



KCL Voice

Issue 5

January 2015



BAPTIST HEALTH



Message from the Executive Director:

Happy New Year!

2015 has arrived! As the New Year dawns, everyone here at Kentucky CancerLink is filled with new hopes and expectations for the coming year.

Looking back at 2014, we are very proud that with many supporters we were able to assist **1492 Kentuckians**. Many of them were in need of life-saving cancer screenings, transportation to treatment and other needs brought on by the terrible news, "You have cancer."

The decision by our Board in April 2014 to expand our mission to serve all cancer patients was a large leap of faith. Since April 2014, our client base has increased 40 percent. The need is great and we continue to work hard to eliminate barriers that many cancer patients struggle with daily.

Our success has been made possible by our committed supporters. I am personally grateful for the grantors, sponsors, community business and individual donors who continue to support the mission of Kentucky CancerLink. I appreciate your contribution to our success this year.

I pray that 2015 brings in health, happiness and success to your and yours!

Cheers!

Vicki Blevins-Booth

Kentucky CancerLink Stats:

2014 End of Year Report:

Quantity of Services: 3252

Number of clients: 1492 (avg. 2.18 services per client)

Counties served: 102

Gas cards provided: 1158

Number of gas card clients: 512 (avg. 2.26 services per client)

Counties served: 93

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) for more details on benefits of becoming a Transportation Sponsor.



Go to 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. (0.5% of the amount of the item is donated directly to Kentucky CancerLink). What an easy way to give back!

Kroger Community Rewards

Support our mission at your local grocery store!

Visit www.kroger.com/communityrewards to register your Kroger card. **The ID# for Kentucky CancerLink is 49630.**



Kentucky CancerLink supports the efforts of Smoke-Free Kentucky. If you need more information about quitting smoking, please visit www.quitnowkentucky.org or call **1-800-QUIT NOW (1-800-784-8669)**. Please join the KCL staff, along with other Smoke-Free Kentucky Supporters on Wednesday, 2/11/15, at the State Capitol to demand that smoke-free legislation passes in 2015! Register by 2/2/15 at www.bit.ly/sfkylobbyday.



Carla's Corner

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

Happy New Year! The past year has been a good one for me and I hope you all made some good memories in 2014. I pray you are all starting this New Year with hope and anticipation for what 2015 brings.

New Year's Resolutions are often made in the hope of making huge changes by the end of January, but I believe that the smaller, more realistic goals are what stick and ultimately end up being permanent. I've read some interesting statistics lately that gave me inspiration for this column.

A study in the UK revealed that in one week you had a opportunity to watch 434.5 hours of cooking shows! That's 18 days worth of Rachel Ray and Emeril Lagasse in one week! A study by the Organization for Economic Cooperation and Development (a group of 34, mostly Western countries) showed that we spend the least amount of time cooking and that included our time spent microwaving! We were also third from the lowest in times we spent actually eating, but the highest in obesity. We cook and we eat fast, but it's not doing us any favors when it comes to our health.

My thought for you is to make the New Year's Resolution to take time. If you never eat at home, resolve to cook at home and eat one meal a week at home. If you live alone, invite a neighbor over. If you already eat at home, resolved to spend an extra 10 minutes at the table. I know this is a challenge to cook from (mostly) scratch, but I believe you're up to the challenge and the pay-off is worth it. Take a little time to enjoy your food and those with whom you share it.

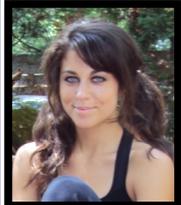
Happy Eating!

Carla



Meet Auraemil Tatiana Quinonez (Tatiana)

Tatiana has been assisting Kentucky CancerLink since the end of November 2014. With her language skills and medical background, she meets a major need by easily communicating with our Spanish-speaking clients. Since living in the United States with her husband, she has received additional linguistic and medical training, including medical interpreter training, HIV/AIDS professional education and other related courses offered by the state of Kentucky, local community colleges, the Fayette County School system, and the South Eastern Medical Interpreter Association. We are very thankful to have her expertise and language abilities to add to the services KCL offers to Kentuckians.



Rebecca Noland RN, RBT, CIMI, BAS of Noland Fitness
www.nolandfitness.net

Success tips for making positive changes in your life!

Pick one. You are much more likely to create lifestyle changes if you keep the "overwhelm factor" under control. Choose one specific area that you would like to change and focus on that area for a few weeks before adding on.

Start small. Set a goal and then break it down into manageable chunks. Big goals are reached one step at a time!

Plan for roadblocks. Anticipate rough times and have a strategy in place to deal with it.

Make it visual. Get a large calendar and place a big, red 'X' every day you are successful in your new habit. A visual cue of your past success will motivate you!

Be clear on your "why." Spend some time thinking about why you want to create a new habit. What attracts you to it? How will your life change when you reach your goal? What are the consequences of not reaching it?

The good news is that while the old habit circuitry in your brain will never go away, you can add new circuits that will eventually become as strong as the old ones. When this happens, you will not have just made and kept a New Year's Resolution, rather you will have **changed your life.**

Rebecca's free gift to YOU! Go to: www.nolandfitness.net/freegift! Enjoy a free Cookbook and Smoothie Guide. Visit www.nolandfitness.net/newyears for the full article.

In their own words:

"I've had so many financial burdens, I can't even begin to explain; but I am so thankful for your help. It really made a difference and always came just as I needed it. Thank you all sincerely from the bottom of my heart, I truly appreciate it! God Bless!" — Diana C.



Kentucky CancerLink



@kycancerlink



KENTUCKY_CANCER_LINK



Past Events

After a VERY busy October, Kentucky CancerLink declared November “No Event November!” We did, however have the opportunity to do several great outreach events that helped us grow as a team, opened new doors and spent time cultivating current community relationships. Visit www.kycancerlink.org and go to **Past Events** for summary and pictures!

Mamm’s Day Out (Markey Cancer Center)

Keeneland Thanksgiving Outreach

Christmas for Keeneland Kids (with community partner, Family Wealth Group: The Safe Retirement Specialists)

Exciting times ahead in 2015!



3/21/15: This will be the 3rd Mamm’s Day Out event, partnering with UK HealthCare Markey Cancer Center. We are currently scheduling appointments for uninsured women needing screening mammograms or insured women for which a Saturday appointment is more convenient. Call **859.309.1700** to speak to a KCL Patient Navigator to schedule an appointment.



4/27/15: We are returning to the beautiful Spring Valley Golf Club (2300 Sandersville Road Lexington, KY 40511) for the 2nd Annual KCL Golf Scramble. Register at: www.kclgolfsramble.eventbrite.com

Lunch/Registration: 11:30 am

Shotgun Start: 1:00 pm

Team registration: \$400



5/31/2014: Join us for a fun, family-friendly afternoon race and enjoy the beautiful scenery of Keeneland in the spring. 5K Walk/Run followed by 1 mile “Little Brave Faces” Fun Run for kids. We look forward to honoring all cancers by celebrating survivors, remembering those taken too soon and encouraging family members, friends and others affected by a cancer diagnosis. We hope to see you there! The race will be chip timed by 3 Way Racing. Visit kycancerlink.org for the link to register. You will find it on the home page.

Sponsorships are available for the KCL Golf Scramble and Brave Faces of Cancer 5K events. The mission of Kentucky CancerLink would not be possible without the generous support of community partners. For more information about 2015 Sponsorship Levels, please contact Melissa Karrer, Community Relations, at 859.309.1700 or email: melissak@kycancerlink.org. Thank you!!

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