



Coping with Chronic Illness – A Caregiver’s Perspective – by Barb Kruse

The Nov. 22, 2004, seminar had an overwhelming response with survivors and their caregivers.

Barb did an excellent job again for us and gave lots of question-and-answer time.

Highlights

“If you don’t grieve its hard to heal.”

“Set goals.”

“Ignore negative thoughts.”

“There is hope in any situation.”

“Be at peace where you are, till the next step.”

*“Accepting that this is a PART of OUR LIFE,
NOT ALL of OUR LIFE”*

*“Remember strengths get stronger
and weaknesses get weaker.”*

*“Do not underestimate the power
of family communication”*

*“Live as if it were your last day;
it puts things into perspective.”*

“Do not assume – ASK!”

“Learn to accept from family and friends.”

“Don’t sweat the small stuff.”

“Keep a journal, exercise.”

“Join a support group.”

“Find an active listener.”

“Develop and maintain a sense of spirituality.”

“Make peace with imperfection.”

Positive feedback

“My husband and I really enjoyed the seminar. He rarely has an opportunity to share his experience with this disease with people who understand” – Cathy, survivor

“I felt the speaker really brought out more emotions, feelings that some of us do not share. She helped me see that there is more feelings involved in being the caregiver than just, caretaker.” – Michelle, caregiver to mother, Pat.

Thank you Barb for your donated time and wonderful counseling session!

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O.A.K. spreads holiday Cheer – 10 volunteers baked dozens of delicious cookies to be delivered to the Louisville area gynecologic oncology offices and cancer resource centers. Thanks go to all our hardworking O.A.K. volunteers for the greatly appreciated gifts again this year.

Special thanks to Michelle Bibee for the wonderful refreshments she brought to the November and December patient support group meetings.

Contributions 10/1/04 – 12/31/04

In Memory of Mary Cooper	In Memory of Abby Maxwell
<p style="text-align: center;">Norma & James Mills Seymour Reitman Jackie Neumann & Mike Couch Denise Sullivan Corydon Central Jr. High School Joy Stuecker Sandy & Danny Ruzanka Agnes & Joseph Greenwell Cathy Winchester Betty B. Marshall St. Mary's Mixed Doubles Sharon & Steve Zirnheld Selene & Larry Morris Joyce & Glen Grant Cheryl & Jim Eatman Betsy & Robert Lawson Tanya & Gregory Jones Pamela & Larry Maddux John & Verna Allgeier Harry & Theresa Mills Nancy & Earl Spriggs</p>	<p style="text-align: center;">John Maxwell</p> <p style="text-align: center;">In Memory of Judy Morris John & Kimberly Baker</p> <p style="text-align: center;">In Honor of Bonnie Newton Carol Schick</p> <p style="text-align: center;">General Donations GI Joe Unit 244 Auxiliary, Jeffersontown</p> <p style="text-align: center;">In-Kind Gifts Norton Suburban Hospital Advertex, Inc. The O.A.K. Board of Directors</p>

Their strength, courage and grace are to be admired.
We will carry on the fight against ovarian cancer in their names.
We extend our sympathies to their spouses, children, family and friends.

O.A.K. acknowledges with deep appreciation all donations. It is through such generosity that we can continue to reach out to those recently diagnosed gynecologic cancer patients and continue our education commitment for early detection and better survival rates.

Ovarian Cancer Screening Research Program
 Call (800) 766-8279 to schedule your appointment today.
 You may request to be screened in one of these six cities:

Lexington
 Maysville
 Somerset
 Elizabethtown
 Prestonsburg
 Paducah

2004-05
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Norton Cancer Resource Center offers up-to-date information on the prevention and detection of cancer, treatment options and recovery. The Center uses computers, CD ROMs, books, videos, audiotapes, Internet access, seminars and personal attention to give patients and their families the most thorough and up-to-date information.

Specially trained oncology nurses on staff at the center provide personal service and educational counseling to patients and family members looking for answers to their questions and comfort for their fears.

The center offers patients a variety of FREE support options including:

- Massage Therapy
- Art Therapy
- Nutritional counseling
- Wigs/Prosthesis/Turbans
- Lymphedema Prevention
- Music
- Meditation
- Relaxation and Guided Imagery

Because Norton Cancer Resource Center, located in downtown Louisville, strives to provide cancer patients with one comprehensive source for information, we also offers an area-wide, toll-free telephone service that provides patients and their families information, referrals and an extensive array of educational materials. Staffed by a nurse, who specializes in cancer, the toll-free number is (800) 555.6772.

The center sponsors the American Cancer Society's "Look Good. Feel Better" program, a free, national program especially for women undergoing cancer treatment that offers instructions, tips, suggestions and advice for dealing with hair loss and skin, complexion and nail changes, at Norton Cancer Resource Center and Norton Southwest Hospital.

The Norton Suburban Health Resource Center, located in Louisville's East End, also offers all the above free services and has a small library, and educational information (pamphlets, brochures) as well as free educational programs monthly. Call (502) 899-6960 for more details.

It's All in a Name

Underwriting Opportunities Provide a Win-Win Way to Support O.A.K.

O.A.K. is offering named underwriting opportunities to its supporters. We want a very public way of acknowledging our key sponsors and supporters. We can offer our contributors a variety of options and reward them all in a very positive way. Sponsorships can be named for the individual making the contribution, or in memory or in honor of a loved one, and will be noted in O.A.K.'s newsletter, at appropriate events and on our Web site.

Newsletter. **Printing and distribution of quarterly newsletter. Single Edition Sponsor: \$870.**

Special Events. **Pamper Me Day 2006: \$500+**
 National Cancer Survivors Day cookout 2005: \$500+
 Art Gala 2005: \$500+
 Toast to Life dinner 2005: \$500+

Upcoming Events

TBA Informational meeting to set up committees for the Toast to Life dinner; TBA 6 p.m.; everyone's welcome! Please call the office if your interested in helping out.

January 24 Caregivers Support Group Meeting

February 6 Annual Pamper Me Day for GYN cancer survivors; Louisville

March 5 Regency Fine Art Gala; Louisville

April 25 Caregivers Support Group Meeting

April 30 Kentucky Derby Festival miniMarathon; Louisville

May 20 Relay for Life walk; E.P. Tom Sawyer Park; Louisville

June 5 National Cancer Survivors' Day; Family Cookout, Louisville

July 25 Caregivers Support Group Meeting

August 26 Third Annual Toast to Life GYN cancer survivors' dinner and fund-raiser; Louisville

September National Ovarian Cancer Awareness Month

September 8 Ninth Annual Ovarian Cancer Survivors' Retreat; Montana

September 29 Ovarian Cancer National Alliance, annual conference; Atlanta, www.ovariancancer.org

October 24 Caregivers Support Group Meeting

*Please e-mail Jackie at jackieneumann@netzero.com if you are interested in being on the committee for a golf scramble. Another exciting new fund-raiser for O.A.K.

Pamper Me Day – Second annual event is another sold out one. Offered free to GYN cancer survivors. Special thanks to Tranquility Spa & Salon in Middletown for opening on a Sunday just for our ladies.

Regency Fine Art Gala – A Georgia company will be coming in with a live auction with various types, styles, media selections and price ranges. Old Louisville is known for these types of events and O.A.K. is pleased to bring Regency Art Company to Louisville. Check it out at <http://www.regencyfineart.com/> The Spectrum Building in the old Male High School, Old Louisville, Preview 6 p.m. Auction 7 p.m.

Please reserve me _____ tickets at \$10 each for the **Regency Fine Art Gala**.
 Mail my tickets to the below address. Tickets must be shown at the door.
 Enclosed is my check payable to Ovarian Awareness of Kentucky for \$_____.

Name: _____

Address: _____

City, state, Zip: _____

Phone: _____

Please fill out our survey:

Price Range	Art Style	Art Type
Under \$200	Traditional/Impressionist	Decorative Prints
\$200 - \$500	Abstract/Contemporary	Limited Edition Prints
\$500 - \$1000	Sports/Celebrity	Watercolors and Drawings
\$1000 and up	Religious/Inspirational	Original Oil Paintings
	Children/Whimsical	

What special art requests do you have? _____

***Your advance purchase ticket will be entered into a drawing for prize the evening of the gala.**

miniMarathon – Running for a cause – O.A.K. is sponsoring the FORCE team at the Kentucky Derby Festival's miniMarathon on Saturday, April 30. This team includes Dr. Helm from UofL and four other runners. They are raising funds for O.A.K., who in turn will make a donation to the UofL ovarian cancer early screening program. We are very excited to be a part of this wonderful Derby event. www.derbyfestivalmarathon.com We are also blessed by being one of the five official charity partners. Anyone can donate online as part of the entire event's fund-raiser.

FORCE: For Ovarian cancer screening Research Catch it Early!

Relay For Life – O.A.K. team members will walk with our survivors in the 6 p.m. survivors lap and in the caregivers lap. Register by 5:30 p.m. at the survivor’s tent if you are walking to ensure that you receive a special survivor’s medal. O.A.K. team members will walk from 6 to 8 p.m. You may purchase a luminary for \$5 to honor a survivor or in memory of loved one. There will be a 10 p.m. luminary ceremony. Rain or shine!

National Cancer Survivors’ Day cookout – This is a great family event. Survivors come on out and let’s celebrate. O.A.K. will provide the meats, desserts and drinks. Bring a side dish and your lawn chairs. Lunch is at 1 p.m.

Third Annual Toast to Life dinner and silent auction – This event is a big fund-raiser for O.A.K. and includes a silent auction, live entertainment and dinner. It will be a wonderful evening for survivors, caregivers and our all our friends. This year the event is on Friday evening, we hope that everyone can attend.

Stay tuned for event details as they develop, or call the O.A.K. office at (502) 899-6369.

**O v a r i a n A w a r e n e s s o f K e n t u c k y i s p l e a s e d t o a n n o u n c e a
N e w S u p p o r t G r o u p
F o r**

Caregivers

Beginning in January 2005!

There will be a special
Caregivers Support Group Meeting

Every Month

6 to 7 p.m.

Norton Suburban Medical Plaza III
4121 Dutchmans Lane
Suite 108, Room 3

Every **fourth Monday** of each month at 6 p.m.

Norton Suburban Medical Plaza III
4121 Dutchmans Lane

Judith Baker Morris Memorial Scholarship Fund

In memory of Co-Founder, Judy Morris, O.A.K. will once again be sending one lucky ovarian cancer survivor to the 9th Annual Ovarian Cancer Survivor's Retreat at Gold Creek Lodge – Home of Camp Mak-A-Dream just outside of Missoula, Montana.

September 8 – 12, 2005

Camp fee and airline ticket will be covered under the scholarship.

The Ovarian Cancer Survivor's Retreat is a great experience for women who have been diagnosed with ovarian cancer. Camp activities include participating in workshops; listening to guest speakers, enjoying fabulous food, beautiful cabins, fireside chats, great entertainment and group discussions; taking part in art-studio sessions, collecting valuable resource information; making new friends, through a variety of recreational activities and networking. Those who have attended have been strengthened through this wonderful bonding experience with other women who have ovarian cancer.

**Call or e-mail for your application today.
Applications must be received by August 1, 2005**

***Must be a first time visitor to the camp
*Medical care is available during retreat for those still receiving treatment
http://www.campdream.org/adult_retreats.htm**

OverCome - Ovarian Cancer
Get your teal, silicone,
ovarian cancer awareness bracelets now!

There is NO screening test for ovarian cancer.
The PAP Smear does NOT screen for ovarian cancer.
90 percent of all ovarian cancer cases
are late-stage.

\$1 Donation

Proceeds benefit the University of Louisville's ovarian cancer
early screening research program.

To order your bracelets, Call (502) 899-6963.
ADULT and YOUTH sizes are available.
www.ovarianawarenessofky.org

Ovarian Awareness of Kentucky
4121 Dutchmans Lane, Suite 102
Suburban Medical Plaza III
Louisville, KY 40207

Partner-Member:



Until there's a test,
Awareness is Best!