



KCL Voice

Issue 10

April 2016



Message from the Executive Director



Spring - All things new!

I am shaking off the cold and falling in love with spring. Time to declutter and renew! Nothing makes me happier than to put away winter and pull out spring! Even if this means getting out the Windex and rolling up my sleeves. I love the sunshine, flowers and looking forward to weekends at the lake.

Here at KCL, we have so many big plans in store for the warmer weather coming our way. We start off the season with our 3rd Annual Golf Outing on April 25 at Spring (no pun intended) Valley Golf Club (sold out) and move on to our Brave Faces of Cancer 5K on May 28 at Coldstream Park. I hope to see you there! Great ways to honor/remember our cancer fighters!

If you have participated in these events in the past, we hope you will consider coming out again and inviting your family and friends. It takes many generous hearts and hands to keep KCL going strong. We are fortunate to have a network of compassionate supporters who inspire us every day to be trusted ambassadors of their goodwill.

Cheers!

Vicki Blevins-Booth



Thank you to our Community Partners!



Also, thank you for the individual contributions and legacy gifts.

Kentucky CancerLink End of Year Stats:

April 1, 2015 — March 31, 2016

Quantity of Services: 4998

Number of Clients: 2503 (Average 2.0 services per client)

Counties Served: 105 (Average of 47.60 services per county)

Patient Services: It's ALL about them!!

The KCL Staff is constantly blessed by those who come to the office for supplies from our Patient Services room. If they are unable to come to us, we can mail supplies to them! At no-cost to the client, we have wigs, mastectomy bras, breast forms, scarves/hats and lymphedema supplies.

Each story is different. There are laughter and tears. We are thankful to be able to help in a time of need!



Meet our Board: Doris Rosenbaum



Kentucky CancerLink is extremely blessed to have a woman such as Doris Rosenbaum on our Board. Doris has been a key figure in our state and a champion for cancer patients, particularly breast cancer patients.

A breast cancer survivor since 1981, she and others worked together to form the Breast Cancer Coalition. Per the "Politics of Breast Cancer," Kentucky was the first state to bring together groups working to educate others about breast cancer diagnosis and treatment.

Doris has a long list of accomplishments, most notably as an original member of The Thursday Group, a breast cancer support group that was the first of its kind in the country. She is also the Founder and Chairman of the Kentucky Breast Cancer Coalition (1988), State Legislative Chair of the KY Medical Alliance, KY Representative to National Cancer Coalition in Washington, DC, and helped establish the Elder Navigator Program at the University of Kentucky Hospital. She even carried the Olympic Torch in 1996!

Married to the late Harold D. Rosenbaum, Doris is mother of 2 sons and 4 stepchildren and is grandmother to 7 grandchildren and 8 great grandchildren.

While her honors and accomplishments are too many to name, she remains humble and committed to making a difference in the lives of Kentuckians. We are honored to have her on our Board of Directors and thank her for her service to Kentucky CancerLink and the community.



Prevent Cancer 2016 Dialogue for Action Conference



The Dialogue for Action™ is an annual national conference that convenes a diversity of stakeholders committed to realizing the lifesaving potential of cancer screening for all communities. The 2016 Dialogue emphasizes evidence-based cancer screening according to guidelines and cancer prevention.

In collaboration with the University of Kentucky, Kentucky CancerLink submitted an abstract based on our efforts in Kentucky to reduce and/or eliminate barriers to screening, diagnosis and treatment of cancer.

The abstract, named "Patient Navigation Services to Outreach Vulnerable Populations in Rural and Urban Counties in Kentucky," includes data from Kentucky CancerLink's customized Microsoft Access System that was extracted and evaluated to determine outcomes of Patient Navigation Intervention in Kentucky counties. Data includes multiple races, gender, types of cancer, evidence-based screening, survivorship and logistics assistance provided.

Contributors are Auraemil Tatiana Quinonez, MD, RMA (Kentucky CancerLink/University of Kentucky); Maria L. Gomez, DrPH, MPH (University of Kentucky College of Nursing); and Vicki Blevins Booth, BS (Founder/Executive Director, Kentucky CancerLink); Melissa Karrer (Kentucky CancerLink). The Prevent Cancer 2016 Dialogue for Action Conference takes place April 6 -8 in Baltimore. The abstract will be presented to attendees and the team will attend seminars on cancer screening and cancer prevention.

This is an **extremely** exciting opportunity for Kentucky CancerLink, and we thank Maria and the University of Kentucky for working alongside our organization to bring to light the importance of Patient Navigation.

The abstract will be available for download on our website, www.kycancerlink.org.

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 of assistance after a cancer diagnosis. To subscribe, email Melissa Karrer, melissak@kycancerlink.org



Mark your calendars for these upcoming events!



3rd Annual Kentucky CancerLink Golf Scramble
Presented by: UK HealthCare

Date: Monday, April 25, 2016
Location: Spring Valley Golf Club (2300 Sandersville Road)
Time: 11:30a m Lunch/Registration (Provided by Jersey Mike's)
 1:00 pm Shotgun start
\$400/foursome (Remaining team spots are limited!)

2nd Annual Brave Faces of Cancer 5K

Date: Saturday, May 28, 2016
Location: Coldstream Park (Lexington)
Time: 8:00 am 1 Mile Walk
 8:30 am Timed 5K
 (Chip timing done by 3 Way Racing)
Registration is open NOW!
 Go to www.kycancerlink.org and click on the link to register on the home page.



UNTIL there is a cure for cancer,
 Kentuckians need help **TODAY!**
Are YOU ready to take the challenge?
June 2016



Thank you to Nate's Coffee for selecting Kentucky CancerLink as the April non-profit to support! A percentage of proceeds from the Blue/White Blend will be donated! **Like Nates Coffee on FB!**

Cancer Awareness Calendar:

- April:** Testicular, Esophageal, Head and Neck Cancer
- May:** Melanoma and Skin, Brain Cancer
- June:** National Cancer Survivor Month



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.

A percentage of eligible purchases will be donated to Kentucky CancerLink. Prime Members receive the same benefits!



Keep the rewards coming

Go to www.kroger.com/communityrewards to register your Kroger card.

The ID# for Kentucky CancerLink is 49630.

Last quarter we received \$182.84!
Every dollar truly makes a difference!



Carla's Corner

Carla Washnock, RD, LD and KCL Patient Navigator



Spring Cleaning is upon us! While some of you may be thinking about your closets, it's also time to think about your pantry and refrigerator. It's time to let go of the warm, cozy comfort foods of winter and lighten up your menu with seasonal fruits and vegetables that brighten up this time of year.

Here are a few items that I'm looking forward to picking up for my kitchen:

Strawberries- Like so many other fruits and vegetables in our modern grocery stores, strawberries can be purchased year round, but the local season is from April-June. There's no comparison to a fresh, local strawberry picked at its peak one day, bought at the Farmer's Market the next, and eaten with lunch a couple hours later. One cup offers 100% of your daily dose of Vitamin C and can satisfy even the toughest sweet tooth.

Apricots- My kids love dried apricots, but a fresh apricot is a special summer treat. They peak from May-August and can be eaten whole or chopped up and added to salads or salsas. Those of you who like to make jam, be sure to send a jar my way! One apricot has only 50 calories and packs in a good dose of beta-carotene, potassium, vitamin C and fiber.

Asparagus- I see asparagus nearly year round, but when it peaks from March-June and the prices drop, I'll add it to my menu as often as I can. This little green spear provides iron, vitamins B and C, but can deteriorate rapidly. Store in the refrigerator and eat fairly soon after bringing home. I like to roast asparagus with olive oil and sea salt, but it does well being grilled or lightly sautéed.

Cherries- Finding fresh cherries is a seasonal event, to be sure. Other than late spring and early summer, they're hard to come by, so it's a special day when I start bringing home fresh cherries. Look for fruit that is large, plump, and rich in color. Cherries offer anthocyanins, a phytochemical thought to be high in antioxidant activity. Pit spitting contests offer no health benefits, but can be a great source of laughter for both kids and adults.

Peas- Peas are synonymous with spring on my calendar and my little gardenette is usually the proud owner of a couple of rows. You can find this vegetable year round, but as with any other produce that can be purchased locally in season, there's no comparison. The nutrition content varies depending on the pea; green peas have more Vitamin B and zinc, while snow peas have more vitamin C. You can eat peas raw, served with dip, mixed into a salad or cooked into a stir-fry.

Rhubarb- This vegetable walks and talks like a fruit, so we'll treat it as such. The stalk is the only part that you should eat, but when sweetened and mixed into other dishes, it adds a rich, tangy flavor to sauces, pies, and salsa. Available locally from April-June, rhubarb is high in vitamin C, potassium, and manganese.

So, toss off your boots, scarves, and winter stews! It's time to spring clean!

Happy Eating!

Carla

Stay Connected!



Kentucky CancerLink



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