

NEWS RELEASE

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L5 Foundation Presents \$21,000 to Provision CARES' The Caring Plate to Deliver Nutritious Meals to Cancer Patients' Homes

L5 Foundation, Provision CARES, and CAC Mobile Meals Join to Help Cancer Patients Fight the Disease Through Good Nutrition

Members of the L5 Foundation and its board will present a check for \$21,000 to the Provision CARES Foundation's Caring Plate program **on Tuesday, January 5, at 12:15 p.m. at the CAC Mobile Meals Kitchen, 1747 Reynolds Street.** This gift will allow The Caring Plate to deliver 3,500 meals to the homes of local cancer patients in active treatment.

The check recipient, **Provision CARES Foundation**, began partnering with the Community Action Committee (CAC) Mobile Meals program in 2014 to sponsor a pilot program called The Caring Plate to ensure that cancer patients currently receiving treatment have access to healthful, nutritious meals. Often, when undergoing treatment, patients or their families may not be able to prepare healthful or nutritious meals. Nutrition plays an important role during treatment and recovery by providing the physical and mental strength that patients need. Since its inception, The Caring Plate has provided more than 5,613 meals to cancer patients and their families. The number of meals served grew by more than 600 meals a month during the first quarter of 2015 in large part because of the expansion of the program to East Tennessee Children's Hospital. This fall The Caring Plate expanded to include patients of the University of Tennessee Medical Center.

The L5 Foundation was established by oncologist, Dr. Susan Newman, after caring for thousands of cancer patients over the last 10 years, who inspired her and helped her to realize that her practice had a unique set of values that enabled her, her staff, and their patients to fight cancer together. Not only is five years a milestone for cancer patients (if you remain in remission for 5 years, you are most likely cured of your cancer), but there are five values that often enable cancer patients to endure and to triumph over their cancers.

The 5 unique values of Dr. Newman's patients are

- **Faith** to believe
- **Hope** to endure

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- **Determination** to overcome
- **Strength** to survive
- **Passion** to win.

The L5 Foundation serves as a funding agent for other like-minded organizations that seek to empower others through the power of a positive attitude. The L5 Foundation doesn't stop at providing only monetary support but also offers help to organizations by raising awareness for their causes, assisting in the planning of fundraisers, and offering general organizational support.

"Working with The Caring Plate just seemed like a natural fit," said Office on Aging Director Susan Long. "Our Mobile Meals program already has an excellent kitchen, outstanding volunteers, and the organizational capacity to make this happen. It has always been our goal to grow the Mobile Meals program to serve more people of all ages and needs in our community who need nutritious meals to stay healthy and independent in their homes. Preparing meals for and delivering them to the homes of cancer patients just seemed like an obvious next step, and we were thrilled when Provision CARES brought the idea to us. We are happy to see the program taking off like it has and serving more people throughout Knox and surrounding counties who are fighting this disease. The L5 Foundation's generous donation will help Provision CARES to expand The Caring Plate to help even more cancer patients stay healthy and independent."

"The Provision CARES Foundation is honored that the L5 Foundation believes in our unique partnership with CAC to make The Caring Plate program available to families battling cancer throughout our region," said Provision CARES Foundation Executive Director Les Fout. "The Caring Plate would not be possible without the L5 Foundation and other generous donors who want to make cancer patients *cancer survivors*."

For more information about these organizations and programs:

www.livefivefoundation.org: For more information about this funding organization.

www.provisioncares.org/thecaringplate: For eligibility and other information about The Caring Plate.

<http://www.knoxseniors.org/mobile.html> : For eligibility and other information about Mobile Meals.