



# KCL Voice

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Issue 9

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The King's Daughters & Sons Foundation of Kentucky, Inc.

## Message from the Executive Director



Happy New Year to our "Voice" readers!

I hope this newsletter finds you all well. 2015 was a great year for Kentucky CancerLink. We accomplished many of our goals. The New Year brings new beginnings! Here at KCL, we have big dreams and big plans for 2016. Please look for our bi-weekly "Chatter" news that will keep you connected! So much happens here at KCL, we needed to tell everyone more of the good news, more often, instead of waiting until we release the quarterly newsletter. I encourage you to take a moment and read this short and informative news flash! We welcome your comments and suggestions.

As the year ends, we think about all we are grateful for, and our relationship with our supporters is one thing we treasure most. Your continued support has given us the freedom to explore new opportunities to serve cancer patients throughout Kentucky. Because of you, our donors and friends, we can dare to be **BOLD** in 2016!

There is more work to be done and more lives to touch. Thank you for inspiring us!

Blessings,

Vicki Blevins-Booth

## KCL Stats (April 1, 2015 to present)

**Number of Clients Served: 1989**

**Number of Counties Served: 104**



## Kentuckians we help.....

Kendra is a client of Kentucky CancerLink who took the at-home colon cancer screening kit that we offer. Last year when Kendra took this test the results were negative, meaning she did not have symptoms. This year, KCL called to remind her it was time to retake the yearly test. She did, and the results were positive, indicating that there was a need to discuss further testing with her doctor. She was referred for a colonoscopy. Kendra states that she remembers the doctor clearly stating, "We saved a life today." Kendra had a significant polyp that the doctor determined would have turned to cancer, but was removed successfully.

Kentucky CancerLink is thankful to have the ability to help Kentuckians like Kendra. She is a widowed, single mother to a young son, and we are proud of her for taking part in a program designed to keep her healthy. Thank you to those who support our mission to help Kentuckians like Kendra.

## Community Chatter



Kentucky CancerLink works with other organizations to help cancer patients. We are thankful for partnerships with those organizations, such as Friend For Life.

### Friend for Life (FFL) Cancer Support

**Network** is a 501(c)(3) nonprofit organization made up of nearly 300 cancer survivors and caregiver volunteers who provide 1:1 emotional support to persons beginning a similar cancer

journey. They try to match the patient as closely as possible to the same cancer type, stage, treatment, age and gender. Volunteers receive training to prepare them for their role as a peer navigator and most support is provided over the phone. This support is available to anyone, anywhere as long as they have a phone or internet connection.

People ask FFL: "Do you need volunteers?" YES! The process is to fill out an application with contact info and diagnosis details so FFL can make a close match when support seekers contact them. Volunteers go through training, including live training (8 hours) as well as 5 brief (roughly 5-7 minute) online training modules with a brief quiz at the end. A volunteer can do either or both types of training. Then, FFL staff interviews the volunteer and obtains a reference.

People often ask: "I know someone that could use your support. What do I do?" Though FFL won't contact anyone without their permission, FFL encourages others to tell patients about FFL support. Patients can reach out to FFL directly or they can have someone else call at **502.893.0643** or **866.374.3634**, email [staff@friend4life.org](mailto:staff@friend4life.org) or stop by the office at **4003 Kresge Way, Suite 100, Louisville, KY 40207**. FFL collects basic contact information, diagnosis details and other information pertinent to the match. A volunteer who has had the most similar experience is identified and the volunteer will give the person a call ideally within 24 hours.

For more information about Friend for Life, visit their website at [www.friend4life.org](http://www.friend4life.org).

## Stock Giving Option - Maximize your gift

"If you have held it (stock) for more than one year, you may take a charitable tax deduction for the market value of the stock, and neither you nor the charity has to pay capital-gains taxes when the stock is sold. The combination can result in a bigger deduction (and more tax savings) for you and a bigger gift for the charity than if you sell the stock, pay the taxes and donate the net proceeds." - Wall Street Journal, 11/30/13.

## Carla's Corner



### Carla Washnock, RD, LD and KCL Patient Navigator

At the beginning of the year, you may see many creative ways to say "Eat Healthy" including rhymes and prose to catch your attention. If it's okay with you, I'll skip over that and get right to the point!

### Eat less, but eat better.....

If you only remember one thing from this entire column, I hope this is it. Eat real food that satisfies and you'll find that you will eat less without evening trying all that hard. Cook your own meal from scratch and you'll be satisfied on a physical and mental level. Share that meal with someone else and it can be healing. Cook double and deliver a meal to someone and you'll feel downright spiritual.

### Divide your plate visually.....

Fill half the plate with fruits and vegetables and then the other half with equal portions of protein and starch. Be mindful of your plate size, however. The average plate used to be about 8 inches, but now they are 12-14 inches. The same amount of food looks sparse on bigger plates.

### Limit your choices.....

Studies show that when given multiple choices, most of us will eat considerably more. I'm not a fan of buffets at all unless you're feeding a group of teenage boys or have super-human self-restraint.

### Stop mindless eating....

Eating while watching television is almost a guarantee to eat more than you need. The occasional movie night popcorn at home is one thing, but to spend every night watching your favorite shows while munching is just not a good idea unless the bag in your hand is full of carrots. If you want a snack, head to the kitchen, fix something and eat it at the table.

### Office treats....

It's a nice gesture to be hospitable to your co-workers, but don't do it at the expense of your own health.

### Keep healthy choices readily available....

You can focus less on cutting out junk if you fill that space with good, wholesome foods. Keep fruits and vegetables easily accessible if the urge to snack comes over you. Then you will have good options within reach.

Happy Eating,

Carla



## Save the Date!

Sponsorships available! Please contact Melissa Karrer, [melissak@kycancerlink.org](mailto:melissak@kycancerlink.org) for more information!!



**3rd Annual Golf Scramble**  
Benefiting KY CancerLink  
**Monday, April 25, 2016**  
Spring Valley Golf Club



**Date: Saturday, May 28, 2016**  
**Location: Coldstream Park**  
(Lexington, KY)

**Early-bird registration is OPEN!!**  
[www.runsignup.com](http://www.runsignup.com)

# #until

2016

Stay tuned for information about the upcoming #until campaign for the entire month of June. UNTIL there is a cure, we have work to do for those in Kentucky on a cancer journey today.

## Meet our Board!



Peggy Barnes, KCL Board President has been the since April 2014. Peggy served as a member KCL Board from 2009-2010 and rolled off to take on the role of Western KY Director for KY CancerLink, then known as KY Pink Connection. She served as the President of the General Federation of Women's Clubs Kentucky

from 2012-2014 and currently works part-time with Cambridge Insurance in Lexington.

A breast cancer survivor since May 2013, Peggy enjoys life with her husband, Joe, her son, his wife and grandson. KCL is so grateful to have Peggy's vision and generous spirit leading our organization as Board President.

## Keep the rewards coming!



Visit [www.kroger.com/communityrewards](http://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 **\$234.11!** Every dollar truly makes a difference!



## Volunteer Spotlight - Butch Davis

Butch Davis, Owner of Safe Floors of Kentucky, Inc. is an excellent supporter of Kentucky CancerLink. Butch volunteers at Kentucky

CancerLink events and helps tremendously with set-up and organization. As the owner of Safe Floors of Kentucky, Inc., he has most recently begun supporting Kentucky CancerLink through donations of a percentage of Safe Floors monthly proceeds. We are extremely grateful for his support both as a volunteer and as a donor.

Safe Floors of Kentucky, Inc. works with businesses and property owners in an effort to provide a safe environment for employees, customers and guests. They do this by making existing tile floor slip resistant. Their non-slip process increases the coefficient of friction, giving the floor traction when wet. The non-slip process makes the floors NFSI (National Floor Safety Institute) compliant, with the goal of helping reduce harmful slips and falls, resulting in reduced workers compensation and general liability claims. For more information, visit their website, [www.safefloorsky.org](http://www.safefloorsky.org).

## In their own words....

*"I received excellent service. You all were very nice and assuring." N.D. (Lovely, KY)*

*"My experience with KY CancerLink was very positive. The telephone conversations with Kim were very informative. Many thanks for all the help!" A.B.*

## Cancer Awareness Calendar:

**January:** Cervical Cancer Awareness

**February:** National Cancer Prevention month, Gallbladder and Bile Duct Cancer Awareness

**March:** Colorectal Cancer, Kidney Cancer, Multiple Myeloma Awareness