

NEWS to friends

SERVING MONTROSE & OURAY COUNTIES

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WE ARE ALL JUST WALKING EACH OTHER HOME

We are all just walking each other home. This phrase was on an inspirational calendar that a friend of mine gave me about five years ago. It somehow resonated with me to the very core of what was then a new career for me at HopeWest. Since that time, I have not only used this phrase frequently, but just about daily I ponder how profound and true these words are. It is especially true for a hospice worker, regardless of their role in an organization.

When someone begins hospice care, one can safely surmise that

their hospice team will be working diligently to make sure the patient's needs are being met. This can play out in pain and symptom management; support services such as resources for caregivers, help with wills, navigating Medicare and Medicaid applications; assisting with personal care; spiritual wellness and helping with anticipatory grief for a patient and family.

Beyond the physical, emotional and spiritual needs of patients and families is the attention to quality of life. Such is the case with a patient who recently came into our services. Due to the ... *CONTINUED ON NEXT PAGE...*



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A note from Kelly

Kelly Thompson, Montrose Program Director

Almost daily, the Montrose Clinical Team is realizing the opportunities to better serve our community and the patients and families in need of our services.

A year ago, we were serving nearly 55 hospice patients and their families; today we are serving more than 70. What a remarkable year of growth it has been, and what a privilege and honor it is to be able to care for these additional families.

Our Clinical Team has also grown by four outstanding nurses who are helping provide expert care to these families. As this community continues to grow, it is our goal to always be ready to support patients and families when they decide it's time for our care.

One of our goals for 2020 is to better educate the community about our services. One way we can do that is to meet with organizations and groups to present our services and answer questions and concerns they may have. If you know of a group of neighbors, church members, or co-workers that could benefit from knowing more about HopeWest, we would love to meet with them. Contact the Montrose office at (970) 240-7734 to schedule a presentation for your group in Montrose or Ouray Counties.

- Kelly



HEIRLOOMS FOR HOSPICE



NAMED BEACON BEST PLACE TO VOLUNTEER!

435 E. Main Street, Montrose • 970-252-3648

...CONTINUED FROM FRONT PAGE... extent of the illness, this patient had to leave their home and be moved into a nursing home. As if this wasn't traumatic enough, the first room assignment and roommate was clearly not a good match for this patient; both patient and spouse were tearful about the situation.

The HopeWest Social Work Team and the Primary RN immediately became involved, and within that very same day this patient had a new room and roommate. The Social Worker, who worked to resolve this issue, said you could see immediate relief on the face of this patient and spouse.

A patient's face can say a lot – and it has to as this person is non-verbal due to their disease process. The HopeWest Team is working on how we can improve this individual's quality of life through a communication system of icons and preconstructed sentences, hopefully with the aid of a tablet. Messaging on a white board has been unsuccessful as the fine motor skills required to write are also diminished. We know this person still has a lot to say; we just need to find a way for that to happen, and knowing this team – we'll get it done!

So you see, "walking someone home" can take many forms: it's the things HopeWest does individually and collectively to make sure we make that journey as fulfilling and comfortable as possible. What an honor it is to walk with them.

- A HopeWest Employee

Philanthropy Corner

HOW YOUR DONATIONS ARE USED AT HOPEWEST

If you are reading this, you know how important generosity is to sustain the care HopeWest offers our community. We simply could not provide the level of services we do without your support. We join with your friends and neighbors in thanking you.

As a donor you have the privilege of directing your gifts to specific programs and services provided by HopeWest.

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.

Other programs that may use non-designated philanthropy funds include our palliative care and adult bereavement programs. Like HopeWest Kids, these programs would not be available without your generosity. If you want to know more about these programs or ways to contribute, please see our website, or give me a call at (970) 497-5203, I would love to talk with you.

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

- Nancy



NANCY HANNAH Director of Community Relations, Montrose & Ouray Counties

State Tax Refund from your 2019 return? Have we got an opportunity for you!



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 **20023005596** 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!

To learn more about ReFUND CO, or to notify us of your donation, call Jennette at (970) 255-7284.

The Healing Process

Understanding Men's Grief

By Tim Douglas, LPC, HopeWest Counselor & Catherine Owens, LPC, Director of the Center for Hope & Healing at HopeWest

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 GRIEF JOURNEY SEEKING SUPPORT

Grief is experienced in so many ways – physical, emotional, and spiritual. One needs a place to recognize that these reactions are part of the journey of grief. While every loss is unique, through support groups or one-on-one counseling, you can be in the support of others who have experienced loss and understand.

IF YOU HAVE SUFFERED A LOSS, CONSIDER THESE QUESTIONS . . .

Are you finding solitude, thinking and action are what you need?
Are you hearing concern from loved ones that “you aren’t grieving?”
Are you unsure if you are grieving at all, and want to better understand yourself?

If your answers leave you with more questions, seeking support during this time can help. Call (970) 240-7734 or visit HopeWestCO.org to learn more about grief support services offered by HopeWest.

HOPEWEST GRIEF SUPPORT SERVICES

HopeWest offers an array of support groups where you can learn how to cope with grief and connect with others. Many of these services are free. Others are offered at a nominal fee on a sliding scale basis or are covered by insurance.

INDIVIDUAL & FAMILY COUNSELING

Counseling sessions are available to anyone who has experienced the death of a loved one or is connected to someone with a serious illness.

MENDING HEARTS

Mending Hearts is an adult support group for all loss types. As members share their experiences, they help one another work through and come to terms with the new realities of life.

FORGET-ME-NOT GROUP

This group provides a place to explore grief and its impact on the family. Families will receive education and support regarding the grieving process. Children and teens will work in age-specific groups, as will parents, allowing participants to connect with peers facing similar experiences.

VISIT HOPEWESTCO.ORG
TO SEE ALL AVAILABLE
SUPPORT GROUPS

“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.”

Catherine Owens, LPC, Director of the
Center for Hope & Healing at HopeWest

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.

MONTROSE & OURAY COUNTIES CIRCLE OF HOPE MEMBERS*

Sandra Berger
Dwayne Bramer
Joe and Donna Brummitt
Emily Buchanan
David and Julie Byrne
Steve Caldwell
Michele Callahan
Bruce Dougherty
Cliff and Debbie Dowdy
Chaucey Edwards

John and Nancy Eloie
Valerie and Charles Harper
Judy Lokey
Barbara McCullar
Steve Piatek and
Olivia Milton-Piatek
Allison Nadel
Amy Ondos
Samuel and Mona Palmer

Lance and Lisa Rediger
Merrilee and Ron Robertson
Barbara Seelye and
Michael Cassidy
Sandy Shalley
Jerome Waler
Jane Zongker

*as of 01/21/2020 – names are listed based on location, not where the gift is designated.

Story of a Grateful Family

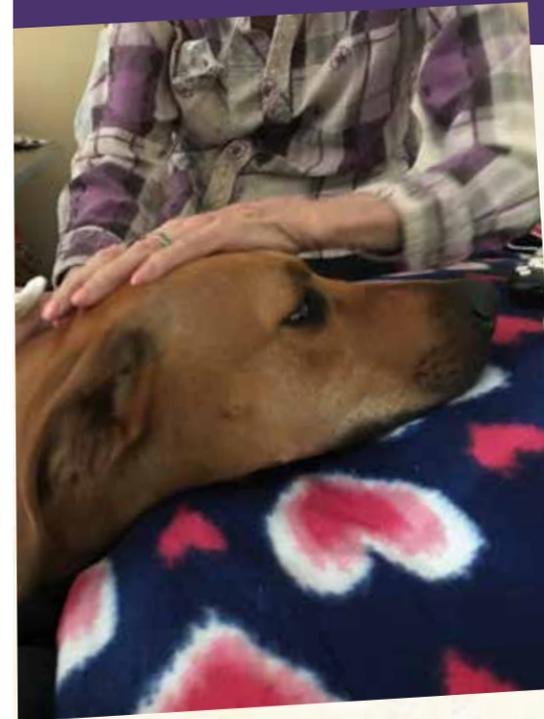
Not long ago, we had a patient in our care for only a week before she passed away. A few weeks following her death, the daughter called the Montrose Office to express her gratitude for all we had done in that short time.

The daughter stated, "We would like to give back and show our appreciation for the care and support you provided, so my husband and I have decided to donate our vacation fund for this year to HopeWest."

What an amazing gift to receive and a testament to the impact this team is able to make on those for whom we care.

MAKING A PAWS-ITIVE IMPACT

SPOTLIGHT ON PET THERAPY VOLUNTEERS



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) 240-7734 to learn more.



Irene the Corgi volunteers with owner Beth



Mason the Miniature Schnauzer volunteers with owner Nikki



Cache the Poodle volunteers with owner Christine



HopeWest

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

HopeWestCO.org

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

**CARS
HELPING
CHARITIES**



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!**