



KCL Voice

Issue 12

October 2016



Message from the Executive Director



Embracing Simplicity

I am trying to simplify!

Every month when I receive my new Real Simple magazine, I cannot wait to read it front to back. There are always exciting ideas on how to make my life simple. This month, it is those simple Halloween treats, decorations and easy to make dinners that can make my home more colorful and life easier.....I can dream!!

The magazine tell us simplicity is extremely personal. Simplifying your life is a process and it takes time, after all, it did not get complicated overnight.

I am privileged on a day-to-day basis to meet so many people who inspire and encourage me to embrace the simple things in life and to slow down and smell the roses. I plan to take their advice and I urge you to think about it as well!

Feeling good about this goal,

Vicki Blevins-Booth



Meet our Board - Carolyn Durham



Carolyn has been a supporter of Kentucky CancerLink for many years and is a valuable Board member. She is a breast cancer survivor, is very active in the community and always willing to volunteer her time for the organization.

She serves as Past Chairman, Newsletter Editor & Communication person for the Thursday Group, the nation's first breast cancer support group that began here in Kentucky.

Our thanks to Carolyn and her willingness to serve on Kentucky CancerLink's Board and for helping to make us better!

Thank you to our Community Partners!



The Breast Cancer Research and Education Trust Fund

THE LEXINGTON CANCER FOUNDATION INC.
Fundraising for Cancer Research, Education and Care



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

Kentucky CancerLink Stats

April 1, 2016 — October 1, 2016

Quantity of Services: 1665

Number of Clients: 977
(Average 1.70 services per client)

Counties Served: 94
(Average of 17.71 services per county)

Services include: KCL patient navigation for patients to receive mammograms, in-home colon cancer screening kits, colonoscopies and other cancer-related screenings, transportation assistance via gas card or other transportation options, wigs, prostheses, mastectomy bras, scarves, hats and lymphedema compression garments.

Thank you to those who support our mission!

Thank you to Brighton Collectibles - Fayette Mall for selecting Kentucky CancerLink as your partner for your 14th Annual Power of Pink event!

In the month of October, a portion of proceeds from the sale of these 3 bracelets will be donated to Kentucky CancerLink and will benefit Kentuckians in need of life-saving breast cancer screenings, or who are currently in the battle.

Stop by Brighton Collectibles Fayette Mall to show your support of breast cancer by selecting a pink bracelet for yourself or a loved one .

Such a wonderful way to support our mission!



Power of Pink 2016 Bracelet

Dancing Hearts Woodstock Bracelet

Power of Pink Christo Cuff



Benefit Mobile

Kentucky CancerLink has partnered with Benefit as a fundraising solution. It is free to members and free to Kentucky CancerLink. Benefit is a free iPhone or Android phone app that can be used to pay for your everyday purchases such as groceries, clothes, home goods, and more. You can pay on site at the store or online.

A portion of your purchase goes directly back to Kentucky CancerLink. Retailers include Lowe's, Amazon, Target, Starbucks, and many more! For instance, buy \$300 worth of golf equipment at Callaway online, and \$60 goes back to Kentucky CancerLink. Download the app and add Kentucky CancerLink as your beneficiary to start giving.

Find more information in the app or at www.benefitmobile.com. Feel free to forward this email to family and friends. The more people who participate, the more funds we will raise! Thank you!!

Shop
WITH PURPOSE!

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 \$246.58!

Every dollar truly makes a difference!

Cancer Awareness Calendar:

October - Breast and Liver Cancer



November - Pancreatic, Lung, Stomach, Carcinoid Awareness and Caregivers Month

Have your yearly physical and recommended cancer screenings!
Early detection saves lives!!

Our mission is made possible through grants, community sponsors and individual donations. We are so thankful for those in our community and across the state that work alongside our organization to be a "link to hope" for Kentuckians battling cancer.



Road to Recovery Volunteers needed

Transportation to and from cancer-related medical appointments and treatments is one of the main requests from Kentuckians fighting cancer. ACS program, Road to Recovery, is a resource for Kentucky CancerLink. Kelsey Lewis, ACS Program Manager, Mission Delivery, has expressed that there is a need for volunteers. "It does not require a large commitment," says

Kelsey, "Even being available one time per month can make a great difference." If you are able to volunteer in this way, go to www.cancer.org to see requirements and find a contact in your area.

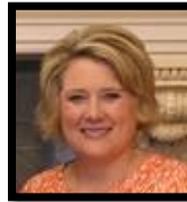
Thank you to Great Clips!



Be sure and visit Great Clips in the month of October!

7 Great Clips participating locations in Lexington, Nicholasville and Morehead are supporting Kentucky

CancerLink by providing clients with "In Celebration" or "In Memory" lavender ribbons and also have #UNTIL bracelets available with a donation!



Kim Blakeman
Certified Patient Navigator
A DAY IN THE LIFE....

Each and every day, Kentucky CancerLink receives calls from across the state from patients with needs that range from helping make an appointment, encouragement to get a screening, transportation issues or also needs that one can hardly imagine.

Recently, I had the honor of working with a client in Caldwell County. This wonderful lady has cancer that has spread to multiple locations and has to drive long distances to receive her treatments. Her situation is extremely stressful to begin with, but she has the additional stress of not having safe transportation.

You see, her primary vehicle is an older model and she expressed that she was concerned about the state of her tires.

On her behalf, I reached out to the Wal-Mart in Caldwell County and explained the situation. Graciously, they were able to work with her on a reduced price for the tires.

The client was able to get her car to Wal-Mart to have the tires replaced. During that time, the Wal-Mart automotive staff noticed that her brakes were also in bad shape, so they replaced those as well at no extra cost.

Now, our client has safe transportation and has relief from that stress so she can focus on her health and treatment. A huge thank you to the Caldwell County Wal-Mart Automotive Department for working along-side Kentucky CancerLink.

Until there is a cure for cancer, Kentuckians need help today.

Blessings,

Kim



Extraordinary Embroidered Pillows With A Passion™



Thank you to Pilleauxtalk for your support of Kentucky CancerLink!

Be sure to visit www.pilleauxtalk.com and take a look at the adorable "Whimsy" pillow collection and support Kentucky CancerLink!

We appreciate Pilleauxtalk Owner, Beth MacChesney, and her support of our mission!

Make a difference, one pillow at a time!!

Happy shopping!!





Carla's Corner

Carla Washnock, RD, LD and KCL Patient Navigator

This month's Carla's Corner is taking a brief break from food and nutrition and taking a glance at Essential Oils. I believe I'm still dwelling in the world of health and wellness, but I know this touches on a more alternative approach to health. Essential oils have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent disease. With that base covered, I have to say that on a personal level I love essential oils and have used them on a daily basis well before their entry into the mainstream market. Without a doubt, I believe they've enhance my family's health and well-being and I'm happy to share my experience with essential oils.

If you're interested in trying essential oils, I would highly recommend a well-known label, as the quality has been watered down in recent years with an influx of brands coming on board. There are several brands and companies out there and I would bet that someone you know can offer a recommendation.

If you want to give essential oils a try, here are five popular choices:

Lavender: Widely used and accepted for its calming and relaxation qualities. It's also nice and soothing to use on minor cuts and abrasions.

Eucalyptus: Also widely used for both calming and clearing the mind, but used as well as to promote clear breathing. I use one drop in my Nettie Pot.

Peppermint: This oil is useful to ease breathing and often used as a digestive aid. I've used a drop or two on my hands to perk up the afternoon sleepiness that often threatens to overtake me.

Rosemary: Considered sacred by the ancient Greeks, Romans, Egyptians, and Hebrews, this oil has been used for digestive uses and for healthy respiratory function.

Tea Tree: Also known as Melaleuca, this oil has many applications, but can be very helpful for skin ailments and minors cuts and abrasions.

There are many, many more single oils and oil blends that are available. I've enjoyed experimenting with various oils over the years while staying within the boundaries of good common sense. Essential oils have been in existence for thousands of years, so I believe they have a place in 21st century health.

Happy Fall!

Carla



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amazon smile

You shop. Amazon gives.

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!

Kentucky CancerLink
Your link to hope



Helping Women
Stay Healthy

ARE YOU UNINSURED OR HAVE MEDICAID?

Call Kentucky CancerLink and let us make your appointment for life-saving cancer screenings!

Cervical Screening (Pap Smear)
Ages 21 and older

Screening Mammogram
Ages 40-64

(can be screened earlier with family history of breast cancer)

Transportation to screening appointment can be provided if needed!

Call Kentucky CancerLink TODAY!
(859) 309-1700

In Partnership with:



Stay Connected!



Kentucky CancerLink



@kycancerlink

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