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Dr. Rand Paul Honors Bluegrass Family Wellness, PLLC of Crestwood, Kentucky, as Senate Small Business of the Week

WASHINGTON, D.C. – Last week, U.S. Senator Rand Paul (R-KY), Ranking Member of the U.S. Senate Committee on Small Business and Entrepreneurship, recognized Bluegrass Family Wellness, PLLC of Crestwood, Kentucky, as the U.S. Senate Small Business of the Week.

Dr. Paul entered the following into the Congressional Record:

Mr. PAUL. Mr. President, as Ranking Member of the Senate Committee on Small Business and Entrepreneurship, each week I will recognize an outstanding Kentucky small business that exemplifies the American entrepreneurial spirit. This week, it is my privilege to recognize Bluegrass Family Wellness, PLLC of Crestwood, Kentucky, as the Senate Small Business of the Week.

In 2014, Dr. Molly Rutherford and her husband, Chris Rutherford, founded Bluegrass Family Wellness, PLLC in Crestwood, Kentucky. A graduate of Virginia Tech, Dr. Rutherford earned an MPH in Epidemiology from Johns Hopkins University and an M.D. from Eastern Virginia Medical School, specializing in Family Medicine. After eight years of working in the healthcare sector, Dr. Rutherford and her husband established Bluegrass Family Wellness. Through a direct primary care model, Bluegrass Family Wellness provides individualized, affordable, and accessible medical care for Oldham County and the surrounding area.

As a medical practitioner, Dr. Rutherford has been at the forefront of battling the opioid crisis in Kentucky. She pursued a specialty in Addiction Medicine, ensuring that Bluegrass Family Wellness treated addiction with an evidence-based approach balancing medication and counseling. From 2018 – 2019, Dr. Rutherford served on the U.S. Department of Health and Human Services Pain Management Best Practices Intra-Agency Task Force, which produced a report highlighting the connection between pain management and the opioid crisis. Dr. Rutherford served as President of the Kentucky Society of Addiction Medicine. She is a Board Member of the Unbridled Project, a nonprofit advocating for evidence-based solutions to the opioid crisis.

Together with her husband, Chris, Dr. Rutherford consistently gives back to her community. Locally, Bluegrass Family Wellness has sponsored several Little League teams, the Oldham County Youth Football League, and East Oldham Middle School. They support several charitable organizations, including a scholarship for a City Schoolhouse, a private school in Louisville, Kentucky. Dr. Rutherford and her family are active within their local church community, as well. Notably, Dr. Rutherford is a member of the Coalition for a Healthy Oldham County, the American Academy of Family Physicians, the American Society for Addiction Medicine, the Kentucky Academy of Family Physicians, and the Indiana State Medical Association.

Like many local physicians, Dr. Rutherford and her team stepped up to keep their community safe and healthy during the COVID-19 pandemic. As the pandemic unfolded, Dr. Rutherford continued seeing patients in person and by telemedicine. She treated COVID-19 patients at her practice, and published a peer-reviewed article alongside several physicians regarding early outpatient treatment for COVID-19. Dr. Rutherford consistently spoke out about the negative effects of lockdowns, highlighting impact on individuals battling addiction.

Dr. Rutherford published op-eds on the harm school lockdowns caused children, successfully advocating for reopening Jefferson County Public Schools.

Bluegrass Family Wellness, PLLC is a remarkable example of the critical role that small, family-oriented medical practices play in their communities. Local medical practices like Bluegrass Family Wellness form the heart of towns across Kentucky, regularly stepping up to support their communities in times of crisis. Congratulations to Dr. Rutherford, Chris, and the entire team at Bluegrass Family Wellness. I wish them the best of luck and look forward to watching their continued growth and success in Kentucky.

As Ranking Member of the Senate Committee on Small Business and Entrepreneurship, Dr. Paul continues the tradition of honoring America's small businesses and entrepreneurs. The Senate Committee on Small Business and Entrepreneurship oversees proposed legislation on matters relating to the Small Business Administration and investigates all problems relating to America's small businesses.

You can find out more about Bluegrass Family Wellness, PLLC on their website [HERE](#).

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