The Delta HopeWest team served a home cooked dinner to 27 cyclists who are riding across the country in support of Ulman—an organization that supports young adults, and their families, who are impacted by cancer. The riders started their tour in Baltimore on June 2 and will end in LA on August 10. After completing a 70 mile leg of their tour, the cyclist stopped in to Hotchkiss for the night where the HopeWest team prepared and served the riders dinner while listening to their personal stories. Many of them have been touched by a loss of a young person to cancer. The HopeWest Delta team is proud to support others who are having a positive impact on their communities and we wish the riders all the best on the final legs of their journey!
The death of a family member or close friend can be overwhelming for a child. The HopeWest Kids team provides expert information not only to caregivers and teachers of grieving children but also to the professional network of grief counselors across the country.

Carrie Bauer, HopeWest Kids Youth Coordinator in Delta, presented at the annual Association for Death Education and Counseling (ADEC) national conference held in Atlanta, Georgia. This was the third time Carrie co-presented with Sara Moss from the National Funeral Directors Association. The two used their expertise to cover the topic “Helping Children Grieve: The Value of a Funeral” addressing how to provide emotional support for a child during a funeral, how to explain the funeral process, and children’s participation in a funeral or memorial service.

“ADEC is the leading educational organization in the end-of-life and bereavement field, and it is an amazing opportunity to present at their annual conference and connect with other professionals who support adults and children who are grieving,” said Carrie. “Educating others about the importance of including children in the funeral process is something I am very passionate about and feel that with the right preparation children can have a very positive experience and it can help with their grief journey.”

Imagine, for a moment, walking down a road. You’ve been traveling for some time and the terrain has been difficult. You are tired. In the distance, you see a house. As you approach it, you are wary—what if you are turned away? But you knock on the door anyway.

This story is actually the origin of hospice. In early A.D. cultures, a “hospes” house opened its doors to strangers traveling along the road. Except there were no strangers, only guests. “Hospes” in Latin means both guest and host and represents how people care for each other.

This, too, is HopeWest—there are many ways our community cares for each other with both financial support and volunteer time. We know no strangers. How can we say that? Because the people who come to us are our neighbors, our mothers and fathers, our friends. No one is ever turned away for the inability to pay. And, in the true “hospes” definition, we are, in turn, supported by our friends, our family, our neighbors.

The two charts you see at the bottom of the page represent host and guest. The chart below on the left is you. It shows the many ways our community supports HopeWest. This generosity allows us to provide the care we all want for our loved ones. Care that goes beyond what Medicare reimburses.

The chart below on the right is also you. It shows the programs and services we are committed to providing our community. Services that impact a person’s well-being through comfort care, palliative medicine, grief support.

**Generous communities make our care possible**

In 2018, HopeWest volunteers gave 78,685 hours of time—equivalent to more than 2 million dollars!

**How Philanthropic Dollars were Raised**

<table>
<thead>
<tr>
<th>Program</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Legacy Gifts &amp; Memorial Donations</td>
<td>51%</td>
</tr>
<tr>
<td>Events</td>
<td>31%</td>
</tr>
<tr>
<td>Heirlooms for Hospice</td>
<td>8%</td>
</tr>
<tr>
<td>Direct Mail</td>
<td>5%</td>
</tr>
<tr>
<td>Grants</td>
<td>4%</td>
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**How Philanthropic Dollars are Spent**

<table>
<thead>
<tr>
<th>Program</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospice Care</td>
<td>55%</td>
</tr>
<tr>
<td>Palliative Care</td>
<td>17%</td>
</tr>
<tr>
<td>HopeWest Kids</td>
<td>16%</td>
</tr>
<tr>
<td>Grief Support</td>
<td>12%</td>
</tr>
</tbody>
</table>

*From HopeWest’s 2018 Annual Report. To see the full report visit HopeWestCO.org*
How the death of a loved one Changes you

By Catherine Owens, Director of the Center for Hope & Healing

By its nature, the grief journey is a transition: an event that asks you to change from who you were before to who you are after a loss and then to who you will be tomorrow.

It can be particularly unnerving that when grieving people look inside themselves for the strength, the persistence and the courage of their earlier self—they may not find the “me” they have known. It speaks to why C.S. Lewis, in his writings on grief following the death of his wife, wrote, “no one ever told me that grief felt so much like fear.”

Fear as a part of grief makes sense to counselors, social workers, and chaplains at HopeWest. Why wouldn’t fear emerge when you can’t find the once familiar you? And now, you are faced with the challenge of living as the person you’ve become after a loss who looks different than the person who was there before.

Our support is aligned to help you navigate both fear and grief as you experience new ways of feeling, thinking, and acting in the world.

In our grief groups and counseling sessions, you’ll find we may need to spend time working through painful emotions, but we also look at the ways you shift, change, and even grow, as you engage in your unique journey.

As we approach the fall season, I’d like to extend an invitation: consider that time matters when trying to get to know, accept, and value this new, changed you. There is a good possibility that there will be grief in understanding that you are not the same following your loved one’s death.

Fall, as the transition from warmth to cold, can act as “permission” to take extra good care of yourself, to nest inside your home a bit more, to rest and reflect as you come to know more of who you are now.

Research suggests that grief journaling after a significant loss has therapeutic value. According to grief experts, the process of understanding “the new you” is one task in the healing process. A grief journal can provide you with a venue for expression without fear of being judged, and will provide a record of your experiences in becoming your new self.

Journals can be empty pages that you fill with thoughts, feelings and questions as you navigate. Some people find empty pages intimidating, and so guided journals with prewritten writing prompts are another choice.

IN EITHER SITUATION, A FEW TIPS INCLUDE:
1. Keep your hands moving. (Don’t pause to reread the line you have just written. That is stalling and trying to get control of what you’re saying.)
2. Don’t cross out. (That’s editing as you write. Even if you write something you didn’t mean to write, leave it.)
3. Don’t worry about spelling, punctuation, grammar. (Don’t even care about staying within the margins and lines on the page.)
4. Don’t think. Don’t get logical. Grief is disorganized in nature.
5. Notice if writing seems to exacerbate grief symptoms to a point that stops your everyday functioning. If this happens, set a short, specific amount of time for writing; many times 15 minutes a day will allow expression and processing, yet also keep your ability to be with your outer daily life and responsibilities.

A grief journal can provide you with a venue for expression without fear of being judged, and will provide a record of your experiences in becoming your new self.

For more resources on grief and loss visit HopeWestCO.org.

GRIEF SUPPORT SERVICES IN DELTA COUNTY

HopeWest in Delta County is committed to providing grief support not only to hospice and palliative care families, but to the general public as well. We offer adult grief counseling at a generous sliding fee scale, grief groups and workshops throughout the year, “Grief in the Workplace” presentations, and a Grief Networking Alliance where those who work with grieving people can meet each other and make connections for referrals and resources.

If you are experiencing a loss and would like to find out how to access grief support services, please call 970-874-6823 or visit HopeWestCO.org.
COMMUNITY HAPPENINGS

HopeWest staff in Delta were pleased to hear a presentation by an Ambassador for the American Diabetes Association.

Although Steven is only 11-years-old, he is full of knowledge! Being a type one diabetic himself, Steven was able to share the story of his life-changing diagnosis, which altered not only his life but also the lives of his family members. Steven demonstrated different uses of technology he utilizes to manage diabetes as well as share insight on how our staff can better care for hospice and palliative care patients with diabetes. He was accompanied by Dove Bar, his specially trained NewfyPoo (Newfoundland and Poodle mix) who detects Steven’s high and low blood sugars.

Thank you, Steven, for your insightful presentation and increasing awareness about diabetes!

Meet our volunteer Barbara!

“Heirlooms for Hospice is a wonderful place to volunteer! You meet so many nice people and you never know what treasures you will find!” – Barbara

Both our HopeWest hospice patient, Naomi was all smiles during a visit to the Alpaca Orchard. Naomi spent a beautiful afternoon sharing memories of her days working on an alpaca ranch in Cedaredge. She especially enjoyed petting the baby alpaca who was only 10 days old!

This outing was made possible thanks to an idea generated by her hospice care team and the coordination of our transportation specialist. This is another example of the personalized care the HopeWest hospice care teams provide to their patients.

VOLUNTEER AT OUR DELTA HEIRLOOMS STORE!

Contact our store manager Amanda at ATwamley@HopeWestCO.org.

SPOTLIGHT ON HEIRLOOMS VOLUNTEERS

Our stores offer an experience you won’t find anywhere else! Browse our displays and you will find fine jewelry, beautiful furniture, home décor, gently used clothing and antiques.

When you shop at Heirlooms you are also giving back to your community. All proceeds from our stores support the programs of HopeWest.

Heirlooms has a family of more than 250 volunteers who give of their time and talent to support HopeWest. The jobs the volunteers perform are as unique as our volunteers and we are sure to have a place for you!

VOLUNTEERS ARE NEEDED FOR:

- Greeting customers
- Welcoming and helping shoppers
- Sorting & pricing items
- Cashiering
- Display & merchandising
- Repurposing items
- Much more!

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As a nonprofit, HopeWest is dedicated to profoundly changing the way our communities experience aging, serious illness and grief - one family at a time.

DONATE YOUR VEHICLE TO BENEFIT HOPEWEST

Four Simple Steps!
1. Call Cars Helping Charities (CHC) and mention HopeWest
2. CHC arranges towing
3. CHC sells the vehicle
4. Proceeds go to HopeWest

ANY VEHICLE, ANY CONDITION, FREE TOWING, TAX DEDUCTIBLE
Seven days a week, 8:00 a.m. - 8:00 p.m.
Call (866) 701-2277 to donate today!