

KCL VOICE January 2017



Letter from the Executive Director

Happy New Year! Time for resolutions!

A New Year's resolution is a tradition, most common in the Western Hemisphere but also found in the Eastern Hemisphere, in which a person resolves to change an undesired trait or behavior. (Wikipedia)

The holidays are behind us. A new year is upon us. Great time for a new you! Right? This is the time we all think about improving something. Clean up my diet, shed some pounds, join a gym, stop smoking, and on and on!!

Your New Year's Resolution to move more and eat smart may not only make you feel better, it could reduce your cancer risk! The best way to reduce your cancer risk is to schedule your preventive cancer screenings. If you are over 40 or have a strong history of cancer in your family, talk to your physician about age appropriate screenings. Regular screenings help in early detection, prevention and treatment of cancer.

Whether you are trying to eat healthy, kick bad habits and get more exercise, please make the call and schedule your screenings today. The life you save may be your own!!

Cheers and Happy New Year!

Vicki Blevins-Booth

STAY TUNED FOR KENTUCKY GIVES DAY 2017!

Be sure to stay tuned to more information about this great day that Kentuckians can support Kentucky charities.

If you would like to partner with Kentucky CancerLink to be a matching sponsor, please contact Melissa Karrer, **859.309.1700** or **melissak@kycancerlink.org**. We would love to partner for this event! It will be an excellent marketing opportunity as well!

Our fundraising goal for this Kentucky Gives Day is **\$5000** and will be looking for a **\$2500 matching sponsor!!**

Can YOU help?

Thank you to our
Sponsors!



SPECIAL POINTS OF INTEREST

- Kentucky Gives Day Matching Sponsor needed!
- Client Highlight - Anita
- Freedom From Smoking
- KCL Board Member Highlight - Victoria Meyer
- 2017 KCL Event information - Can YOU sponsor??





Pictured: Kim Blakeman (left), KCL Patient Navigator and KCL Client, Anita



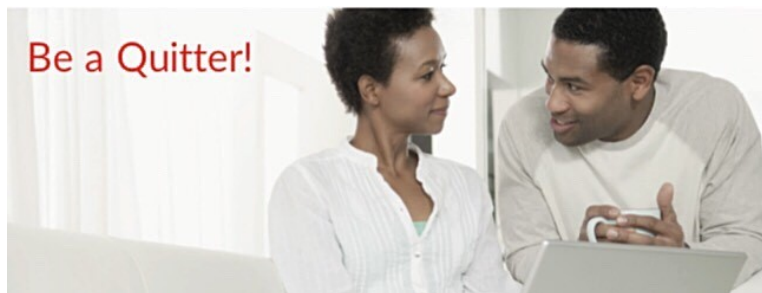
KENTUCKY CANCERLINK CLIENT STORY

My role as a patient navigator affords me the opportunity to meet so many wonderful people. One afternoon I had the privilege of meeting Anita, a beautiful, joy-filled lady fighting cancer with poise and grace. She and I had an instant connection as we worked together to meet some of her needs as it relates to her breast cancer journey. On December 8, 2016, how honored we were to have Anita join us to share her story as KCL hosted its first

ever Heroes of Hope event. Although the stories we hear on a daily basis are not always pleasant- *cancer* is never pleasant- the people we meet, those that represent the face of cancer - they are beyond pleasant! It's their stories and people like Anita that inspire us to do what we do - serve others and dish out ample servings of hope! Thank you Anita for sharing your life with us here at KCL.

In their own words . . .

"I can't even begin to explain but I am so thankful for your help, it really made a difference and always came just as I needed it. Thank you all sincerely from the bottom of my heart. I truly appreciate it! God Bless!"
~ D.C.



**You can quit smoking.
We can help.**

Quitting smoking isn't easy – but it's easier with the right help. Freedom From Smoking helps you develop a plan of action that leads you to your quit day.

FREE
SMOKING CESSATION CLASSES BEGINNING SOON!
LIMITED SPACE AVAILABLE.

CALL KENTUCKY CANCERLINK AT 859.309.1700 OR VISIT WWW.KYCANCERLINK.ORG FOR MORE INFORMATION.

In partnership with:



2017 EVENTS ---- MARK YOUR CALENDARS! SPONSORSHIPS AVAILABLE!!



Inaugural Quarter Horse Marathon Relay
benefiting Kentucky CancerLink

Saturday, March 25, 2017
Spindletop Hall, Lexington

Registration OPEN!
www.quarterhorsemarathon.com

Special thanks to RaceRise for this partnership!



Presenting Sponsor:



4th Annual Kentucky CancerLink Golf Scramble

Monday, April 24, 2017
Spring Valley Golf Club, Lexington
Cost: \$400/team

11:30am lunch/registration
1:00 pm shotgun start

Additional Sponsors:



BAPTIST HEALTH



Presenting Sponsor:



2nd Annual Fundraising Campaign

June 2017 - All Month!

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

BE the UNTIL for Kentuckians battling cancer!

Additional Sponsors:



BAPTIST HEALTH



Presenting Sponsor:



Inaugural I Dance For Hope
in partnership with Arthur Murray Lexington
Saturday, November 11, 2017

Cancer survivors will be dancing to raise hope and funds for Kentuckians currently on a cancer journey!

Grand Reserve, Lexington
Cost: \$125 per ticket - includes seated dinner, 2 drink tickets, dancing and more!

Silent Auction

Additional Sponsors:



BAPTIST HEALTH

KCL BOARD MEMBER HIGHLIGHT



Victoria Meyer, RN (left) pictured with KCL Executive Director, Vicki Blevins-Booth

Victoria Meyer has worked in the community for many years as an outreach nurse for Baptist Health and Baptist HealthWorx.

She has served on the Kentucky CancerLink Board and also plays many other worthwhile roles in the community, such as serving with the Lexington Women's Garden at Wellington Park.

Victoria is a great asset to the Kentucky CancerLink Board and is able to provide not only her professional guidance, but also guidance as a cancer survivor.

She is always willing to volunteer and is a fearless advocate for our mission.

We are very thankful for her service and her passion for making Kentucky CancerLink a better organization!

Thank you, Victoria!

Looking for male cancer survivors to participate in the Inaugural I Dance for Hope Event!

If you'd like to nominate yourself, or someone you know, please contact Melissa Karrer, melissak@kycancerlink.org for details!!



CARLA'S CORNER

Carla Washnock, RD, LD and
KCL Patient Navigator

How is it possible that it's 2017?

I know this is the season for resolutions and some years I've hopped on that wagon and other years, I just let the month pass by me with such alarming speed that I barely gave the idea a thought.

This year, however, I was convicted enough about one of my family's habits that I made it a 2017 resolution. We try hard at my house to eat smart, which means mostly healthy, most of the time. However, an unpleasant habit that has crept into my house is food waste. Like most of us, I really need to clean my fridge out from time to time as it starts to look (or smell) gross. I would be embarrassed if you saw the leftovers that get tossed into my garbage or the produce that sat in the bottom of the drawer begging to become a science experiment.

I have two picky teenagers at home and, try as I may, having the produce on hand does not mean they'll eat it. So, this year, just because blackberries are on sale, it won't mean I'll buy four of them. I'll buy two because my husband and I will eat them and if the kids are on a berry kick, they'll eat them and I can stop at the store on the way home and get a couple more. If I cook a healthy meal that involves leftovers, I'm going to take it to work for lunch a couple of days as well as having a leftover "buffet" for dinner. I also have

neighbors who own their own business and at certain times of the year, they barely see the light of day, so if I overcook, I'll take a container next door.

While you can do your part at home to minimize food waste, you can extend this habit into the community by checking out GleanKY. They have created a network to move fresh produce from farms, farmer's markets, and grocery stores, into the hands of organizations in Fayette County that help families who are food insecure have fresh fruits and vegetables on their tables. I think that's an amazing idea and applaud those folks who made it happen.

With that all said, be mindful of how much you purchase, how much you cook, and how much you throw away.

And, as always, Happy Eating!

Carla



CANCER AWARENESS CALENDAR:

January: Cervical Cancer

February: Gall Bladder and Bile Duct Cancer

March: Colorectal Cancer, Kidney Cancer and Multiple Myeloma



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