It's been more than 8 years since the Lexington Hope Lodge opened its doors and during that time the guests, volunteers and staff have created countless memories and traditions. Many of these traditions came from a small idea that grew into something much bigger. The same thing happened in 1985 when Dr. Gordy Klatt ran around a track for 24 hours, asking donors to sponsor laps to support the fundraising efforts of the American Cancer Society. This small idea grew into Relay For Life, which has given millions of people in communities across the country the opportunity to celebrate survivorship, remember those we’ve lost and fight back against this dreadful disease. In 2013, staff and volunteers decided it was time to bring this tradition to our Lexington Hope Lodge.

As a past guest or loved one of someone who has stayed here, you have firsthand knowledge of the benefits of our beloved Hope Lodge. And as you know, beyond lodging we offer a full calendar of events and activities. Of all of these, Relay For Life stands out, not only for the impact it has on all that attend, but also on the huge financial impact it has on our organization.

Relay For Life is not only a celebration, it is also a fundraiser. Since its inception, Relay For Life events held around the country have raised more than $3 billion. The Lexington Hope Lodge is proud to have joined the movement with our own unique event and we are asking for your support. We are counting on all of our Hope Lodge friends and fans, no matter where they are, to contribute to the success of this year’s Relay For Life and help us reach our goal of $27,000.

Hope Lodge guests – past, present and future – are part of a very special community; a network of courage, kindness and support. We cherish you as a member of the Hope Lodge family and look forward to your continued involvement.
Healing Touch

By: Jennifer Bradley

Jin shin Jyutsu® (JSJ) is an energy therapy with similarities to acupuncture, using light touch on the body rather than needles. In early 2000, I began taking my mother-in-law, experiencing lung cancer and a brain tumor, for JSJ sessions regularly in Louisville, KY. I saw first-hand the benefits she received. Her pain, breathing and overall quality of life improved with each session. I was stressed as well, being her primary caregiver and the mother of three small children. I began having JSJ sessions and believe the work I received helped me care for myself during a very busy and stressful time in my life.

My mother-in-law’s results and the positive effects I felt peaked my interest in Jin Shin Jyutsu, leading me to study and become a certified practitioner. To further my training, I began volunteering with Hospice of the Bluegrass and the University of KY Markey Cancer Center. Hospice and Markey patients began reporting similar improvements that I noted in my mother-in-law. This led to the Markey Cancer Center applying for a grant which was funded in 2011 by the Lexington Cancer Foundation to establish a Jin Shin Jyutsu program for their patients. I’ve been with Markey ever since and am grateful to the Lexington Cancer Foundation for their continued support.

The Hope Lodge and the Markey JSJ program have partnered since 2013 to bring Jin Shin Jyutsu Self-Help to both patients and caregivers. JSJ Self-Help is when individuals do this simple healing light touch on their own bodies. Since patients are often tired after their treatments and caregivers are often reticent or unable to leave the side of their loved one to come attend one of our monthly Self-Help classes at Markey, I decided that I needed to go to them. The Hope Lodge was the perfect fit. I love to visit monthly and work with individuals to teach them simple holds they can do to help with their stress and side effects from treatment. It’s been a wonderful experience for me to sit around a table with people and practice these simple techniques. I love it when they begin to look less tense, smile, and genuinely feel better. People are amazed and empowered to know that something so simple can have such a profound effect.

My favorite hold to teach is the holding of the thumb for sleep. It seems that so many of us awaken late at night and have trouble falling back to sleep. To know that we can get up if we need to, then jump back into bed and hold our thumb gently with the fingers of the opposite hand and drift off to sleep, is a wonder, but it works! I suggest that people do this in the evening before retiring, then again once in bed if they have trouble falling asleep as well. I’d say this works for about 90% of the people I teach.

Jin Shin Jyutsu Self-Help information is available in the guest binders for every room at the Hope Lodge and in the Lobby. Self-Help classes are offered at the Lodge on the second Wednesday of every month from 4-5pm. To watch an informational video about Markey’s Jin Shin Jyutsu program go to: http://bit.ly/ZlxMST. Self-Help videos and handouts are available on the Markey JSJ website: http://ukhealthcare.uky.edu/Markey/jsj/.

Thank you to everyone at the Hope Lodge for giving me a place to share Jin Shin Jyutsu with so many wonderful people. I look forward to every visit.
Serving with Heart: Baptist Health

By: Betty Simms

The oncology staff at Baptist Health Lexington has been hosting dinners at the Hope Lodge on a quarterly basis since the Hope Lodge opened its doors in 2007. During this time, the group has served close to 2,000 meals and regards it as one of their most gratifying community outreach endeavors.

The Baptist Health Lexington Food and Nutrition Department prepares and donates the entrée, while members of the Oncology staff prepare a cornucopia of homemade salads, sides, breads and desserts to compliment the entrée. The event is never short on food and never short on volunteers to serve the meal...there are always 15-20 volunteers from the oncology staff that show up every time to help make this event special for the patients and their families.

Many of the patients spend weeks at the Hope Lodge, far away from home and their families. They often do not have the resources to purchase food or to have a hot, nutritious meal. The heartfelt commitment of time, resources and culinary skills enables our staff to provide these patients and their families with warm hospitality, a great home cooked meal and the opportunity to share their story to a kind listening ear. It is truly the most fulfilling community outreach initiative that we look forward to each quarter.

The patients, family members and Hope Lodge Staff are most grateful of the many volunteers who prepare, serve the meals and take the time to sit and dine with them...because we take the time to make this event happen, we touch many with generosity, kindness and a smile when they need it most! It is the most rewarding feeling to walk away from this event, knowing that it made a difference in someone’s day, if only for a hot meal and a warm smile or hug. Lexington is truly blessed to have the Hope Lodge in our community, enabling cancer patients to superior cancer care offered by our medical community.
April 12th through 18th was National Volunteer Appreciation Week! We had the wonderful privilege at our American Cancer Society Hope Lodge in Lexington, KY to showcase, encourage, and support our amazing volunteers! They give so much of themselves to us and our guests. It is our great privilege to be able to give back to them.

We gave shout-outs to our volunteers throughout the week on our Facebook Page:
https://www.facebook.com/hopelodgelexington

A “Shining Star” board was created to honor all of our in-house volunteers and van drivers. We also gave them “We Flippin’ Love You for all you do for us!” goodies that included muffin mix & a spatula.

We finished out the week with a Volunteer Banquet for about 15 volunteers including weekly volunteers and dinner groups.

It was truly a humbling week. Melissa would like to thank all the part-time staff who sacrificed time and resources to provide food and joy to our banquet.

Jason and Melissa would like to extend their gratitude to each and every volunteer who gives of their time, but also their heart. You help make our Hope Lodge HOPE-filled!
2015...WOW! What a start!

It is my great privilege to be Associate Director at the American Cancer Society Hope Lodge in Lexington, KY.

I must extend my great gratitude to all our dinner groups for keeping us consistently booked with dinners throughout the beginning of this year. You have no idea the impact a warm meal can make on an individual.

We have added a monthly art therapy class to our program, an inspirational singer that comes bi-weekly to encourage the guests, and our Jin Shin Jyutsu program is going strong.

This Spring Semester has been absolutely amazing with three student learners, a copious amount of wonderful University of Kentucky volunteers, and various sororities and fraternities who have chosen to give their time and efforts to our Hope Lodge.

I love—after the phone calls have been made, the planning is done, the event is on the schedule—to sit back and watch the beautiful community that takes place between our guests and those that choose to serve them.

National Volunteer Appreciation Week took place in April. It is clearly my favorite week of the year. I got to love on and support our volunteers that give 110% to us. It is the little day to day things that make the undeniable difference in a person’s life. Tiny acts lend big grace resulting in abounding hope. I watch our volunteers do this very thing daily. I am extremely humbled to be able to give a small amount back to them.

Thank you each and every volunteer for making my daily job rich, full, and meaningful.

What we do here at our American Cancer Society Hope Lodge in Lexington, KY makes a HUGE difference. I hear this every single day from individuals who have found a home away from home amidst a very difficult and painful situation.