In the midst of our expansion, **Bluegrass Hospice Care remains central to our work**. Our interdisciplinary teams see hundreds of seriously ill hospice patients each month, providing comfort and quality of life for them and their families. Board-certified physicians work with a patient’s doctors to manage care while our nurses keep patients comfortable. Certified nursing assistants and home hospice aides help with bathing, dressing and preparing meals.

Our “Care Navigators” are knowledgeable and helpful professionals. When a patient or family member needs care, support and guidance for any serious illness, they don’t have to figure out which of our services is most appropriate. Bluegrass Care Navigators can provide the information, assessment and resources to connect patients to the right care at the right time.

Every employee at Bluegrass Care Navigators is involved in one way or another with providing care, guiding people to care or supporting the care our patients and families receive. With “navigators” as part of our name, we want to emphasize that we not only guide but provide care, too.

In our nearly four decades of caring, we have grown to provide a full complement of services for the seriously ill, from skilled nursing to palliative to hospice care. We could not have accomplished this without the generous support of our donors, partners, volunteers and friends in the community.

Let me know what you think about our growing care and services.

Thank you!

Liz Fowler, President & CEO
Bluegrass Care Navigators
Care That’s Right for You or Your Loved One

Bluegrass Extra Care - a private pay, personalized service for clients in their home, nursing or assisted living facility. Services can include homemakers, certified nursing assistants, sitters, and skilled nursing. Service can range from one time to intermittent to 24-hour care.

Bluegrass Transitional Care - a program provided by the hospital or insurance to eligible patients. It is staffed by nurses with special training to help after a hospital stay.

Bluegrass Palliative Care - a physician consult service providing specialized medical care focused on relief from the symptoms and stresses of a serious illness, with the goal of improving quality of life.

Bluegrass Hospice Care - a program providing expert care for the final months of life, including medical, nursing, emotional and spiritual support for the patient and entire family.

Bluegrass Grief Care – a unique counseling service for support and guidance through anticipatory grief and bereavement.

Our Services Touched Nearly 40,000 Lives in 2016

Get valuable caregiving resources, learn more about our organization and connect with others through our online community:

Care and Share community.bgcarenav.org
BB&T Bundle Up with Bourbon & Blues

More than 275 people enjoyed a delightful winter’s night at the 2017 BB&T Bundle Up with Bourbon & Blues in January at the historic Keeneland Sales Pavilion. Guests danced the night away to the tunes of The Jordan English Band, enjoyed delicious Kentucky cuisine and clamored for mystery box gifts and special bourbon themed auction items.

Thanks to the Lexington Bourbon Society, bourbon lovers and bourbon beginners savored delightful tastings from famed distilleries Buffalo Trace and Four Roses. Another tasting, hosted by Distilled Living, featured a pairing with cookies, proving that there are many options for enjoying bourbon! The event raised nearly $60,000 for the care of the seriously ill and their families in Lexington.

Please take the time to listen and pledge your support for local hospice patients:

March 31: WANV, London Radio Day
April 21: WTUK, Harlan Radio Day
June 6: WQHY, Prestonsburg Radio Day

Board Updates

Bluegrass Care Navigators is proud to introduce the 2017 Executive Committee and a new member of the 2017 Board of Directors. Xports, Inc. Chairman and CEO, Nana Mensah is board chair and attorney Shannon Arvin with Stoll Keenon Ogden will be serving as vice-chair. Additional committee members include Jen Shah, Director of Tax Services with Dean Dorton Allen Ford PLLC serving as treasurer and David Fogg serving as secretary.

Bluegrass Care Navigators welcomes Robert Rosenstein to the board of directors. A native of Lexington, Rosenstein received his bachelor’s degree in Finance & Economics from the University of Miami. As a real estate developer and owner, he was the founder and CEO of Liquor Barn, which he sold in 2009. Rosenstein is heavily involved in Central Kentucky community organizations, including Junior Achievement of the Bluegrass, the American Diabetes Association and the Lexington Arts and Cultural Council. He is former treasurer of the Lexington Children’s Museum, former president of Temple Adath Israel, founding board and executive committee member of the new First Security Bank of Kentucky and board member of The Lexington School. Robert and his wife Kim have three children.

When you see Nana, Shannon, Jen, David, or Robert around town, please thank them for their volunteer leadership and expertise.

Volunteers Needed

Bluegrass Care Navigators uses volunteers in many ways – from visiting with our patients in their homes to doing office work with our teams. If you have special talents with music or professional skills as a hairdresser or pet therapist, we need your help too. To learn more and find out about upcoming volunteer trainings in your area, visit: bgcarenav.org/more-about-us/volunteer.
4 Compassionate Friends - Lexington
First Tuesday of each month, 6-7:30 p.m. Support group for parents, siblings, or grandparents who have experienced the death of a child.

5 Healing and Living Onward (HALO) - Lexington
First Wednesday of each month, 6-7:30 p.m. Support group for loved ones of homicide victims.

6 Compassionate Friends - Frankfort
First Thursday and third Monday of each month, 6-7:30 p.m. Support group for parents, siblings, or grandparents who have experienced the death of a child.

10 Spouse Loss Support Group - Corbin
Mondays, 5:30-6:30 p.m. Six-week support group for individuals that have experienced the loss of a spouse or significant other in their life.

11 Mother Loss Support Group - Florence
Six consecutive Tuesdays in April and May, beginning Tuesday, April 11, 2017. Support group for those who have experienced the death of a mother.

16 Healthcare Decisions Day
Visit the Advance Care Planning section of our website to see how you can write a plan to make your healthcare wishes known, or visit www.nhdd.org to learn more.

21 Harlan Radio Day: WTUK

23 A Walk to Remember - Hazard
Sunday, 2 p.m. Memorial walk dedicated to parents and families who have suffered the loss of a child regardless of age, including unborn children. To register your child's name to be included in the walk, please call 606.439.2111 by April 21, 2017.