

Just call it a **Brave Shave**

Gail Johnston • Staff Writer

Tenaciously Teal is a Bethany owned Non-Profit organization specializing in helping those who have been diagnosed with ovarian cancer. Tarah Warren, founder of Tenaciously Teal, has walked her own path with ovarian cancer and has seen first-hand what those battling with cancer need and want.

In a world where cancer affects millions, most of us have knowledge of someone who is either in the midst of a battle or has come to know the strength it takes to fight cancer. “Fighting cancer is both a physical and mental battle that is hard to fully understand until you come face to face with its’ treatment”, says Warren.

Tenaciously Teal’s founder, Tarah Warren, was diagnosed with Stage IV Ovarian Cancer in the fall of 2012. Though filled with the determination to fight, she soon began to realize just how much strength it would take to maintain the tenacity to overcome a cancer diagnosis. During Tarah’s recovery from her second surgery to remove cancer, she walked the halls to maintain her mobility, but as she struggled through the pain, she found something that hurt more. She saw others who were hurting, and realized they weren’t just hurting, they were suffering. Everyone on the cancer floor of the hospital was suffering, but the difference was some rooms were stark, and had no visitors; these patients were lone soldiers in the toughest fight of

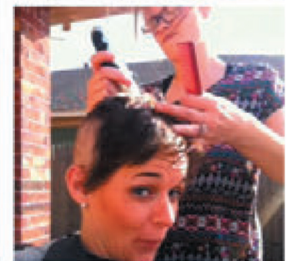
their lives.

Care packs, gas and meal cards, and the newly announced Brave Shave parties are all ways Tenaciously Teal helps meet the needs of those fighting cancer.

The idea for the Brave Shave parties originated from Warren’s mothers

experience with cancer and came full circle when Warren herself faced what could be a traumatic experience of hair loss. She decided to be proactive and take matters into her own hands. She shaved her hair off before it started falling out and the idea to help other women do the same was born.

“A Brave Shave is a private party where a hairstylist, salon space, and hor d’ oeuvres are provided to women facing hair loss to cancer treatment”, said Warren. “The party is a way for women to tackle this difficult aspect of treatment with courage, and in the company of



Provided

Tarah Warren, shown above during her own “Brave Shave Party” knows all to well the anxieties that come with a cancer diagnosis.

their family and friends.”

Tenaciously Teal is partnering with Raylyn Taylor Salon in Oklahoma City to provide the Brave Shave parties. Warren chose this particular venue because the salon has a more homey feel and is an eclectic shabby chic set-up without a salon feel. The events are meant to feel elegant and are tailored to each individuals needs.

The ultimate goal of Tenaciously Teal is “to provide support patients need when fighting cancer.” For more information about Tenaciously Teal or to help support their efforts, visit www.tteal.org.

OKC Awesome Foundation awards first \$1,000 grant

Gail Johnston
Staff Writer

Tenaciously Teal, a non-profit organization committed to supporting individuals and families throughout a cancer diagnosis and treatment, was awarded the first \$1,000 grant from the Trustees of Oklahoma City's newest micro-philanthropic group OKC Awesome.

The Trustees presented their cash award to Tarah Warren of Tenaciously Teal who provides encouragement, support, and Cancer Care Packs filled with day-to-day items. It was created during Warren's own fight with cancer, when she was diagnosed with Stage IV cancer at 29. Despite her own struggle, she found

something that hurt more.

"While I walked the hallways to maintain my own strength, I was in awe of the number of people around me grappling with the terms of their own cancer diagnosis," says Warren. "So many were fighting with little support or strength for the battle, which is when I became determined to spread hope to patients in an impactful way."

Warren started bringing care packages during her chemo sessions. And what began with 10 care packages grew into 1,000 care packages and \$4,000 gas/meal cards in 2014 alone. But Warren and Tenaciously Teal aren't just stopping there. They are now tackling new initiatives to help fighters, including Brave Shave parties that provide support and dignity for women shaving their head, campaigns that encourage people to "fight like a girl," and a new partnership with Veterans Affairs to help veterans fighting their next heroic battle.

"We were just so impressed



Provided

Tarah Warren, shown with trustees of OKC Awesome Foundation, is the most recent winner of a \$1,000 grant for her work

by what Tarah was able to accomplish," says Andrew Hwang, OKC Awesome Trustee and attorney at Riggs/Abney. "Her ability to help a large number of people, build a strong brand, and create a product with meaningful good made a huge impact on us."

A Cancer Care Pack takes around \$6.00 to produce, so OKC Awesome will create at least 160 packages for cancer fighters.

Currently, Tenaciously Teal provides care packages to 5 different treatment centers around the metro. Last year, Tenaciously Teal donated \$2500 worth of gas cards to Stephenson Cancer Center in Oklahoma City. The gas cards

only go to those with extenuating circumstances. Warren said the need for gas cards is so great that the cards were donated in July and the Center is already out of them. Her hope is to match the gas cards (or exceed it) this year.

But the trustees are also hoping for so much more: to drive all Oklahomans to give to the campaign that directly funds Tenaciously Teal. The challenge is now in the hands of all Oklahomans to help cancer fighters. The crowd campaign is now open to the public to create even more care packs. To donate go to <http://www.newanthropy.com/campaigns/50>

75 Cents



Tenaciously Teal

Jenna Mariani
Associate Editor

Tenacious (te-na-cious)
adj.: holding or tending to hold persistently to something, such as a point of view.

If anyone knows the meaning of tenacious, it's Tarah Warren. Only 29 years old when she was diagnosed with Stage IV Ovarian Cancer in November 2012, Tarah has endured aggressive Intraperitoneal chemotherapy, had two major surgeries and undergone a full hysterectomy since then.

Even now she counts down her chemo treatments until she can reach a "no chemo status." However, it isn't her cancer that defines her- it is how she's battled it that sets her apart.

"I work for child welfare, and before my diagnosis I used to go to homes of families that were having problems ... and I just saw a lot of hardship," Tarah explained. "After my diagnosis I saw people still struggling with some

of those same hardships, but with cancer on top of it all."

Those in pain around her inspired Tarah to reach out, and what started as just handing out some of her flower arrangements to other patients transformed into something much bigger: Tenaciously Teal.

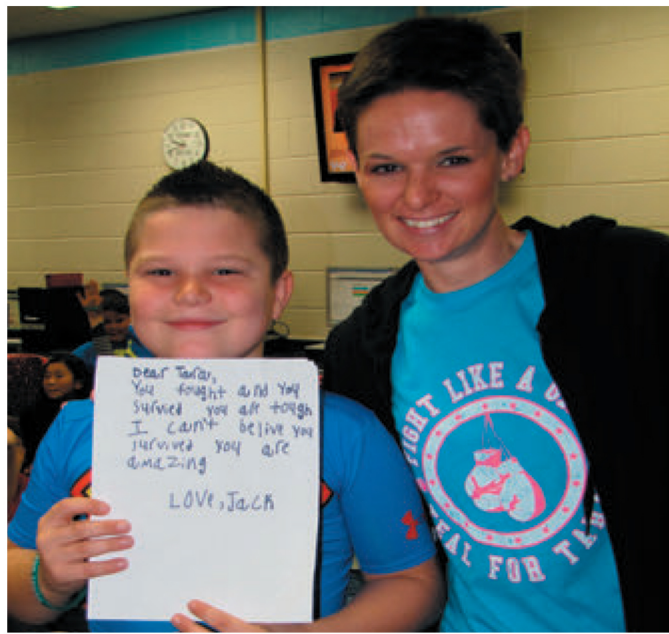
Named after the tenacity it takes to battle cancer and the color which represents ovarian cancer awareness, it became a way of thinking as much as an actual organization. Tenaciously Teal became Tarah's way of helping those around her.

"I started putting together

"We are so proud of how you have graciously, courageously and tenaciously clung to the light of Christ during the darkness of your illness. You have chosen to focus on the suffering of others rather than yourself! I am proud to have you as a big sister."

Andrea Mosshart
Sister

care packages for other patients that I would take with me when I went to my chemo sessions," Tarah said. "I realized that they



Provided

Tarah stands with Jack, a fifth grade Bethany Elementary School student, who wrote her a letter after learning about Tenaciously Teal and her battle with cancer.

didn't necessarily need flowers, so I started putting together things that I was using, or heard about other people using."

Her care packages included things like mints,

are receiving treatment.

"Chemo is a really hard place to go. You have an option, but you really don't at the same time because you are fighting for your life," she said. "It's just really hard to go and to be there and to have someone come along and give you something ... it's a blessing."

Every 21 days, which is how often Tarah has to go back in for her own chemo infusion, she brings new care packages to the center and distributes them with

help from her two sisters, mother and grandmother.

Please see **Teal**,
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hand sanitizer, Cheeze Its, note pads, a bottle of Gatorade and a handwritten note - all things that she hopes help the others who