

News to Friends



Progress continues at the Center for Living Your Best



The Center for Living Your Best will enhance the every day lives of older adults by supporting their independence, increasing social and practical support, and providing personalized health care. The CLUB will be the first program to launch late summer.

The CLUB will provide:

- Volunteer Opportunities
- Social Activities
- Center Gardens
- Putting Green
- Exercise & Wellness Resources
- Transportation
- Cafe & Espresso Bar
- Salon
- Barbershop

The renovated Compass Drive building is starting to take shape thanks to FCI Constructors. So far, the existing stairway has been removed to create our beautiful new lobby, mechanical and electrical systems have been installed, drywall is going up and painting is right around the corner.

Because of the partnership of so many in our community, the dream of opening the Center for Living Your Best is quickly becoming a reality!

Opening this Summer!



What makes Hospice with HopeWest Different?



DEBBIE HORWITZ
Senior Vice President
of Development

So many people have asked me this over the years. To best understand, I have to start at the beginning.

Hospice started in the 1970's as a grassroots movement, dependent on volunteers. During those years people mostly died in institutions with hospital stays over weeks, with visiting hours and rules against children seeing the patients. People suffered from pain and other symptoms, and their families were in crisis.

In 1982, Medicare added hospice services to its insurance coverage

and the industry began to grow at a steady rate. A decade later only about 5% of all hospices were for-profit. Today, of the approximately 5,300 hospices in the US, more than 70% are for-profit corporations. Why should this matter? Because, many of these for-profit hospices are mega-corporations traded on Wall Street, and because of that, they don't have the same sense of commitment to their local communities as does, say, HopeWest.

So, what are the distinguishing factors that make HopeWest, a nonprofit, so special?



THE CIRCLE OF HOPE

The Circle of Hope is our monthly giving program.

Visit HopeWestCO.org to join more than 180 others who impact the lives of friends and neighbors.



The following programs of HopeWest rely upon the generosity of our community.

HopeWest Kids | Living with Cancer | Transitions | Hospice Care

designed to recognize veterans, enhance education based on veterans' needs, identify resources and collaborate with our local community to ensure the best possible care for our veterans.

A State-of-the-Art Hospice Care Center. The Care Center provides short-term care in a comfortable, home-like environment for patients and their families.

We fill the gap in care with Palliative Care Programs. Our palliative care programs like Transitions, Journeys and Living with Cancer – help patients facing serious illness but do not qualify for the hospice benefit. Patients are offered care coordination among the patient's healthcare providers outside of HopeWest, as well as, help with making informed choices in their future care.

More than 1,400 volunteers make an impact every day at HopeWest. Volunteers are people with a passion for helping others who make our work possible.

Our HopeWest Kids Program focuses on children and families

in our community regardless of whether or not they have had a family member served by HopeWest.

We offer innovative therapeutic treatments: music therapy, pet therapy, acupuncture and massage are among these alternative therapies.

Bereavement services that go beyond the Medicare requirement for adults and children. HopeWest has a number of education and support programs offered to anyone in need and most are provided for free.

But wait, how is all of this paid for? An extremely generous community – both with volunteer time and financial support.

We are very fortunate to have you, which, at the end of the day, is our most important distinguishing factor. Thank you for making our mission possible.

– Debbie

A fierce commitment to our mission. No matter who you ask at HopeWest they will tell you that the patient and family come first.

HopeWest invests in professional clinical education to enhance care. Our doctors, nurses, nurse assistants and social workers are certified in hospice and palliative care.

Patients are cared for regardless of the ability to pay. HopeWest provides approximately one million dollars in indigent care each year.

The HopeWest We Honor Veterans program is specially

Celebrating our Volunteers!

National Volunteer Appreciation week is designated April 7-13 but we celebrate our volunteers all year long!

As a nonprofit organization, where no one is ever turned away for care, we understand the importance of our volunteers.

We have 1,400 volunteers who contributed more than 78,685 hours of service in 2018. That equates to nearly \$2 Million in volunteer hours. What a

difference they have made to so many. Volunteers are at the heart of what we do. Our volunteers provide companionship for patients and families, assist with grief support groups, help with music and art projects, provide administrative support, greet customers at Heirlooms and so much more.

If you are a volunteer we sincerely thank you. If you know a volunteer, make sure and let them know what a difference they make!

**Even a couple hours a week can make a difference.
Become a HopeWest volunteer.**

Visit HopeWestCO.org to fill out an application or call Joanna at 970-257-2376 for more information.



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“It feels good
volunteer, I



Volunteer Fair a Success

In January we held our very first volunteer fair at Artful Cup. It was a success! We had nearly 75 people attend and of that number, we had 36 people complete their application to become a volunteer and 30 new volunteers are attending training this month - how exciting!



RHYTHMS FOR AFRICA

BENEFIT CONCERT FEATURING

Hazel Miller

ACCOMPANIED BY
DANA MARSH ON KEYBOARD & RICH LAMB ON BASS

WEDNESDAY, MAY 22, 2019
TWO RIVERS WINERY & CHATEAU

For tickets or more information,
 visit HopeWestCO.org.

H.I.V.E.

HopeWest Individuals Volunteering Energy



Join the H.I.V.E. and stay connected to HopeWest. We will meet once a month in a social setting that doesn't require you to be on your feet and have projects, activities, snacks and not to mention, lots of fun! For more information contact Charlotte at (970) 260-1579 or COsmundson@HopeWestCO.org

*Volunteering ISN'T A matter of
 HEART, but a matter of HEART.*

"I want to contribute to the mission of HopeWest. As a
 volunteer, I know I serve a purpose for the whole organization."

-Bob Thome, HopeWest Heirlooms Volunteer

2019 Calendar

Wednesdays from 9:00 a.m. - 11:00 a.m.
 HopeWest Hospice Care Center Room #102
 3090 N. 12th Street, Grand Junction

April 17	July 17	October 16
May 15	August 14	November 13
June 19	September 18	December 11

Healing Through Grief: Reactions to Loss



Grieving is a natural healing process that moves from the pain of loss to hope for the future.

Although grieving has been studied, no one can understand your grief as well as you do. After facing a loss, many of us worry about whether we are grieving in a normal and healthy way. It may help to know that most people who suffer a loss experience similar feelings.

One or more of the following are normal and natural reactions to a loss:

- Tightness in the throat or heaviness in the chest.
- An empty feeling in the stomach and loss or gain of appetite.
- Restlessness and the desire to look for activity but having difficulty concentrating.
- Feeling as though the loss isn't real and that it didn't actually happen.
- Difficulty sleeping and having

frequent dreams or visions of your loved one.

- Feeling as though you should not talk about your feelings of loss because other people seem uncomfortable when you do.
- Crying at unexpected times.

Your Personal & Unique Path To Healing

Our paths through grief are as individual as snowflakes and can vary greatly from one loss to the next and from one individual to the next.



Upcoming Education & Support Groups *for those experiencing grief*

It is important for you to talk and let out your thoughts and feelings with people when you need support. HopeWest offers an array of education and support groups where you can learn how to cope with grief and connect with others who share a common bond.

Support groups are a community service provided by HopeWest and

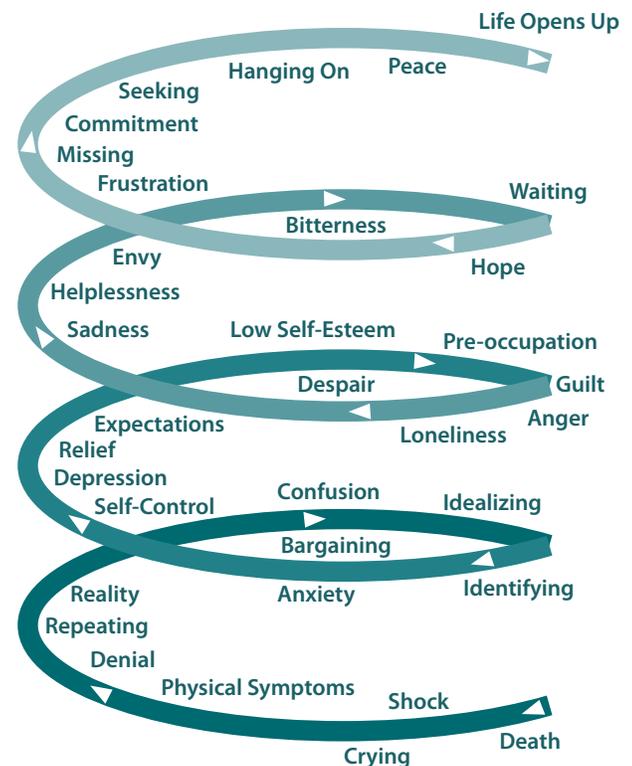
most are free of charge. Groups are available to anyone in the community experiencing grief from the loss of a loved one and does not have to be through a hospice loss. We offer support such as: Individual & Family Counseling, Caregiver Connections, Mending Hearts, Forget-Me-Not Family Group, Art for the Grieving Heart.

To learn more information about each of these groups and the specific day and times they meet, please visit HopeWestCO.org/grief-support.

Having understanding and words for your experience can help you cope. Remembering also that what you are experiencing is personal to you and may be very different than how someone else may be coping with their loss.

What feelings will be most difficult for you? How will they affect you? Despite the variances, knowing that others have endured their grief and recovered an interest in life can give you courage as you discover your own path.

This illustration offers a picture of common experiences during grief. Remember, your grief is unique and this may not provide an accurate map of your personal path.



Making Every Day a Gift

Bobby Clement, now our patient, teaches us how to live



Holding a piece of apricot firewood, Bobby Clement admires its beauty and envisions its potential.

Having been in pastoral and music ministry for more than 35 years, Bobby was always busy, going, and doing. He became acquainted with HopeWest through visits with friends at the HopeWest Hospice Care Center. As a music volunteer, Bobby came to the Care Center weekly, singing and playing his guitar for patients and their families. He was always touched by the care of the hospice staff.

In 2017, after a year of testing, Bobby was diagnosed with Bulbar ALS affecting his tongue, facial muscles, neck, lungs and diaphragm. His first symptoms appeared as a hoarse voice and stumbling while walking. Because of the aggression of ALS, immediately after diagnosis he was referred to HopeWest and enrolled in hospice.

Bobby found himself spending more time in his recliner which led to exploring woodturning tutorials on YouTube. His interest blossomed as he began purchasing equipment and tools. Soon, woodturning became more than a hobby: it was his antidote.

“Woodturning brought me determination and excitement,” Bobby said in a soft whisper.

Although Bulbar ALS is more aggressive than Limb ALS, Bobby

demonstrates his “gift of mobility” and explains that most ALS victims can’t walk or stand as well as he does.

“Others in my ALS support group are encouraged by seeing what I’m able to do,” said Bobby. “My hope is to show others, particularly disabled people with terminal illnesses, that this isn’t the end of living. I’m not going to sit back and wait for the end to come, I’m going to get up and do something about it.”

At first his wife was worried that Bobby may injure himself while woodturning. His shaky body suddenly steadies as he works with the lathe and other tools. This allowed him to make more than 20 gifts for his friends and family this Christmas.

“We witness something greater than medicine,” said Carolyn Clement, Bobby’s wife.

“You’re unlike any ALS patient we have ever seen,” chimed in Cindy Webb, HopeWest Social Worker. Cindy knows that Bobby’s favorite type of wood is apricot. One of the CNAs on Bobby’s care team even brought him pieces of apricot from his firewood pile.

“My HopeWest care team is my cheer team,” said Bobby. “Not only do they help in keeping me comfortable as I deal with ALS, but they also encourage me in this new quest that gives me purpose and satisfaction.”

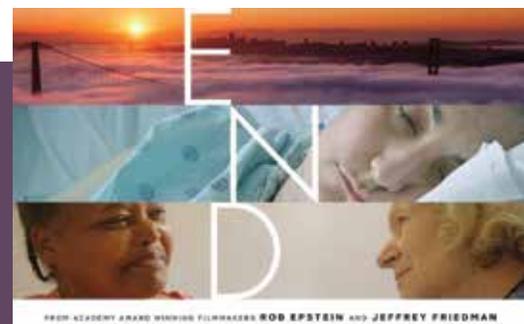


Nick-naming him “Bobby the Beaver,” the team witnesses the power this activity has over Bobby’s terminal illness as he benefits from the physical and emotional therapy of woodturning. But others look at Bobby quizzically when they learn he has a terminal illness.

“Someone dying in hospice, turning wood just doesn’t go together,” admits Bobby. “With ALS I know my days are numbered; but I have a confident faith in the Lord and I am determined to live an abundant life as long as I’m physically able.”

END GAME

Documentary Screening



Tuesday, April 30 | 2:30 p.m. to 4:00 p.m.
HopeWest Hospice Care Center, Room 102
(Across from Spoons on the Grand Junction Campus)
3090 North 12th Street, Grand Junction

Join us for a free educational screening and discussion of the documentary titled, *End Game*, helping to change the way we think about both life and death.



Dr. BJ Miller
Photo by Gabriela Hasbun

About the Documentary

Dr. BJ Miller has inspired thousands through his work as a medical director at the Zen Hospice in San Francisco and in his Ted Talks. Now he will inspire you in the new film, *The End Game*.

End Game weaves together three stories of visionary medical providers who practice on the cutting edge of life and death, helping to change the way

we think about both. For most people, the very words “hospice” and “palliative care” are nonstarters—code words for giving up. This core group of caregivers in San Francisco sees it differently. They are dedicated to

relieving suffering, and to changing the way we think about—and make choices about—how we live our lives as we near life’s end.

About the Discussion

One of the most important choices facing you is your choice for future healthcare. Talking about your future health care wishes is not always easy, but it will help your family and loved ones understand what is important to you and why. It will also help them support you and your wishes.

HopeWest Access Team Director, Brian Whitmore, will lead a discussion about the importance of advance directives and future health care decisions. He will share tools to help start the conversation, provide resources and support to navigate care choices and answer any questions you may have about end-of-life care.

National Healthcare Decisions Day – Tuesday, April 16

National Healthcare Decisions Day is acknowledged across the country to bring attention to the importance of making our wishes known before we face unexpected illness or accidents through completion of advance directives. The *End Game* is being offered as part of this ongoing awareness of this very important and significant topic of end of life.



Spoons
 bistro & bakery
FRESH. LOCAL.
FROM THE HEART.

Patio Now Open!

Join us on the patio for breakfast, lunch, dinner or weekend brunch!

Monday - Saturday | 7:00 a.m. - 9:00 p.m.

Weekend Brunch | 7:00 a.m. - 2:00 p.m.

The power to heal young hearts

HopeWest Kids

With the support of HopeWest Kids, children and teens find their way on the path to healing by learning how to express or cope with their grief. One of the ways we can help is through our summer camps. It is a great opportunity for kids of all ages to explore their grief issues with peers and of course enjoy the outdoors.

For additional information on each camp or other programs we provide, please call 970-245-5377 or visit HopeWestCO.org.



Upcoming HopeWest Kids Camps

— Itty Bitty Day Camp —

Thursday, June 6

Designed for kids ages 5-8

— Camp Good Grief —

July 19-21

Provides a safe and compassionate environment for children and teens going into 3rd through 8th grades.

— Teen Retreat —

Date TBD

Designed to meet the specific needs of older teens who have experienced the loss of a loved one.

Thank you to our donors who help make these camps possible!



3090 North 12th Street, Unit B
Grand Junction, CO 81506

HopeWestCO.org

*Profoundly changing the way our
communities experience aging, serious illness
and grief – one family at a time.*



Kent & Christy Borchard

A note from Christy

I thought you might enjoy our picture from “**The Great Outdoors**” Black Tie & Boots Gala. It was an amazing night, celebrating grace and gratitude. We honored special people for their commitment, passion and work that created our past and guides our future. We raised more than \$260,000 (after expenses) for our mission. The Great Outdoors theme is being carried through our major events in Montrose, Delta, Plateau Valley and Meeker this year - hopefully you can experience one of them, they are fabulous.

I also want to thank all of you who came to our call for help during the last quarter of 2018 with our annual request and my end of year update. My heavens we were truly lifted up with angel dust, and helped us end a very difficult year close to “breakeven.” Thank you, thank you.

This year will be very exciting! Our renovation in Grand Junction of the Compass building - transforming it into The Center for Living Your Best - is underway. Our CLUB and PACE program are slated to open end of summer and 2020, respectively. We continue to raise money for these great new programs and you will hear more about all of that soon. It is overwhelming to realize just how many people make what we do possible every year, nearly 7,500 last year alone. Every gift has made a difference and impacted someone’s life in a positive way.

With deep gratitude,
Christy Whitney Borchard, President & CEO