

2018: American Cancer Society

Our 7th Cooperative Principle is **commitment to community**. We exercise this principle in various ways at Blue Grass Energy. One of those ways is our annual charity partnership.

Charities that serve our local communities are nominated and selected by BGEnergy employees. In 2018, all fundraising efforts will benefit the American Cancer Society. In this edition, you will learn about some programs and offerings of this great organization.



Our offices will be closed Feb. 19.

Message from the President

Energizing the next generation

Blue Grass Energy supports our local schools and our young members. We know expectations for the next generation can only be as great as our commitment to the students who comprise it.

That is why we offer opportunities such as our Washington Youth Tour (WYT) and award ten \$1,000 scholarships each year. The WYT allows our young members to hone their leadership skills while learning about cooperatives and our unique business model. Our scholarships are offered to graduating high school seniors to assist them in obtaining higher education or training.

As we read about opportunities at Kentucky colleges and universities in

this month's issue of *Kentucky Living*, keep in mind the programs we offer our young members.

Our hope at Blue Grass Energy is that the students of today become the leaders of tomorrow. We need their evolving talents and initiative to help us continue making life better, the cooperative way.

And, as we talk about educational opportunities, know we are committed to doing our part to share educational

Continued on 28D



Michael I. Williams
President & CEO



What the American Cancer

We all know someone with cancer, so this disease hits home to all of us.

The American Cancer Society helps our community by funding breakthrough research, gives free rides to chemo appointments, provides free places to stay near hospitals, a free 24/7/365 live help line and so much more. Following are just a few of its many resources:



INFORMATION

Call (800) 227-2345 anytime to talk with a cancer information specialist or visit online at cancer.org.

They will help you understand your cancer and treatment options; find help with insurance, Medicare and Medicaid; and find programs in your area for people with cancer.



CANCER EDUCATION CLASSES

If you and your family have questions about cancer, the I Can Cope personal guide will help you navigate through your cancer care.



HOPE & INSPIRATION

The American Cancer Society Cancer Survivors Network provides a safe online connection where cancer patients can find others with similar experiences and interests. At csn.cancer.org, members can join chat rooms and build their own support network from among the members. Other online resources, including MyLifeLine.org and Springboard Beyond Cancer, provide additional support for patients, survivors and caregivers and allow them to better communicate to receive the help they need during and after cancer.



PERSONAL CANCER GUIDE

A personal guide will help you navigate through your cancer care.

HAIR LOSS & MASTECTOMY PRODUCTS

Some women wear wigs, hats, breast forms and special bras to help cope with the effects of a mastectomy and hair loss. The “*tlc*” *Tender Loving Care* program offers affordable hair loss and mastectomy products, as well as advice on how to use those products. The *tlc* products and catalogs may be ordered online at tlcdirect.org or by calling (800) 850-9445.



HOPE LODGE

Hope Lodge gives hope a home. These facilities provide free overnight lodging for cancer patients and their caregivers. There are currently 37 locations nationwide with one in Lexington. Visit cancer.org/hopelodge for more information about the Hope Lodge Program.



LOOK GOOD FEEL BETTER

This is a free program for women in cancer treatment. You can learn beauty techniques to address appearance-related side effects of cancer treatment in the comfort of your home. Contact the American Cancer Society at (800) 227-2345 (available 24/7) and simply ask for the “At Home Look Good Feel Better” materials, and they will be mailed directly to you.



look good feel better
HELPING WOMEN WITH CANCER

Look Good Feel Better is a registered trademark of the Look Good Feel Better Foundation.

Society offers to our communities

ROAD TO RECOVERY

The Road To Recovery program provides free rides to cancer treatments. This program utilizes community volunteer drivers who donate their time and vehicles to provide rides to patients depending on availability. Requests for rides to eligible cancer-related treatments are coordinated through the American Cancer Society and local coordinators. The volunteer driver will pick you up and provide a ride to your appointment. To request a ride, call (800) 227-2345. To volunteer to be a driver in your area, go to www.cancer.org/involved/volunteer/sign-up-to-volunteer.html. There is currently an urgent need for drivers.

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REACH TO RECOVERY

This is a free program for people facing breast cancer. Through this program, you are matched with a volunteer who will talk with you about coping with your breast cancer diagnosis and treatment. You can learn about treatment options, coping with side effects and more. Every volunteer is trained by the American Cancer Society and is a breast cancer survivor. They know what it is like to hear the words, "You have breast cancer." The goal is to match you with someone similar in age who has had a similar breast cancer experience. Call (800) 227-2345 to learn more about this program.



RELAY FOR LIFE

At Relay For Life events, teams camp out overnight and take turns walking or running around a track or path at a local high school, park or fairground to raise funds for the fight against cancer. Events are up to 24 hours long, and because cancer never sleeps, each team is asked to have at least one participant on the track at all times. The event is an opportunity for communities to honor cancer survivors, remember loved ones lost and fight back against a disease that has already taken too much. Relay volunteers help with registration, logistics, participant support and other unique opportunities based on the event's location. Or, you can be a Relay For Life team member or team leader and volunteer your time toward participating in the event and fundraising. To volunteer for this event, sign up at www.cancer.org/involved/volunteer/sign-up-to-volunteer.html.

Jessamine Co. Relay for Life: June 8, 2018, at 5 p.m.

West Jessamine Middle School
1400 Wilmore Road
Nicholasville, KY

Madison Co. Relay for Life: June 8, 2018, at 6 p.m.

B. Michael Caudill Middle School
1428 Dr. Robert R. Martin Bypass
Richmond, KY

Harrison Co. Relay for Life: June 16, 2018, at 6 p.m.

Courthouse Square
111 South Main Street
Cynthiana, KY



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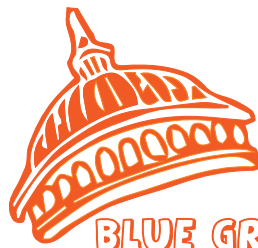
Rachel Settles, Editor



Know what's below.
Call before you dig.



This institution is an equal
opportunity provider and employer.



**BLUE GRASS ENERGY
WASHINGTON
YOUTH TOUR**



Scholarships

Deadline to apply is March 9, 2018.

Applications can be found under the
Community tab at bgenergy.com.

Energy Efficiency Tip of the Month

Consider insulating your hot water pipes. Doing so can reduce heat loss, allow you to lower the temperature setting and save an additional 3 to 4 percent per year on water heating.

Source: energy.gov



President's message (cont'd.)

opportunities with our members. If you have any questions on how your high school junior or senior can participate in our programs, don't hesitate to reach out to us. You can find the information

and applications under the Community tab at bgenergy.com. We care about our young members and are here to help; and education is just one of the many ways we are making life better, the cooperative way.