



# Pegasus Press

The Lexington Cancer Foundation, Inc. • [www.lexingtoncancerfoundation.org](http://www.lexingtoncancerfoundation.org) • Fall 2017

A heartfelt thank you to our 2017 participating vintners:

- Sinegal Estate
- Memento Mori
- Arrow and Branch
- Arkenstone Estate
- Bond
- Bucher Estates
- Dana Estates
- Davis Estates
- Gamble Family Vineyards
- Frias Family Vineyard
- Kenefick Ranch
- Lindstrom Wines
- Linked Vineyards
- Nine Suns
- Ovid Napa Valley
- The Mascot
- Post Parade
- Pride Mountain Vineyards
- Robert Biale Vineyards
- Skipstone Ranch
- Stonestreet
- St. Supéry Estate Vineyards and Winery
- Southern Wine and Spirits Vineyard 7 + 8
- Wager Family Wines
- Zachys Wine Auctions

## 2017 Kentucky Bluegrass Wine Auction & Derby Gala



**Bid paddles were raised high in support of the Lexington Cancer Foundation at the twelfth annual Kentucky Bluegrass Wine Auction & Derby Gala on May 4, 2017. A record 1.5 million dollars was raised.**

Over 400 guests attended the nation's only charity wine event integrating fine wine and equestrian culture just days before the running of the Kentucky Derby. The event was chaired by Mr. and Mrs. Julian Van Winkle, along with the distinction of having the proprietors of Sinegal Estate, Mr. and Mrs. David Sinegal served as Vintner Chairs. Sinegal Estate has quickly become one of the most up and coming brands in Napa Valley with limited production and excellent ratings. The event, to date, has raised over 14 million dollars to benefit LCF's mission in the fight against cancer.

The event featured auction items of fine wine, gourmet dining, world-class wine tasting trips, a yacht experience, European trips, celebrity experiences and more. The most sought after auction lot of the evening was a mixed case of the highly coveted and rare Pappy Van Winkle Bourbon. Guests also raised bid paddles high for a 2017 breeding season to Declaration of War Stallion Season for Janice donated by Ashford Stud, a trip to Holland & Holland gun manufacturers in London, Bordeaux experience, Dana Estates and Zachy's Wine Auction's wine experience at Per Se, and a week aboard The World yacht – to name a few.

The silent auction featured many fine and rare wines for enthusiasts including new wineries not yet featured at the event. Auction lots included: Ovid Napa Valley experience, 1.5 L Pride Mountain Cabernet Sauvignon, 1.5 L Alpha & Omega Cabernet Sauvignon, magnums from Arkenstone Estate, Skipstone Ranch experience, and many more. Other auction lots included luxury items from various boutiques around the Lexington, KY area such as home décor from Haven Home, 21C Museum cocktail party, gourmet dinner and wine pairing from Portofino Restaurant, and a full lawn makeover from R. W. Thompson Landscaping.

*continued inside*



Live Auction bidding!

Above: The beautiful setting at Donamire Farm; left: Daren and Kirsten Turner and Heather Duff

## Dear Friends,

It is hard to believe that thirteen years have gone by since the inception of The Lexington Cancer Foundation. In October of 2004, five women passionate about the fight against cancer started the organization around a dining room table.

We are grateful for the dedicated support of our board members, donors, organizations, sponsors, and volunteers. It is because of you that we have been able to raise millions of dollars, bringing our mission of funding cancer research, education and patient care to life. Our organization is not funded by state or federal funding. Your support of our events and direct gifts are so important. These contributions have helped countless causes, patients and their families suffering from cancer throughout Kentucky.

Kentucky continues to lead the nation in cancer incidences and deaths. The Foundation is honored to have the ability to fund programs that often can be taken for granted such as lodging and transportation, gas and food cards, screenings, wigs and supplies, educational seminars and materials, experiences for medically fragile children and more.

On behalf of the Board of Directors and staff, thank you for all that you do in the fight against cancer.



**Warmest Regards,**  
Brenda Rice, President  
Kristi Martin, Executive Director

## Upcoming Events

### Costumes & Cocktails for a Cause

Friday, October 20, 2017 | Round Barn, Red Mile  
8:00 – 11:30 pm | \$100 per person  
Sponsored by Southern Glazier's Wine & Spirits

### LCF Grant Awards Ceremony

Thursday, November 30, 2017 | 21C Museum Hotel  
11:30 am

### 2018 Kentucky Bluegrass Wine Auction & Derby Gala

Thursday, May 3, 2018 | Donamire Farm  
6:00 pm – 1:00 am | \$1000 per couple

### Kentucky Charity Clays

September 2018  
More information coming soon!

## THE LEXINGTON CANCER FOUNDATION



invites you for a night of  
**CREEPY KOOKY  
MYSTERIOUSLY SPOOKY  
COSTUMES & COCKTAILS**

Friday, October 20th  
eight til half past eleven

The Round Barn at Red Mile  
1300 Red Mile Road

.....

100 per body, in-advance  
**VALET - BOOS - BITES**

Come if you dare...  
**RSVP to 859-388-2620**

Sponsored by Southern Glazier's Wine and Spirits  
Anonymous Donors.

For more information, please visit [lexingtoncancerfoundation.org](http://lexingtoncancerfoundation.org)

## Wine Auction *(continued from front page)*

Prior to the auction on Wednesday, May 3, guests enjoyed various exclusive Private Vintner dinners with participating vintners in Lexington with a gourmet wine pairing dinner by Apiary Fine Catering. The feature dinner was held at the exquisite Apiary, hosted by chairs, Mr. and Mrs. Julian Van Winkle along with Vintner Chairs, Mr. and Mrs. David Sinegal. Guests enjoyed music by Linkin' Bridge, the talented vocal group from Louisville, Kentucky that appeared on *America's Got Talent*.

Following the auction, on Friday, May 5, board members, top sponsors and participating vintners enjoyed an intimate dinner at the historic Iroquois Hunt Club. After dinner, guest enjoyed the music of Bluegrass legend Peter Rowan.

The 2018 auction will be held on Thursday, May 3, 2018 at Donamire Farm.

LCF would like to thank all sponsors, vintners, donors, patrons, guests and volunteers for their support in making the auction a tremendous success. Numerous Kentucky cancer fighting organizations will reap the rewards of the proceeds from the evening.

Businesses and supporters who wish to join LCF in our mission by donating an item or items to the 2018 auction are encouraged to visit the LCF website for more information. Contributions help LCF award grants to many worthy cancer causes, and offer businesses the opportunity to showcase wonderful products and services.



*Above: Exciting music from Party of the Moon Band; right: Preston Van Winkle and Julian Van Winkle of Pappy Van Winkle, and Trey Zoeller of Jefferson Reserve.*



*Above: Heather Couch, Aimee Miller and guest*



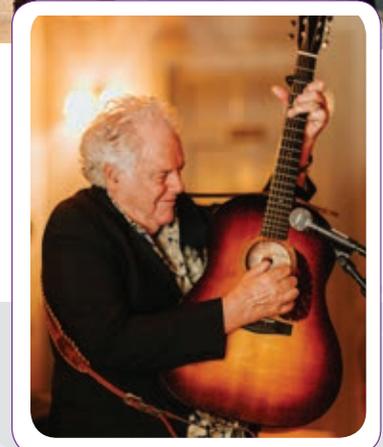
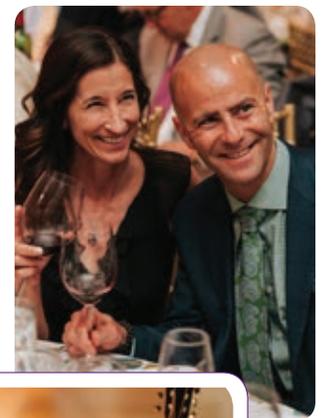
*Lora McCarthy from St. Supéry pouring for Dr. and Mrs. Earl Robbins*



*Above: Chuck Smith and Elizabeth Robertis; Auctioneer Tom Biederman; right: Eric Jensen of Booker Wines*



*Above: Louisville's Linkin' Bridge; top right: Scott Gould of BOND and guest; bottom right: Bluegrass Legend, Peter Rowan*



**Vintners who wish to participate in the 2018 Kentucky Bluegrass Wine Auction & Derby Gala are required to complete a Vintner Participation Form.** Forms and additional 2018 Kentucky Bluegrass Wine Auction & Derby Gala information is available on the LCF website, [www.lexingtoncancerfoundation.org](http://www.lexingtoncancerfoundation.org).

## LCF Grant Funded Spotlight: KentuckyOne Health Yes Mamm! Program

LCF is proud to support funding for the Yes, Mamm! Program. This important service provides free screening mammography and diagnostic services to women and men who are underinsured and underserved.

*“We do not want uninsured women to be left behind. We want all women to receive the screenings they need.”*

One in eight women will be diagnosed with breast cancer in their lifetime, but with early detection, the five-year survival rate is more than 80 percent. Mammograms are an important tool in early detection. For women 40 and

older who are uninsured, KentuckyOne Health offers Yes, Mamm, a program that provides free or reduced cost mammography screenings for those who are eligible.

The overall goal of the Yes, Mamm Program is to increase awareness of breast health in the community and to provide educational outreach to low income/underserved population of women. In the past year, the Yes, Mamm Program has provided 500 free mammograms in Lexington.

“Annual mammograms can be the difference between life and death,” said Jessica Croley, MD, Medical Oncologist. “Regardless of insurance coverage or ability to pay, we want women in our community to receive the screenings they need to help them lead long and healthy lives.”

Early detection by mammograms may lead to a greater range in treatment options, including less-extensive surgery and the use of chemotherapy with fewer side effects.

“We do not want uninsured women to be left behind,” said Dr. Croley. “We want all women to receive the screenings they need. It’s part of our mission to bring wellness, healing and hope to all.”

**For more information about the Yes, Mamm Program or to schedule a mammogram, call (859) 967.5613.**



***To date, LCF has assisted in funding the following organizations:***

American Cancer Society Hope Lodge, Lexington  
Appalachian Regional Hospital  
Baptist Health  
Breast Cancer Research Foundation  
Central Kentucky Blood Center Mobile Bus  
Center for Courageous Kids  
Chicks and Chucks Breast Cancer Educational Booklets  
Clay County Cancer Coalition  
Colon Cancer Prevention Program  
Day of the Latin Woman, Lexington  
Ephriam McDowell Healthcare  
FCC Rally for the Cure  
Flaget Memorial Hospital  
Friends of Indian Summer Camp  
Horses and Hope  
Hospice of the Bluegrass  
I Have Wings Breast Cancer Foundation  
Kentucky Cancer Link  
Kentucky One Health (St. Joseph Hospital)  
Kentucky Prostate Cancer Coalition  
Kids Cancer Alliance  
Kings Daughter Medical Center  
Lexington Clinic Foundation  
Manchester Memorial Hospital  
Michael Quinlan Brain Tumor Foundation  
Norton Cancer Institute  
Ovarian Awareness of Kentucky  
St. Elizabeth Hospital  
Testicular Cancer Society  
The Center for Courageous Kids  
Tri-County Cancer Coalition  
UK Markey Cancer Center  
University of Kentucky Research Foundation  
Wood Hudson Cancer Research Laboratory

***Did You Know? We touch all 120 Kentucky counties through our funded cancer programs.***

# The Kroger guide to the chemotherapy diet: how to maximize wellness during cancer treatment



**Besides the many challenges of cancer treatment, food issues can present unexpected hurdles.**

Besides diminishing appetite or negative effects on taste, some chemotherapy agents lower the body's defense against infection.

That makes food safety during active cancer treatment more important than ever. Kroger can help as patients navigate their changing diets, eating more fruits and vegetables and coping with adverse effects.

Food safety first means making sure that meat and fish are fully cooked. Loading up on fruits and vegetables can help the immune system recover from bouts of chemotherapy. If possible, dial back the sugar and fast food that can cause irritability and inflammation. During illness, it's also crucial that meals deliver vital nutrients and fiber instead of empty calories. Shop your Kroger produce department for the colors of the rainbow, from yellow squash to red peppers to blueberries. Brightly colored fruits and vegetables deliver vital antioxidants, important to bodies that are trying to heal. But take care to wash foods well and use food safety principles during handling. For example, give bagged salads a rinse and spin at home, even if the product advertises the greens are "pre-washed." Choose fruits that rinse well, like peaches, pears and apples. Avoid foods that contain raw or undercooked eggs and choose hard cheeses over soft. If you can, avoid eating leftovers that have lingered in the refrigerator and be mindful of hand

**Visit [Kroger.com/recipes](https://www.kroger.com/recipes) for ideas on cooking fresh or just inspiration as you prepare more meals at home. And don't forget that ClickList online shopping, available at many stores, is a great idea to simplify mealtime during stressful times.**

washing before eating. These guidelines on food safety from the Mayo Clinic can help patients stay safe during the most rigorous chemotherapy regimens.

Diminished appetites during chemotherapy are a special area of study at the University of Kentucky, where neuroscientists have been investigating the relationship between smell, cancer-fighting drugs, the brain and how food tastes. As a result, eating can feel like a chore, according to Dan Han, chief of UK's neuropsychology services. Cheeseburgers can taste like aluminum foil, he said and orange soda "like a weird mixture of fizz and gasoline."

Patients and caregivers can combat these perceptions by making food visually attractive. That means taking the time to set the table and add some greenery to the plate. Those special touches can prime the brain to appreciate the bite to come. Cooks for cancer patients, Han said, might also focus on foods with a soft texture, like chicken and dumplings or a hearty soup. Eating with family can make mealtime more pleasing, he added. Practices like these form the emerging science called "neurogastronomy." While medical experts devise strategies and develop medications to ease taste transitions during illness, many agree that enlivening mealtimes with the warm associations of friends and family is vital support.

— by Jere Downs



## Breast Cancer Awareness Month: Know Your Risks

**Alcohol:** Research shows that just 10 grams of alcohol a day can raise breast cancer risk. It increases the estrogen in your blood.

**Soy Foods:** Soy foods contain phytoestrogens, which mimic estrogen in your blood.

**Dense breasts:** Breast with more glandular tissue versus fat have been associated with a higher risk of developing breast cancer.

**The pill & hormone replacement therapy:** Breast cancer risk increases by 20% while you are on birth control (older formulations with higher estrogen). The Women's Health Initiative study found that women on estrogen plus progestin HRT had increased risk for breast cancer.

**Family History:** Only 10% of cancers are due to an inherited genetic mutation, having a mother, sister, aunt, or grandmother with the disease indicates a higher risk.

### Risk Reducers

**Exercise | Stay at a healthy weight | Eat more veggies**

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Kroger Chemotherapy Diet

Breast Cancer Awareness Month

KentuckyOne Health Yes Mamm! Program

## { Mark Your Calendar! }

**Annual Kentucky Bluegrass Wine Auction & Derby Gala**

6:00 p.m. Thursday, May 3, 2018, Donamire Farm

**Refer to our website for updated event information:**

**[www.lexingtoncancerfoundation.org](http://www.lexingtoncancerfoundation.org)**

## { Donate to LCF and help those suffering from cancer! }

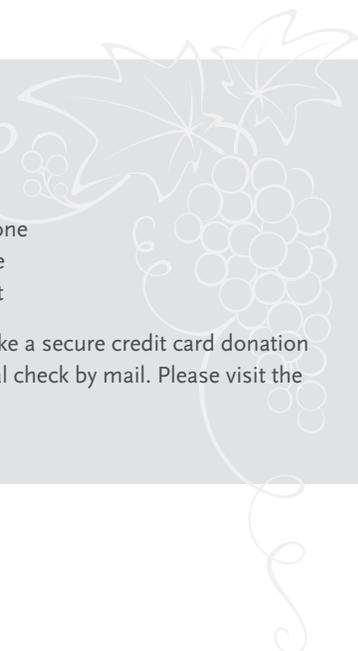
LCF greatly appreciates your generous contributions to our organization and cause. Because of you, LCF is able to make a greater impact in the fight against cancer.

There is nothing more meaningful than a memorial donation made in memory of a loved one. Gifts in honor of a loved one can be a great way to show your support. LCF will send a letter to the person you indicate, suitable for the occasion, informing the individual or family that you have made a gift in his/her memory/honor.

### How do I make a donation?

- Make a gift in memory of a loved one
- Make a gift in honor of a loved one
- Make a gift to the LCF Endowment

We have made it easy for you to make a secure credit card donation online, via PayPal, or with a personal check by mail. Please visit the LCF website for more information.



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*Fundraising for cancer research, education and care*  
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