Creating Treasured Memories

At HopeWest we often hear of the impact our volunteers make on patients and families in our care. But for one HopeWest volunteer in Delta County, her simple act of kindness turned into a memorable experience she says she will always treasure.

Pam Woods, made a routine volunteer visit at the home of hospice patient John, better known as “Dude.” During her first visit, she brought a memory keeper journal, a tool intended to preserve the life history of patients, which also makes for a great way to break the ice.

Prompted by questions in the memory keeper journal, Pam witnesses a special experience for Dude and his wife, Gwen, as they reminisce on sweet memories. Although they didn’t complete all the pages in the journal, Pam felt she was able to build a connection with Dude and get to know him personally during their brief visit.

Following her visit, Dude’s family asked if Pam would be willing to help write his obituary. “I was shocked, ...

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HopeWest patient care volunteer Pam Woods with a memory keeper journal.

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Wrangling our most recent members of the HopeWest Delta County Community Board has reminded me that HopeWest has a long history of being a community-owned organization.

We are here to support our neighbors in challenging times, and our volunteer board is helping create those networks and shape the programs that provide services to make a positive difference. Because the board understands the importance of community, their input and advocacy are essential to our success.

As is human nature, to feel as though we are valued and respected, we need to be part of a community. Whether it’s a community of friends, neighbors, volunteers, or coworkers, working together makes you feel like you are a part of something bigger than yourself.

One of the most important things HopeWest does is to help people know they are not alone. Should we all resolve to be a part of something bigger than ourselves by giving of our time and talent to be a part of something bigger than yourself. They are not alone. Should we all resolve to be a part of something bigger than yourself.

Interested in becoming a HopeWest Volunteer? Learn more about our volunteer opportunities at HopeWestCO.org.

THANK YOU FOR CHOOSING DELTA HEIRLOOMS AS A 2020 BEACON BEST STORE!

Congratulations to Delta Heirlooms for being chosen as the Beacon’s Best Second Hand Store in Montrose and Delta!

“Thank you, thank you! We appreciate everything you do for Heirlooms and HopeWest. Your donations, your purchases, as well as your time, help us to support your friends, neighbors, and family during a difficult time of life,” said Amanda Twamley, Heirlooms Delta Store Manager.

Donate or shop Delta Heirlooms at 532 Main Street, Monday – Friday, 10:00 a.m. - 5:30 p.m.

For instance, if you designate your gift to HopeWest Kids, that money can only be used to pay for expenses connected with delivering those services. Last year, HopeWest Kids provided grief support to more than 700 youth, through school grief support groups, camps, individual and family counseling, and equine assisted therapy. With little to no insurance reimbursement for these services, your donations ensure the viability of the program.

If you make no designation, the money will be used where the need is greatest. What does that mean? Medicare and insurance reimbursement do not cover the cost of the care we all want our loved ones to receive. For instance, having 24/7 access to medical assistance when your loved one is suffering (without calling 911 or going to the Emergency Room) is, to quote one of our families, “a sense of security no amount of money could buy.”

In other words, your generosity enables HopeWest to do what is best for the patient and family without worrying about keeping expenses equal to or below what Medicare pays.

To learn more about ReFUND CO, or to notify us of your donation, call Jennette at (970) 265-7284. Because HopeWest is a registered Colorado nonprofit, you have the option of donating all or part of your refund to support us. This is an extraordinary initiative and it’s as simple as 1,2,3:

1. Decide how much of your state income tax refund to donate (all or part).
2. Enter HopeWest and our registration number 20023005696 in the “Donate to a Colorado Nonprofit Fund” line (19) on your state income tax return, tax software, or provide this information to your tax preparer.
3. Get that great feeling knowing you helped a cause that matters to YOU!

Thank you for making a difference. We remain forever grateful.

—Nancy

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The consideration of men as grievers has become an area of focus and research as the field of Bereavement works to better understand grief processing. There are far fewer men who take advantage of grief counseling in group or individual settings and we wondered what we were missing.

What we missed were the healthy yet different methods of grieving that many men may use that do not include outward emotional expression or talking. Instead, many men share that they “think through” and “take action” to deal with the enormous pain they experience. This growing understanding is supported by the work of Drs. Ken Doka and Terry Martin, who propose that grief responses and processing happen on a continuum from the highly emotional – which they term “intuitive grieving” to those more cognitive and/or action based – termed “instrumental grieving.”

Notice that whether you are a man or a woman, either may be your personal grief style, and that most people find themselves with a combination of intuitive and instrumental processing.

So, why focus on men? Men and women tend to deal with loss differently. And, both individual counseling and support groups at HopeWest are designed to accommodate the full spectrum of grieving styles – intuitive to instrumental.

We value the opportunity to help men receive support for their pain, and process as they need to in order to integrate loss. We provide opportunities for men to consider various methods or techniques of dealing with problems that arise as the result of a loss by providing an opportunity to ask questions and get answers. Our hope is to provide information in an effective way that will help those who have suffered the loss of a loved one.
The Circle of Hope

Join your friends and neighbors in changing the world

One person's generosity has the power to inspire hope in others. HopeWest has a special group of friends and you are invited to join. The Circle of Hope is a monthly giving club that helps us be there every day for those facing aging, serious illness and grief. By joining the Circle of Hope, your donation goes directly to funding transformational programs right here in our community. Join today by using the enclosed envelope or visiting HopeWestCO.org.

DELTA COUNTY CIRCLE OF HOPE MEMBERS*

Brian and Maureen Ayers
Mary Bachran
Peggy Baxter
Melody BellCampton
James Blankenship
Carol Bosco
Amy Crick
Scott and Kimberly Frost
Mary Lou and John Gregory
Diane and Roger Grudt
Jerry Hillman
Hedy Hodges
Ted and Vanessa Hoff
Nancy and Bruce Hovde
Sunny Howland
Tom Huerkamp
David and Peggy Huerkamp
Judy Kalk
Carolyn Kincaid
Bryan and Diane Kissner
Richard E. Lax
John Loring
Shannon Markley
Debbie and Larry McCarty
Cheryle and Jesse Messenger
Victoria Miller
Melissa and Steve Mock
Delbert and Nellie Myers
Jenni and Daniel Neil
Dorothy and Edward Pew
Charlene Price
Lydia Rhodes
Thomas and Thia Rose
Katie Sandels
Ruth B. Shaffer
Bert and Mary Sibley
Jodi Slagter
Mark and Teri Stephenson
David and Carmen Torgler
Doran Tregarthen
Michael and Amanda Twamley
Terry and Kathy Welt
Barbara Wolfe
Margit Yates
Mary Zimmerer
Marjorie True
ProSpace Interiors - Delta

“...My husband, Bryan, and I have been a part of Circle of Hope since 2015, the year my mom passed away. HopeWest was there providing excellent care and support from the first day my mom entered their care, to after her passing and throughout the grieving process.

They were there for her and for us during a difficult time. I wanted to give back and let other families know how much we need HopeWest in our community. HopeWest provides services despite a person’s ability to pay. By giving through the Circle of Hope we know that other patients and their families will be taken care of as wonderfully as we were when we needed it most.” – Diane Kissner

BOOMER’S SPECIAL CONNECTION

How animals perceive death has been a longstanding puzzle, but a recent encounter with one of our Pet Therapy dogs and a patient would convince even the greatest of skeptics that this dog knew something of death and grief.

Boomer, a Rhodesian Ridgeback, and her owner had been called to pay one last visit to their patient, who was in the last days of life. Boomer right away noticed a significant change in the patient and snuggled up close with her head on the bed.

This was unique to Boomer’s behavior as she is generally aloof around people. Boomer eventually snuggled up under the patient’s arm and gave her a kiss on the cheek, as if to say ‘goodbye.’ Boomer’s owner noted as they left the visit that the dog seemed somber; obviously, there is some sense of grief and loss – as one might expect from man’s best friend.

Our pet therapy volunteers provide special comfort to patients and families. If you’re interested in becoming a Pet Therapy Volunteer at HopeWest, contact our Volunteer Department at (970) 874-6823 to learn more.

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Cheryle and Jesse Messenger
Victoria Miller
Melissa and Steve Mock
Delbert and Nellie Myers
Jenni and Daniel Neil
Dorothy and Edward Pew
Charlene Price
Lydia Rhodes
Thomas and Thia Rose
Katie Sandels
Ruth B. Shaffer
Bert and Mary Sibley
Jodi Slagter
Mark and Teri Stephenson
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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!