Welcome to Our New Home!

Hello Friends,

I’m so pleased to share some exciting news with you. Our new headquarters on Harrodsburg Road in Lexington is open for business!

The beautiful new 5-acre campus offers nearly 60,000 square feet of office space that will bring stronger collaboration and even better care to our patients and families. As one of the largest nonprofit hospice providers in the nation, we employ more than 750 employees who serve patients in 32 counties throughout northern, central and eastern Kentucky. Our new headquarters will be the hub of our organization and a place where clinicians and administrators work alongside one another in an intentionally-designed collaborative space to meet the needs of our seriously ill patients and their families.

A perfect example of the thoughtful design is the Teamwork Conference Room, which is specifically created for clinical team members to hold their interdisciplinary team meeting to discuss the detailed care plans for their patients. This meeting is crucial to strong communication among caregivers. In support of that purpose, the area features a large round table, ringed with monitors where the clinical team can view the electronic medical records and reach consensus on the best course of action for each patient’s specific circumstances.

The new headquarters is not just for employees, though. We have a dedicated Bereavement Center that is designed to provide a peaceful space for grieving families to visit for grief care services. And there is a gorgeous garden lovingly designed by Jon Carloftis Fine Gardens for families, team members and our local community to enjoy.

Our agency was founded by volunteers and donors in 1978, operating initially from a small house on Nicholasville Road. We have since provided end-of-life and palliative care services to more than 100,000 Kentuckians over 41 years. While hospice care remains our largest and core service, Bluegrass Care Navigators now provides a wide range of services to support those facing chronic and serious illnesses.

We have built a reputation for providing comforting care at the right time to the seriously ill in our community. With this new headquarters, we will be well-positioned to provide more of the care our community has come to know and expect well into the future.

Warm regards,

Liz Fowler, President & CEO

NONE OF THIS WOULD BE POSSIBLE without the support of so many generous donors who provided the funds to make our dream headquarters a reality. To the construction partners who designed and renovated the structure, to the Kentucky artists who provided original art for the rooms, to the generous donors whose gifts made this project possible – THANK YOU!
Our New Headquarters

Take our virtual tour!
Visit Bluegrass Care Navigators on YouTube: youtu.be/-N75boTU5_Q
Creating New Ways to Serve Patients

Due to COVID-19 restrictions, we’ve had to look for new ways to provide compassionate care to those most in need while keeping our volunteers, team members and patients safe. Volunteers and staff across Kentucky have come together to develop “Compassion from a Distance.” Below are just a few examples of the creative ways our volunteers are lending a hand. We are so grateful for our volunteers. Thank you for all you do!

• **Letters Against Isolation**—Many patients are feeling lonelier than ever due to the limitations on visitations to nursing homes and hospitals. To help alleviate their loneliness, our volunteers are writing letters for patients to let them know someone is thinking of them.

• **Mother’s Day Flowers & Father’s Day Gift Bags**—Our volunteers made beautiful floral arrangements and delivered them to patients’ porches on Mother’s Day to bring a smile and brighten the patient’s day. Father’s Day found volunteers dropping off fun gift bags for the fathers in our care.

• **Compassion Bag Delivery**—For those families that cannot have traditional funeral services due to COVID-19, volunteers have assembled Compassion Bags with a candle, poem, Forget-Me-Not flower seeds and remembrance activities to help families during this difficult time.

• **Window Visits**—Volunteers may visit a patient at the window of their facility or home by sitting outside the closed window and calling on the phone. They can see and hear each other while still following social distancing guidelines.

Listen to Hazard Radio Day on Aug. 11

Tune in to WSGS 101.1 FM on August 11 to listen as patients and families of Bluegrass Care Navigators share their stories along with guests from the community. Proceeds from the 2020 Radio Day events will provide hospice and grief services to those who need us throughout Southeastern Kentucky. And THANK YOU to everyone who listened and made gifts during the London and Pikeville Radio Days!

**Hazard Radio Day**
August 11, 8 a.m.–4 p.m.
WSGS 101.1 FM
give.bgcarenav.org/radio-day-hazard
The Bluegrass Care Navigators community outreach team in Barbourville have volunteered their time to make “viewing walls” for local nursing homes. Now residents can have visits with family members while staying safe and recognizing social distancing guidelines.

Integrative Medicine Offers Comfort for Patients

Just one year ago, Bluegrass Care Navigators launched the Integrative Medicine program to enhance care for our hospice patients. The program brings conventional and complementary practices together in a coordinated way, emphasizing a holistic, patient-focused approach to health and wellness. We include mental, emotional, functional, spiritual, social and community aspects to treat the whole person.

It’s been a busy year! Our music and art therapists are working hard with our care teams on developing ways to bring these therapies to patients and families, as we are limiting the staff members who may have direct contact with patients during the current pandemic. They are producing videos that include music for relaxation and legacy-making and ways to engage patients through music, and they have developed a model for telecare visits which began this month for hospice and bereavement care.

Massage therapy is another treatment that we are using to help soothe and relax patients who are suffering from pain, anxiety and other debilitating symptoms. Our massage therapist is using technology to teach caregivers the art of massage remotely as they cope with the stress our patients are experiencing as well as their own.

We’ve welcomed two furry teammates to our animal-assisted therapy program. Grace, a Golden Retriever, has begun visits with patients in Southeastern Kentucky, and Rosemary, a Labrador Retriever, will soon be at work in Central Kentucky. Animal-assisted therapy uses the natural bond between animals and humans to bring comfort to patients, and evidence suggests that it provides benefits such as reduced pain, heart rate and blood pressure, anxiety and depression. Learn more about Bluegrass Integrative Medicine at bgcarenav.org.

We know things seem to be moving very fast right now.

This is our message to you as of July 16, 2020, but please understand that some of the dates, times and events mentioned in the newsletter may change due to circumstances beyond our control. Please call us or check our website at bgcarenav.org for the most up-to-date information about Bluegrass Care Navigators.
Geoff’s Story

Geoff wanted to go to the movies with his son one last time... and thanks to your support of our hospice program, they shared that special moment together.

At just 51 years old, Geoff was diagnosed with stage four esophageal cancer. He fought hard to stay with his young son and his wife, Heidi. Chemo, radiation, surgery – he did everything possible. But the cancer was relentless and two years after being diagnosed, Geoff had severe damage to his esophagus and 15 tumors in his brain.

Heidi describes Geoff as a determined guy who loved being surrounded by friends, family, laughter and love. That is how he spent his final days – with a home full of people. And he had one last trip to the movies with his son. He wanted that so much.

When Geoff said he wanted a field trip to the movies while attached to an IV and a chest pump, his hospice care team in Frankfort didn’t ask why, they just got to work on how to make it happen. But it was no easy task. As his son said, it was almost like we were bringing the President to the theater. “Geoff had so much fun that night,” Heidi says. “I believe that he is at peace. Even though he didn’t choose cancer, he did get to choose how he spent his final days. His wonderful, dedicated hospice team made that possible.”

You make it possible for Bluegrass Care Navigators to do this important work. Your support of Bluegrass Care Navigators helps so many people get through the hardest, most heart-wrenching time of their lives. Thank you.

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
Help from Our Partners
Bluegrass Care Navigators, in partnership with 3M, will host a series of workshops titled Caregiving with Confidence: Practical Tips and Personal Support in Harrison County that address the challenges of caregiving while providing resources, support and care. The need for this type of programming is great. In Kentucky, a third of those older than 65 live alone, while about half of those beyond 85 live alone.

Who is checking in on and caring for this aging population? Who will be doing so in the future? Typically, it is a spouse/partner or an adult child who takes on the role of caregiver, but because Baby Boomers as a whole have fewer children than previous generations, many older people are turning to more distant relatives and friends for assistance, usually unpaid. 3M recognized the need to support these caregivers and is underwriting the program. 3M has long supported community endeavors including the 2018 launch of the Grief Tool Kit program to support educational professionals as they help children cope with loss. Thank you 3M!

Camp Hope 2020 Cancelled
Due to the COVID-19 pandemic and in order to protect the health and safety of our clients and team members, Bluegrass Care Navigators has made the difficult decision to cancel the in-person version of our Camp Hope sessions for 2020. But our work with Kentucky’s children continues! While we cannot gather in-person at a camp facility this year as we had hoped, our dedicated bereavement counselors and volunteers are working tirelessly to meet the needs of Kentucky children coping with grief and loss in a creative, positive setting. Our team is making sure grieving children continue to receive much needed resources – from age-appropriate books to planned family activities and craft supply kits – so that they will be able to work through the grief process and find healthy coping mechanisms to serve them throughout their lives. Our counselors also continue to provide one-on-one counseling services to local children and families as well!

We want to thank the many sponsors who support Camp Hope and our children’s bereavement services! We especially want to thank the following funders of these programs in 2020: Toyota (TMMK), Walmart Palomar (Lexington), Walmart Hazard, and Partners for Youth.

Thank You
A big thank you to our headquarters construction partners at Denham-Blythe who donated this lovely sculpture, “Tempest” by artist Dustin Miller, to display in our new headquarters in Lexington. We are grateful for your support!!

Thank you!

FORE! Kids Golf Outing Cancelled
For the past 10 years, the FORE! Kids Golf Outing has raised funds for Bluegrass Care Navigators to provide hospice and palliative care for children in Northern Kentucky. Sadly, the event – which usually takes place in September – is cancelled this year due to concerns about the COVID-19 pandemic. Although there won’t be a golf outing, we still need your support! Our pediatric palliative program, Bright Path, in collaboration with Cincinnati Children’s Hospital Medical Center, is growing and more children need our care each day. Please consider making a gift today at give.bgcarenav.org/ForeKids.
Grace and Rosemary, our furry caregivers, turned 1-year old in June. We celebrated with PUPcakes made just for them! Watch their parties at: Facebook.com/bgcarenav

**Wishlists: 3 Ways**

Our patients depend on the generous in-kind gifts we receive from our community. Please consider checking off one of the items on our Wishlists and help a patient in need. There are three easy ways to help:

1. **AmazonSmile Charity Wishlist:**
   amazon.com/gp/clpf (Search “Bluegrass Care Navigators”)
   Please email us at give@bgcarenav.org to let us know that you provided an item from the list so we can thank you!

2. **Visit:** give.bgcarenav.org/wishlists

3. **Email Us:** give@bgcarenav.org

**Planned Giving**

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.

**Make a Gift Online**
give.bgcarenav.org/newsletter
Recognizing Your Generosity

As part of our mission to be a leader in delivering comforting care at the right time to the seriously ill, Bluegrass Care Navigators relies upon the compassion and generosity of our community supporters.

To thank and recognize our most generous donors, we recently launched the Compassion Circle.

The Compassion Circle recognizes patients, families, team members, friends, companies and community organizations who make cumulative gifts of $1,000 or more during a calendar year. Members of the Compassion Circle enjoy exclusive benefits based on their giving level – as well as the satisfaction of knowing that their contributions directly improve the lives of patients and families in their community.

Learn more about the benefits of giving at:
give.bgcarenav.org/compassion-circle