Helping Children When They Need It Most

The camp has evolved and changed over the years. Once a three-day camp for kids across our service area to come together, the camp later split to two camps, one in Central Kentucky and one in Southeastern Kentucky. Shortened to one-day events in recent years, this fall the Central Kentucky camp expanded back to an overnight camp.

Camp Hope Central Kentucky relocated to the Life Adventure Center in 2017 due to the wonderful options for activities for the children. Campers work with social workers, bereavement counselors, other clinical team members and volunteers throughout the weekend in groups, mixing emotionally healing activities with adventurous physical challenges meant to equip the kids with confidence to face the tough challenges grief presents.

“The most meaningful part of Camp Hope to me is seeing children of all ages connecting with their peers,” said Kristen Hamilton, Lexington bereavement counselor. “So many times grieving children feel alone because they do not feel that others have experienced the death of a loved one. Camp Hope allows children to connect with others who have experienced the death of a loved one and continue these connections outside of the Camp Hope weekend.”

(continued on next page)
Camp Hope Eastern Kentucky takes place in late September each year at Four Star Village in Redfox. Children and their loved ones spend the day working together and spending time apart engaged in music therapy, art therapy and more. The highlight of the camp is a chance to go fishing at the end of the day, truly embracing the gorgeous surroundings the venue provides.

Bereavement camps are made possible through generous donations and grant funding. Over the years, funders have included The Daniel Pitino Foundation, The Tubby Smith Foundation, the United Way of Southeastern Kentucky, Kentucky River Coal Corporation, Walmart, The Spaulding Foundation, the Junior League of Lexington, Children’s Charities of the Bluegrass, Lynagh’s Shamrock Bar and Grille and many, many more. If you would like to support our bereavement camps, visit www.give.bgcarenav.org or you can send your tax-deductible gift in the enclosed envelope.

If you would like more information on the camps, call 855.492.0812.

Many thanks to Jeff Rogers for his generous donation of art for our new inpatient hospice care center at the University of Kentucky and his additional donation of art that will be used when we renovate the inpatient unit at St. Joseph Hospital. Art not only beautifies our unit but also provides soothing, anxiety-reducing relaxation for our patients and their families. We are truly thankful for Jeff’s generosity. If you would like more information on how to support our inpatient units through music therapy, art or supply donations, contact Mandy Brajuha at mbrajuha@bgcarenav.org. Or if you would like to see more of Jeff’s amazing images of our beautiful state and photos from his world travels, visit jeffrogers.com.

2018 Howlin’ Halloween Bash
October 27 | 8 PM

Join us for the 2018 Howlin’ Halloween Bash at Hazard Community and Technical College’s First Federal Center. This event, a fun annual tradition featuring a costume contest, dancing, silent auction and more, is presented by Laura Feltner at State Farm Insurance. Come out and join us for dinner, dancing, a costume contest, and more! Proceeds to benefit the Greg & Noreen Wells Hospice Care Center. You must be 21 years old to enter. Costumes are optional but are encouraged. For more information, call 606.439.2111.

Art Donation Enriching Lives
Celebrating 40 Years of Expert. Connected. Care.

Everyone knows when you hit a milestone birthday, you should celebrate. That’s just what we had in mind for the July 22 Lexington Legends game against the West Virginia Power to celebrate our 40 years of service. However, Mother Nature had other plans. We waited through several delays only to have the game canceled, but we still managed to have some fun. CEO Liz Fowler and Pet Therapy volunteers Marjorie Stanek and Webly threw out ceremonial first pitches and everyone enjoyed our giveaway sunglasses — even Grendel, another one of our amazing therapy dogs.

We were glad so many of our supporters braved the conditions to join us and celebrate. That is always a home run!

Surviving the Holidays After a Loss

Be kind and gentle to yourself this holiday season. After the death of a loved one, it’s important to acknowledge that the holidays will be different, and they will be tough. Decide which traditions you want to keep, which ones you want to change and even create a new tradition in the memory of your loved one. Here are some ideas for creating a new tradition:

- Light a special candle — not only as a memory of the loss, but also in celebration of a life and the love shared.
- Put out a memory stocking, memory box or other special item where you and others can write down memories you treasure. Pick a time to read them together.
- Buy a gift for your loved one. Give it away to someone who may not otherwise receive a gift. What we miss is the giving of our love to that person. When you share love, it grows.
- Make a donation to a charity that was important to your loved one in their name.
- Make a memorial ornament, wreath, or other decoration in honor of your loved one.

Be aware that heartaches will be unpacked as you sift through your holiday decorations but also warm, loving memories of each piece. Don’t deny yourself the gift of healing tears. It’s also important to take care of yourself physically. Eat right, get enough sleep and exercise. Remember not to worry about all that you “should” do but focus on what you “can” do this holiday season. Be patient with yourself and forgiving. Simply do what you can this season and let it be enough.

If you are struggling with grief, we can help. Call 855.492.0412 or visit bgcarenav.org to learn more about support groups and bereavement services.
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

Howlin' Halloween Bash – Hazard
8 p.m.–midnight. Hazard Community and Technical College. Featuring dinner, dancing, costume contest and more. Proceeds benefit the Greg and Noreen Wells Hospice Care Center. Must be 21 to enter. For more info, call 606.439.2111.

National Hospice and Palliative Care Month
Visit www.nhpco.org to learn more about how you can support the work we do.

Compassionate Friends – Frankfort
First Thursday and third Monday of the month, 6:30–7:30 p.m. A support group for parents, siblings, and grandparents that have experienced the death of a child. 663 Teton Trail, Frankfort, KY. Contact Karen Cantrell at 502.320.6438 for more info.

Spouse Loss Group – Northern Kentucky
Mondays, Nov. 12–Dec. 17, 6–7:30 p.m. A six-week support group for those who have experienced the death of a spouse/partner. This is an opportunity to share your experiences with others, talk about your loss. Learn ways of coping with grief and loss, in a caring and supportive environment. Florence Senior Center, 7431 US 42. Register by calling 859.441.6332 or email nkremer@bgcarenav.org.

Grief & The Holidays – Lexington
4:30–6 p.m. This two-part workshop will provide adult participants the opportunity to address their concerns about the upcoming holidays without their loved one. Sessions will be a combination of grief education and supportive sharing. This group is limited to 15 participants; registration required. Contact the Lexington office at 859.277.2700 for more info or to have your name added to a wait list.

Grief Support Group – Cynthiana
Third Thursday of each month, 6–7:30 p.m. Scott County Public Library. Contact Mary McKenzie: 859.234.6462.

Learn more about our grief & loss support groups & other events:

www.bgcarenav.org | 855.492.0812

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