

The Scoop From Rhonda's Club

October 2009

Dear Supporter,

We have devoted this issue of the Scoop to raise awareness of the unique opportunity offered by the Gynecologic Cancer Awareness Movement Weekend, November 6-8.

We are working with the Gynecologic Cancer Foundation (GCF) and the Ovarian Cancer National Alliance (OCNA) to make this weekend a huge success and we need your help.

First, the GCF is offering **survivor education** courses for ovarian, cervical, and endometrial cancers. The GCF has enlisted national experts as speakers. The sessions are free and advanced registration is required. We encourage you to attend the course of interest to you.

Second, join our Rhonda's Club team in the **Race to End Women's Cancer** in a 1mile walk, 5K run, or half marathon (as an individual runner or part of a relay team). Register at <http://www.gcfrace.com/registration.html> for the event that best fits your abilities. Make sure that you identify yourself as a member of the Rhonda's Club team. Once you have registered for the race with GCF, visit our website at www.rhondasclub.org to sign up for our Rhonda's Club team. [Note: while we refer to Rhonda's Club, we are working with OCNA to have a joint team.]

Third, volunteer to help GCF with registration, race course duties, photography, and other tasks. You can register to volunteer with Mike Schaffer at mschaffer@bwfcom.com.

Fourth, support the Rhonda's Club Team. As a partner in the Gynecologic Cancer Awareness Movement and Race to End Women's Cancer, we are able to use this event to support our work in the Washington Capital Area. You can donate online at www.rhondasclub.org OR send a check payable to Rhonda's Club at P.O. Box 12504, Arlington, VA 22219. Please make a note on your check that you are supporting our team.

Don't Miss This Event!

Gynecologic Cancer Awareness Movement Weekend – Nov. 6-8, Washington, DC!

Friday, November 6 – Continuing Medical Education courses for physicians

Saturday, November 7 – **All-day concurrent survivor education courses for each gynecologic cancer: ovarian, cervical and endometrial cancers.** Each course will be held from 9 am until 4 pm, at the Mandarin Oriental Hotel in Washington, DC. At 4 pm, a reception for all participants will be held. These courses are free, but registration is required: go to www.wcn.org for more information.

Sunday, November 8 – **The Race To End Women's Cancer**, a 1mile walk, 5K Run, and half marathon, through the streets of Washington, DC. There will be an SGO/GCF Surgeons Team running...and a Rhonda's Club/OCNA team, too! Following the race, there will be a celebration, including a performance by Dr. Larry Maxwell's all-gynecologic oncologist band, N.E.D.!

Rhonda's Club is working with the GCF and Dr. Maxwell and we are full participants in this spectacular event on behalf of raising awareness of gynecologic cancers.

In this issue of the Scoop, we are providing you with a draft letter to send to your friends and a support sheet to gather donations for our Rhonda's Club Team.

Please call Paige Whitaker at 703.346.3893, if you want more details.

Fifth, spread the word. Ask your friends, family, and colleagues to join in promoting the Gynecologic Cancer Awareness weekend and the work of OGCC/Rhonda's Club. In this issue, you will find a support sheet to sign up contributors, as well as a draft letter to gather support.

We hope that you will join the Race to End Women's Cancer!

If you want to know more, please contact us at 703-346-3893.

Sincerely,

Paige Whitaker
Chair, Board of Directors

OGCC's Medical Advisory Board

The Medical Advisory Board consists of gynecologic oncologists and other medical experts who are involved with the treatment of and/or research on gynecologic cancers. The Board provides expert advice and assistance to the organization on matters of medical importance.

Medical Advisory Board

Margaret N. Alexander, M.D.
Deborah Armstrong, M.D.
Minna Manalo Bacarra, MSN, CRNP
James F. Barter, M.D.
Charles R. Boice, M.D.
Jonathan A. Cosin, M.D.
John H. Farley, M.D.
Hans-B. Krebs, M.D.
John C. Elkas, M.D.
Jeffrey Y. Lin, M.D.
Larry Maxwell, M.D.

VOLUNTEER OPPORTUNITIES: SOMETHING FOR EVERYONE!

OGCC's Survivors Teaching Students Program

brings trained ovarian cancer survivors and caregivers to speak with medical students throughout the Greater Washington and Baltimore area.

For more information about the program, please contact Fran Stolusky at warren.fran@verizon.net or call 301-299-9369.

We Get By With A Little Help From Our Friends...

Like many all-volunteer organizations, OGCC/Rhonda's Club relies on capable volunteers like **you** to help us fulfill our mission and execute our many programs. Right now we need volunteer help as follows:

- **Fundraising** -- do you have some fundraising skills – and a little time to advise Rhonda's Club on ways to improve our capabilities in this critical area? If so, we need you!
- **Outreach** – We need volunteers to get out awareness messages at health fairs and other forums
- **Join the DC Health Champions Committee to spread awareness in medically underserved communities.** Contact Ann Mason, co-Director of the Program at 703-856 2365.

To learn more about these needs and to volunteer, please contact Paige Whitaker at Paige88@gmail.com. You'll be joining a great group of women who are committed to working to spread symptom awareness and to find a cure for ovarian and other gynecologic cancers!

Neighborhood Health Champions Bringing Cancer Awareness to DC's Ward 7

Through a grant from the DC Cancer Consortium (DCCC), Rhonda's Club and In My Sister's Care are partnering with the residents and organizations of Ward 7 in Washington, DC to increase reproductive health and cancer awareness throughout the ward.

With funding from DCCC's Community Grant, OGCC/Rhonda's Club and In My Sister's Care have recruited, trained and empowered a grassroots organization, DC Health Champions, to spread health messages in Ward 7, a much-underserved section of the city with more than 70,000 residents and no hospital.

Over the last year, the project team met each month for an educational session with wonderful volunteers, culminating in several special events in September. On September 2, the Champions sponsored a community event at Ophelia Egypt Program Center during which master story teller, Vera Oye Yaa Anna energized the attendees with her engaging and animated stories. Dr. Ysaye Barnwell, director of Sweet Honey in the Rock had the audience on their feet singing in 4-part harmony. "It was an amazing event and I was so blessed that my neighbors and friends turned out to support us," said Heather Ampoto-Anti, Coordinator of the Teal Event.

On September 26, the Champions sponsored a day long community event in partnership with the Kimball Elementary School. The day started with a walk and fitness program, followed by a health fair, arts and crafts, and entertainment from leading DC musicians. "We are so energized with the positive response from Ward 7," said Mary Jackson Scroggins, co-Director of the program and Ward 7 resident. "Our Champions are reaching out to church leaders, neighborhood organizations, friends and neighbors," added Nadine Cager, Coordinator of the Champions.



The Scoop From Rhonda's Club

Editor: Susan Lowell Butler
Communications Committee: Ann Mason

The information contained in this newsletter mailing or any enclosure contained herein, should not be considered a substitute for the opinion of a qualified health care provider. OGCC/Rhonda's Club does not recommend or guarantee any product mentioned in this newsletter. Please use this information to assist you in obtaining further information and in making your own health care decisions.

Draft Letter to send to friends, family, and colleagues. Please tailor to suit your taste.

Dear Friends (or Family),

Every seven minutes a woman in America is diagnosed with a cancer of her reproductive system. I am (a friend of, a family member of) one of those women. I personally know the challenges of (ovarian, cervical, endometrial) cancer. As a result of this life changing experience, I dream of a day when these cancers no longer threaten me or my family and friends.

On Sunday, November 8, 2009, I will be participating in the Gynecologic Cancer Foundation's **Race to End Women's Cancer** in Washington, D.C. I plan on running (or walking) along with other women, men and children who care so deeply that women's gynecologic cancers be cured. I will be part of the team from **Rhonda's Club**, the organization for gynecologic cancer awareness in the DC Capital Area and the **Ovarian Cancer National Alliance**, our national organization. Rhonda's Club works so that all gynecologic cancers will be diagnosed early and women will have access to quality medical information and effective treatments that cure.

So I write to ask for your support for these great organizations: the Gynecologic Cancer Foundation, which represents physicians, gynecologic oncologists, who work tirelessly beside women as they face the unspeakable challenges to overcome these cancers and Rhonda's Club the organization who works in our local metro area to raise public awareness of symptoms, educate survivors and medical professionals and support research to improve quality of life.

You can join me in several ways.

1. **Join Rhonda's Club team.** Register as a member of the Rhonda's Club team at <http://www.gcftrace.com/registration.html>; then, register your support at [Rhonda's Club](#).
2. **Support Rhonda's Club team** online at www.rhondasclub.org OR send a check payable to Rhonda's Club at P.O. Box 12504, Arlington, VA 22219. Please make a note on your check that you are supporting our team.
3. **Support the cause by sending an email or note to your family, friends, and coworkers.** Encourage them to join in the Race to End Women's Cancer by supporting Rhonda's Club team through a tax deductible donation to Rhonda's Club. Please go online to www.rhondasclub.org and click on "support for Rhonda's Club team" OR send a check payable to Rhonda's Club at P.O. Box 12504, Arlington, VA 22219.

A heartfelt thank you for your support!

About Us

OGCC/Rhonda's Club was founded in 1997 by ovarian and gynecologic cancer survivors.

Mission

OGCC/Rhonda's Club works so that all gynecologic cancers will be diagnosed at early stages, and women will have access to quality medical information and care and ultimately, a cure.

Our programs include:

**Teal Class: Survivors Training Students
Survivor Education
Symptom Awareness / Public Outreach**

OGCC/Rhonda's Club Board

L. Paige Whitaker, Chair	JoAnn Symons, Vice Chair
Clare Donelan	Mary Jackson Scroggins
Binnie Fry	Ann M. Mason
Patricia A. Goldman	Patricia Teck Seggerman
Susan Lowell Butler	Fran Stolusky
Erika Lunder	Susan Yaffe-Oziel

The Scoop From Rhonda's Club

Ovarian & Gynecologic Cancer Coalition/Rhonda's Club
P.O. Box 12504, Arlington VA 22219
(703) 346-3893
www.cancer-ovarian.org

OGCC/Rhonda's Club is a not-for-profit 501(c)(3) public charity. We are a founding and active partner-member of the Ovarian Cancer National Alliance.

Contributions are tax deductible to the fullest extent allowed by law.

OGCC's Tax Identification Number is 54-2004729