



# KCL Voice

Issue 4

November 2014



## Greetings from the Executive Director:

### "Count Your Blessings"

Fall is the perfect time for reflection. At Kentucky CancerLink we are blessed to have many volunteers, dedicated staff and community partners, along with generous individual donors.

We are fortunate to have several streams of income that allow us to "keep the lights on" and provide many Kentuckians fighting cancer with financial support, but there is never enough! We always have a waiting list for gas cards and requests from many for help with utilities, medications and other personal needs. The need is overwhelming!

I encourage you to jot down your blessings. I did! I was amazed by how many things I take for granted until I am challenged to actually write them down. On a personal note, my top three are faith, family and friends.

You can become a supporter (a blessing) for our mission by participating in the **Good Giving Challenge**. The challenge begins Monday, November 3 through December 12. More information is listed in the newsletter. You will make an impact with your gift!

Giving back is a two-way blessing!

Happy Thanksgiving!

Vicki Blevins-Booth

## Amazon Smile

### Shop for the holidays AND give back!

Go to [www.smile.amazon.com](http://www.smile.amazon.com) and select **Kentucky CancerLink** as the organization you would like to support. A percentage of eligible purchases will go to KCL. Amazon Prime members receive the same benefits.



## Kentucky CancerLink Stats:

### Since January 1, 2014:

Quantity of Services: 2737

Number of clients: 1306

(avg. 2.10 services per client)

Counties served: 101

Gas cards provided: 895

Number of gas card clients: 425 (avg. 2.11 services per client)

Counties served: 91

### Transportation assistance is our biggest request!

KCL is currently looking for businesses or individuals interested in becoming a Transportation Sponsor!

Visit our website ([www.kycancerlink.org](http://www.kycancerlink.org)) for more details on benefits of becoming a Transportation Sponsor.

## Good Giving Challenge



The Good Giving Campaign began November 3, 2014! During the campaign there will be opportunities to give at a time where your donation can be matched. **Stay tuned** for emails and

information on Kentucky CancerLink social media (Facebook, Twitter and Instagram)! Please challenge your family and friends to match your gift!

Visit <https://www.bggives.org/health/kentucky-cancerlink-inc-formerly-kentucky-pink-connection-inc>

It's easy! We appreciate YOU!!

## Kroger Community Rewards

### Support KCL's mission at your local grocery store!

We are pleased to be a part of the Kroger Community Rewards program.

Visit [www.kroger.com/communityrewards](http://www.kroger.com/communityrewards) to register your Kroger card. The ID# for Kentucky CancerLink is 49630.

Thank you!



## Carla's Corner

**Carla Washnock, RD,  
LD, KCL Patient  
Navigator**

Pumpkin flavors and smells are all around us. Pumpkin is an excellent source of Vitamin A and a good source of Vitamin C, fiber, magnesium and potassium. These are all essential nutrients for a healthy and happy body. Add a few tablespoons of pumpkin (with a dash of pumpkin pie spice) to oatmeal for a breakfast treat. Store leftover pumpkin in the refrigerator.

Be sure to throw on a scarf and enjoy the cooler days or evenings for a brisk walk. And while you're indoors be sure to spend a little more time in the kitchen. I'm a firm believer that when you cook from scratch and put a little of your heart and soul into what you put in your mouth, even a sweet treat from time to time is just fine.

Happy Eating!

*Carla*

Visit Carla's Corner on [www.kycancerlink.org](http://www.kycancerlink.org) for delicious recipe ideas!

### STAY CONNECTED!



Kentucky CancerLink



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## Meet our Intern:

**Kate Benyo, University of Kentucky**

Kate is a Crestwood, Kentucky native and fifth year student at the University of Kentucky. She is pursuing a degree in Communications. She is a great help to Kentucky CancerLink and will be providing support during the Good Giving Challenge in the coming month. Thank you, Kate for your dedication, cheerful attitude and willingness to support the KCL mission!

## In their own words:

*"I would like to thank Kentucky CancerLink for their help and guidance. The information and resources allowed me to endure my diagnosis. Some of the programs such as assisting with transportation to and from doctor appointments and various screenings and help with mastectomy supplies enables me to take treatments and get the much needed rest with a lot less stress. Bless you for the help you give to many that need it." - Alberta*

*"Thank you to Kentucky CancerLink for helping me with gas cards to help me get back and forth to the doctor. This frees up my monies so that I'm able to fill my prescriptions and/or doctor copays. You have been there to help with I thought things were hopeless." - Marsha W.*

## Past Events

Kentucky CancerLink has been very busy these past few months, particularly in October! We refer to it as "Rock-tober!" KCL is extremely fortunate to have had 2 successful events as well as several community partners put together 3rd party events to raise money on our behalf. Here is a list of the events that took place. Please visit [www.kycancerlink.org](http://www.kycancerlink.org) and go to **News and Events (Past Events)** to see an overview of each event as well as pictures. If you'd like to host a third party event, please contact our office at **859.309.1700**.

- **Paint the Town Pink—Benton Woman's Club**
- **Hot Seat for HOPE roasting/toasting Coach Joe B. Hall**
- **Morgan County 5K benefiting Kentucky CancerLink**
- **BRA (Breast Reconstruction Awareness) Day Learn. Laugh. Live.**
- **Calvert City Pink Ribbon Walk**
- **Juniper Hills Ladies Golf Club Scramble—Swing Fore A Cure**
- **Bluegrass Pickleball Club Tournament**

THANK YOU AGAIN FOR ALL WHO PARTICIPATED AND WORKED HARD TO RAISE FUNDS FOR KCL!!

## Kentucky CancerLink

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