



KCL Voice

Issue 11

July 2016



Message from the Executive Director



The Power of Joy

Joy is different than happiness, wouldn't you agree? You can live a happy life, but when things don't go as planned, if you don't have deep-seeded joy, then happiness alone isn't always enough to sustain you.

In Kentucky CancerLink's world, there are many things that could steal our joy. The stories that we hear daily from those struggling during a cancer diagnosis, denials of grants, lost funding, disappointment in not being able to provide for as many as we hoped. I'll be honest, they have made days less "happy" from time to time.

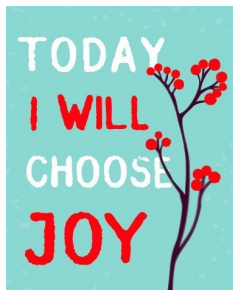
But we are reminded that the joy in the Kentucky CancerLink team is deep-seeded. While we'd like to provide (100) \$25 gas cards to cancer patients, we have joy in that we have been able to provide 50 this month for transportation to and from treatment. We are reminded when we see our clients' faces when a wig helps them feel like themselves again, when we fit them with a breast prosthesis and mastectomy bra that helps them feel whole again, or when the lymphedema garment provides the much needed relief that they need. KCL had the opportunity to work with TempurSealy on a unique case for a client as you'll read on page 2. That type of joy is very humbling.

On Page 3, you'll see that we had an exciting month of June with #UNTIL. Through the generosity of individuals, hospitals, businesses and grant funding, we came VERY close to our goal! #UNTIL there is a cure for cancer, Kentuckians need help TODAY! It's almost become our "battle cry!" I had the opportunity recently to be a guest of UK HealthCare Markey Cancer Center's Moonshot Summit telecast with Vice President, Joe Biden. There are so many amazing things going on towards finding a cure. But, we all need to be reminded of those who need us in the meantime.

Keeping joy is hard, but it's very necessary.
Today, I will choose joy.

Cheers!

Vicki Blevins-Booth



Thank you to our Community Partners!



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

Kentucky CancerLink

April 1, 2016 — July 1, 2016

Quantity of Services: 671

Number of Clients: 424 (Average 1.58 services per client)

Counties Served: 79 (Average of 8.49 services per county)

THANKS JERSEY MIKE'S SUBS!



Jersey Mike's Subs (867 S. Broadway) partnered with Kentucky CancerLink during #UNTIL in June and raised just over \$600!! Kentucky CancerLink is so grateful for their support. Working with store manager, William Rover, and the staff at Jersey Mike's Subs could not have been easier. Support of the community is necessary for our mission to be successful. Friends of Kentucky CancerLink, be sure and stop in to Jersey Mike's Subs for an amazing meal and tell them THANK YOU for their support!

Meet our Board: Cindy Geveden Praska



Cindy Geveden Praska was appointed to the Board in March 2014. Cindy's daughter, Whitney, was a breast cancer survivor for almost 5 years when she developed radiation-induced Sarcoma which roared with a vengeance and claimed her life in November 2012. Through genetic testing it was discovered that Whitney had the genetic mutation in p53 gene, which was diagnosed as Li-Fraumeni Syndrome. Since Whitney's death, there has been so much more research done and hopefully the awareness of this gene mutation will help physicians in their plan of care for others.

Cindy's passion has made her a strong patient advocate. She believes KCL has so much to offer to patients and families to surpass all many hurdles of those diagnosed with cancer. Whitney had benefited from KCL's help and because of that Cindy decided to honor Whitney by making a donation to help provide lymphedema sleeves to others in need. In 2008, at the inception of KCL (then Kentucky Pink Connection), Whitney had the honor of speaking and helping cut the inaugural ribbon. Cindy was honored and very proud to be a part of something Whitney loved. KCL had become like family.

Cindy, a Design Consultant from Lexington, is an active Board Member. She brings experience from dealing with the cancer patient and caregiver side and is always eager to help with KCL events. Cindy also serves on the Frankfort Country Club's Rally for the Cure Board, Markey Cancer Center Advisory Group and the Li-Fraumeni Syndrome Association in Boston, MA. She had the honor of being part of the Markey Cancer Moonshot Summit, spearheaded by Vice President, Joe Biden. She is also involved in many civic activities and served as a Docent during many of the Governor's Mansion Centennial events.

Cancer Awareness Calendar:

July: Sarcoma and Bladder Cancer

September: Childhood, Gynecological, Leukemia/Lymphoma, Ovarian, Prostate and Thyroid Cancer



Kentucky CancerLink recently had the opportunity to serve a gentleman newly diagnosed with lung and rectal cancer. His unfortunate diagnosis forced him to move to Lexington to live with his daughter. His daughter lives in a small apartment and did not have a bed for her father. A Kentucky

CancerLink patient navigator reached out to Tempur-Sealy, and thanks to their incredible generosity, a queen-sized Tempurpedic bed with an adjustable base was delivered to his home! What an incredible gift for this gentleman! With all that he is facing with his treatment, it's a blessing to know that he will have a comfortable place to rest.

Thanks to Tempur-Sealy for working alongside Kentucky CancerLink to be a link to hope for this Kentucky cancer patient.

Town Branch Bourbon Supports Kentucky CancerLink!

We thank Town Branch Bourbon for their support in creating a lavender label for the Town Branch Bourbon bottle in the month of June. If you haven't gotten yours, yet, be sure and pick one up! Limited edition and a great collectors item for any Bourbon



lover! This promotion has raised \$600 for Kentucky CancerLink!

They are available at the Town Branch Visitors Center and Lexington Liquor Barns!

Please drink responsibly.



Thank you to Workout Anytime for their support of Kentucky CancerLink for the 2nd year in a row! The Lift for the Cure event is a great time for the weight lifting community to come together and raise money for Kentucky cancer patients!

The event will be held on Saturday, July 16, at Workout Anytime (3130 Mapleleaf Drive, Lexington, KY).

All about #UNTIL

Kentucky CancerLink would like to thank all those who took part in the #UNTIL campaign in June. With the support of donations from businesses, individuals and grants, we were able to raise **\$17,725** to help Kentuckians battling cancer or in need of life-saving early cancer screening!!
THANK YOU!!!



**#UNTIL there is a cure for cancer,
Kentuckians need help TODAY!**



Carla's Corner

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

Wikipedia, the first site some of us will go to when looking up random facts has a page for "smoothie" with the following definition: "A smoothie is a thick beverage made from blended raw fruit or vegetables with other ingredients such as water, ice, dairy products or sweeteners. In addition to blended fruit/vegetables, smoothies may include other ingredients such as water, crushed ice, fruit juice, sweeteners, dairy products, plant milk, nuts, nut butter, seeds, tea, chocolate, herbal supplements, or nutritional supplements."

If I do a search for "Smoothie" on Google I came up with over 81,000,000 hits. This confirms my opinion that you can throw just about anything edible into a blender and call it a "Smoothie". When the temperatures soar in the summer, eating something cool for breakfast, a snack, or even as the occasional meal, can sound very appealing. While I know you're drinking more than eating a smoothie, I find that they can be just as satisfying and a great way to pack some serious nutrition into a single glass. It can be easy to make one too large and then you're left with a smoothie that may turn brown (if you include a banana) or simply get too thick to be appealing. I like to put my ingredients into the glass I intend to drink out of and then pour it all into the blender, that way I don't waste anything.

My personal favorite is banana/frozen mango/milk, it takes like a mango dreamsicle! Experiment with your own favorite flavors and enjoy!

Happy Eating!

Carla



Community Chatter: My Kentucky Tee



My Kentucky Tee is made up of great friends, great local business and a unique Kentucky product.

My Kentucky Tee is a subscription service that provides Kentucky-inspired tees for members to wear and to share. Tee of the Month members get a great new tee shipped to their doors every month for just \$15 per month!

They are also a business that gives back! In the month of June, they designed a one-of-a-kind tee for Kentucky CancerLink in honor of #UNTIL, until there is a cure, Kentuckians need help today!

The online ordering window for the #UNTIL tee is currently closed, however, if you are interested in one, we are currently taking names! When we get to 25, we will place another order with My Kentucky Tee! Contact the KCL office at 859.309.1700.



We appreciate a great local business that is creative, highlights our amazing state and is community minded.

For more information about My Kentucky Tee, visit www.mykentuckytee.com.



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 \$258.38!

Every dollar truly makes a difference!

**Stay
Connected!**



Kentucky CancerLink



@kycancerlink

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