



Responsible Ovarian Awareness Required!



R.O.A.R! Times

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R.O.A.R! on the Floor

Our 3rd Annual R.O.A.R! on the Floor, held at The Valencia on October 22, 2010, was an event that will be remembered for months (hopefully years) to come! Highlights from the event included a buffet dinner provided by The Altland House, live music from the band, "Big City" from Philadelphia, PA, professional photography by Joan Groscoast Photography, a silent auction with wonderful items up for grabs, a wonderful night of dancing and an introductory lesson and pro show provided by Arthur Murray Dance Studio of York. We were pleased to hear positive feedback about the event and will therefore hold this event again!



Fox 43's Kiersten Mathieu, left, who was the emcee, poses with Gloria Walker

We are in the beginning stages of planning the 4th Annual R.O.A.R! on the Floor. Mark your calendar for **Saturday, October 1, 2011** and stay tuned for additional details!



Posing with Elia Lopez are, from left, Dr. Amanda Bittner, Marlena Bittner and Shannon Lopez; granddaughter and daughters of the late Diana Bittner, who lost her battle with ovarian cancer in 2004.



Cindy Door (left) with board member and ovarian cancer survivor, Ann Marie McElwee, Esq. (right)

Special Points of Interest:

- Accomplishments
- Diana Bittner Memorial Lecture
- New Address
- New Board Members
- Reliable Source for Online Information
- Regional Conference in Radnor, PA
- R.O.A.R! on the Floor
- Set The Table Fundraiser
- Speaking Engagement
- Volunteers
- Webinars hosted by Ovarian Cancer National Alliance

Regional Conference in Radnor, Pennsylvania

The Ovarian Cancer National Alliance, based in Washington, D.C. held its first ever regional conference, sponsored by Genentech, at the beautiful Villanova Conference Center in Radnor, Pennsylvania from Friday, November 5, 2010 through Saturday, November 6, 2010. The Alliance was represented by its CEO, Karen Kaplan, MSW, MPH, ScD, its Vice President for Policy and External Affairs, Cara Tenenbaum, Esquire, and Liz White, Director of Events.

R.O.A.R!, Sandy Rollman Ovarian Cancer Foundation, Inc. and Kaleidoscope of Hope were three partner member groups in attendance at this regional conference. R.O.A.R!'s President, Edna Moore, Esq., VP & Treasurer, Marianne Mills, and Secretary, Kelly Helsel attended the conference and are pictured here. Seminars held included Political Advocacy, Working Together at the Local Level, Clinical Trials, Science Update, and Partner Member Training. It was a very worthwhile conference, which we hope is held again next year!



Front Row (left to right) Marianne Mills, Robin Cohen, Alice Martin, Lois Myers
Back row (left to right): Adrianna Way, Edna Moore, Kelly Helsel, Angel Sadowl

“Ovarian
Cancer:
What’s Cool,
What’s Hot,
What’s New,
and
What’s
Not!”

Diana Bittner Memorial Lecture

Mark your calendars for the Diana Bittner Memorial Lecture taking place on **Thursday, April 7, 2011 from 7:45-8:45 a.m.** at York Hospital, 1001 South George Street, York (Medical Education Building) as part of York Hospital’s “Grand Rounds” program.

You might be asking, “What are grand rounds?” Ground rounds are a ritual of medical education and inpatient care, consisting of presenting the

medical problems and treatment of a particular patient to an audience consisting of doctors, residents, and medical students (Wikipedia). Twice annually, R.O.A.R! sponsors Grand Rounds on the topic of, you guessed it, **OVARIAN CANCER!**

Timothy McGuinness, D.O. will be our guest speaker at this event. Dr. McGuinness graduated from Texas College of Osteopathic Medicine and later completed his residency

at York Hospital. He is board certified in gynecologic oncology and gynecology and obstetrics and brings with him a wealth of knowledge about women’s cancers. In addition, Dr. Amanda Bittner, Board Member, will be speaking at this event about her own experiences when her mother was diagnosed with ovarian cancer and later passed away in 2004. If you are interested in attending, please call (717) 668-7723 or send an e-mail to info@ovarianhope.org.

R.O.A.R!’s VP & Treasurer Speaks to Paralegal Association

Ovarian cancer survivor and R.O.A.R! Board Member, Marianne Mills, will be speaking to the York County Paralegal Association on **Wednesday, February 16, 2011 at 12:00 p.m.** at the York County Bar Association, 137 East Market Street, York,

PA. During this lunchtime session, she will present a power point presentation as well as share her personal experience with ovarian cancer in an effort to raise awareness of the signs and symptoms of this often misdiagnosed disease and also to em-

power the attendees to take charge of their own health care.

If you would like to arrange for a speaker for your group, please call us at (717) 668-7723. There is **NO COST** for these educational opportunities!



Year 2010 in Review

WOW! Last year was a monumental year for R.O.A.R! as we addressed the many different growing pains we experienced toward the end of 2009. For starters, we purchased a laptop and shortly thereafter, found a database (and also, “blast mail” program) for use by non-profit organizations, which serves as a central location for important data, including contact information, donor history, etc. In addition,

R.O.A.R! now has a dedicated phone number (717-668-7723), we revamped our website (www.ovarianhope.org) and created a Facebook page (www.facebook.com/ROARinYork). These additions, while obviously kicking us into the 21st century, are helping us accomplish our mission of ovarian cancer awareness. We currently have 143 “friends” on Facebook and we hope that in the coming year,

we can double or triple this number! If you’re not our Facebook “friend,” please log on, “like” us and suggest us to friends. We are not stopping here, though. We are consistently striving to improve our organization and you will see similar impressive changes coming for year, 2011! Keep abreast of current events through our website, Facebook, and quarterly newsletters.

2010



facebook



A Reliable Source for Online Information

Looking for up-to-date and reliable information on the latest news and research concerning ovarian cancer? You might want to consider subscribing to the on-line newsletter, MedlinePlus. MedlinePlus is a free web service maintained by the world's largest medical library, the U.S. National Library of Medicine, which is part of the National Institutes of Health.

Every few weeks, you will receive an e-mail from MedlinePlus with links to articles about your particular area of interest. The articles are summaries from the most respected medical journals in the world and since the site is intended for patients, families and friends, the articles are written in easy to understand terms.

Recent postings included research about early versus

delayed treatment in ovarian cancer relapse, saving lives by focusing research on more effective treatments rather than developing a screening test, and genetic counseling for BRCA1/2 testing. The MedlinePlus web site also includes a medical encyclopedia, medical dictionary and information in Spanish.

To sign up for e-mail updates go to www.nlm.nih.gov/medlineplus/.

“Set The Table” Offers Fundraising Opportunity for Non-Profits

What is “Set The Table”? Do you find yourself struggling for dinner ideas, do you feel like you're eating the same 'ole stuff week after week? Check out Set The Table for a refreshing spin on dinner planning.

From the words of local owner and operator, Yvette Weber: “We want to make your life easier by giving you the ability to conveniently make delicious quality meals without the work, in turn making it easier to bring your family to the dinner table for a fair price. We find delicious recipes, shop for quality ingredients, chop the veggies, and clean up the mess!” Staff can also assemble your meals

and have them ready to pick up (for a nominal fee).

This sounds too good to be true, right? It's not! Yvette's shop is conveniently located in the Village Green Shopping Center at 2300 East Market Street, York.

All you have to do is pick a session time on their website that works for you, select the meals you wish to purchase, and go to the store to assemble or pick up the meals. When you get home, you put meals for the week in the fridge and freeze the rest for later use. It really is as easy as 1-2-3!

To reserve an in-store assembly session or request pre-assembled meals, visit

www.justsetthetable.net, place your order, and type “R.O.A.R! Promotion” in the comments section.

R.O.A.R! will receive a **10% donation** from all orders placed in March and April, 2011 when R.O.A.R! is mentioned, as noted above.



Ovarian Cancer National Alliance's Webinar Series



The Ovarian Cancer National Alliance (OCNA) has launched its **first ever Webinar Series**. This Webinar Series will educate you about a variety of topics including health care reform, science updates and how to be your own best advocate. You will hear from top doctors, experts, legislators and more.

The Webinar Series schedule is:

Thursday, February 10, 2011 at 1:00pm EST
Young Survivors Rock!
 Lindsay Avner, Founder and Executive Director, Bright Pink
 Chana Garcia, advocate, blogger and ovarian cancer survivor

Thursday, February 17, 2011 at 1:00pm EST
Ovarian Cancer - What's Basic? What's New?
 Dr. Robert Coleman, Professor, Department of Gynecologic Oncology, MD Anderson Cancer Center

Wednesday, March 2, 2011 at 1:00pm EST

Getting Involved with Partner Members
 Robin Cohen, OCNA Board Member and Partner Member
 Sue Ellen Moore, OCNA Board Member and Partner Member

Register today at www.ovariancancer.org and contact Amanda Davis, Marketing & Communications Manager, at adavis@ovariancancer.org with questions.





We've moved! Please note our new address:

35 East Philadelphia Street
York, PA 17401
(717) 668-7723
www.ovarianhope.org
www.facebook.com/ROARinYork

Recognize the signs &



Bloating that is persistent
Eating less and feeling fuller
Abdominal pain
Trouble with your bladder

Board of Directors:

President: Edna M. Moore, Esquire
Vice President and Treasurer: Marianne Mills
Secretary: Kelly Helsel, Pa. C.P.
Norma Beyer, M.S., R.N.
Amanda Bittner, M.D.
Julia Feld-Caralle, Esquire
Dan Gilbert
Kiersten Mathieu
Ann Marie McElwee, Esquire
Krista Quickel
Susan Sprague, P.E., CCS
Mary Zeigler, EMT-B

We'd like to announce our newest BOARD MEMBERS and highlight their experiences:

Ann Marie McElwee, Esquire, ovarian cancer survivor of 12 years, brings 25 years of legal experience to our board. She is currently an attorney for Mid Penn Legal Services in York, PA and is excited to be part of our organization. We are happy to have Ann Marie on our board.

Krista Quickel, in her past life (before starting a family) was in charge of fundraising and grants for local non-profit organizations. It is great to have Krista on our board to assist with our grant writing needs and fundraising projects.

Mary Zeigler, EMT-B, is a Client Services Coordinator for Planned Parenthood in York and is also attending York College of Pennsylvania for a degree in business. We are excited about Mary's connections in the medical field and her help on the board!

Thanks to these new members, as well as our existing members, for all of their help and dedication to our organization. We couldn't do it without you!



We are in need of **VOLUNTEERS** who possess the following:

- ◆ Connection with medical professionals who treat gynecologic cancers
- ◆ Desire and willingness to help an organization with a great cause
 - ◆ Event planning experience/willingness to help with events
 - ◆ Name branding/marketing experience
 - ◆ Ovarian cancer patient connections

Please call (717) 668-7723 or e-mail us at info@ovarianhope.org if you are interested in a volunteer opportunity with R.O.A.R!

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35 East Philadelphia Street
York, PA 17401
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