

# Catch the Spirit!



## Lexington Clinic FOUNDATION

Health Education | Research | Philanthropy | Since 1959

### Summer/Fall 2010 In This Issue:

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### Welcome

Welcome to *Catch the Spirit!*, Lexington Clinic Foundation's new quarterly newsletter! This publication is designed to help you learn more about Lexington Clinic Foundation (LCF) and its mission in fun-to-read, informative articles.

In this issue of *Catch the Spirit!*, we feature a community organization your generous donations help to support, a LCF board member profile, exciting news about LCF T-shirt Fridays and a profile of someone who embodies the Lexington Clinic Foundation spirit.

In addition, Sunny, the Lexington Clinic Foundation Love Your Skin mascot, is hiding somewhere in this issue. If you find him, send an e-mail to [aneuf@lexclin.com](mailto:aneuf@lexclin.com) with a description of where he is and you could win a \$20 Rafferty's giftcard!

We hope you enjoy this issue of *Catch the Spirit!* We would like to encourage all Lexington Clinic employees to have their donations payroll deducted. All employees who sign up to donate through payroll deduction by October 15, 2010, will be entered into a drawing for an MP4 player! ●

## Giving to the community

### Baby Health Meeting the Needs of Fayette County Children

Lexington Clinic Foundation (LCF) funds many important programs each year, giving hope to the people in our community by supporting medical education, research, and scholarships. In addition, as part of a new community support initiative, LCF is providing funding, through grants, for several local organizations in 2010. One of those organizations is Baby Health.

Over 18% of Fayette County children have no health insurance. Many families earn too much to be eligible for a medical card, but cannot afford to purchase health insurance. Often these children fall through the cracks and must do without the care they so desperately need.

Since 1914, Baby Health has been working to meet the needs of Fayette County children, ages 0-12, who have no health insurance. The Baby Health Clinic is open weekday mornings and has a staff of 11 volunteer physicians, two paid nurses, and a paid pediatric nurse practitioner. Children are provided both sick and well-child examinations, X-rays, and blood tests. Medicines for children are also distributed at no cost to families.

Retired Lexington Clinic physician, Dr. William Underwood, has been working with Baby Health since 1966. Dr. Underwood says, "I became involved because I feel I owe something to the community. It is my way to give back to a community that has been so good to me. I stay with them because, to me, it's a charity that provides quality care to children who would probably receive little or no care otherwise."



After 40 years of service, Dr. Underwood has cared for generations of patients at Baby Health, but a physician's trained eye is only one component of the care these children need - funding for vital medications and treatments is also necessary. In 2010, Lexington Clinic Foundation stepped up to help fill the void, awarding Baby Health a grant specifically intended to fund asthma medication which is being given to nearly 3,000 children. Baby Health receives no federal funding, so gifts like LCF's are vital to the organization's existence.



To learn more about Baby Health or for volunteer opportunities, please visit [LexingtonClinicFoundation.org/commproject](http://LexingtonClinicFoundation.org/commproject). ●

# Fergus Hanson Memorial Scholarships

Lexington Clinic Foundation (LCF) recently awarded our 2010 Fergus Hanson Memorial Scholarships to 24 Kentucky students. The scholarships, which are named for Lexington Clinic's late Chief Executive Officer Fergus Hanson, are awarded annually to students from Central and Eastern Kentucky who plan to pursue a career in allied healthcare.

Students must exhibit academic achievement, display good character, plan to work in Central or Eastern Kentucky and demonstrate community involvement. This year's recipients are planning careers in nursing, occupational therapy, physical therapy, and laboratory.

LCF encourages you to apply for next year's scholarships if you are interested in furthering your education or to share information about the scholarships with your friends and family. Students may begin applying in December. Please visit [LexingtonClinicFoundation.org](http://LexingtonClinicFoundation.org) for more information. ●

## 2010 Fergus Hanson Memorial Scholarship Recipients in Their Own Words:

### Kristoffer Howard

Lexington, KY  
Occupational Therapy  
Eastern Kentucky University



Kristoffer Howard

### What are you most excited about doing next semester?

I am most excited about beginning to apply my undergraduate education through hands-on courses and field work experiences.

### Kristin Ashley Hysong

Lexington, KY  
Nursing  
University of Kentucky



Kristin Hysong

### Why did you choose this field?

I love helping people especially in a time of great need.

### Lisa Russell

Russell Springs, KY  
Clinical Lab Technician  
Somerset Community College



Lisa Russell

### What does receiving the 2010 Fergus Hanson Memorial Scholarship mean to you?

It will help relax the financial burden of college costs – I have four children in college as well, so this scholarship is greatly appreciated.

### Casey Hill

Lafayette, Indiana  
Nursing  
Midway College



Casey Hill

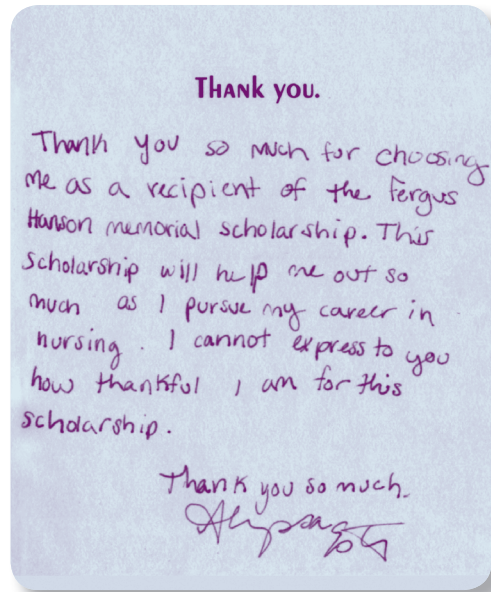
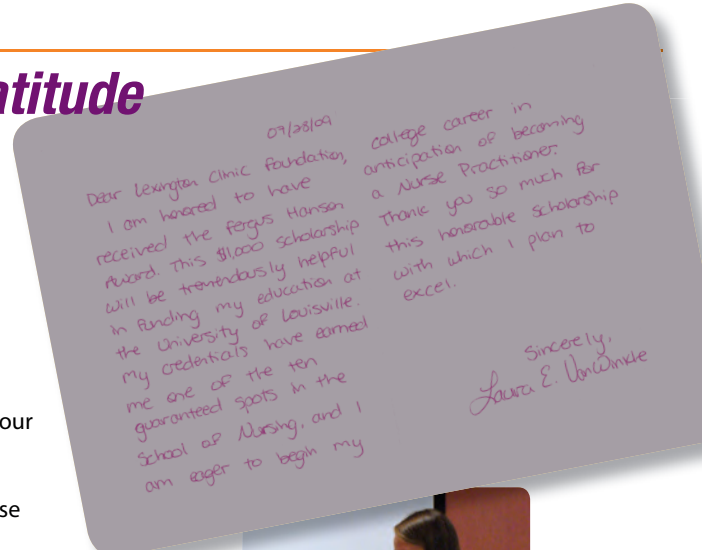
### Why did you choose this field?

I am already an LPN and wanted to take my nursing career to the next level. ●

## A Spirit of Gratitude

Your giving really does help people! Take a look at two expressions of gratitude from our Fergus Hanson Memorial Scholarship recipients. Because of your gifts, we have been able to assist students as they work towards becoming healthcare professionals. All thanks to you, our donors!

If you haven't given before, please consider partnering with us to help those who are the future of healthcare! ●



### Why I give...

*"I give to honor a family member by purchasing bricks and at the same time make a donation to Lexington Clinic Foundation."*

*– Bonnie Allen, Director of Accounting*



# Love Your Skin Campaign Reaches Over 8,000 Children!



This summer, our "Love Your Skin" skin cancer awareness campaign has reached over 8,000 Central Kentucky children. We have visited parks, schools and swimming pools distributing sunglasses, sunscreen, and UV light sensor cards, all aimed at educating children and parents about the dangers of over exposure to the sun, which can lead to skin cancer.

Above left: LCF's Love Your Skin advertising campaign

Above right: Dr. James B. Hunter appears on WTVQ, Channel 36 noon news with "Sunny," the LCF Love Your Skin Skin Cancer Awareness mascot.



## Sun Facts / Don't Let a Sunburn Ruin Your Summer! Know Your Facts!

- ✦ Skin cancer is the most common of all cancers.
- ✦ Skin cancer rates are rising.
- ✦ More men are diagnosed with skin cancer than women.
- ✦ Skin cancer can be deadly and is largely preventable.
- ✦ You should avoid the sun during mid-day.
- ✦ If you can't avoid the sun, wear sunscreen of at least SPF 15.
- ✦ Wear sunglasses! Your eyes need to be protected, too.
- ✦ Wear a hat. Over 80% of skin cancer is on the head or neck.
- ✦ Tanned skin is damaged skin.
- ✦ Even if it is cloudy, you still need to wear sunscreen. You can even burn in the snow!
- ✦ It can take up to 12 hours for skin to show the full effect of sun exposure.
- ✦ Re-apply sunscreen every 1 1/2 to 2 hours. ●

## Lexington Clinic Foundation T-shirt Fridays!

Aren't there some Fridays when you would like to come to work in a comfortable T-shirt? We have great news for you! You can!

Lexington Clinic is sponsoring **Lexington Clinic Foundation Fridays** on the third Friday of each month.

Please contact Ashley Neufeld at 859.258.6116 or [aneuf@lexclin.com](mailto:aneuf@lexclin.com) with any questions.

Here's how it works:

- Purchase a T-shirt for only \$10 through payroll deduction by filling out the form on the intranet in the News Articles section. Non-Lexington Clinic employees may order shirts by emailing [aneuf@lexclin.com](mailto:aneuf@lexclin.com) or calling 859.258.6116.
- Wear your T-shirt on the third Friday of the month.
- Support LCF by telling patients and co-workers why you're wearing your T-shirt.
- Send us pictures of you and your co-workers wearing your T-shirts, and you may be featured on the LCF homepage, the Lexington Clinic intranet and in the next LCF *Catch the Spirit!*

**T-shirt order forms must be received in the Business Development Department by September 10.** Fax orders to 859.425.1144 or send via inter-clinic mail to Ashley Neufeld in the Business Development Department. Your LCF T-shirt may be worn to work the third Friday of October, November and December. T-shirts must be worn with scrub pants in clinical settings or with dress-code appropriate work pants. ●

Feel free to order extra shirts for family or friends!

# That's the Spirit!



In each issue we will feature someone who embodies the LCF Spirit! This month we are featuring Dr. Michael Eden who serves in our community in several different ways. Dr. Eden is actively involved with Lexington Christian Academy's tennis program and helps coach the LCA men's and women's tennis teams, he and his wife host a high school Bible study group weekly at their house, and he volunteers his time and expertise at the Refuge Medical Clinic.

The Refuge Medical Clinic is a non-profit medical clinic started by Southland Christian Church in 2008 to care for people who are uninsured and do not qualify for Medicaid. The Clinic operates two facilities, one is located in downtown Lexington and the other is housed in the Jessamine County Health Department. The Jessamine County location, where Dr. Eden volunteers, is open Monday through Thursday, 6:00 p.m. – 9:00 p.m., and he usually sees 10-12 patients each evening he is there. The Clinic features electronic health record and on-site lab and X-ray facilities, and medical staff try to prescribe off of the \$4 generic drug list or give free sample medications.

Dr. Eden was able to provide one asthmatic patient a free sample of asthma medication. The patient reported a month later that he was able to breathe properly for the first time in 20 years.

According to Dr. Eden, experiences like these make volunteering rewarding. "I am blessed with a skill set and an avenue to use it and give back. We are potentially saving lives by helping patients manage conditions like hypertension, possibly preventing stroke or heart attack. When you focus on other people's problems, your problems look smaller. People are very appreciative, and I feel blessed to volunteer there," said Dr. Eden.

The Refuge Medical Clinic tries to have patients follow up with the same doctor each time. Dr. Eden feels this allows the patient and medical professional to build a primary care relationship, something many of these patients have never had before. "Patients begin to think of you as 'their' doctor," said Dr. Eden. To Dr. Eden, without distractions and overwhelming paperwork, this is the doctor-patient relationship in its purest form. "This is why we go into medicine," he explains, "to help people."

For more information on the Refuge Medical Clinic or to find out how you can be involved, please visit [refugeministriesky.org](http://refugeministriesky.org) or contact Dr. Eden at [meden@lexclin.com](mailto:meden@lexclin.com).

To nominate someone, please send a short paragraph to [aneuf@lexclin.com](mailto:aneuf@lexclin.com). Tell us how they have the Spirit of Service, the Spirit of Giving and the Spirit of Volunteering. This is a chance to brag on your co-workers! We can't wait to hear your nominations!

## Thank You for Your Support of Lexington Clinic Foundation!

Donor Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Donation Amount of \$ \_\_\_\_\_

Check Enclosed  MasterCard  Visa  
*Make payable to Lexington Clinic Foundation* *Note: Minimum \$20 charge for credit cards*

Name as it appears on card: \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ CID# (3 digits on back of card) : \_\_\_\_\_  
 Month Year

### Payment Option for Lexington Clinic Employees Only:

I would like to contribute through payroll deduction in the total amount of \$ \_\_\_\_\_

- One time payroll deduction
- Deducting bi-weekly the amount of \$ \_\_\_\_\_

I would like to contribute to payroll deduction until I notify to discontinue. Please make a payroll bi-weekly deduction in the amount:

- \$5  \$10  \$20  Other Amount \$ \_\_\_\_\_

Employee Signature: \_\_\_\_\_

### I would like to designate my donation to:

- Lexington Clinic Foundation General Fund
- Lexington Clinic Garden of Hope  
 Our Garden of Hope offers bricks which can be engraved for a gift of \$100 each. The Garden of Hope is located next to the Lexington Clinic Ambulatory Surgery Center on the South Broadway Campus of Lexington Clinic.

For a Garden of Hope donation, please fill out the following:  
**Limit of 18 characters.**

In Honor of \_\_\_\_\_

In Memory of \_\_\_\_\_

For gifts in honor or in memory, please send acknowledgement card to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Please make checks payable to: **Lexington Clinic Foundation**  
 350 Elaine Drive, Suite 100  
 Lexington, KY 40504  
 Phone: **859.258.6116**

**Lexington Clinic Employees – sign up for payroll deduction and be entered into a drawing for an MP4 player!**

# Save the Date for the 6th Annual Lexington Clinic Foundation Golf Tournament to be held on October 4



Lexington Clinic Foundation (LCF) is pleased to announce that the Sixth Annual Lexington Clinic Foundation Golf Tournament will be held October 4, 2010, at the University Club of Kentucky golf course on Leestown Road.

Please join us for a day on the links! We have reserved all 36 holes and anticipate a full field of golfers. Your involvement and contribution would be greatly appreciated. All proceeds benefit Lexington Clinic Foundation.

For more information, please contact  
Ashley Neufeld at 859.258.6116 or via email at [aneuf@lexclin.com](mailto:aneuf@lexclin.com).

## University Club Golf Course

As you enter the pristine grounds of the University Club of Kentucky, you find two immaculate golf courses set in the rolling hills of the Bluegrass. This entrance invites you to become part of something special. The clubhouse, filled with University of Kentucky memorabilia and keepsakes, inspires you to feel the rich tradition and history of the Commonwealth's most fabled university. Coupled with the amenities and benefits of private golf, the University Club of Kentucky offers you a truly unique setting for golf in the heart of the Lexington area. A wide array of social gatherings promotes camaraderie among players as exciting golf events challenge participants.

For more information, visit [LexingtonClinicFoundation.org](http://LexingtonClinicFoundation.org). ●

Sign up soon and come join  
the fun! Entry deadline is  
August 31, 2010.

## 2010 LCF Golf Tournament Sponsorship Agreement

Company/Donor Name \_\_\_\_\_

Contact \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_

E-mail \_\_\_\_\_

### LEVEL OF SPONSORSHIP METHOD OF PAYMENT

Please bill me

Check Enclosed  
(Make payable to  
Lexington Clinic Foundation)

MasterCard  Visa

<input type="checkbox"/> Platinum	\$10,000
<input type="checkbox"/> Gold	\$5,000
<input type="checkbox"/> Silver	\$2,500
<input type="checkbox"/> Bronze	\$1,000
<input type="checkbox"/> Individual Entry	\$250

Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ CID# (3 digits on back of card) : \_\_\_\_\_  
Month Year

Signature \_\_\_\_\_ Date \_\_\_\_\_

### GOODY BAGS

Yes! We wish to place promotional items in the goody bags!  
Item Description: \_\_\_\_\_

How many? \_\_\_\_\_

No, we are not interested in placing promotional items in the goody bags.

### PLAYERS

Golf Shirt Size

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Please return this form and your payment to:

**Lexington Clinic Foundation**  
**Attn: Ashley Neufeld**

350 Elaine Drive, Suite 100  
Lexington, KY 40504

Phone: 859.258.6116/Fax: 859.425.1144

Email: [aneuf@lexclin.com](mailto:aneuf@lexclin.com)

Federal Tax ID#: 61-603704

# Lexington Clinic FOUNDATION

Health Education | Research | Philanthropy | Since 1959

350 Elaine Drive, Suite 100  
Lexington, KY 40504



## Need a Tax Deduction?

Donating to Lexington Clinic Foundation (LCF) benefits others, but it can also benefit you! Because LCF is a 501(c)3 organization, Tax ID Number: 61-6037046, your donations may be deducted at the end of the year and may lower your tax bill. You will have to itemize your tax deductions in order to claim your donation. Visit [www.irs.gov/charities](http://www.irs.gov/charities) to learn more. 😊

### Get To Know an LCF Board Member

*James B. Hunter, M.D., President,  
Lexington Clinic Foundation*



**How long have you been involved with LCF?** 15 years

**What do you like about being on the board?** Having been a dedicated Lexington Clinic physician for many years, I feel the Foundation compliments Lexington Clinic because it is an extension of the values Lexington Clinic is committed to and carries out philanthropy and medical activities in the community.

**What do you do in your free time?** I like to travel, garden with my wife, and participate in church activities.

**Before I die, I want to...** Travel more, see more of the United States. I would also like to see the Foundation grow and become more productive for the community.

**I give because...** I feel like it contributes to the mission of the Foundation.

**If I could be someone else for one day, I would be...** Henry Clay, the Great Compromiser, and spend a day with the early partisan, polarized congress.

**My favorite ice cream is...** Mint Chocolate Chip ●

## Lexington Clinic Foundation Board of Directors

**Ms. Janet Craig**  
Stites & Harbison, PLLC  
Lexington, Kentucky

**Mrs. Phyllis Cronin**  
Lexington, Kentucky

**Mr. Guthrie Culbertson**  
Fifth Third Bank  
Lexington, Kentucky

**Ms. Kaye Dickston**  
Lexington Clinic

**Ms. Mary Hemlepp**  
Wiser, Hemlepp  
& Associates  
Lexington, Kentucky

**Dr. Ardis Hoven**  
Lexington Clinic (Retired)  
Lexington, Kentucky

**Dr. James Hunter**  
Lexington Clinic  
Lexington, Kentucky

**Mr. David Johnson**  
BB&T Insurance Group  
Lexington, Kentucky

**Dr. Richard Kielar**  
Lexington Clinic (Retired)  
Lexington, Kentucky

**Mr. Travis Musgrave**  
Merrill Lynch  
Lexington, Kentucky

**Mr. Mike Shepherd**  
Dean, Dorton & Ford  
Lexington, Kentucky

**Ms. Renee Jackson**  
Downtown Lexington  
Corporation  
Lexington, Kentucky

### Lexington Clinic Foundation

Lexington Clinic Foundation (LCF) was established in 1959 and is a non-profit organization dedicated to improving and enriching the communities it serves. Each year, LCF provides funding and support to medical research, scholarships, and community projects.

#### Our Mission:

Caring for our community by providing assistance through raising and distributing funds to finance education, public health campaigns, medical research, and local medical charities

#### Our Vision:

Make a significant impact within our community through education, research, and philanthropy