



KCL Voice

Issue 8

October 2015



Message from the Executive Director:

It's Fall Y'all!

Have you started to notice the signs of Fall? Football, Keeneland, community festivals and a crispness in the air. And if you are like me, you are probably looking forward to bundling up in your coziest UK sweater (ok, or UofL), sipping hot chocolate, sinking your teeth into that perfect apple and enjoying the colors of autumn.

Fall is one of the busiest times of year for everyone at KCL. We are invited to participate in numerous healthcare outreach events, speaking engagements and cancer screenings. We are everywhere! (check out KCL Chatter for bi-weekly updates)

This fall will be especially exciting for our staff, board and volunteers. We are honored to have the opportunity to host **Mr. Frank Sinatra, Jr.** at our **"Century of Sinatra"** event at **Hill 'N' Dale Farm** on October 29th. I hope you have secured your ticket because it's going to be amazing!!

Fundraising is a labor of love that continues fall, winter, spring and summer here at KCL. It's critical for our programs that provide support for cancer patients throughout Kentucky.

Happy Autumn,

Vicki Blevins-Booth



A little Chatter in between the quarterly Voice!

Be sure to read our new bi-weekly KCL Chatter! It's a great way to stay up-to-date on Kentucky CancerLink statistics, volunteer opportunities and MORE!

We don't want to fill up your inbox too much, but want to be sure you know how hard we are working for Kentuckians in need of screening or need assistance after a cancer diagnosis. To subscribe, email Melissa Karrer, melissak@kycancerlink.org

Kentucky CancerLink Stats:

April 1, 2015 (fiscal year) — October 1, 2015

Quantity of Services: 2163

Number of clients: 1259

Counties served: 100

In their own words . . .

"I only get \$355.00 in SSI Benefits. If you didn't help me with gas, I wouldn't have been able to make my doctor's appointments. God bless you." A.S

"There were times that I would not have gotten to my appointments. Thank you so very much!" K.R.

Freedom From Smoking

On October 14, the Kentucky CancerLink staff will be attending a certification to become Freedom From Smoking facilitators. With this certification we will be able to provide Kentuckians with tools and education for smoking cessation, including offering classes and one-on-one assistance.

The KCL team is very excited about this opportunity! It will offer even more ways to partner with our community to help Kentuckians become healthier!

STAY TUNED for updates on Freedom From Smoking!



It's such a blessing to have clients come into the KCL office for support, such as this lovely lady (pictured with Toni Davis, Patient Navigator) who came in for a wig from the KCL wig bank.

KCL offers wigs, mastectomy bras and breast forms, as well as lymphedema garments to cancer patients free of charge.



The holidays will be here before we know it! When you're shopping online this year, we ask that you also give to Kentucky CancerLink at the same time!

Visit www.smile.amazon.org and select Kentucky CancerLink as the organization you'd like to support!

Use www.smile.amazon.org as you would normally use an Amazon account.

The only difference is a percentage of eligible purchases will be donated to Kentucky CancerLink. Prime Members receive the same benefits.

There is NOT an AmazonSmile app., however you can "bookmark" the page on your smart phone and it will show up the same way an app would.

Happy shopping!

Community Chatter!

Learn what's going on in the Health Community



The mission of Hope Scarves is to share scarves, stories and hope with women facing cancer. Lara MacGregor, Founder of Hope Scarves (pictured), was 30 years old and seven months pregnant when she was first diagnosed with breast cancer. A mutual friend mailed Lara a box of scarves with a note saying, "You can do this." This gesture later became the inspiration for creating Hope Scarves. They want each woman who wears a Hope Scarf to feel the strength and optimism of the women who wore it before her.

Share a Scarf • Share a Story!

Scarves: Anyone can donate a scarf and host a scarf drive! Hope Scarves accepts scarves from survivors and community supporters. Community donated scarves are paired with stories in the collection with do not have a scarf! If you are a survivor and have scarves please make sure to share your story too! Here is the link, www.hopescarves.com, or call 502-333-9715. The ideal size for a Hope Scarf is 30" square or greater. Each scarf is professionally cleaned by Highland Cleaners in Louisville. **Stories:** *The strength of Hope Scarves is in the stories.* A survivor can share her story at any point in her journey, and even if she does not have scarves to donate. **Visit www.hopescarves.org or call 502-333-9715 for help.**

Request a Scarf.

For Yourself. An individual facing cancer can request a scarf at no charge. Each scarf is sent along with a story of a woman who has faced cancer and offers sincere encouragement from Hope Scarves. When the person who requested the scarf is ready, she can send the scarf back to Hope Scarves and add her story. The scarf will then continue on its journey to another woman with the new story added to its legacy. You can also send a scarf as a gift to a loved one. **Visit www.hopescarves.org.**

For additional information about Hope Scarves or to share YOUR story, host a drive, or send a scarf, visit their website at www.hopescarves.org

Kentucky CancerLink has a "scarf donation box" at the office (2425 Regency Road Suite B, Lexington, KY 40503). We are partnering with Hope Scarves to send all donated scarves to them in Louisville.

Keep the rewards coming!



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

This is a very easy way to give back! Last quarter we received \$140.00! Nearly 6 gas cards! Every bit helps! Thanks in advance!



In the month of October, Kentucky CancerLink will be participating in the **Power of Pink** event at Brighton Collectibles Fayette Mall. **10% of Breast Cancer Awareness jewelry will be donated to KCL.**

Each Saturday, a KCL staff member or volunteer will be in the Fayette Mall store from 12 to 2pm to discuss our mission.

Be sure to get one of these collectibles and support Kentucky CancerLink at the same time!



Volunteer Opportunity

Kentucky CancerLink is partnering with senior transportation provider **ITNBluegrass** as a Community Rides Member! Volunteer to drive on YOUR schedule anyone who is an ITN BG rider (in Fayette, northern Jessamine and parts of Woodford Counties only) and help Kentucky CancerLink clients who are 60+ and/or adults with visual impairment. **For every mile you drive, \$0.40 is transferred to Kentucky CancerLink's Community Rides account, which will then be used to offset the cost of transportation to cancer screenings, treatment sessions or cancer-related medical appointments.** Drivers must have a clean driving record and be between the ages of 22 and 78. For more information or to sign up for driving training, please contact, Laura Dake, ITN BG Executive Director, at **859.252.8665** or **laura.dake@itnbluegrass.org**.

To learn more about ITNBluegrass, visit **www.itnbluegrass.org**.



Cancer Awareness Calendar:

October: Breast Cancer, Liver Cancer

November: Pancreatic Cancer, Lung Cancer, Stomach Cancer, Carcinoid Cancer, Caregivers Month

If you are interested in hosting a fundraising event to benefit the mission of Kentucky CancerLink, please contact Melissa Karrer, KCL Community Relations, at melissak@kycancerlink.org or call 859.309.1700

Our mission is made possible by team work with Community Partners!

KCL Volunteer Highlight: Susan Freeman



Susan and husband Peter have two wonderful daughters, Alexandra (25) and Rachel (22).

In between raising a family and moving 5 times in 10 years to support and follow alongside her husband's career, she has spent the past 28 years of her married life in the volunteer realm. They have been

a committed family to the spirit and purpose of volunteer service and she is thrilled to continue that as a volunteer patient navigator with Kentucky CancerLink!

She is coming to KCL with Stephen Ministry and Hospice Grief and Loss Counseling training and experience, Board of Directors experience through SCAPA's Friends of Arts and Central Kentucky Youth Orchestra, along with Ronald McDonald House, PTA and other church and community service group efforts. She was drawn into the field of patient navigation/advocacy when she found herself advocating on behalf of various family members as they made their way through the complex continuum of care.

She has experienced feeling vulnerable as a patient herself and these cumulative experiences left an impression on her heart. Her husband and family encouraged her to further her education as a Patient Navigator. She completed a 100 hour, 10.0 CEU Patient Advocacy Certification program through Cleveland State University's School of Nursing in May 2014. She was drawn to expand the scope of her patient navigation through Georgetown University's program, which is built on the foundation of Georgetown's "cura personalis" mission statement. Curing the person as a whole is an integral component of patient-centered care. She completed a graduate level Patient Navigation Certification program through Georgetown University's School of Continuing Studies in Washington D.C. in March 2015. **"My heart is eager to serve alongside this amazing group of women at Kentucky CancerLink! I feel so blessed to have this opportunity to be a part of KCL's mission!" says Susan.**

The team here at KCL is pretty sure that we are the blessed ones! Thank you for your serving heart, Susan!

CARLA'S CORNER

Carla Washnock, RD, LD and KCL Patient Navigator



Autumn. Crunchy leaves under my feet. A chill in the air. I love autumn and all that it brings to our lives, whether it's the fall festivals with face painting and hay rides or the bounty that comes to our table. Just like there are spring lettuce and summer tomatoes, there are fruits and vegetables that are more prolific in the cooler months of Fall. Here's a top 10 list of what you might want to add to your grocery list:

- 10. Sweet Potatoes:** Our first name on the list is often associated with marshmallows and a bag of sugar, but the sweet potato can be baked or roasted alone and enjoyed for its own natural sweetness. Vitamin A is its nutrition claim to fame.
- 9. Parsnips:** An unsung hero and possibly the most unfamiliar name on this list. While similar to the carrot, its flavor is mild. Add to soups or roast with some of the other vegetables on this list for a little extra fiber.
- 8. Pears.** Sweetness. A good juicy, ripe pear is pure sweetness and goodness. Eaten fresh or in baked goods, there is no comparison to a pear that's picked in season and eaten at its peak. As an added bonus, you'll give yourself some Vitamin C, K and fiber.
- 7. Winter Squash:** Butternut and acorn squash are full of Vitamin A and C and can add richness to a stew that mimics potatoes, but delivers a whopper of a nutrition punch. Acorn squash can be cut in half and baked with a little butter and a smidge of brown sugar for a scrumptious side dish.
- 6. Pumpkin:** 'Tis the season for pumpkin-flavored food and drink. I'm glad the pumpkin gets a little extra attention due to its ability to add flavor to the most simple of food, but at the same time, when used naturally, pumpkin can add a healthy dose of Vitamins A and B, and a little fiber. I'm sorry to say the pumpkin flavored latte doesn't add any of those!
- 5. Brussel Sprouts:** I love these cute, little baby cabbages because they are packed with Vitamin K, C, B and fiber. You can steam them, or my favorite, roast them with olive oil and sea salt.
- 4. Pomegranates:** This fruit can be messy to eat fresh, but it can keep a young (but not too young) child busy for an hour sitting at the sink picking the arils out. The arils are the little red pods of pulp and juice that surrounds the seed. Pomegranates are rich in antioxidants and Vitamin C.
- 3. Apples:** An apple a day keeps the doctor away. Old wives tale? I think not. A diet high in fruits and vegetables has been shown over and over to promote health and wellness. Keep the skin on this beauty, and you'll get a dose of Vitamin C and fiber.
- 2. Turnip Greens:** The top part of the turnip is a superfood and deserves its spot near the top of the list. Turnip greens are full of Vitamins K, A, C, folate and fiber. You can eat them raw, but because they can be bitter, most folks like it cooked until tender either on the stove or in the oven.
- 1. Kale:** This is a personal favorite of mine. Another cousin to the cabbage and so full of vitamins that it earns the #1 spot on my list. It's high in Vitamins A, K, C, B and beta-carotene. You can eat kale raw and chopped into a salad or roasted in the oven with a little olive oil and sea salt.

Happy Eating!

Carla

Stay Connected!



Kentucky CancerLink



@kycancerlink

Kentucky CancerLink
2425 Regency Road, Suite B
Lexington, KY 40503
859.309.1700
877.597.4655 (toll free)



**This event is almost sold out!
We hope to see you there!!**

...“THE BEST IS YET TO COME!”

MR. & MRS. JOHN G. SIKURA

MS. JOSEPHINE ABERCROMBIE

— HONORARY CO-CHAIRS —

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FRANK SINATRA’S 100TH BIRTHDAY**

A CENTURY OF SINATRA

(AN INTIMATE EVENING OF TASTING, DINNER, DANCING & MORE)

FEATURING MUSIC PERFORMED

BY

FRANK SINATRA, JR.

THURSDAY, OCTOBER 29TH, 2015

COCKTAILS BEGIN AT 7:00 PM

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640 N. YARNALLTON PIKE, LEXINGTON, KY

\$500 PER PERSON \$5,000 PER TABLE OF 10

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BLACK TIE OPTIONAL

FOR TABLE & TICKET INFORMATION CONTACT:

VICKI@KYCANCERLINK.ORG

OR CALL: 859.309.1700

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