

# Teal ARMy Update



ARM YOURSELF AGAINST OVARIAN CANCER

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### From the Editor:

As a member the Anne Rita Monahan Foundation, a grassroots non-profit foundation focused on raising funds to support ovarian cancer research, I am proud to share with you the 1st edition of our quarterly newsletter. Thank you for your support of the Teal ARMy!

Breanne Menth, Editor

### Get Involved:

We are currently looking for help with ticket and table sales, fundraising, and outreach. Anyone with interest is encouraged to attend a planning meeting. The meetings are held in the home of one of our committee members in north central phoenix.

Upcoming Meetings:  
Monday, July 8 at 6pm  
Monday, August 5 at 6pm  
Monday, August 19 at 6pm

If you are interested in volunteering, e-mail us at [AnneRitaMonahan@gmail.com](mailto:AnneRitaMonahan@gmail.com)

## 5<sup>th</sup> Annual Tea for Teal: September 28, 2013

The 5th annual Tea for Teal will be held on Saturday, September 28, from 2-5 p.m. at the Doubletree resort by Hilton in Scottsdale. Upon arrival, guests will be welcomed by a champagne reception featuring a silent auction, raffle, and a hat contest.

During the traditional English tea, we will serve to a savory assortment of finger sandwiches, fresh baked scones, and delightful petite desserts.

Tea for Teal proceeds benefit an ovarian cancer research study currently underway at the Translational Genomics Research Institute (TGen). To date, through the generosity of our supporters, the ARM



Foundation has donated \$105,000 to fund this research and we need your support to continue the momentum and complete this important study!

All tickets include a complimentary glass of champagne and raffle ticket. Tables, event tickets, and raffle tickets table can be purchased

online:  
[www.AnneRitaMonahan.org](http://www.AnneRitaMonahan.org)

### Event Ticket Prices

Individual:	\$70
(\$65 before 9/1)	
Table of 8:	\$500
Table of 10:	\$600

Ovarian Cancer  
It Whispers,  
So Listen  
Support the  
Teal **ARMy**

## Raising Awareness

The Anne Rita Monahan Foundation is excited to announce the opening of the 2013 scholarship application process.

The Undergraduate Scholarship provides \$1,000 to a student studying Biological Sciences, Health and Wellness, Biotechnology, Biomedical Sciences

and/or Life Sciences at one of the Arizona universities and is interested in pursuing a career in cancer-related research. The Graduate Scholarship provide s \$2,000 to a student who is currently seeking a Masters or Doctoral degree in Biological Sciences, Health and Wellness, Biotechnology,

Biomedical Sciences and/or Life Sciences at one of the Arizona universities.

For more information about the scholarship criteria and application, visit:

[www.anneritamohan.org/scholarship/](http://www.anneritamohan.org/scholarship/).

**Application deadline:**  
Friday, August 28th

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## 4<sup>th</sup> Annual Crusader Award Nominations Open

The ARM foundation is currently seeking nominations for an outstanding ovarian cancer crusader to honor at this year's Tea for Teal.

The Anne Rita Monahan Crusader Award recognizes a cancer crusader who has made contributions for cancer awareness and has displayed determination and perseverance in their journey.

The nominee **does not** have to be a person with ovarian cancer. The award can go to a relative or friend who has a special journey or experience related to ovarian cancer.

Honorees will be chosen based on the following criteria:

- Story of a special/unique cancer journey/experience
- Display of volunteerism

for cancer awareness and the community

- Role model for other cancer crusaders and/or community
- Determination and perseverance

### **Past Honorees**

Julie Westhoff (2010)  
Dr. David Silver (2011)  
Annette Mattern (2012)

Nomination forms can be downloaded at:  
[www.AnneRitaMonahan.org](http://www.AnneRitaMonahan.org).

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## Raising Awareness

Angelina Jolie recently had a preventative double mastectomy after learning she had inherited the gene responsible for an increased risk of developing breast and ovarian cancer, BRCA1. This has produced a so-called "Angelina effect" for genetic oncologists who are experiencing a higher

than usual level of interest in their work. Jolie has taken bold and courageous steps to save her health further down the line. As Dr. Hilda at the Sydney Adventist Hospital has claimed, "Angelina Jolie has done a huge social service". She has become a role model for women who

were perhaps too scared to get further screening or take brave, preventative measures. We are thankful for strong women like Jolie! To learn more about the BRCA 1 and BRCA 2 genes, and their connection to breast and ovarian cancer, visit [www.cancer.gov](http://www.cancer.gov).

### **Board of Directors:**

Jennifer Graves, President  
Richard Corley, Treasurer  
Rachel Busch, Director  
Cathleen Tetreault, Director  
Lyle Frederickson, Director  
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## National Cancer Survivors Day

June 2 was National Cancer Survivors' Day. Millions of people around the nation came together to celebrate the defeat of cancer within their community. The Anne Rita Monahan Foundation was founded on September 1, 2007 to join the nation in a fight against ovarian cancer in honor of a heroic fighter, Anne. Anne lost her battle on May 13, 2009 but the foundation

lives on to educate women in our community of the warnings signs of ovarian cancer. Through education, the foundation aims to raise awareness within the community of ovarian cancer signs and symptoms so that the prevalence of misdiagnosis may decrease.

### **COMMON SIGNS:**

Difficulty with eating or feeling full quickly; Urinary symptoms "urgency or frequency"; Pressure or pain in the abdomen, pelvis; back or legs; A swollen or bloated abdomen

### **LESS COMMON SYMPTOMS:**

Nausea, indigestion, gas, constipation or diarrhea; Excessive fatigue continually; Shortness of breath; Unusual vaginal bleeding (heavy periods, bleeding after menopause)