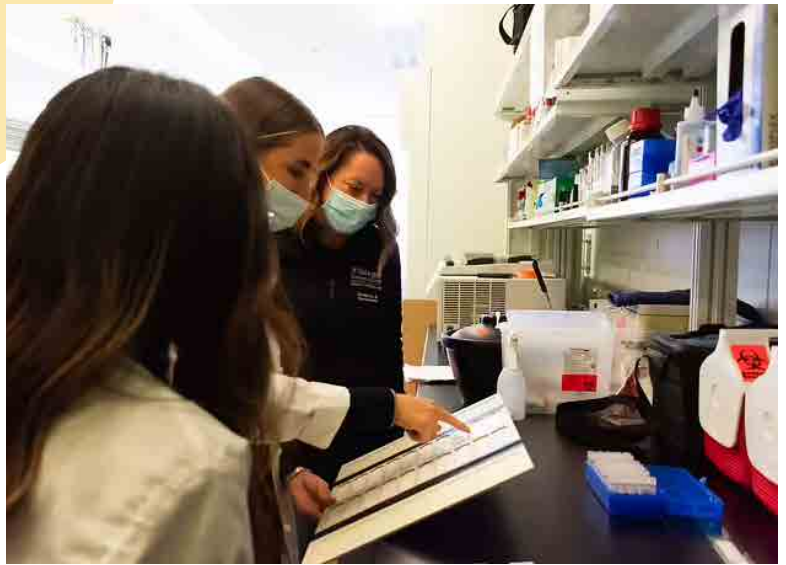
Over the past year, SLOCA funds have helped support the following areas of research:

### **Developing New Treatment Options for Patients with Chemotherapy-Resistant Ovarian Cancer**

Accounting for more deaths than any other cancer of the female reproductive system and affecting more than 22,000 women a year, ovarian cancer has proven difficult to treat patients who no longer respond to chemotherapy. Even immunotherapy within ovarian cancer has had disappointing results, with response rates of only around 10%. With limited treatment options, Siteman researchers currently are looking at the benefits of using combination therapy strategies with PARP inhibitors—a type of targeted cancer therapy. PARP is a type of enzyme involved in several cell functions, including the repair of DNA damage. Suppressing PARP helps keep cancer cells from repairing their damaged DNA, causing cell death. This strategy is being further investigated to improve PARP inhibitor efficacy in order to offer more options to patients who have become chemotherapy-resistant, and to provide protocols with decreased toxicity and fewer of the negative side effects associated with standard chemotherapy.

### **Personalized Medicine and Better Understanding Tumor Genetics**

The future of clinical care is moving towards a more personalized and individualized care based on not only where a tumor is located but also what it looks like under the microscope. Within the gynecologic oncology program at Siteman, we are looking to better understand tumors' molecular profiles and genetic alterations in order to be more precise in directing care for each individual patient. Using tumor samples, Dr. Khabele's and Dr. Maggie Mullen's translational research labs are investigating how DNA damage affects genes and how genes are regulated—or disregulated—in ovarian cancer to improve treatment options while also designing new therapeutic strategies. This has the potential to revolutionize patient care and, in the future, provide an individual the opportunity to partner with their physician in selecting from a panel of treatment options that are equivalent in their effectiveness.



### **Studying the Tumor Microenvironment to Stop the Spread of Gynecologic Cancer**

Until recently, many therapies and approaches to treating cancer have been focused on stopping the growth of tumor cells. This is an important topic, however, there are more critical factors to consider. Due to incredible medical advances, very few gynecologic patients will succumb to the primary tumor. Rather, recent research has shown that the spread of the tumor, or when a tumor moves to other organs in the body, has a profound impact on a patient's chance of survival. How that spread happens is not well understood; however, Matthew Powell, MD, professor and chief of the Division of Gynecologic Oncology at Washington University School of Medicine and his team are leading novel research focused on how tumor cells talk with one another to pinpoint indicators on how they signal to each other to spread. Through this work, 18 new signals have been identified. Two of them already are being used in Phase II and Phase III clinical trials. The hope is that if the signals between the tumor cells can be stopped, then ultimately we will be able to stop the spread of cancer and improve patient outcomes.



# SLOCA in the Community

Each year SLOCA attends community events to help spread awareness of the early warning signs and symptoms of ovarian cancer. For many we encounter, this is their first opportunity to learn more about the disease – including the fact that the Pap test does not screen for ovarian cancer.

In 2022 we were excited to return to some of our favorite community events such as Rosé Day and the Leader Publications Senior Expos as well as explore some new events such as the Urban Expo Back to School & Community Empowerment Festival, the Kimmswick Strawberry Festival, and St. Louis PrideFest.

If you are a part of an event or community group that would welcome a SLOCA booth, please reach out to us at [info@sloca.org](mailto:info@sloca.org) so we can learn more about participating!





# Making an Impact

In addition to raising awareness and funds for research, providing survivor support is an important part of our mission. SLOCA has several programs and initiatives focused on providing support for survivors in our community. Below are overviews of other survivor support programs made possible by your support.

## SLOCA Supports Survivors

In addition to raising awareness and funds for research, providing survivor support is an important part of our mission. SLOCA has several programs and initiatives focused on providing support for survivors in our community. Below are overviews of other survivor support programs made possible by your support.

### Woman to Woman

A cancer diagnosis can be an overwhelming experience. Woman to Woman is a peer-to-peer support program for women diagnosed with ovarian cancer. Woman to Woman pairs newly diagnosed ovarian cancer patients with trained survivor volunteers who provide one-on-one emotional support and mentoring.

Woman to Woman mentor volunteers listen to concerns, provide advice and support, and sometimes, just hold a mentee's hand. Our mentors provide hope, along with the special insights that can only come from someone with their own personal ovarian cancer experience. SLOCA provides training to help mentor volunteers learn active listening, and communication skills. In addition, mentors receive an overview of ovarian cancer and issues associated with it and gain an understanding of their own relationship to their program.

### Together in Teal Patient Need Fund:

The Together in Teal Patient Need Fund provides annual financial support so that women diagnosed with ovarian cancer can focus on the most important thing - healing. If a woman qualifies SLOCA can provide financial assistance to cover expenses such as health insurance premiums, rent or mortgage, insurance, utilities, vehicle payments, telephone payments, and more.

*If you are interested in becoming involved with any of the SLOCA programs above, you can learn more at [sloca.org/programs](http://sloca.org/programs) or reach out to Robyn Hunter at [rhunter@sloca.org](mailto:rhunter@sloca.org) or 314-966-7562. To all of you who are currently volunteering for any of our programs THANK YOU for all you do – because of your involvement we continue to make a difference in our community!*

## Survivors Teaching Students®

As a partner of the national OCRA program, Survivors Teaching Students®, SLOCA volunteers present to healthcare students and residents at various programs throughout our community including SSM Health St. Mary's Hospital, Siteman Cancer Center, Webster University, and Saint Louis University Medical School. Our trained survivor speakers educate the next generation of healthcare providers about ovarian cancer by sharing personal stories of their diagnosis, treatment, and survivorship.



# SLOCA Welcomes New Board Members

In 2022, SLOCA welcomed three new board members:



**Adam Glassl** became involved with SLOCA after his sister, Kristina, lost her courageous battle with ovarian cancer in 2019. To honor her legacy, he hopes to “engage younger generations and amplify the mission of SLOCA in a way that will resonate with them”. His goal is to work with large corporations and help to form education and financial partnerships with SLOCA. He also hopes to build upon the success of many of SLOCA’s fundraising events to raise even more funding in support of SLOCA’s mission.

**Ashley Austin** became involved with SLOCA after she met fellow nurse and board member Donna Dombrowski. She brings 15 years of nursing experience caring for patients with cancer with 11 years directly to women diagnosed with gynecological cancers. Working as a gynecological oncology nurse has demonstrated the need to provide support and resources to this patient population. Her goal is to “increase awareness across all demographics about the signs and symptoms of ovarian cancer”.



**Jen Marks** wanted to get involved at a local level; she had previously volunteered with national ovarian cancer awareness organizations following the death of her mother from the disease in 1993. What impressed Jen most about SLOCA were the highly personalized individual, family, and community-oriented resources, which didn’t seem to be available when her mother was fighting ovarian cancer. Her goal is to leverage her network to continue to push the need for corporate sponsorship of gynecologic-centric organizations. Additionally, Jen would love for younger women to be more aware of the common symptoms and to treat their ovarian health as importantly as they would other aspects of their healthcare journey.

**SLOCA is thrilled to have these new additions to the Board and to continue fulfilling the mission to impact ovarian cancer survivorship in our community. If you are interested in joining the Board or volunteering, reach out to Executive Director, Susan Robben at [info@sloca.org](mailto:info@sloca.org).**



# Raise a Glass: Toasting in Teal Survivor Celebration

The third annual **Toasting in Teal Survivors Celebration Brunch** took place on **November 20, 2022, at the Palladium in downtown St. Louis**. Survivors and their guests enjoyed a decadent brunch buffet along with a Bloody Mary and Mimosa Bar and a themed photo booth. Attendees celebrated and raised a glass to other survivors, caregivers, and loved ones.

Survivors and SLOCA volunteers Joan Gummels and Chontelle Wilson shared their experiences with SLOCA programs; Survivors Teaching Students® and Woman to Woman. As a part of STS Gummels shares her personal experience of diagnosis, treatment, and survivorship with local healthcare students and residents. She encouraged those in attendance to share their stories to provide a human perspective on ovarian cancer with healthcare providers. As a mentor, Wilson, shared her experience being paired with a newly diagnosed woman and helping to provide emotional support and an experienced listener through her diagnosis.

SLOCA Board Member and 2023 Gala Co-Chair, Deb Hill Jablonski, announced details and shared volunteer opportunities for SLOCA's largest fundraiser, the Living Out Loud Gala & Auction. To wrap up the event Saint Louis University's all-female a cappella group, Beyond All Reason, entertained guests with their vocal performance. A big thank you to all who joined us and we look forward to celebrating with you in 2023!

## Volunteer Spotlight Order of the Eastern Star

SLOCA relies heavily on volunteers for events, including the annual Families Run for Ovarian Cancer ROC Star 5k and 1-Mile Run/ Walk. In 2022 we were contacted by Kristy Childs about their organization, the Order of the Eastern Star, volunteering and were ecstatic to have an enthusiastic group of nearly 30 folks join to support the event!

The Order of the Eastern Star (OES) is known as the largest fraternal organization in the world, established in the mid-1800s. Both men and women can participate, OES is an adopted body of the Masonic Fraternity. The local chapter, known as the Harmony Grand Chapter Order of the Eastern Star is comprised of 44 subordinate chapters throughout the state of Missouri – 26 of which are in St. Louis City and County.

OES is a charitable organization by nature, and during the 130th Annual Grand Session in the summer of 2022, Barbara A. Lattimore, who serves as the Grand Worthy Matron (Statewide President) announced her charitable initiatives have cancer of all types at the forefront.

*"With a local membership comprised mainly of women, we naturally gravitated towards SLOCA's Families Run for Ovarian Cancer event when it was presented to us by one of our lead instructors, Kristy Childs," said Grand Public Relations Chair, Shawana C. Mills. "Ovarian cancer is something that is not openly discussed enough. We applaud SLOCA's dedication towards increasing awareness. It is our responsibility and has been an honor to support SLOCA's efforts in spreading awareness to this disease that adversely impact so many of us."*



**We are thankful for the support of Kristy and the entire Order of the Eastern Star organization for their support – if you have a group or organization interested in getting involved, please reach out to us at [info@sloca.org](mailto:info@sloca.org).**

# Mark Your Calendars!



## Living Out Loud Gala & Auction | April 22, 2023

Celebrate SLOCA and supporters at the annual Living Out Loud Gala & Auction. The Gala is SLOCA's largest fundraiser and supports our programs and initiatives. The evening will feature a silent and live auction, cocktail hour, a seated dinner and entertainment from the Red and Black Brass Band. We will also honor our Teal Spirit Award recipients, the Nagel Family, and hear an inspirational speech from our Survivor Speaker, Joan Gummels. Tickets are now available online at [sloca.org](https://sloca.org)



## Cookie Baking for Survivors | September 5, 2023

Join us to bake teal ribbon cookies to be delivered to local GYN/ONC offices and infusion centers to honor National Ovarian Cancer Awareness Month. We will have two volunteer shifts, morning and afternoon at the Dierberg's School of Cooking located in Des Peres. Stay tuned for volunteer sign up information!



## SLOCA Night at Busch Stadium | September 1, 2023

Help us turn Busch Stadium teal at our 22nd annual Ovarian Cancer Awareness Night! Our St. Louis Cardinals will be taking on the Pittsburgh Pirates. Grab your tickets and help us cheer on the home team. Tickets will be available soon online, as always, survivors of ovarian cancer receive a free ticket to this event.



## Teal Toes | September 12th, 2023

Pamper yourself for a good cause at the 10th annual Teal Toes for SLOCA at Nail Pro in Des Peres. Attendees are encouraged to paint their toes teal (not required). Raffles and treats will be provided throughout the day. Teal Toes is organized by friends and family of the late Shawn Blaes, and all funds raised will benefit ovarian cancer research.





## Families Run for Ovarian Cancer ROC Star 5k | October 8, 2023

Participants can register for a 5k run/ walk or a one-mile fun run held in downtown St. Louis. The streets will be filled with more than 1,250 participants in the area's largest event devoted to raising ovarian cancer awareness. The event is family friendly and will include music, visits from Louie and Fredbird and of course the Bubble Bus. All funds raised support crucial ovarian cancer research and ongoing awareness programs locally. Registration will open on May 8, World Ovarian Cancer Day.



## Denise Nagel Memorial Golf Tournament | July 15, 2023

Tee off for the third annual Denise Nagel Memorial Golf Tournament! This scramble style event will be held at Forest Park Golf Course. Registration includes 18 holes of golf, a cart and a catered breakfast and lunch. All proceeds will benefit SLOCA. This event will sell out, register online at [sloca.org/golf](https://sloca.org/golf).



## Toasting in Teal Survivor Celebration Brunch | November 12, 2023

Raise a glass for the 4th annual Toasting in Teal Survivors Celebration Brunch at Palladium St. Louis on Sunday, November 12. Mingle with fellow survivors and caregivers and toast to the inspiring women in attendance. A complimentary brunch buffet will be served along with Bloody Mary and Mimosa bars.



St. Louis Ovarian Cancer Awareness

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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.



### Send 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 in honor of someone.



### Stay in Touch

We publish Teal Talk once a year and send e-mail blasts intermittently. We hope you'll share your e-mail address at **www.sloca.org/newsletters** so that we can stay in touch.

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

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