



# KCL Voice

September 2014 Volume 1, Issue 3

## Inside this issue:

Hot Seat for HOPE 2014 honoring Coach Joe B. Hall

BRA Day 2014  
Learn. Laugh. Live.

Carla Cares :  
Winter Vegetable Chili

Colon Cancer Screening  
Matters

In their own words...

Spotlight Volunteer

## Summer is Gone again!



Greetings from the Executive Director:

What a busy summer we have had here at Kentucky CancerLink! We have certainly ramped up our services with the April expansion of our mission to include all cancer patients in need of support. We are working hard to streamline our navigation programs and allow for more comprehensive and targeted services.

We are celebrating our summer successes! Our first golf scramble was a great success, providing an entertaining afternoon and much needed funding to help cancer patients. Again, this year we received grants from the Fayette County Health Department for our Colon Screening F.I.T. test, Breast Cancer Research and Trust Funds, Susan G. Komen Lexington Affiliate, Steele-Reese Foundation and Lexington Urban County Government. Without their financial support our mission would not be possible.

As we settle back from the fading tans, vacation memories and school shopping, we are looking ahead with new energy and a fabulous team to continue our work. Check out our upcoming "Hot Seat for Hope" and BRA Day Learn. Laugh. Live. events. They both promise a good time and support for a good cause!

Until the next issue,

*Vicki Blevins-Booth*

## A special thanks to our partners:



## UPCOMING EVENTS!



Presented by:  
**UKHealthCare**

Join us on **Thursday, October 2, 2014** at the Marriott Griffin Gate in Lexington, KY to attend our 3rd annual Hot Seat for HOPE event! This year we honor **Coach Joe B. Hall!** Our emcee is UK Great Jack "Goose" Givens and Roasters/Toasters include Terry McBryer, Coach Denny Crum, Ben Chandler and other special guests! Tickets are \$100 (includes dinner). Visit [www.kycancerlink.org](http://www.kycancerlink.org) more information and to purchase tickets. Space is limited! Don't delay!!!



Presented by:



**BAPTIST HEALTH**

## BRA Day 2014 Learn. Laugh. Live.

Join us on **Thursday, October 16, 2014** at the Embassy Suites in Lexington, KY for a fabulous evening to celebrate the "BRAve Faces" of breast cancer. There will be a **FREE** educational portion for the public from 4:00-5:30 pm covering topics such as Emotional Wellness, Reconstruction Awareness and Breast Surgery Comparisons. Tickets for the evening celebration include: Registration/ Cocktail Hour from 5:30 to 6:30 pm and event from 6:30 to 9:30 pm. Prices are \$60 (\$40 for breast cancer survivors). There will be dinner, a silent auction, fashion show by Embry's Fashions, comedy and inspiration! Visit [www.kycancerlink.org](http://www.kycancerlink.org) for more information and ticket purchase.



**Carla Washnock, RD, LD is a Patient Navigator at KCL. She is a Registered and Licensed Dietician and graduate from the University of Kentucky.**

### Dates to remember:

**10/2:** Hot Seat for HOPE 2014

**10/11:** Kentucky CancerLink 5K Fun Run in Morgan County

**10/16:** BRA Day Learn. Laugh. Live.

**10/18:** Juniper Hill Ladies Golf Club Breast Cancer Scramble

**10/24 & 10/25:** Bluegrass Pickleball Club and Winchester YMCA Doubles Tournament to benefit Kentucky CancerLink

**11/3:** GoodGiving Challenge BEGINS!!!

## Carla Cares:

As we approach Autumn, I love to start thinking about one of my favorite food groups: soup! I know it may not be a real food group, but I can't get enough of it when the temperature starts dropping. Here is a recipe for one of my favorites:

### Winter Vegetable Chili

- 4 T olive oil
- 1 butternut squash, peeled and cubed
- 2 medium carrots
- 1 medium onion
- 3 T chili powder
- 1 - 28 ounce can plum tomatoes
- 1 - 4 ounce can green chilies (part of the original recipe, I never use them)
- 1 cup vegetable broth (I use chicken broth)
- 2 cans black beans

Brown squash in 2T olive oil. Remove squash. In remaining 2T olive oil, saute carrots, onions, and chili powder. Add tomatoes, chilies, broth and squash. Simmer until vegetables are tender. Add black beans and cook a little longer.

This recipe adapts well. I rarely measure anymore because the size of the squash can vary greatly and I may feel the need to add a little more broth, beans or seasoning.

Nutrition Facts: Beans are rich in protein, fiber and folate. Fiber may help reduce the risk of colon cancer and folate may reduce the risk of pancreatic cancer.

Butternut squash is a beauty. This gem is rich in vitamin A and C, high in fiber, potassium and carotenoids which can act as an antioxidant or convert to Vitamin A. You'll also find lutein which helps protect the eyes.

Enjoy!

*Carla*



**August 16, 2014**

### Workout for HOPE

Special thanks to Noland Fitness for hosting Workout for HOPE benefiting Kentucky CancerLink! It was a fun and challenging workout that raised enough funds to provide gas cards for 3 cancer patients in treatment!

Thanks to all that came out to sweat to support our mission!



**July 30, 2014 Smoke-Free Kentucky Rally**

From July 28 to August 2, a special Smoke-Free Kentucky van crossed the Commonwealth gathering support and declaring 2015 as the year for a comprehensive, smoke-free Kentucky workplace law. KCL Staff attended the rally at University of Kentucky's Markey Cancer Center. The rally was also attended by State Representative Susan Westrum (pictured). Dr. Mark Evers was honored that day with an award for his dedication and support.



**July 14, 2014 Kentucky CancerLink 1st Annual Golf Scramble**

**Presented by: Family Wealth Group**

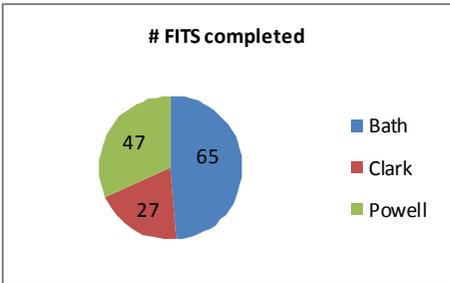
We had a great turnout at the 1st Annual Golf Scramble at Spring Valley Golf Club! It was well attended with 96 golfers! We appreciate the support of various sponsors, most notably Family Wealth Group, DeMoisey Law Office, DoubleStar, WLEX and Phoenix Business Systems. Thanks so much to Jim Schneider, Dan Schneider, Jimmy Masters and Dottie's Catering for their hospitality! Save the date for the 2nd Annual on April 27, 2015!! Pictured (left to right) David Reed, Jack Givens, Jim Raque and Fox DeMoisey.

## Kentucky CancerLink Screens Neighbors for Colon Cancer

### Colon Cancer Screening Matters!!

#### May and June 2014 - 139 Kentuckians screened: 2 Cancers Found

A quick demonstration project was performed, through the Kentucky Colon Cancer Screening Program along with a partnership with the Lexington-Fayette County Health Department. Flyers, newspaper ads and radio spots were created to advertise free colon cancer screenings (FIT kits, also known as Fecal Immunochemical Test) to age-appropriate individuals residing in Powell, Bath and Clark Counties. These counties all have higher rates of colon cancer when compared to national and state averages, according to the Kentucky Cancer Registry.



Participants were encouraged to call Kentucky CancerLink where the enrollment and eligibility form was completed and then dates for the patients to pick up their FIT Kits were scheduled in partnership with their respective local health departments. The chart above illustrates the number of people screened in each county. Of the 139 people screened, there were 16 positive results indicating that a colonoscopy was recommended. Those patients were encouraged to gain clearance through their primary care physician and obtain a colonoscopy for further testing. So far two of the 16 patients have reported being treated for colon cancer after receiving a colonoscopy as a result of this test. KCL plans to follow-up to ensure further diagnostic testing is completed and to discover the results of the colonoscopies performed on the patients with the positive FIT. KCL presented in Frankfort on July 17th to the Colon Cancer Advisory Committee on the results to-date. KCL hopes to gain future opportunities to reach more Kentucky counties with this very helpful screening tool.



### Spotlight Volunteer: Caroline Washnock

Originally from Greenville, SC, Caroline graduated from Centre College in 2014 with a History degree. She was a member of the swim team and very active in Kappa Kappa Gamma. She volunteered at Kentucky CancerLink 2-3 times per week and was extremely helpful with organization and patient services. Since the end of summer, she has begun a job with Kappa Kappa Gamma as a traveling leadership representative. She will have the opportunity to see the country and support the Kappa Kappa Gamma Collegiate Chapters. The staff at Kentucky CancerLink wishes Caroline all the very best, and we are so very grateful for her commitment to help our mission!

### In their own words...

Thank you so much for the gas card. It is "so" appreciated. I cannot pay back or donate at this time - but rest assured we will "Pay It Forward." You met a need at a time when our needs are so many. Again, thank you. -- Joseph and Betty

Thank you so very much for your care and support and all you have done for me. This is a very small "thank you" and I could never repay all you have done for me. What big hearts and a wonderful outreach all of you have and do. Thanks. - Anonymous

I wouldn't have this brace if it wasn't for you all. You have always been there for me. Thank you so much. -- Deborah

Thank you so much for helping me out. I appreciate everything that you have done to help me. -- S.G.

### CONTACT US!

Kentucky CancerLink  
 2425 Regency Rd. Ste. B  
 Lexington, KY 40503  
 859.309.1700  
 or Toll Free 877.597.4655  
 www.kycancerlink.org



Like us on Facebook!  
**Kentucky CancerLink**



Follow us on Twitter!  
**kycancerlink**

