

INSIDE:

- Bulletin Board (p2)
- Meet Driver Rick Johnson and Rider James Mitchell (p2)
- Farewell to Bob and Jeanne Guffy (p2)
- Letter from the Executive Director (p3)
- Expo update! (p4)
- News you can use from Bluegrass Elderlaw, PLLC (p5)
- Volunteer drivers needed! (p6)
- New website! (p6)

ITNBluegrass invites you to its third annual Rider/Driver/Donor Appreciation Reception. Enjoy refreshments and musical entertainment, followed by a program* which will start about 2:40 pm. Family and friends are welcome.

Women's Club of Central Kentucky
210 North Broadway, Lexington
Sunday, March 10, 2013, from 2:00 to 4:00 p.m.
To RSVP, call 252-8665.

If able, please bring a plate of finger desserts to share.

Our guests are **Beth Mills, LFUCG's Social Services Commissioner, and **Kristi Stambaugh**, LFUCG's Aging Services and Independent Living Program Administrator. They will update us on plans for the new senior center and other exciting local initiatives for seniors.*

Stumped for a gift for Mother's Day? Father's Day? A birthday?
ITNBluegrass has *gift certificates* for every occasion and even no occasion available in any amount! Simply give us a call at 859-252-8665 — once we receive your payment, we'll send it to you (or directly to the recipient) in a nice envelope!

Winter Facts

Total Members by
January 31:
440
(not all are riders)

Total Rides in January:
653

Total Rides to Date:
(January 31)
23,133

Going Green!

If you are receiving this in hard copy, it means we don't have your email address! If you'd like to receive our newsletter electronically, please email your address to info@itnbluegrass.org. Thank you for helping us with our paper, postage and printing costs!

Bulletin Board

Welcome to our newest drivers: Rose Marie Hackett, Cynthia Mullins, Linda Imes Pulliam and Richard Stanley.

Staff additions: Jim Cagey and Ron Sale join us as our newest after-hours ride coordinators. Ron is also serving as a fill-in ride coordinator in the office.

Board changes: We welcome Rhonda Turley as our newest board member. She is taking over the Secretary position from Barbara Gerald, who will remain on the board as a member. Thanks to both of you!

Meet Member-Rider Jim Mitchell and Driver Rick Johnson...

ITNBluegrass will celebrate its fifth anniversary in September, and some of our drivers and riders are starting to "have some history." While we don't intentionally pair people, sometimes with schedules it just works out that way. Since mid-2011, Rick Johnson has been picking James (Jim) Mitchell up three mornings a week at **6:15 am** to take him to dialysis at the VA, then returning at 10:30 to take him home, at least until last week when Mr. Mitchell moved to Thomson-Hood in Wilmore. Minus some hospitalizations and Rick and his wife's grandchildren babysitting duties, we figure the two have done about **350** rides together!

Mr. Mitchell, who will turn 80 in June, says of Rick, "He is a wonderful man and a wonderful friend and I want him back as a driver." What?! Well, Mr. Mitchell says that if he can get some assistance with meal preparation, he plans to move back to Lexington! And we don't doubt him — he is pretty amazing. Space is limited, but one story is especially poignant: his late wife suffered a debilitating head injury in 1968, but rather than put her in a facility, his daughter said he created a "Cardinal Hill in their home" and taught her to speak and read again. This at 32 years old with six young children and a sales job where he sold commercial china to schools, etc., throughout 38 counties.

For his part, Rick is as constant as they come. He visits Jim when he is in the hospital and has already been down to Wilmore to see him! Retired from the banking industry, Rick has been driving for ITNB since January 2010. He says, "...As part of the generation of Baby Boomers, this service is going to become even more essential for allowing seniors to age in place." In an interview with Rick almost two years ago, he talked about Mr. Mitchell and the friendship that develops when you see someone so regularly. It is a real testament to that friendship that two years later, it is still present and strong and important to both men.



...and Bid a Fond Farewell to Bob and Jeanne Guffy

Long-time riders Bob and Jeanne Guffy have sold their home and are moving to a retirement community outside Pine Hurst, North Carolina, to live nearer their daughter. A added bonus is they'll be nearer a granddaughter and great-granddaughter, too! Since the Guffy's began riding with ITNB in May 2010 — both had signs of macular degeneration — they have taken about 730 rides, most of them to and from Central Christian Church. The Guffy's had what we call "recurring rides," where a driver shows up at the same time every week to deliver a regularly-occurring ride, and the rider calls only to cancel.

The Guffy's are from Kentucky, but have lived in North Carolina and Chicago, where Bob worked for the Container Corp. of America (corrugated cardboard). They have a second daughter who lives in Florida; she has three children. Bob and Jeanne enjoy golf, travel, being with friends and family and participating in church activities. They think ITNB is a wonderful service and all the drivers so nice. We wish them good health and happiness in their new location. We'll miss you, Bob and Jeanne!



Rider Jim Mitchell at Keeneland



Volunteer driver Rick Johnson

Letter from the Executive Director, Laura Dake

Happy New Year and a sincere thank-you to all who supported our 2012 Annual Appeal both through the mail and online via the GoodGiving Guide Challenge. If there are any omissions or errors below, the fault is mine; please do let me know so I can make it right. I say this every year but the truth is we cannot run this service without community support. We are so grateful to you who recognize the need for safe transportation for people who can no longer drive or who no longer feel comfortable doing so. We know the need is real and growing, and with your support, we will be around a very long time.



\$500+

Perry and Kristen Bentley
Talitha Freeman
Louise Headley
Virgie Hiles
Joe and Chandra Jarboe
Roger Parry
Bill and Erin Rouse

\$250-\$499

Barbara Geraldts

\$100-\$249

John and Janet Allen
Rachel Barber
Chet and Kim Blackey
Anne Bolton
John Davis
Doug and Brenda Dean
Gary and Laura End
Bill Fortune
Esther Hurlburt
Nancy Johnson
Bill and Millye McAtee
Betty Meadows
John Meinert
Jerome and Nelle O'Daniel
Helen Pope
Catherine Reilender
Kathleen Richardson
Ridgewood, Ltd.
Marilyn Robie
Harriet Rose
Frederick Schmitt & Melinda Greenlese
De Selby
Dorothy Swope
Ken and Sharron Taylor
Sara B. Thompson
Harvie and Nellie Wilkinson
Helen Witherell
Stan and Dana Wonn

\$50-\$99

Dr. John R. Allen
John Barber
Kenneth C. Barr
Donald Bayer
Harold and Jean Becker
Ruth Berry
Barry Boardman
Anne Bolton
Carl and Barbara Boyer
Ron and Bobbie Brown
Mary Bush
Lucy Calhoun
Mel Camenisch
Dwight and Ina Carpenter
Ralph Carpenter
Virginia Cheek
Willie Cook
Camilla Duffield
Kevin and Ginger Fraser
Charles and Linda Gorton
Norma and Kathy Hall
Darrell Herron
JoAnne Hilliard
Danny and Josie Jones
Evelyn and Stan Kramer
Malcolm Lambing
Carl and Cindy Leonard
Jim and Elizabeth McDaniel
Jean Monaghan
Teresa C. Griffin Monahan
Anne Nash
Jacobus and Janet Ockers
Robynn Pease
John and Carolyn Rasnick
Alice Ann Cull Sanders
David and Sarah Stevens
Cary and Madelyn Twyman
Mary Vaughan

Other

Stanley Adkins
Anthony Aiken
Sandra Araneda
Christina Bell
Pamela Berger
J.D. and Ann Buckholtz
Ann Garrity
Brad and Melanie Goan
John and Jane Ireland
Joan Kelly
Liz Knapp
Sigrid Kunev
Jack and Rose Lucas
Jeffery Markel
Freddie Mills
Paul L. O'Brian
Gaige and Sue Paulsen
Kristen Pickett
Sara Redfield
Ramona Rush
Jean Sabharwal
Julie Schneider
Sharon Scott
Melissa Sevier
Martha Bennett Stiles
Marcia Sugg
Fran Taylor
Adrian Wichman
Stephen and Katherine York

A Very Special Acknowledgement to our 2012 Foundation and Business Supporters: Highbridge Spring Water; The Kings Daughters and Sons Foundation of Kentucky, Inc.; The Lexington Clinic Foundation; the Rouse Family Foundation; and Second Presbyterian Church.

Lexington Area Parkinson's Support Group

Open to anyone whose life has been affected by Parkinson's disease

Where: Crestwood Christian Church, 1882 Bellefonte Drive **When:** 4th Monday of every month at 12:00 noon
What: Group discussion and support meeting – may bring a brown bag lunch. Drinks and snacks are provided. Special programs and speakers throughout the year.

For more information contact Elaine at 859-277-1040 or keith284@insightbb.com.

Know where you'll be on April 14, 2013?

At the **i know expo**, we hope!

Please mark your calendar right now.

Because the **i know expo** is a very special event created just for you.

On one day, in one place, scores of experts will connect people of all ages and those caring for loved ones, with information and advice on subjects that really matter.

- **Know how to live independently** today and tomorrow.
- **Know how to plan** for future physical, emotional and financial well-being.
- **Know how to choose** the best option for housing.
- **Know how to stay mobile**, sharp and engaged.
- **Know how to take care** of yourself if you are a caregiver.

The more you know, the better you can weather the changes time brings.
So the years to come are as good as the years gone by.



**EXPERT ANSWERS TO LIFE'S
CHANGING QUESTIONS.
ONE DAY. ONE PLACE.**

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Lexington Center

12 - 6 pm

Free admission

www.iknowexpo.org

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WOMEN LEADING KENTUCKY

MORNING POINTE

NEWS TALK 590
WVLK



Determining your own end-of-life treatment*

Do you want to increase the likelihood that your wishes for end-of-life care will be honored by family, friends and medical providers? If so, you should have a living will and a health-care power of attorney. These are legal documents that you use to make your wishes known.

Your living will informs your healthcare providers and your family what your desires for medical treatment are in the event you are not able to speak for yourself. The living will is used if you no longer have decisional capacity, have a terminal condition, or become permanently unconscious. A living generally describes certain life prolonging treatments and you indicate which treatments you do or do not want.

According to the Kentucky Living Will Directive, you choose whether you do or do not authorize that a treatment be withheld or withdrawn, and you direct that you be permitted to die naturally with only the administration of medication or medical treatment deemed necessary to alleviate pain. In addition, you choose whether or not you authorize artificially-provided food, water, or other nourishment or fluids be withheld or withdrawn. A living will does not become effective unless you are incapacitated and unable to make your own decisions. Until that time, you will be able to say what treatments you do or do not want.

For example, if you suffer a heart attack but otherwise do not have a terminal illness and are not permanently unconscious, your living will does not have any effect. A living will is only used when ultimate recovery is remote.

For situations where you are incapacitated and therefore not able to speak for yourself, but your health is not so dire that your living will becomes effective, you should have a health-care power of attorney. A health-care power of attorney is a legal document that gives someone else the authority to make healthcare decisions for you in the event you are unable to do so. This person is often called a medical surrogate. The person you designate to make healthcare decisions on your behalf is supposed to consider what you would want, so be sure to talk with that person about what you want. Although it may be a difficult conversation, you are asking someone to take on a great burden for you. Letting him or her know what you want will lessen that burden.

To make your wishes clearly known, be sure to have advanced care directives in place. If you do not have these directives, it would be wise to seek legal counsel and obtain them. Be sure you update these documents often as your thoughts on end-of-life care may change with time.

Neither of these documents will do you any good if no one knows about them! You must talk to your doctor and the person you designate as your health care surrogate. Discuss with your doctor the types of end-of-life medical treatment you want. He or she can help you by answering questions you may have concerning certain treatments. Once you have decided what it is that you do or do not want, make your wishes known to your doctor and your family. Discuss these matters before a medical crisis occurs. If your named surrogate hesitates to carry out your wishes, think about naming someone else. Let your family know how serious you are about your intentions being fulfilled.

Bluegrass Elderlaw, PLLC
(Carolyn Kenton and Amy Dougherty) focuses on the needs of older and disabled persons and their families. We handle document preparation (Power of Attorneys, Wills, Trusts),
Medicaid Issues, Estate Planning and Estate Settlement.
Our small firm is located at
120 North Mill Street, Suite 300,
Lexington, Kentucky 40507.
Telephone: 859-281-0048

*Almost a year ago, ITNBluegrass began including articles we thought might be of interest to ITNExpress readers. Bluegrass Elderlaw has graciously provided all the articles — three so far. The topics aren't especially enjoyable to think about, but they are important ones, and we hope you find them useful and well worth reading. Are there other topics you're curious about that Bluegrass Elderlaw might tackle? Do let us at ITNBluegrass know and we'll pass your suggestions along!

Like to Drive? Have a Safe Driving Record?

Consider becoming an ITN*Bluegrass* Volunteer Driver!

Earn a combination of cash and/or mileage credits for your occupied and unoccupied miles and feel really good in the process!

Interested? Give Laura a call at 252-8665. The training takes less than two hours. Once you're in the system, we work with you to find rides that fit your preferred schedule. Do you work? No problem — we do lots of weekend rides!



Be sure to check out our new website!

You can find it at the same address:

www.itnbluegrass.org

but with an updated look and feel!

You can also fill out rider and driver applications online and email them to us. No more printing and mailing!

**Questions or Comments?
Email info@itnbluegrass.org
and let us know what you're thinking!**

Return Service Requested

ITN*Bluegrass*
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