





Colorado Ovarian Cancer RESOURCE GUIDE

3rd Edition

Presented by

CO colorado ovarian
Ca cancer alliance
www.colorado-ovariancancer.org



The information and listings provided in this guide should not be construed as an endorsement or recommendation by the Colorado Ovarian Cancer Alliance. The content is for informational purposes only. Colorado Ovarian Cancer Alliance does not provide medical advice or endorse providers of medical services.

The information presented in this guide is not intended in any way to be a substitute for medical advice or professional counseling. Please always include your health care providers in any decisions you make regarding changes in nutrition, exercise routine, and before you include complementary, alternative or integrative care into your treatment regimen.

Sources are cited for information, and the descriptions of services are from the websites of those businesses or nonprofits included herein.





Volunteer With Us

Jodi's Race



Jodi's Race For Awareness

Each year COCA celebrates survivors and honors those who have passed at Jodi's Race for Awareness. Participation in Jodi's Race helps provide support to those currently affected by ovarian cancer and raises awareness of the signs and symptoms of this devastating disease. Jodi's Race proceeds benefit the Colorado Ovarian Cancer Alliance (COCA) and was the inspiration of Jodi Brammeier, a Colorado native who lost her fight to ovarian cancer but whose spirit lives on in this race and in the lives she's saved by raising awareness - so more women could start their fight before it's too late.

www.jodisrace.org

Annual Teal Gala



Annual Teal Gala

The Annual Teal Gala is held every September-October to raise funds for COCA's programs. A lively and fun event, we invite the community to join us in celebrating survivors and enjoying an evening of dining and connection.

www.coloro-ovariancancer.org/Teal_Gala

Raise Awareness



Health Fairs and September Awareness

Contact Jeanene Smith, COCA's Volunteer Coordinator
jeanene@coloro-ovariancancer.org 720.971.9436

Raising Awareness of ovarian cancer symptoms is important year-round. In April we attend many 9Health Fairs, and in September, Ovarian Cancer Awareness Month, we turn up the heat! There are many ways you can help raise awareness every day and save a life: email and Facebook; at work and school; in your community; in your neighborhood; and at health fairs. If you would like to help raise awareness about the symptoms of ovarian cancer, please join our efforts to reach the community by volunteering with COCA.

www.coloro-ovariancancer.org/raise-awareness

www.coloro-ovariancancer.org/volunteernow

Share Your Story



Survivors Teaching Students:

Saving Women's Lives® (STS)

"To address the issue of early detection, the Ovarian Cancer Research Fund Alliance [OCRFA] conducts the Survivors Teaching Students: Saving Women's Lives®(STS) program. The goal of the program is to enhance health professional students' understanding of ovarian cancer symptoms and risk factors in order to facilitate earlier diagnosis and detection... STS achieves its goal by bringing ovarian cancer survivors into the classrooms of health professional students. The survivors share their stories and key information on the disease. The program is currently offered to a variety of medical and health professional students—our future diagnosticians—including medical, nurse practitioner, physician assistant and nursing students nationally. The program lasts approximately one hour, during which ovarian cancer survivors deliver crucial messages about the risks and symptoms of ovarian cancer. They also explain appropriate referrals for women suspected of having ovarian cancer."

www.ovariancancer.org/get-involved/survivors-teaching-students-sts/

Survivors Teaching Students



STS in Colorado

Contact Susan at COCA – 720-519-3122,
susan@coloro-ovariancancer.org

COCA, as a partner member of the Ovarian Cancer Research Fund Alliance (OCRFA), presents the Survivors Teaching Students: Saving Women's Lives® (STS) program at the University of Colorado School of Medicine approximately every 6 weeks. Our team of ovarian cancer survivors offers their stories to the medical students with a goal of raising awareness about ovarian cancer among new doctors in Colorado and beyond. The training involves each survivor writing down her story and learning how to present it in 7-10 minutes. COCA provides STS training, and we would love to have you join our team. If you are an ovarian cancer survivor and feel you are ready to talk about your experience, please consider telling your story and getting the word out.

www.coloro-ovariancancer.org/sts

Volunteer Opportunities



Many opportunities

If you are interested in becoming a volunteer with COCA we encourage you to join us. We are a group of dedicated individuals whose lives have been affected by ovarian cancer. We truly want to help. Our needs change frequently. If you register as a volunteer, you will receive a monthly Volunteer Newsletter that includes the latest volunteer needs. We welcome volunteers to help us with many aspects of our important cause. See the webpage for more info and to fill out a volunteer application, or contact us with questions.

www.color-ovariancancer.org/volunteernow

Support Other Survivors



Sometimes helping others is a good way to help oneself. As an ovarian cancer survivor, your experience can be of benefit to someone newly diagnosed, to someone who wants to talk to a fellow survivor or to someone else who is in recurrence. Your participation in helping may truly make a difference in another person's life. If you are an ovarian cancer survivor and feel you are ready to talk about your experience, please consider telling your story and getting the word out.

Become a Mentor: 1-to-1 peer Support Program

720-519-3122 susan@color-ovariancancer.org

The Nicki's Circle 1-to-1 Support Program matches a woman with a new or recurrent diagnosis of ovarian cancer seeking 1-to-1 support with an ovarian cancer survivor from one of COCA's Nicki's Circle support groups. Through this program, Colorado women seeking 1-to-1 support can find a safe peer mentor relationship with a volunteer who understands the experience of an ovarian cancer diagnosis. Volunteer mentors are recruited for this program through Nicki's Circle Support Groups. The volunteer participation

of women who have attended Nicki's Circle is key to this program. They bring a foundation of knowledge and familiarity with both the ovarian cancer experience and COCA programs. Contact us for more information on being matched with a volunteer peer mentor." For more information contact Susan at COCA.

www.color-ovariancancer.org/ncmentors

Attend A Nicki's Circle Support Group

Nick's Circle Support Groups are a powerful place for women diagnosed with ovarian cancer to come together and talk about their experiences. Survivors who have made it through the journey and are willing to share their knowledge with others are a vital part of the group experience. As one group member once said, "You may not need the group, but the group may need you." Please consider joining a Nicki's Circle group and discover how rewarding it can be to help other women as they journey down the path.

www.color-ovariancancer.org/nickiscircle

About COCA



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This Ovarian Cancer Resource Guide is brought to you by Colorado Ovarian Cancer Alliance (COCA). A 501(c)(3) non-profit corporation, COCA was founded in 2005 by a group of determined survivors, dedicated healthcare professionals and inspired volunteers who wanted to make a difference in the fight against ovarian cancer. Today, COCA provides services for ovarian cancer survivors all over Colorado through its Nicki's Circle Support Groups, the Nicki's Circle Peer Mentor Program, COCACares Financial Assistance Program and the Comfort Kit Program. The annual fundraiser, Jodi's Race for Awareness, is a special event that has drawn over 3,000 participants from all over Colorado in a single year, and the Annual Teal Gala has become a successful fall event.

www.color-ovariancancer.org/Who-We-Are

Colorado Ovarian Cancer Alliance



COLORADO OVARIAN CANCER ALLIANCE (COCA)

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The mission of the Colorado Ovarian Cancer Alliance is to promote awareness and early detection of ovarian cancer through advocacy and education while providing support to people affected by ovarian cancer.

www.color-ovariancancer.org