Bluegrass Care Navigators Breaks Ground on New Headquarters

On May 15, 2019, friends and supporters of Bluegrass Care Navigators gathered to celebrate the organization’s growth and future with a ceremonial groundbreaking for its new headquarters. We were honored to celebrate this landmark event with Lexington Mayor Linda Gorton, many current and former chairpersons and members of the board of directors, as well as our donors, patient families and clinical and administrative team members.

The organization’s operations will continue to be based in Lexington but will move to a five-acre campus on Harrodsburg Road with nearly 60,000 square feet of office space. The headquarters will include many new improvements, including a dedicated bereavement center for grief care, clinical training areas and multipurpose outdoor venues for both our employees and the community to enjoy.

The new headquarters will allow our Lexington-based team members to work under one roof, fostering a sense of collaboration and encouraging innovative ideas. Bluegrass Care Navigators anticipates the new headquarters to be open by March 2020.

“As a registered nurse, I know how important it is to have quality hospice care,” Mayor Linda Gorton stated at the groundbreaking. “With this new facility, Bluegrass Care Navigators will be able to meet the needs of Kentucky families for many years to come.”

The legacy of donors and volunteers who founded the current Lexington campus will be commemorated at the new location. As we plan the design of our new headquarters, we intend to honor the legacy of those donors and volunteers who have contributed to our past. “These new opportunities are only made possible by those who paved the way,” explains Board Chairwoman Shannon Arvin.

Laura Klumb, Vice President of Philanthropy, adds, “We are grateful for the philanthropic contributions from individuals, companies and foundations who have supported our organization over the past 40 years. We depend upon their continued support – and that of new community partners – to help us grow and realize our vision for this new Bluegrass Care Navigators campus.”

“I am personally very excited about the new headquarters because it symbolizes our vision of continued growth and innovation at Bluegrass Care Navigators,” shares CEO Liz Fowler. “By consolidating our Lexington offices into a single headquarters, we will be better equipped to provide groundbreaking care to the individuals and families who need us most.”

To find out more about Naming Opportunities and other ways you can support the completion of the Bluegrass Care Navigators Headquarters, please contact Laura Klumb at 859.296.6865 or via email at lklumb@bgcarenav.org.
Making Every Moment Count

Charlene and Charles built an incredible life together. After waging a courageous battle with ovarian cancer – and taking a final trip to the beach – Charlene’s family turned to Bluegrass Hospice Care for help making her remaining weeks memorable and comfortable. Their daughter, Elaine, shares, “Bluegrass Hospice Care went above and beyond to help my family get the most of every moment with my mom. For that, I will always be grateful!”

Please donate today to support Bluegrass Hospice Care. You may mail your gift to us in the envelope inside this newsletter or online at: give.bgcarenav.org/makingmemories.

Volunteer Spotlight: Russ Harris

Recently, we asked Russell Harris, a volunteer in the Cynthiana Regional Office, to share what motivates him to volunteer with Bluegrass Care Navigators: “I’ve been asked why I volunteer for Bluegrass Hospice Care. I guess you need to know my experience with Hospice.

It started September 28, 2016 when my wife, Carol, woke up in extreme pain in the middle of the night. She wanted to go to the emergency room. The week before she had been diagnosed with walking pneumonia. We thought it had turned into full-blown pneumonia. After four days in the hospital, we found out Carol’s body was full of cancer – her right lung, liver, kidneys, adrenal gland, spine, and it was also believed to be in her brain. The prognosis was not good. She decided to rely on her faith in God. We were discharged with some pain meds and a doctor’s appointment if she changed her mind.

The conversation was intense that night. Carol’s decision was to bring in Hospice in the morning. Upon making that call, Hospice jumped into action. Within hours, a team was in my house talking to Carol. So much impressed me in what they said, but the most important was that they asked Carol what her goal was for her final days. Her goal was simple, maybe to feel good enough to go out for a short time to have lunch with her friends. Little did we know that simple request would never happen.

Hospice told me about all that was available in support for Carol and me – even people willing to come and sit with Carol so I could have time for myself. They told me of a hospice volunteer who would come sing for Carol. I told Carol about this lady, and Carol wanted her to come out to the house. I set up an appointment … and this lady with a beautiful voice came out and sang for Carol. Carol had gone downhill in those weeks, but that smile on her face I’ll never forget. I thought to myself, what a generous gift to give someone in their final days. I wished I had that gift to share. Unfortunately Carol passed a few days later. What Hospice did for Carol in those short twenty days will always be in my heart.

So why do I volunteer? How could I not be part of such an excellent team. I can’t sing, but I do have the gift of gab, and if I can bring a smile to one person’s face in their final days, what a blessing – for both of us. It’s not easy losing a patient, but the blessing is worth every minute of time and every heartache.

Thank you, Bluegrass Hospice Care, from Carol and Me.”

Bluegrass Care Wish List

We provide individually-wrapped, non-perishable food items for our patients and their family members in our Hospice Care Centers. We have an ongoing need for donated snacks and beverages. Donations may be delivered or mailed to any of our regional locations:

- Barbourville – 2972 S US Highway 25E, Barbourville, KY 40906
- Cynthiana – 1317 US Highway 62-E, Cynthiana, KY 41031
- Frankfort – 643 Teton Trail, Frankfort, KY 40601
- Hazard – 57 Dennis Sandlin MD Cove, Hazard, KY 41701
- Lexington – 2409 Members Way, Lexington, KY 40504
- Northern KY – 51 Cavalier Blvd., Suite 200, Florence, KY 41042

Help Us Go Green!

If you’d prefer to receive this newsletter and other communications electronically, please share your email address with us! Simply email us with your full name, email address and zip code to: give@bgcarenav.org with the subject “Go Green.”
A Striking Fundraiser

On March 30, the family and friends of Helen Wichmann hosted the 12th annual “Yellin’ Helen Strike Out Cancer Bowl-A-Thon,” a portion of the proceeds from which support Bluegrass Hospice Care services in Northern Kentucky. Not only is this a tremendous fundraiser for our organization, but also a fun day for many Bluegrass Care Navigators colleagues who sponsor teams and bowl together at this family-friendly event. We are so grateful to the Helen Wichmann Memorial Fund and Helen’s family for once again including us in this special day! Since 2009, the Yellin’ Helen Bowl-A-Thon has raised over $115,000 in Helen’s memory for Bluegrass Hospice Care of Northern Kentucky.

Flower Power!

In Northern Kentucky and Cynthiana, many patients are treated with a gorgeous floral bouquet thanks to our Flower Program. The flowers are donated each month by generous community-based florists and grocery stores.

In Northern Kentucky, 20 volunteers from the Boone County Garden Club gather monthly to make incredible arrangements for nursing home patients in the service area. More than 100 bouquets are then delivered to patients, nursing home reception desks and other community partners in the region. Similarly, in Cynthiana, the regional office is often blooming with gorgeous stems being lovingly assembled into vases by volunteers for delivery to area patients.

Volunteers often report how happy and shocked our patients are when the flowers are delivered. Some patients have been moved to tears by the thoughtful gesture.

Thank you to our volunteers in Cynthiana and Northern Kentucky for this special expression of care. If you are interested in becoming a Flower Program volunteer for a Bluegrass Care Navigator regional office, or if you know of a community business that might be willing to donate flowers once each month, please contact Laura Klumb at 859.296.6865 or via email at lklumb@bgcarenav.org.

Thanks, Sav-A-Lot!

From February 1 through the end of March, Save-A-Lot stores in Hazard collected 18 truckloads (over 23,000 pounds) of food and drinks which were donated to Bluegrass Care Navigators. This donation will support our eastern Kentucky patients cared for in their homes as well as patients at the Greg and Noreen Wells Hospice Care Center in Hazard. Thank you, Save-A-Lot customers and employees!

Derby Day Fun for a Cause

On Derby morning for the past six years, the women (and a few brave men) of Owen County have donned their Derby hats and finery and come together to enjoy a Derby Day breakfast to benefit Bluegrass Hospice Care services in their local community. This year was no exception with guests of the sold-out Kentucky Derby Breakfast event enjoying delicious food, Derby-themed décor, live music, a cake auction and door prizes. Since its inception, the Owen County Friends of Hospice Kentucky Derby Breakfast has raised nearly $40,000 for Bluegrass Hospice Care! Many thanks to the wonderful committee members who plan and host this event each year to raise funds in support of our hospice patient families: Dawn Davis, Jennie Duncan, Patti Parker Gaines, Judy Hetterman, Tina McNay, Ruby Stewart and Debbie Whobrey.
DID YOU KNOW?

Did you know that to be eligible for reimbursement from Medicare for our services, all hospice organizations are required to demonstrate that volunteers provide direct patient care services equaling at least five percent of the total patient care hours of all paid hospice employees? In other words, at Bluegrass Care Navigators we truly DEPEND upon our volunteers – not only to help improve the quality of the care and interactions we offer our patients – but to ensure that our organization can receive reimbursement for the hospice care provided! At Bluegrass Care Navigators, there is a volunteer activity suitable for everyone. Just a few examples of ways you can help include offering friendship, companionship and support to hospice patients in their homes; transporting patients to medical appointments or on errands; helping patients and families by doing simple household chores; and making phone calls to check on patients and their supply needs once per week.

To learn more about becoming a Bluegrass Care Navigators volunteer, please visit our website at: www.bgcarenav.org/more-about-us/volunteer.