



Rural Military Veterans Learn About Hospice Care

For years after returning from the Vietnam War, Bruce Kingcade didn't tell people that he was a vet. And he didn't admit to himself for more than three decades that he was suffering emotional wounds from his tour of duty in Southeast Asia.

Today, however, the 62-year-old Owen County resident is both proud of his service and willing to acknowledge that he has Post Traumatic Stress Disorder

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New Hospice Program at UK is Strong and Growing Fast

Hospice of the Bluegrass and UK HealthCare have teamed up to create a new end-of-life care program that has been immediately successful.

The HOB-UK program went into effect in July. It offers patients at UK hospitals the opportunity to choose hospice care even while remaining inpatients. "The need and interest have been very strong," says Dr. Kristy Deep, UK HealthCare's director of the palliative care program. "We are working feverishly to expand the available beds so we can provide this service to more of our hospice-eligible patients."

Deep said that the "hospice model of care has proven successful" in improving quality of life for terminally ill patients. "It made sense to provide that model of care to our inpatients," she said, "and to partner with Hospice of the Bluegrass, which is an expert in hospice services."

In its first four months of operation, UK HealthCare admitted 56 patients to the Hospice program.

Dr. Todd Coté, HOB's medical director, said he's not surprised by the early success of the program.

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A Message from the Chief Medical Officer

A new study in *The New England Journal of Medicine* finds that lung-cancer patients who receive palliative care live longer – and report a higher quality of life – compared to those who receive standard medical care. The study adds to the mounting evidence in favor of palliative and hospice care near the end of life.

Researchers focused on 150 patients with non-small-cell lung cancer. They determined that patients who had palliative care along with curative care lived almost three months longer than those who received curative care alone. That might not seem like a lot of time, but an extra three months of life may allow a patient to attend a graduation or wedding, or live to see the birth of a grandchild.

The results of the new study don't surprise me because after 20 years of practicing hospice and palliative medicine, I've seen up close how this kind of medicine respects the patient and family, and ultimately gives them more control over the final stage of life.

There are likely many reasons patients live longer and better lives with hospice and palliative care:

- **Symptom and pain management.** Instead of trying to cure the incurable, often with devastating side effects, palliative and hospice care focuses on controlling the patient's pain and symptoms. This tends to raise patients' spirits and gives them more incentive to live. Too many patients die prematurely as a direct or indirect result of overly aggressive curative care.
- **Emotional support for the patient.** Palliative and hospice care includes patient access to a chaplain and social worker, who can help patients deal with emotional and spiritual concerns. By addressing lingering family and personal issues, hospice patients tend to feel more connected to their faith and their loved ones.
- **Help for the patient's family.** The palliative and hospice team is available to consult with family members as well as patients. Family members have questions about disease progression, financial considerations and grief reactions. Hospice eases the stress for family members, who can then care more effectively for the ill person.

This latest research supports a 2007 study that found that 4,000-plus hospice patients with congestive heart failure or various cancers lived an average 29 days longer than those who did not receive hospice care. And there's more evidence: In a 2005 study of patients with 16 of the most common terminal diagnoses, researchers found that hospice patients lived from 20 to 69 days longer than non-hospice patients.

There's an inaccurate perception among the American public that choosing palliative and hospice care means you've given up. In our experience – and as these studies show – life-threatening and terminally ill patients who choose palliative care and hospice are not surrendering, but rather taking a measure of control during a vital phase of life.



Todd R. Coté, MD,
FAAFP, FAAHPM

New Hazard Medical Director Named

Wendy A. Latunik, MD, has been named the new Hospice of the Bluegrass medical director in Southeast Kentucky. Dr. Latunik will oversee patient care at the Hospice Inpatient Facility in Hazard, provide home hospice consultation and management, and establish an Inpatient and Nursing Home Palliative Care Consult Service.



Dr. Wendy Latunik

Dr. Latunik earned a Bachelor of Arts degree in chemistry and classics from the College of the Holy Cross in Worcester, Massachusetts. In 2004, she received her medical degree from Pennsylvania State College of Medicine in Hershey. Three years later, Dr. Latunik completed a Family Medicine Residency at Robert Packer Hospital in Sayre, Pennsylvania.

She pursued a fellowship in geriatric medicine at Louisiana State University in Lafayette. In 2010, she completed a Hospice and Palliative Medicine Fellowship at the University of Kentucky in conjunction with Hospice of the Bluegrass in Lexington. Dr. Latunik is Board Certified in geriatrics and family medicine.

Other staff announcements:

Marguerite Mueller, MD is a new associate medical director. Dr. Mueller attended medical school at the University of Louisville; served an internship focused on internal medicine at the University of



Dr. Marguerite Mueller

Texas Medical Branch, Galveston; and did her residency in physical medicine and rehabilitation, Baylor College of Medicine, Houston, Texas.

Croswell Chambers

has been named as HOB's chief information officer.

He holds a BS degree in computer science from the Rochester Institute of Technology and a MBA from Xavier University. He

was previously the Director of Client Management Services

NA, Printing Solutions & Services Division for Lexmark International, Inc. He works with the Executive Leadership Conference and is a member of Consolidated Baptist Church where he serves as a deacon, Sunday school teacher and a marriage enrichment mentor.



Croswell Chambers

Amy Quinn, RN, CHPN, longtime director of the

Cynthiana office, has been named HOB's clinical services officer. Prior to her eight years as director in Cynthiana, Quinn served the agency as a nurse for the Cynthiana office, director of the Northern Kentucky office, and clinical information systems manager. She has

been involved in the Cynthiana community over the years, including four years as a parent representative for Harrison County High School, and is a current advisory board member for Cedar Ridge Healthcare.



Amy Quinn

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Hospice News Briefs

Ground Broken on 5191 Memorial



Maquette of 5191 Sculpture

A reflection garden developed by Hospice of the Bluegrass will be the site for the Flight 5191 memorial sculpture at The Arboretum in Lexington. Ground was broken in August on the sculpture. The goal for completion is August. 27, 2011, the fifth anniversary of the Comair flight that killed 49 people at Blue Grass Airport.

Sculptor Douwe Blumberg, a Kentucky resident, has designed a 17-foot-tall sculpture that will have 49 stylized silver birds in flight sweeping heavenward.

Joining the families of the victims for the recent ground-breaking ceremony were Kentucky Governor Steve Beshear, Lexington Mayor Jim Newberry, and representatives of Hospice of the Bluegrass, the Red Cross, the United Way and The Arboretum.

Citizens who are interested in donating may send their checks, made out to Flight 5191 Memorial Commission, to the Bluegrass Community Foundation, 250 West Main St., Suite 1220, Lexington, KY. 40507. Donations are also accepted on-line. Go to www.bgcf.org and click on “donate now.”

HOB Passes Assessment by Accrediting Agency

HOB underwent a surprise on-site inspection by the Joint Commission and passed with no suggestions for improvement related to patient care. The accrediting agency, which sets health-care standards and inspects facilities to ensure quality, makes accreditation visits every three years. During this visit, Hospice of the Bluegrass was given its Gold Seal of Approval.

Eugenia Smither, Hospice vice president of compliance and quality improvement, said the Joint Commission survey team “noticed the significant amount of contact between our staff and families. It was evident that HOB is very integrated in the community and that we provide high-quality bereavement care.”

The surveyors, Smither said, were also complimentary to the HOB management team for ensuring all locations are considered in organizational planning. They noted the investment HOB is making in southeastern Kentucky.



Hospice News Briefs

HOB Staffer Visits Sister Hospice in South Africa

John Johnson, director of the Lexington office, recently paid a visit to HOB's sister hospice, called Wide Horizon, outside Johannesburg, South Africa. Johnson, who oversees HOB's sister hospice program, said he was especially moved by a meeting with participants in the "Grannies" program (see photo). The program involves about 40 grandparents who are raising grandchildren after the deaths of the children's parents.

Wide Horizon receives donations each year raised by HOB's employees. The two hospices have been sister agencies since 2000.



John Johnson (fourth from right) pictured with Wide Horizon Hospice "Grannies"

New Home for HOB-Lexington's Clinical Staff



2409 Members Way

About 65 Hospice of the Bluegrass employees have moved from the main Lexington campus to a new building at 2409 Members Way. The employees, mostly members of the clinical staff, now have about three times the space they had on Alexandria Drive, said John Johnson, director of the Lexington office.

"We're thrilled with our new home," Johnson said. "Everyone has private work space. We can be more efficient with our work and more responsive to our patients."

The new office, located a couple of blocks from the main HOB office, has about 12,000 square feet for the social workers, chaplains, nurses and others on the patient-service teams. Previously, the staff had 3,500 square feet, Johnson said.

The administrative offices will remain at the Alexandria Drive location.

Hospice News Briefs

Hazard Capital Campaign

Hospice of the Bluegrass – Mountain Community will receive \$250,000 in Coal Severance money for the Inpatient Facility Capital Campaign. We are honored that Perry County designated \$200,000 over the next two years and Knott County designated \$50,000 for this project. This summer, Perry County Judge Executive Denny Ray Noble presented Hospice with \$100,000 from the 2009-10 budget. “We want to thank Judge Noble,



Inpatient Facility nears completion

Knott County Judge Executive Randy Thompson, Senator Brandon Smith, Senator Johnny Ray Turner, Representative Fitz Steele and Representative Ancel Smith for making the funding possible,” said Hazard Director Monica Couch. “This financial support is a real boost to the fundraising efforts for the inpatient facility.”

Pikeville Staff Provides Picnic for 200

Employees of HOB – Mountain Rivers recently hosted a community picnic for several senior citizens groups in the Shelby Valley area. The Pikeville-based office provided food for more than 200 residents, visitors and employees of Shelby Valley Senior Citizens Center, Parkview Nursing and Rehab, Shelby Valley Clinic,

Mountain Comprehensive Day Care Program and Carl D. Perkins Assisted Living.

Connie Boyd, director of HOB – Mountain Rivers, said the organization plans to do these events once a year in Floyd, Magoffin and Pike Counties. She also thanked Utility Management Group, Pepsi and Food City for their donations.

Horse Maina

Belinda and Larry May of Clay City, Kentucky, designed the 2010 Horse Mania Horse sponsored by Hospice of the Bluegrass. Known as “Crazy Quilted Horse,” the sculpture was located in front of the Lexington Civic Center during the Alltech FEI World Equestrian Games.



Crazy Quilted Horse

New 'Care Call' Program Helps Hospice Patients, Staff

Imagine an organization that telephones you once a week just to make sure you have everything you need to stay comfortable. That's no fantasy at Hospice of the Bluegrass, Lexington, where hospice volunteers have embarked on a new "Care Call" program for the benefit of patients, their families and the HOB staff.

Every Thursday, a half-dozen HOB volunteers meet at the Lexington office and make phone calls to about 160 hospice families. The volunteers ask patients and family members if they have enough medical supplies, medications and equipment for their loved one to be comfortable through the weekend. If not, the volunteers arrange a home delivery.

"It's a simple thing, but it really makes a difference," said Jan Cole, a HOB team leader who organizes the program. "We say, 'We're just calling to check on you. You may not be in crisis, but we want to make sure you're getting the care you need.' The families have given us feedback that they really appreciate it."

Cole along with Community Resource Coordinator Katherine Pinero helped start the Care Call program (formerly called the Tuck-In program) last year after hearing about its success at other hospices. HOB ran a three-month trial starting last December. Not only did patients and families love it, Cole says, but the service reduced the evening and weekend needs of patients by 21 percent.

"We have been able to be more efficient in our deliveries," Cole says. Patients have asked volunteers for shampoos, lotions, diapers, oxygen tubing, medication and many other items. "We can deliver these and save the staff from making an extra weekend visit."

Cole said the new service doesn't replace staff visits to patients' homes. Rather, volunteers work in concert with the hospice team to deliver the supplies that patients and families need each weekend.

Pinero said that Care Call is popular among volunteers. "It's good to see volunteers who come in, take on an assignment and establish a relationship" with the patient or family. "They get good exposure to (direct) patient care."

In addition to asking about supplies, the Care Call volunteers ask patients about their level of pain. If a patient has pain or a symptom that is unacceptable to him or her, the volunteer notifies a professional team member immediately. The team member then contacts the patient and determines how to make the patient more comfortable.

The Care Call program is currently available only in Fayette and Jessamine counties but will be expanded as a service in all HOB sites in the coming months.

If you'd like to volunteer for this or any other Hospice of the Bluegrass program, contact the volunteer coordinator at the HOB location closest to you.

Dee Campbell, Care Call volunteer



Community Caring



Mayor Russ Meyer tees off at the second annual Mayor's Golf Scramble.

this year's Mayor Meyer's Golf Scramble a huge success! It was a perfect day for golf, and proceeds totaled \$16,785.

A Special Night on Church

Hospice of the Bluegrass, Cynthiana, hosted this annual event, "A Special Night on Church," on September 25, raising \$42,488 for hospice care in Bourbon, southern Grant, Harrison, Nicholas, and Scott counties. The LeBus Tobacco Warehouse, located on Church Street in Cynthiana, was transformed into a festive setting fit for a celebration. The Trendells and Soul Explosion were the featured musical performers this year. Over 400 attendees enjoyed an evening filled with good food, a fantastic silent and live auction, musical entertainment and dancing.



Local auctioneer Shawn Ritchey takes bids on an iPad displayed by Elvina Clayton, event committee co-chair.

Golfing with the Mayor

Nicholasville Mayor Russ Meyer hosted the Second Annual Mayor's Golf Scramble on August 20 at Connemara Golf Course. There were 34 teams, 55 hole sponsors and numerous in-kind donations, which helped make

Tailgating Kentucky Style in Harlan

The Harlan Center once again became the official football zone for this season on October 2 for the second annual "Tailgating Kentucky Style."

Nearly 200 guests enjoyed tailgating food, cheerleaders from Harlan County and Harlan Independent high schools and the Harlan County High School drumline. The featured special guest was the Kentucky comedian "Munroe." Event proceeds totaled over \$10,000 to support Hospice programs in Harlan and Bell counties.



Greg McClellan, director of HOB-Harlan; Kyle Burnett, event emcee; Bryson Lee and Munroe the comedian welcome crowd to this year's tailgating event.

An Evening of Mystery

Hospice of the Bluegrass – Mountain Rivers in Pikeville hosted the annual "Evening of Mystery Dinner Theatre" at the Mark V. Over 250 guests were entertained by an evening filled with suspense and mystery. The play featured the Artist Collaborative Theatre which volunteered to present "Murder on the Oriental Rug," a humorous yet mysterious play within a play was about a local actors troupe aspiring for Broadway. Nearly 300 guests enjoyed this interactive event and some even participated on-stage. This event supported Hospice care in Floyd, Magoffin and Pike counties and raised nearly \$17,600.



Cast members of Artist Collaborative Theatre perform in "Murder on the Oriental Rug"

Autumn Affair in the Vineyards

Talon Winery & Vineyard in Lexington offered a warm and cozy setting for the Autumn Affair on October 22. Guests were welcomed into the Cabernet Barn filled with touches of fall and soft jazz by DJ Rice. Over 250 attendees enjoyed delicious fall cuisine and perused the fabulous silent auction items. Funds raised from this event support Hospice care in Fayette and Jessamine counties.



HOB Board Chair, Daryl Love, welcomes guests to the second annual Autumn Affair

50's Doo-Wop in Hazard

The 2010 Masquerade Ball had guests rockin' round the clock at the "50's Doo-Wop." Held October 30 at the Hazard Community and Technical College, more than 200 people danced to the sounds of the Sensations, and dined on cornish hens and steak as well as root beer floats and apple pie. The beautifully decorated venue featured a soda shop where you could stop to have to picture made while checking out the jukebox. Many thanks to the sponsors, volunteers and staff who helped make this event possible.



Eric Smith, Donna Jones, Ryan Howard, Valerie Howard, Gail Strong, Wes Strong (standing), Scottie Collins, Stella Shepherd (seated) enjoy an evening in the '50s.

Community Partners

Hospice of the Bluegrass is grateful to the many organizations, individuals and businesses who host fundraising events to benefit our organization. These funds really help Hospice continue its mission to provide quality end-of-life care.

Cruise-In for Hospice

Sutherland Chevrolet in Nicholasville hosted four **Cruise-In for Hospice** days throughout this year. The firm requested donations from patrons and donated all the sales from its concessions to benefit Hospice of the Bluegrass.

Stephen Shepherd Invitational Golf Scramble

The third annual **Stephen Shepherd Invitational Golf Scramble** was held on Friday, October 1 at Picadome Golf Course in Lexington. In the past three years, this event has raised nearly

\$7,000...special appreciation to Wanda Shepherd for coordinating this wonderful tribute event.

Hospice of the Bluegrass Golf Classic

On September 24, the Hospice of the Bluegrass—Northern Kentucky office hosted the first annual

Hospice of the Bluegrass Golf Classic

to benefit the pediatric program, Daniel's Care. The Classic

was held at Twin Oaks Golf & Plantation Club in Latonia and the event raised an amazing \$25,744!



Chris Meyers, Alice Sparks and Frank Henn enjoy lunch at the Northern Kentucky golf tournament.

Book Review

***Peace at Last: Stories of Hope and Healing for Veterans and Their Families* by Deborah L. Grassman. Vandamere Press, 2009.**

Reviewed by Susan Byars

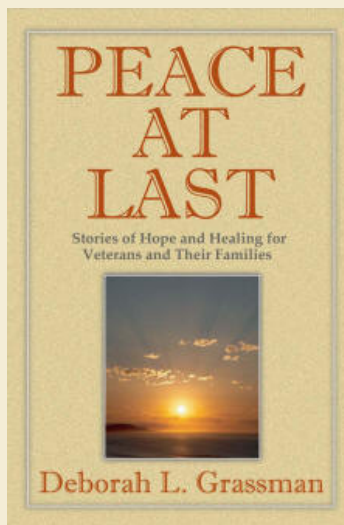
Deborah Grassman has important stories to tell, and she conveys them with passion and a sense of urgency. Her goal is to change the way we care, at the end of life, for those who serve our country in the military.

She starts with her own story and goes on to recount those shared by some of the 5,000 veterans she has worked with in her 25 years as a nurse for the Department of Veterans Affairs. Some are inspiring, others are frightening, or tragic. But they are stories we must hear – as medical professionals, as family members and as citizens of a nation that sends our young people off to war.

Grassman is a skilled hospice nurse whose commitment to her patients is apparent, but she describes the problems she faced early in her career, when her own fears, biases, and naïve hypocrisy interfered with her aim to be a healing presence. “One after another (the veterans) chipped away at what I thought I knew and taught me what I needed to know.”

She now sees herself as a privileged witness to their wisdom, and she shares insights and practical interventions that she and her colleagues have developed for helping veterans who are approaching death.

Young adults are introduced to military culture at a time when their own identities are forming, so the lessons necessary for survival in a military environment are internalized and may persist long after military service has ended. Combat veterans, especially, may sustain mental, emotional or spiritual injuries that are not as readily apparent as physical wounds.



The stories of people like Tommy, Ed and Marie illustrate three common trajectories that veterans (especially those who have experienced “dangerous duty” assignments) may follow when their service ends.

The first and most common trajectory has the veteran integrating the lessons learned from trauma and living life better or more fully because of the experiences.

These are the folks who serve as role models for the rest of us, not only in living, but also in their dying.

Trajectory number two has the veteran leaving the military wounded, but able to go on with life, though perhaps encountering problems such as fight/flight responses which surface in times of crisis or threat.

Trajectory three presents severe problems, which can manifest as substance abuse or paralyzing symptoms of post traumatic stress that prevent functional participation in society. Those traveling trajectories two and three are at special risk for difficult experiences at the end of life. Grassman suggests that as the conscious mind weakens, trauma that has been buried in the unconscious begins to surface and may appear as intolerable suffering, pain, fear or agitation.

Grassman’s message to us is that healing is possible for these “wounded warriors,” even as they are facing the end of their lives. In each chapter and in the appendices, she offers the tools, dialogue and rituals that can bring honor and “peace at last” to those who have sacrificed for us.

Susan Byars is librarian at Hospice of the Bluegrass.

Rural Military Veterans Learn About Hospice Care *from Page 1*

(PTSD). What kind of stress did he experience? In Vietnam in 1968-69, one of his jobs was to help distressed U.S. aircraft land safely. If the aircraft didn't land safely, he was to recover the wreckage including the bodies inside.

Kingkade is one of more than 100 veterans who recently participated in the Hospice of the Bluegrass "Reaching Out" program. The program is designed to help rural and homeless veterans learn about the services available to them, from psychological and medical services to spiritual and hospice care.

"I'm getting to that age where you begin paying attention" to how you're going to die, said Kingkade, who lives on a farm near Owenton and has worked in manufacturing most of his life. "It sure would be important to have someone taking care of you if you get sick. I'm definitely glad to know about hospice."

"The Reaching Out program was funded by a grant to HOB from the Department of Veterans Affairs and the National Hospice and Palliative Care Organization," said Glenna Hughes, professional liaison for HOB's Frankfort office. "HOB then partnered with healthcare providers, military groups and community organizations to create educational seminars and resource directories in three rural Kentucky counties: Perry, Nicholas and Owen."

Veterans from World War II, the Korean War, the Vietnam War and more recent conflicts were invited to the seminars for dinner and to learn about the many support services available to them. Altogether, more than 200 veterans and military family members attended the gatherings.

The seminar that Kingkade attended in Owen County included a powerful and personal speech from Heather French Henry, a former Miss America and wife of former Kentucky Lt. Gov.

Steve Henry. The speech, from a woman whose father whose father served in Vietnam, made a huge impression on Kingkade.

"She told how her father suffered from drug and alcohol abuse" after the war, Kingkade said. "She was the first person I've ever seen stand up in public and talk about it. It made me feel that there are people out there who do know what we've been through. That's very important, especially to those of us who were in an unpopular war."

Kingkade said he had "some problems all my life that I couldn't understand, like why I was angry so much, or how certain noises and sounds would bother me." Learning about PTSD answered many questions that had lingered since his Vietnam days.

The Reaching Out program is in its second year at HOB. The program started last year in Perry and Pike counties. Because of its success, it was funded and expanded for a second year.

HOB is participating in this initiative in part because the VA recently set a policy that all vets are entitled to hospice services and palliative care. Nationally, about 50,000 veterans die each month, the VA estimates. Nearly 40 percent of veterans live in areas that are considered rural, where community hospices and VA palliative care programs are often not readily available. At the same time, 44 percent of military recruits are from rural communities.

Hospice care is part of the basic eligibility package for veterans enrolled in the Veterans Health Administration (VHA). Hospice services are also covered by Medicare, Medicaid, most managed care organizations, private insurance plans, and HMOs.

If you want to learn more about hospice and palliative-care services for veterans, contact the Hospice of the Bluegrass office closest to you.

Reaching Out

Making a Difference...

Keeping Your Designated Beneficiaries Up to Date

When you make out your will, you detail how your estate will be divided after your death. But a will may cover assets that you already designated to other beneficiaries of life insurance, IRA or other assets. If those “designated beneficiaries” don’t match up with your will, what you intended to happen after your death may not occur.

What are designated beneficiaries? They are the people or entities that receive, upon your death, all or an assigned portion of a life insurance policy, an IRA, a joint bank account and certain retirement plans. When you originally set up these assets, you likely signed contracts with the plan administrator, mutual fund, bank or other financial institution. The contracts control exactly who – the “designated beneficiaries” – will receive the asset at your death, and in what proportion.

Typically, you retain the right to change your named beneficiaries and how much each beneficiary is to receive. But some people forget to make changes, and sometimes that puts a person’s will – and thus his or her intentions – in conflict with insurance, retirement and other contracts.

To avoid this conflict, be sure to check your will against your assets’ designated beneficiaries. If necessary, then, you can request change-of-beneficiary forms from your life insurance agent, plan administrator or bank. When you return these completed forms with new designations, you change who will receive assets after your death and how much.

It is common that life insurance, retirement plans, IRAs and similar contractual assets are designated to pass to Hospice of the Bluegrass. Some people designate HOB as the sole beneficiary; others assign a certain amount or percentage that will go to HOB.

Take the time to check your beneficiary designations. Since you are a supporter of Hospice of the Bluegrass, we hope you will consider including Hospice as one of your designated beneficiaries.

If you have questions about beneficiary designations, give Darryl Stith a call at (859) 276-4404, ext. 508 or call toll free (800) 929-9404. You may also reach him at dstith@hospicebg.org. Visit our website at www.hospicebg.org for other ideas about giving to sustain the quality end-of-life and bereavement counseling services of Hospice of the Bluegrass.

New Hospice Program at UK is Strong and Growing Fast *from Page 1*

“Our goal has been to integrate hospice into the continuum of health care – from birth, to preventative care, to acute care, to chronic care and now to palliative and hospice care. We want hospice to fully join in the house of medicine.”

About 90 percent of hospice care takes place in individual homes, Coté said. But more than half of Americans still die in hospitals. For that reason, Coté tries to persuade hospital administrators and doctors around Kentucky to offer hospice and palliative care to inpatients.

UK decided to partner with HOB so it could offer the highest quality of care, Deep said. “As dedicated as some of us may be as physicians, it really takes a multidisciplinary team to provide excellent end-of-life care.”

Under the new program, an inpatient who qualifies for hospice care may be transferred

to the care of the inpatient Hospice team. The team includes a Hospice physician, nurse, social worker, chaplain and volunteers.

Coté said that this kind of hospice-hospital partnership is still relatively rare in the U.S. He hopes it will inspire more health-care entities to work together. “Hospice is a great model,” he said. “But we have to figure out how to get that model into the whole healthcare system. We have the science. We just need the medical community to embrace it.”

Deep said that the new HOB-UK partnership will help change the medical culture, which historically has favored quantity over quality of life. “We’re trying to show everyone in the medical community that it’s not always about winning or losing” a battle against a disease, she said. “It’s a matter of providing the care each patient wants and needs.”

New Hazard Medical Director Named *from Page 3*



Connie Boyd

Connie Boyd has been named site director in the Mountain Rivers office, which serves Floyd, Magoffin and Pike counties. She holds a BS degree in social work from Eastern Kentucky Univer-

sity and a MSW from the University

of Kentucky. She is also a certified social worker (CSW) licensed by the state of Kentucky. Connie previously worked for the Cabinet for Health and Family Services for 24 years. She is very excited to return home to Pike County after living in the Central Kentucky area for 30 years.

Amy Cox, RN, CHPN,

has been named the site director for the Cynthiana office which serves Bourbon, Southern Grant, Harrison and Nicholas counties. She has worked for Hospice of the Bluegrass for over 12 years. Through the years she has held several positions for the agency including registered nurse case manager, professional liaison, intake specialist, and team leader. She is involved with various community activities, including: 4-H, American Cancer Society and the Medical Reserve Corp.



Amy Cox, RN, CHPN

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Hospice of the Bluegrass *Reaching Out* Mailing List

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Things to Do During the Holidays—or Not!

For people who have lost a loved one, the holidays can be the most difficult time of the year. Many people are so bound by tradition that they find it difficult to do things differently after a loved one has died. Here are some ideas for thinking differently about the holidays in 2010. But remember: They are only suggestions. Everyone's needs are unique.

Things to Do

- Accept the difficulty of the time of year and remember that the season will pass.
- Lower your expectations of yourself and of others who are sharing your loss.
- Purchase festive paper plates and leave the family china – and special clean-up detail – in the cupboard this year.
- Use a cleaning service to complete housework.
- Send e-mail greetings instead of cards this year.
- When your family is together, light a candle for your loved one who died.
- Make a list of things you really want to do (be honest with yourself).
- Make a donation to the favorite charity of the person who died.
- Get out a bit. Get regular exercise. Keep your normal sleep schedule.

- Find a support group that meets during the holidays.
- Set limits. Carefully explain to your family and friends what you are capable of doing this year and what you aren't.

Things to Skip

- Downsize the gift-giving. Take a day off to shop during a weekday, or shop online.
- Pass on some parties and gatherings that you have attended in the past.
- Downsize the decorations, or skip them for a year.
- Don't feel you must put on a "happy face" for others. Cry if you need to.
- Let someone else host or cook the holiday dinner this year.
- Avoid overusing alcohol.
- Don't rely on your memory for things you'd like to do – make a list!



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Lexington

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Jessamine County

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*Serving Central, Northern &
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