Milo lost his father in December 2017 to a sudden heart attack, just before Christmas. He was only 13, and the grief left him feeling sad and isolated from those around him.

“People wanted to help, but they didn’t really know what to say or do. I felt like an outcast from my peers,” Milo recalls.

That changed when Milo attended the Bluegrass Care Navigators Camp Hope, a free bereavement camp for children in our service area who have lost a loved one. The camp offers a safe environment for kids and teens to express their grief, learn how to cope with difficult feelings and to support each other.

“At Camp Hope, I felt like I had a home, a refuge. I’m still in contact with some friends that I made there,” Milo says.

Milo’s mother, Yanya, joined a support group for adults and says she felt the same sense of belonging.

“Our loss was so sudden. I felt lost and hopeless. The group is like a big, wonderful family. It’s a place you feel welcome no matter how you lost your loved one,” Yanya says. “And Milo and I would share our experiences with each other, which helped us deal with the grief together.”

The Bluegrass Grief Care program is available to anyone in the community who has experienced the loss of a loved one, and offers various programs, including camps, support groups and individual grief counseling. The Grief Care program and Camp Hope are possible due to the kindness and generosity of donors who support the program.
“From the very first activity, the Camp Hope experience changed my perspective,” Milo says. “I realized that we can all be leaders and contribute in a positive way. I wanted to help others in need.”

And he is doing just that. For the past two years, Milo has organized a toy drive and donated the gifts to Bluegrass Care Navigators for kids who are grieving loss of their loved one.

Yanya agrees and also makes an annual gift. “We truly appreciate the Bluegrass Grief Care program,” she says. “We will continue to give to Bluegrass Care Navigators so we can continue to give hope, together.”

At Bluegrass Care Navigators, we are always committed to providing the professional hospice care that our patients need – medical oversight by physicians, medicines to treat symptoms and pain, personal care by nurse aids. But sometimes our patients need more than excellent medical care. And thanks to the support of donors like you, we can offer an extra measure of compassion and peace of mind.

Not too long ago, we had a gentleman referred to us at the very end of his life. He lived alone in a home that was not in good condition. The roof had several holes in it that allowed rain to come in. His bed was near one of those holes and the mattress was molded from being damp. He had no bed sheets, little food, no pillows, no clean towels.

His house was passed down to him by family. It was the only material thing he still owned. He was born in this home, his other family members had passed in this home, and it was his strong wish to pass away in this home, too.

Recognizing this meant a lot to him, our team immediately set out in search of all the things we could do to make this a better situation and meet our patient’s end-of-life goal.

He shared a last meal request that was purchased by our team member that same day from a nearby restaurant. Our clinicians purchased sheets, pillows, soap, shampoo, food, and cleaning supplies. They moved his bed and cleaned his room to make it comfortable for his last days.

His death was very near, and he passed in just three days. Your generosity helped fulfill a dying man’s wish. You helped ensure that our team was able to do what was necessary so this man’s life could end in comfort and with dignity.

Thank you.
Donor Spotlight

Save-A-Lot Food Drive Serves Up a Huge Helping of Kindness

Save-A-Lot in Hazard, Ky, hosted “Bags for a Brighter Holiday” to help make the holidays just a little better for patients and families of Bluegrass Hospice Care. Each customer was offered the option to buy a bag for $5. For every bag sold, Save-a-Lot would fill the bag with food AND donate $1 per bag to support our hospice patients and their families.

The Hazard community really came through! Customers bought well over 1,000 bags and helped just as many families. The outpouring of generosity and kindness not only helped those in the Hazard community, but also patients and families in our care throughout Kentucky.

JD Litteral, Save-A-Lot district manager, says he chose Bluegrass Care Navigators because of his own experience. “I’ve had family there, saw the need, and realized how important is was. It’s so important to give to organizations that help our community,” says Litteral.

“This is a well deserving organization. Bluegrass Care Navigators gives such good care to their patients and gives so much back to the community,” he says.

It is through the kindness and support of friends like Save-A-Lot that our work is possible. Thank you, Save-A-Lot and everyone in Hazard who supported “Bags for a Brighter Holiday.”
It was the first visit to assess a new patient. Jane was an elderly lady with dementia. She lived with her daughter, who was her caregiver – and was also elderly.

As the social worker entered the home, she could hear Jane crying out in pain. She was lying in bed in the fetal position, unable to move because the pain was too intense. Her daughter was distraught. She had called 9-1-1 after her mother had taken a fall. Jane refused to allow the EMS to take her to the hospital. She was at a loss as to how to help her mother, and the EMS recommended she call our Bluegrass Transitional Care Dementia Program.

The Bluegrass Transitional Care program typically helps patients make the move from hospital to home easier and safer, helping to ensure that the patient will have the resources and care they need at home to recover and to avoid another hospitalization. But sometimes, transitional care takes a different path, unique to the patient’s individualized care needs.

We recently received a three-year, $1 million grant to care for those with Alzheimer’s and related dementias and to provide resources to help caregivers manage the long-term demands of caregiving. A major goal of the program is helping both patients and their caregivers enjoy a better quality of life.

Concerned about the patient’s immediate need for medical care, the social worker called the local EMS and was able to coordinate care between the patient, her daughter and the EMS to get her transported to the emergency room where she received the care she needed.

“We assess the needs of each individual and we connect them to services in the community such as meal delivery, equipment and transportation to doctor visits,” says Jamie Cody, Transitional Care supervisor.

But often, like in this case, the transition isn’t only about moving location or coordinating care. It’s about transitioning the way we think about caregiving, how we apply caregiving, how we adjust to the ever-changing needs of both the patient and the caregiver.

And for families living with dementia, these transitions can be truly overwhelming. Jane’s daughter was feeling hopeless, helpless, and guilt-ridden at the thought of not being able to care for her mother in their home like she once could. With the social worker’s help and understanding, the daughter realized her mother now needed a higher level of care than she could provide and, together, they coordinated Jane’s transition from home to a long-term care facility.

Their social worker recalls how she felt that day: “I couldn’t leave without doing something...and know that Jane would be safe – that they both would have the care they need. Tonight reminded me why I became a social worker. I cried when I got in my car. This is what God meant me to do.”

Bluegrass Care Navigators now offers a free, grant-supported program dedicated to care and support in the home for families living with Alzheimer’s disease and related dementias.

Funded by a grant from the Administration for Community Living/Administration on Aging under the U.S. Department of Health and Human Services, the program makes it possible for our teams to provide care and guidance to those living with Alzheimer’s disease or dementia and their caregivers that includes coping skills, in-home health consultations and companionship opportunities.

Bluegrass Care Navigators is one of only 13 organizations in the nation awarded the grant and the only one in Kentucky. We are currently serving more than 30 counties throughout Kentucky and continuing to expand.

To learn more about Bluegrass Transitional Care or the Dementia program, call 855.492.0812 or visit bgcarenav.org/our-care-services/transitional-care-dementia-program.
A Message of Thanks

As a supporter, I know that you have a deep concern for the patients in our care, and for those of us who care for them. I’m grateful to be able to share my thanks.

As a hospice nurse I treat people who are nearing the end of their life. My primary responsibility is to administer the clinical care my patients need. But we also have the chance to talk to them about their lives and families and, when we can, to honor any final requests they might have.

I wish you could experience this – that you could meet some of the patients you’re helping and listen to their stories.

I hope you know that you make a huge difference. Knowing that you stand with us means the world to me, my colleagues, and to those we serve.

Thank you.
Alyson Roth, RN

Making Blankets for Vets

Associates from Crane Composites in Florence, Ky, held a volunteer service day for Bluegrass Care Navigators. They socially distanced and made blankets for our Veteran hospice patients.

Thank you Crane Composites!

Tell Us Your Story!

Please take a quick moment to tell us how our staff, our services or our support has made a difference in your life or the life of someone you love at:

bgcarenav.org/mystory
Sharing the Love on Valentine’s Day

Everyone loves a little sweet treat any time, but sweets are especially fun in February. Thanks to the Cynthiana Bike Club for bringing a little “sweet” to our Bluegrass Care Navigators teammates. Your thoughtfulness made our week, and we are truly grateful!

Thank You, LMU Students

A big thank you to the students at Lincoln Memorial University for choosing BCN for their project. The cards and gifts for our patients and families brought smiles to all this Valentine’s Day.

See more at: www.claiborneprogress.net/2021/02/10/lmu-students-provide-gifts-cards-for-patients-in-hospice-care

Dinner Donations Bring Holiday Cheer

Hospice families whose loved ones were being cared for at our Lexington inpatient units were treated to a Thanksgiving meal thanks to the generosity of the Friends of Coal – Kentucky. And The Webb Companies donated dinner for 60 of our patients on Christmas Eve. Thank you to both of these companies for the generous support and wonderful holiday spirit!

Thank You, NKY Volunteers

Thanks to all the wonderful volunteers in Northern Kentucky for making Valentine’s Day cards and goodies for our patients!
Create a Legacy

Have you considered including Bluegrass Care Navigators in your will or estate plans? It’s a simple way to make a powerful impact for patients and families. Contact us at give@bgcarenav.org or 859.276.5344 to learn more.

Parade Honors Medical Workers

The Hazard community, Hazard ARH Regional Medical Center and Bluegrass Care Navigators joined together to bring love, prayer and lights of hope to frontline medical staff at hospitals and community healthcare providers. On a wintery day in February, supporters dressed up their cars and lined the streets to honor all that the medical personnel have done for so many in need over the past year.

Thank you to all who participated and a special THANK YOU to all frontline workers! See the coverage online at WYMT: www.wymt.com/2021/02/26/they-came-to-our-rescue-community-gathers-for-parade-to-show-appreciation-to-health-care-workers
Care That’s Right for
You or Your Loved One.
Bluegrass Extra Care
Bluegrass Home Primary Care
Bluegrass Adult Day Health Care
Bluegrass Transitional Care
Bluegrass Palliative Care
Bluegrass Hospice Care
Bluegrass Grief Care

Expert care can’t wait.
If you or a loved one is living with a serious illness or chronic condition, managing your healthcare is important. Our expert staff has the training and the experience to bring comfort wherever you call home.

December 11, 2020
You were such a comfort to us all.

bgcarenav.org/expertcare