



# KCL Voice

Issue 6

April 2015



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## Message from the Executive Director:

Dear Friends,

Winter is gone and spring is here! Spring is my favorite time of the year! I love being able to enjoy the outdoors, plant flowers, run, spring clean (not really, but a must) and get lots of sunshine (Vitamin D).

I am filled with joy and pride when I think of the incredible teamwork that took place at KCL this winter. Despite all the snow, ice and cold temperatures, we have been working feverishly to organize our fundraising events, schedule free mammogram screenings, process in-home colon testing kits (over 400 sent out state-wide in March) and respond to 10-15 cancer patients daily in need of support.

"Teamwork makes the dream work!"

It is energizing to serve alongside thoughtful and dedicated staff, board members and volunteers. Together we inspire each other and do what is best to continue our mission. **Believe me, the best is yet to come!!**

Happy Spring!

Vicki Blevins-Booth



## Kentucky CancerLink Fiscal Year Stats:

**April 1, 2014 — March 31, 2015**

**Quantity of Services: 4515**

**Number of clients: 2211 (avg. 2.04 services per client)**

**Counties served: 107 (avg. 42.20 services per county)**

**Gas cards (\$25) provided: 1586**

**Number of gas card clients: 670 (avg. 2.37 per client)**

**Counties served: 100 (avg. 15.86 services per county)**

**Effective April 1, 2015, the Kentucky CancerLink Gas Card Program has changed.** You must meet the following eligibility requirements to receive the card:

- Maximum of four (4) cards in a twelve-month period**
- One card per month**
- You must be receiving cancer treatment:**
  - Surgery, chemotherapy or radiation treatment
  - Medical appointments directly related to cancer treatment
- Household income must be at or below 250% Poverty Level Guidelines.**

**Transportation assistance to cancer-related appointments is our number one request!**

## Meet our intern: Candy Brunk



Candy is a Senior at Eastern Kentucky University working on a degree in Public Health. She also works as a Licensed Massage Therapist at the Lexington Healing Arts Academy and has advanced training in Oncology Massage. She will complete her degree in May and will be looking into Graduate School options. Candy has been an excellent addition to the KCL team and has been instrumental in our colon cancer outreach campaign. She also has worked very well with patient navigation. KCL is so thankful for the opportunity to work with Candy!

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## Carla's Corner

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

Spring is here! It's a beautiful season in Kentucky with so many reasons to be full of hope for a new season. Time to start planning summer vacations, enjoy the blooming trees and flowers, and for foodies like me to start thinking of fresh veggies and Farmer's Markets! My husband likes to think of grilling and I enjoy thinking about the fruits of his labor.

The Farmer's Market in Lexington is a top-notch tradition in the Bluegrass. I know many smaller communities have their own local farmer's market as well. If you have a little free time on Saturday morning, search out the one that is close to you. It's a great atmosphere, very lively with people chatting over asparagus. The produce is usually, but not always, local. But even if the produce is from Georgia or South Carolina, the person at the market is most likely local and I'm happy to support their business.

If the Farmer's Market isn't convenient or enjoyable for you, I'd like to encourage you to try your hand at a little bit of gardening. Start small: you don't need to turn your entire backyard into peas and lettuce, but most of us have a little plot of grass that you can turn into a "gardenette." I get a lot of pleasure out of going into my backyard to gather just enough lettuce to use for my family dinner. We learn something new every year and while my lettuce and kale look great, my broccoli heads have yet to get bigger than a tennis ball. We'll keep trying, though.... I love broccolini!

Enjoy this season and Happy Eating!

Carla



## Community Chatter!

### Learn what's going on in the Health Community



Elizabeth Reilly received her Master of Science in Genetic Counseling degree from the University of Cincinnati. She is a member of the National Society of Genetic Counselors.

### Genetic Counseling for Hereditary Cancer Predispositions FAQs

#### Q: Who should see a Cancer Genetic Counselor?

**A:** Only about 5-10% of all cancer is thought to be hereditary, therefore most individuals with cancer do not have a hereditary cancer predisposition. However, there are some red flags to look for that could indicate the possibility of a hereditary cancer predisposition:

#### You have been diagnosed with:

- Young cancer (less than 50),
- Ovarian cancer at any age, a rare cancer (i.e. male breast cancer), more than one primary cancer (cancer beginning in two different places in your body).

#### You have a family history of:

- Two or more family members on the same side of the family with the same type of cancer—especially if one was diagnosed before age 50
- A family member has been diagnosed with a rare cancer
- You have a family history of cancer and are a member of an at risk population, i.e. Ashkenazi Jewish
- A family member has been diagnosed with a hereditary cancer predisposition.

#### Q: How can I get the most out of my genetic counseling appointment?

**A:** During a genetic counseling appointment, your genetic counselor will ask some questions about each one of your close family members (siblings, children, parents, grandparents, aunts/uncles, first-cousins). It is very helpful for you to know the following information about each one of your family members:

- Age of death
- If they were diagnosed with cancer:
  - What type of cancer did they have? (for example: breast, colon)
  - How old were they when the cancer was first identified?
- If a family member has had genetic testing:
  - What was the result of their genetic test? (for example: positive, negative or inconclusive). It is also helpful to try to obtain a copy of your family member's test report.

For more of this interview, please visit [www.kycancerlink.org](http://www.kycancerlink.org) and go to the **Community Chatter** page. Thank you!

# MARK YOUR CALENDAR FOR THESE EXCITING EVENTS!

For information on event sponsor opportunities, please contact  
**Melissa Karrer, Community Relations, at melissak@kycancerlink.org or call 859.309.1700**  
 We appreciate our Community Partners!



**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. **Call Melissa Karrer, 859.309.1700 for team registration availability.** You can register with us via check or by credit card.

Lunch/Registration: 11:30 am

Shotgun Start: 1:00 pm

Team registration: \$400

Mulligan packages available the day of the scramble. Prizes for 1st, 2nd, 5th, 10th and last places.



**5/31/2015:** Join us for a fun, family-friendly afternoon race and enjoy the beautiful scenery of Keeneland in the spring. 5K starts at 1:30 pm, with a 1 mile Fun Run/Walk immediately following at 1:35 pm.

We look forward to honor 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](http://kycancerlink.org) for the link to register. You will find it on the home page.

## We are celebrating our recent 2015-16 Grant Awards!!



Breast Cancer Research and Education Trust Fund



Susan G. Komen - Lexington Affiliate



Susan G. Komen - Louisville Affiliate

We are grateful for the support of these wonderful organizations! Grants are a main source of funding for our organization. We look forward to assisting breast cancer patients in Kentucky through our **Pink Connection Program**.

## COLON CANCER SCREENING “DREAM TEAM”

Pictured below (left to right): Whitney Ramey, Kate Twycross, Shawn Young, Candy Brunk



**Insure Brush Kits provided (March): 475**

**Number of Counties Served: 44**

Kentucky CancerLink has been so blessed to have these amazing interns and volunteers helping us in the office and throughout the community for the past several weeks. During March KCL participated in another great outreach project for colon cancer screening, in partnership with the Lexington-Fayette Health Department, and the timing of the arrival of this group at KCL was perfect. It has been such a gift to have these talented women with us. This superb team helped many Kentuckians obtain

colon cancer screenings. Their combined work effort, organizational and interpersonal skills are exceptional, and their dedication of the mission of KCL to reduce barriers to screening, diagnosis and treatment of cancer was heart-warming to us all and also appreciated by our clients and community partners.

### In their own words . . .

You are doing wonderful providing a gas card, because I have to drive from Paducah to Nashville for my cancer appointments. Thanks and keep up the good work! God Bless!

I just want to say thank you for all you do for me and everybody else. You are a great program when I am in need during this hard time trying to beat cancer. God Bless!

### List of cancers Kentucky CancerLink has provided support for since the mission expansion on April 2014:

Breast	Colon	Lung	Ovarian	Cervical	Uterine	Tonsil	Liver	Chondrosarcoma
Bone	Stomach	Non-Hodgkins	Lymphoma	Oral	Multiple Myeloma	Hodgkins Lymphoma		Testicular
Esophageal	Throat	Tongue	Prostate	Pancreatic	Bladder	Rectal	Endometrial	Brain
Malignant Melanoma	Gall Bladder	Vulva	Acute Myeloid Leukemia		T-Cell Lymphoma			
Metastatic Melanoma	Pituitary	Adenoma	Basal Cell-Skin	Thyroid	Melanoma	Head	Neck	
Gioblastoma	Nose	Mouth	Myelogenous Leukemia	Kidney	Renal Cell Carcinoma	Larynx		
			Lobular Carcinoma		Carcinoid			

### Cancer Awareness Calendar:

April: Head and Neck Cancer, Testicular Cancer, Esophageal

May: Melanoma and Skin Cancer, Brain Cancer

June: National Survivor's Month (Stay tuned for some exciting news about a Proclamation from our Governor!)

### Stay Connected!



Kentucky CancerLink



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