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LOUISVILLE & THE BLUEGRASS®

## Annual Health Issue

MEMBER OF EDIBLE COMMUNITIES





## Imagine you visit a city you have never been to before...

Someone else picks the hotel for you. The taxi ride there may be free or cost thousands but you will not know until their bill comes in the mail. You have no good idea ahead of time what the hotel stay will be like. You only discover that after you have checked in. When you leave, you are mailed a bill weeks later for \$450.00 a night. You discover the guy across the hall in the same type room was billed \$65 because he works as an executive at General Electric and the poor person down a floor who works as a preschool teacher was charged \$2250 a night. None of these guests were able to choose the hotel based on features and amenities and no one knew prices until they checked out. And to top it off, there are still more confusing bills yet to come over the following months – from housekeeping, food service, maintenance and more.

That would be absurd ... but in many ways that's how our healthcare system works today.

Created by *Edible Louisville and the Bluegrass Publisher* (Steve Makela), JoePatient believes by making more healthcare information available in an understandable, unbiased manner, a more rational and competitive marketplace will evolve for the benefit of patients.



## Comparative information easily available nationwide

Example: Heart and Circulatory (one of 23 categories available)  
and 25 mile radius (other options – 50, 100, 250 and 500)

The screenshot displays the JoePatient website interface for hospital comparisons. At the top, there's a navigation bar with 'About JoePatient', 'Who We Are', 'Contact Us', and 'My Account'. Below this, the main heading is 'Hospitals' with a sub-heading 'Results for Heart and Circulatory System within 25 miles'. Three hospital profiles are shown:

- Baylor St. Luke's** (0.15 mi): Expertise (green), Hospital Bill (yellow), Quantity (7/10), Patient Survey Responses (green), Average Discount to Charge (74%).
- Hermann City** (16.19 mi): Expertise (yellow), Hospital Bill (green), Quantity (6/10), Patient Survey Responses (green), Average Discount to Charge (72%).
- Houston Methodist** (0.40 mi): Expertise (yellow), Hospital Bill (red), Quantity (7/10), Patient Survey Responses (green), Average Discount to Charge (N.A.).

Each profile includes a 'Patient Survey Responses' section with three metrics: 'Nurses always communicated well', 'Patients always received help as soon as they wanted', and '\*Yes\* patients would definitely recommend this hospital'. The 'Quantity' metric is represented by a series of 10 circles, some filled and some empty.

As curated news about individual hospitals is continuously added and former or current patients and caregivers like you add real-world advice (i.e. not simplistic ratings), JoePatient will become even more powerful.

### Patient Advice

Please answer one or both of the questions below.  
We would love to hear what you have to say!

State:  City:

Hospital Name:

What is the **ONE THING** the Hospital could have done to make your experience better?

Type your response here. No individual physician or staff names. Your submission will be reviewed and approved prior to displaying it on the JoePatient website.

What is the **ONE THING** you would tell a friend going to that hospital?

Type your response here. No individual physician or staff names. Your submission will be reviewed and approved prior to displaying it on the JoePatient website.

Submitted By:  Patient  Caretaker

[Privacy Guarantee](#)

### News to Know

Mayo - Rochester 5.84 mi

February 5, 2019

According to Becker's, Reaction Data surveyed 341 C-level executives, department heads and staff members from hospitals and clinics across the U.S. The firm asked survey participants what provider organization comes to mind as being a model for innovation, quality care at a sustainable cost and thought leadership on topics related to healthcare transformation. The five provider organizations most frequently cited as a model for innovation included this facility.

[Read More](https://www.beckershospitalreview.com/rankings-and-ratings/5-most-innovative-hospitals-according-to-300-hospital-leaders.html?origin=cfoe&utm_source=cfoe)

November 20, 2018

U.S. News rates this hospital as "high-performing" in heart failure treatment. U.S. News evaluates how well hospitals perform using data on patient survival, nurse staffing, volume and more.

[Read More](https://health.usnews.com/best-hospitals/hospital-ratings/heart-failure)

November 16, 2018

Becker's Healthcare named this hospital to the 2018 edition of the "100 hospitals and health systems with great heart programs." The hospitals named on this list are national.

Choose between a free version with summarized information or subscribe to the detailed premium version shown — \$2.99 for 24-hour access or \$9.99 for 12 months. One third of the cost of the annual subscription will be split evenly among three highly rated charities – Cure Alzheimer's, the National Association of Mental Illness and Earth Justice. [www.joepatient.com](http://www.joepatient.com).





**ASHBOURNE**  
— FARMS —

**Ashbourne Farms**

3810 Old Westport Road,  
La Grange KY 40031

(502) 222-0602  
ashbournefarms.com

At **ASHBOURNE FARMS**, our commitment to sustainable practices and home-grown produce goes back generations. By participating in our Community Supported Agriculture (CSA) program, you become part of the farm family and enjoy a fully-customizable share of farm-fresh food. Our extended 28-week growing season is longer than any other CSA, allowing us to provide more than 90 varieties of produce. Members can sign up to receive their shares seasonally, or on a weekly or bi-weekly basis. Confirmation emails offer a reminder of your scheduled pickup and provide an opportunity to customize your order or add special discounted items, like farm-raised meat and eggs, house-baked bread and local honey. Each delivery comes with a creative recipe card to inspire new ways to prepare delicious, healthy meals with produce you receive from the farm. To sign up or learn more about our CSA options, we welcome you to call us at (502) 222-0602 or visit the Farm tab at ashbournefarms.com.





**CELEBRATING 30 YEARS OF WILTSHIRE PANTRY!**

As part of our 30th anniversary celebration, we have expanded our breakfast program offering a chef driven menu with healthy, paleo and whole 30 friendly and gluten free menu options. Now open 7 days a week in the Original Highlands at 901 Barret Avenue, Wiltshire Bakery and Café serves a variety of classic French pastries and now a full breakfast menu featuring locally sourced produce, farm eggs and pasture raised pork. Breakfast and lunch items are available for carry out or you can place an order for catering services to be delivered to your home or workplace. We carry a full line of artisan sourdough breads and offer specialty decorated cakes for all of your celebrations. Menus are available on our website at [wiltshirepantry.com](http://wiltshirepantry.com). We can be reached at 502-581-8561 or via email at [wiltshirepantry@gmail.com](mailto:wiltshirepantry@gmail.com).



Wiltshire ARTISAN CRAFTED Bakery & Café

**Wiltshire Bakery & Café**

901 Barret Avenue  
Louisville, KY 40204

[wiltshirepantry@gmail.com](mailto:wiltshirepantry@gmail.com)  
502-581-8561



**Wild and Woolly Pilates**

2108 Bardstown Rd  
Suite B (side entrance)  
Louisville, KY 40205

[wwpilates.com](http://wwpilates.com)  
502-694-8838  
[todd@wwpilates.com](mailto:todd@wwpilates.com)



Located at 2108 Bardstown Road—in the heart of the Highlands near Douglass Loop—**WILD AND WOOLLY PILATES** has been changing lives and bodies since September 2017. The 1600 square foot studio is equipped with an impressive array of traditional Pilates equipment designed to help students build strength and flexibility. Former Wild and Woolly Video owner Todd Brashear discovered pilates after years of desk work and poor posture had left him with a frozen



shoulder; upon feeling immediate relief, he decided pilates must be magic. After completing Advanced Teacher Training at the Pilates Center of Boulder, Brashear began offering classes and private lessons, which he recommends to anyone feeling tired and out of shape or plagued by aches and pains—as well as those who are fit already but interested in reducing risk of injury, improving performance, or who simply want to see a longer, leaner body staring back in the mirror.





wild dog rose

**Wild Dog Rose**

1570 Bardstown Rd  
Louisville, KY 40205

502.996.7440  
wilddogrose.com

**WILD DOG ROSE** is a small, woman-owned tea and wellness boutique in Louisville. We offer an array of natural healing products for a holistic wellbeing. Health isn't just physical, so we provide herbs, crystals, cleansing products, and literature to aid in your mental, emotional, and spiritual health. Today, we ask you to choose you! Take time for self-care so you can live your very best life.

Located in the heart of the Highlands at 1570 Bardstown Road, Louisville, KY 40205. Connect with us: [www.wilddogrose.com](http://www.wilddogrose.com), Instagram: @wilddogrose, Facebook: Wild Dog Rose (502) 996-7440



*Cadence*  
& **CORE**  
Pilates and Barre

**Cadence & Core**

1437 Story Ave  
Louisville, KY 40206  
(502) 291-9715

Inhale deeply, exhale, scoop your abdominals in, slide your scapula gently down your spine, engage your gluteal muscles, and elongate your spine! Breathe! At **CADENCE & CORE PILATES AND BARRE**, these words become a mantra to my Pilates clients. Pilates like Yoga has various teaching methods.

My certification emphasizes six basic principles that aim to stabilize joints, balance and tone muscles, build core abdominal, lower-back, and shoulder strength. In my studio, these six scientifically based principles are key to teaching safe, effective Pilates. Every 'body' is unique and requires programming

to fit an individual's specific needs. Postural analysis determines what modification my clients need. Pilates for scoliosis and post-rehab client's differs greatly from an athlete's. All benefit by improving one's posture, which helps alleviate back, hip, shoulder, and body pain.

Owner and sole Pilates instructor, I teach privates, duets, and barre classes. Certified in 2005, my two year instructor certification program, with Stott Pilates, covered beginning, intermediate, and advanced work in mat and all Pilates apparatus. Balance, flexibility, and endurance help prevent injury. Pilates is mindful movement.





What started as an idea to bring fresh, locally grown vegetables to Central Kentucky quickly became a booming fast-casual salad restaurant plus more! With house-made soups, dressings, and lemonades **VINAIGRETTE** strives to help you eat well today! With four locations across Lexington and one in Louisville, as well as online and app ordering, there are plenty of ways to enjoy Vinaigrette Salad Kitchen.

*vinaigrette*  
salad kitchen

**Vinaigrette Salad Kitchen**

**Louisville**

203 North Hurstbourne Parkway

**Lexington**

Downtown | 113 N. Broadway

Palomar Centre | 3735 Palomar Centre Dr.

Townley Center | 1781 Sharky Way

Hamburg | 2200 War Admiral Way

[vinaigrettesaladkitchen.com](http://vinaigrettesaladkitchen.com)



**502 HEMP** is a Kentucky Proud family friendly CBD boutique carrying quality local Kentucky CBD oil (aka hemp extracts) and other hemp items. Whether you are looking for unique gift ideas, alternative solutions for common health ailments or just curious about CBD, stop by and talk to their knowledgeable staff. The owner vets every product that is carried. With over 9 years of personal experience in the CBD industry, you can rest assured that 502 Hemp is the leader when it comes to quality CBD products. All of the CBD products are made from organically grown Kentucky hemp and processed by an FDA registered clean facility in Louisville. The hemp is third party tested, supercritical CO<sub>2</sub> extracted and each finished product is also tested for quality. A certificate of analysis (COA's) is available for viewing. Come see why 502 Hemp is the leader in the CBD industry. Being healthy starts at 502 Hemp, your CBD headquarters!



**502 Hemp**

201 Moser Road, B  
Louisville, KY 40223

502-654-7100

[www.502hemp.com](http://www.502hemp.com)