

NEWS TO FRIENDS

APRIL 2021



THOSE WHO BRING SUNSHINE

TO THE LIVES OF OTHERS CANNOT

KEEP IT FROM THEMSELVES.

VOLUNTEER LEADERSHIP IS THE HEART OF HOPEWEST

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VOLUNTEERS DEFINE WHO WE ARE...
AND WE HAVE REALLY MISSED THEM!

Volunteers founded the hospice movement. Hospice programs were literally built through the vision and selfless commitment of volunteers in communities across our country. Today, those who volunteer at HopeWest define our ability to help each other in life's scariest and toughest times. Volunteers make our mission possible through giving of their time, their talent and their wisdom.



Christy Whitney Borchard
HopeWest President & CEO

Friends,

As I sit here in my kind of messy office with lots of projects, I am pausing to reflect on how I have kept my passion for this work alive for over almost 40 years now.

There are many reasons, of course, but one of them is working alongside so many people who are all equally committed to helping each other in the communities we serve. I am reminded every day how different we are from most healthcare companies. We are not so much a company, but a *for impact* organization. Rather than a healthcare delivery organization,

we are a social reform organization. We have the honor of facilitating one community member caring for another - whether that is one-on-one as a patient care volunteer, or people volunteering by sharing hobbies and interests.

I am excited to share with you some of the many ways volunteers help us meet our mission in this special edition of News to Friends. If you are now in a position of getting out more or have a hobby like sewing or baking, please consider helping us. Every single person volunteering makes a huge difference. As we recover from the effects of the pandemic, we need our volunteers now more than ever.

Christy

A BOUQUET OF HAPPY

It started small – an innovative way to use all the beautiful florals with nothing going to waste. But then the magic happened.

“I was headed to Larchwood Inn when I saw some floral arrangements sitting on a shelf with a message to nurses to give the flowers to our patients,” Melissa Miller, HopeWest RN, said. “We had been going through a difficult time with COVID. Patients were feeling isolated without their families and the flowers just made such a difference. We laughed, we giggled, and we even created a special place on the shelf just for the flowers.”

Charlotte Osmundson and her team of talented volunteers have created a meaningful way to brighten the day of our patients and their families. Her team makes always-in-bloom floral arrangements with everything from small teacups and pots to vases. These creations are then delivered to patients and families. Charlotte and the volunteers work out of the floral room at the Center for Living Your Best. We call it the Suite Bee Floral room.

“It’s a bouquet of happy for our patients. I’m so touched by the stories our nurses tell me, often with tears in their eyes. You really just have no idea the lives you’re touching with such a small gesture,” Charlotte said. “The volunteers who make this possible are incredible.”



The HopeWest team sharing the joy created by the hands of our talented volunteers.

THE FACES BEHIND THE FLORALS

HOPEWEST SUITE BEE VOLUNTEERS



JANICE EARHEART

“When I started volunteering at HopeWest, I felt like I had come home! My background is in special events and I knew I could use my talents as a floral designer to help HopeWest. I’ve met the nicest people and HopeWest does an amazing job. I feel so appreciated here and quickly knew that this was the place for me.”



PATSY MIRACLE

“I retired from a career in graphic arts and I believe HopeWest saved my life! After retirement, I was lost. I had to take my God-given talent and apply it. The best place to take that gift was HopeWest to serve the mission. It takes a whole lot of creativity to make arrangements in a teacup and it’s like therapy for me to design.”



KAREN A. RIGG

“The years I’ve been with HopeWest are some of the happiest of my life. Patients – that’s what keeps us going. RNs and CNAs tell us how much these flowers mean and there’s a swelling in my heart; it’s such a wonderful way of contributing when patients may need us most. It’s a way of saying someone out there loves and cares for you.”

Suite Bee Floral also features designs by volunteers Cheryl Dearstyne and Nancy Kille. Last year, Suite Bee Floral volunteers contributed more than 400 hours of time to brighten the days of others. You can purchase silk florals at Spoons bistro & bakery to support the Ferris Care Center.

KINDNESS FROM MONTROSE TO THE MESA



Nick and his Delta County Patient Support Volunteer Bill Compton

JUST A LITTLE CHANGE - SMALL TO SAY THE LEAST

Bill Compton is a volunteer in Delta County where he spends time supporting one of our patients named Nick. After reflecting upon the last year and the challenges brought by COVID-19, he said, "The need for social distancing has altered our established routine of weekly grocery shopping trips and a shared meal at a local eatery. For most of the past year, we have picked up to-go meals from the grocery deli and driven over to the county fairgrounds to eat and converse at a picnic table in the great outdoors. We have discovered that we enjoy this at least as much as dining in the restaurant.

"Following our meal, we drive back to the grocery store, Nick dictates his shopping list to me and, while I take care of that, he uses the time to get in a little exercise walking on the far edge of the parking lot. We both have been delighted to find that this slight change in routine has provided new vistas in our relationship and we look forward to what the future will bring."



Carol Coleman, Delta County Patient Support Volunteer

SMALL MESSAGES FROM THE HEART

"2020 was such a tough year for all of us; feelings of isolation and helplessness were foremost for me. In order to deal with that, I wrote cards to be distributed to hospice patients in hopes of letting them know they were thought about and cared about despite the fact that they could not have visitors.

"For my assigned patient I started writing and sending a card every week. I also put together packages for holidays like Halloween and Christmas, and dropped those off at the care facility. I had a Valentine's Day goodie box delivered, too. These small gestures helped me to feel more connected and like I was making a contribution and I hope they made a small difference to the recipients. I am blessed to have had an opportunity to be part of the HopeWest family!"

- Carol Coleman, Delta County Patient Support Volunteer

THE GIFT OF DIGNITY

Tammie Jamison, a Montrose hair stylist volunteer, knows just how much changing your "do" can change your mood for the better. Her talent of professionally cutting and styling hair is such a gift to our patients. Since Tammie started volunteering in November 2017, she has provided more than 50 haircuts to HopeWest patients.

"I believe that we are all on a journey. A journey that, for all of us, concludes the same way. For me, the journey is not about what you accomplish, but rather how you accomplish it," she recently told us. "That is what draws me to HopeWest. I find that little acts of kindness, an encouraging smile, a helpful hand or just bringing a small bag of goodies is sometimes all that a patient wants."

Our volunteers enhance the lives of each person they visit. They share their talents of hair cutting, styling or nail services. They share professional skills such as massage or acupuncture. Every service is performed as a gift to our patients. The time and talent is so appreciated and the gift of love changes lives.



Tammie Jamison started volunteering in November 2017 and has provided more than 50 haircuts to HopeWest patients in the Montrose Community.

"THAT IS WHAT DRAWS ME TO HOPEWEST. I FIND THAT LITTLE ACTS OF KINDNESS, AN ENCOURAGING SMILE, A HELPFUL HAND OR JUST BRINGING A SMALL BAG OF GOODIES IS SOMETIMES ALL THAT A PATIENT WANTS."
TAMMIE JAMISON, HOPEWEST VOLUNTEER

LICENSED HAIR STYLISTS AND MASSAGE THERAPY VOLUNTEERS NEEDED!

We are always looking for compassionate, licensed individuals to provide haircuts and massages to our patients. Volunteers can donate as much or as little time as works for their schedule. For more information contact your local office.

Delta County: Hedy at (970) 874-2606 or HHodges@HopeWestCO.org

Mesa County: Dani at (970) 623-8816 or DAustin@HopeWestCO.org

Montrose & Ouray Counties: Angie at (970) 497-5204 or ACooling@HopeWestCO.org

VOLUNTEERS ARE ESSENTIAL MEMBERS OF THE HOPEWEST TEAM

MORE THAN 900 VOLUNTEERS GIVE THEIR TIME AND TALENT TO SUPPORT HOPEWEST



Thank you to our volunteers for sharing your time and talent with our community.

One of the greatest gifts you can give is your time and we are so grateful to our volunteers who do just that. It is only with their help that we have the resources to provide the type of care we all want for our family, friends and neighbors. Volunteers change the lives of those they help and, in turn, their lives are changed as well.

We're growing our team and would love for you to join us. Whatever you love to do, we are sure to find a spot for you!



PATIENT & FAMILY SUPPORT

Companionship • Respite • Providing Transportation • Reading and Letter Writing • Playing Board & Card Games • Doing Arts and Crafts with Patients • Spiritual Support • Helping with Pets



LIFE STORIES PROJECT

Record a Patient's Life Story via Audio, Video or Writing



HEIRLOOMS FOR HOSPICE

Greeting Customers • Helping Shoppers • Sorting Items • Cashiering • Display & Merchandising • Repurposing Items with Creativity or Chalk Paint



HOPEWEST KIDS VOLUNTEERS

Weekend or Day Camp Buddy • Equine Therapy • Support Activities

VOLUNTEERISM IS WHAT MAKES HOPEWEST SO SPECIAL.

It is an integral part of our organization and is reflected in our mission statement - together, through creativity, volunteerism and philanthropy, we profoundly change the experiences of aging, illness, and grief - one family at a time.

Volunteers provide support to our patients and their families in so many ways as mentioned on these pages. We are eternally grateful for their commitment and love of HopeWest.

-Lisa Ortner, Senior Director of HopeWest Volunteer Services



VIGIL CARE PROGRAM

Comfort and support hospice patients who are in their final hours of life and have no family or friends present. Vigil care volunteers are highly trained and provide a reassuring presence at the bedside to dying patients.



TEEN VOLUNTEER OPPORTUNITIES

Special Events • Administrative and Office • Beauty Queens - Doing Patient Make-up or Nails • Assist with Equine Program • Babysitting During Grief Groups • Helping with Patient Pets



COMPLIMENTARY THERAPIES BY LICENSED PROFESSIONALS

Certified Pet Therapy Volunteers • Hair Stylists and Barbers • Massage Therapists • Music Therapists • Yoga • Acupuncture



SPECIAL PROJECTS: BAKING, COOKING, SEWING

Bake Birthday Cakes for Patients • Meal Prep • Providing Baked Goods for Meetings, Events or Patients • Sew Memory Bears, Veteran Quilts and Memory Pillows



TANGLEWOOD GARDENS AND SUITE BEE FLORAL

Garden at Ferris Care Center Campus • Create Floral Displays for Patients



ADMINISTRATIVE OFFICE SUPPORT

Answering Phones • Data Entry • Filing • Reception Support



SPECIAL EVENTS

Event Set-up • Creating Props and Decorations • Working Events



VETERANS SUPPORT

Make Visits and Phone Calls



ADULT BEREAVEMENT SUPPORT

Assist with Grief Groups • Assist with One-on-One Support Through Visits and Phone Calls



SERVING ON A HOPEWEST BOARD

Volunteer Time and Leadership by Serving on a HopeWest Board



THE GIFT OF HOPE AND HEALING



The HopeWest Bereavement program benefits greatly from the help of our generous volunteers.

Volunteer can be found on a weekly basis making support phone calls to our friends and family members who are grieving, where their trained ears and hearts help our staff connect with those who may heal best with further support.

Our volunteers also assist counselors in facilitating grief support groups, providing genuine examples that healing in grief IS possible when they share their own stories of loss, grief and healing.

Other ways volunteers help is from behind the scenes, where our sewers work to create handmade bears and pillows from the clothing of loved ones, to our administrative volunteers whose ability to help with computing and logistics allows our staff to use their time to focus on the care of those who are grieving and need a little more direct support. We could not do it without them!

OUR INCREDIBLE VOLUNTEER, GRACE RUSSELL, SEWED THIS BEAUTIFUL MEMORY BEAR FOR THE HUSBAND OF A PATIENT WHO WAS IN OUR CARE.

Grace used the patient's favorite zip-up jacket to personalize the bear in memory of the patient. Our sewing volunteers understand the importance of creating personalized gifts that not only honor a loved one but provide hope and support at a difficult time. Thank you, Grace, for creating such a beautiful gift!



GRIEF SUPPORT GROUPS

Visit HopeWestCO.org to see a complete list of current support groups with dates, times and location.

DELTA COUNTY

To register for a Delta County Group contact Carrie at CBauer@HopeWestCO.org or (970) 874-0628.

- **Monthly Drop-in Grief Support Group**
- Drop-in anytime to talk about your grief and gain support.
- 1st Tuesday of Each Month • 6:00 p.m. - 7:00 p.m.
- Virtual and In-Person Options Available
- HopeWest Delta Office • 195 Stafford Lane
- **Pet Loss Group**
- Second Tuesday of Every Month • 6:00 p.m. - 7:00 p.m.
- Virtual and In-Person Options Available
- HopeWest Delta Office • 195 Stafford Lane

GRAND JUNCTION

To register for a Grand Junction group call (970) 248-8844 or email AdultSupport@HopeWestCO.org.

- **Weekly Drop-in Grief Support Groups**
- Our come-as-you-can weekly opportunity for grieving folks to connect with others in an open, supportive environment.
- Every Tuesday • 1:00 p.m. - 2:00 p.m.
- OR Every Thursday • 12:00 p.m. - 1:00 p.m.
- Virtual via Zoom

MONTROSE & OURAY COUNTIES

To register for a Montrose & Ouray Counties group contact Bethany at BFloyd@HopeWestCO.org or (970) 240-7734.

- **Compassionate Hearts**
- For those who have had a loved one die by suicide.
- 2nd Wednesday of the Month • 3:30 p.m. - 5:00 p.m.
- HopeWest Montrose Office • 725 S. 4th Street
- **Caregiver Connections**
- Open to anyone who is caring for a loved one.
- Second Tuesday of Every Month • 2:00 p.m. - 3:30 p.m.
- Virtual via Zoom

BETHANY FLOYD
Montrose County Bereavement Coordinator



"Our Volunteers emphatically attend to the needs of those we serve during their grief journey by reaching out to create connections, actively listen to each individual and share HopeWest programs of grief support and healing. It is because of the volunteers' heartfelt involvement we are able to serve the growing needs of our community."

CARRIE BAUER
Delta County Bereavement Coordinator



"The volunteers who help our work bring their own special talents to the tasks they help with. Many have had their own personal losses and provide great care and compassion to the people they are working with. I always enjoy working with our volunteers and the experiences they bring to volunteering. We are so fortunate to have such caring and giving people helping with our program!"

CREATIVELY SHARING THE HOPEWEST MISSION

In a year where nothing was the same, our volunteers found creative ways to share our mission with the community - and raise some money, too!



ANNUAL GOLF TOURNAMENTS A SUCCESS ALL AROUND

Wow, what fun we had golfing together! Our tournaments in Montrose and Grand Junction had lovely sunshine, nice temperatures and happy golfers. A great turnout in support of HopeWest programs left us thrilled with the outcome of both events. Thank you to all of our underwriters, sponsors and teams. You helped make it happen!



VIRTUAL CONCERT AT TRU VU DRIVE-IN

Men, mountains and musicians met on the big screen for Heartbeats for Hospice - a virtual concert and fundraiser for HopeWest Delta County. David Starr was the MC for this incredible, live-streamed event on Facebook and for locals at the Tru Vu Drive-in. Musicians such as John Oats, Hazel Miller, Tholow Chan, The Scones and The Kingston Trio provided special messages and musical talent.

LOTS OF FUN AND FISHING TO SUPPORT HOPEWEST IN PLATEAU VALLEY & DELTA COUNTY

Catching fish and braving the cold all to support HopeWest in Plateau Valley and Delta County! Lots of fun and fishing at our first ever ice fishing tournament up on the Mesa.



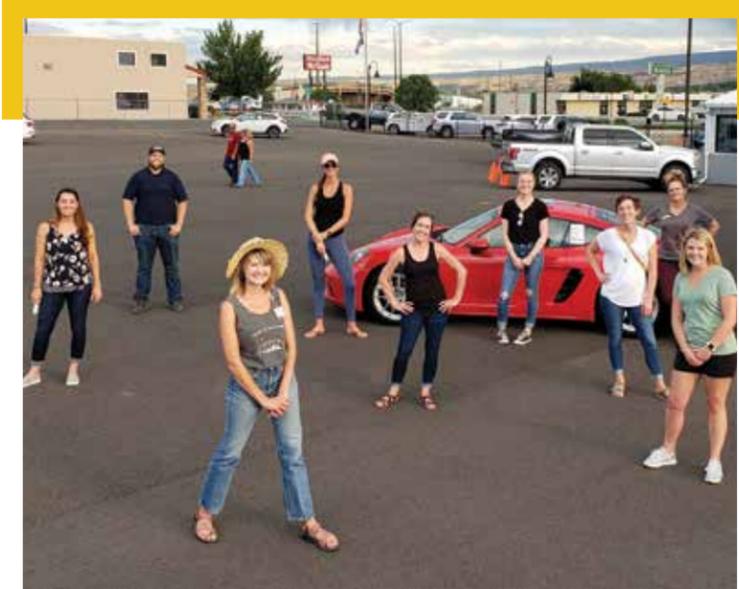
HOLIDAY DECOR WITH A MISSION

In December, our team of talented volunteers decorated the Grand Junction Regional Airport with beautiful holiday décor and information about our HopeWest Kids program. Travelers enjoyed the beautiful décor, while also learning about grief support services that HopeWest Kids provides children and teens in our community. Thank you Grand Junction Regional Airport for your generosity and support!



A MOVIE UNDER THE MOON

The HopeWest NextGen Board hosted a drive-in style movie in the back parking lot of Discovery Auto Group. Attendees watched The Sandlot under the stars while munching on snacks and refreshments. All proceeds from the event benefited our HopeWest Kids program.



HOLIDAY SHOW ONLINE AUCTION

This was a new venture since we were unable to host our "as usual" holiday season kick-off with the annual Holiday Show and Luncheon. Through creativity on behalf of our staff and volunteers, we were able to successfully auction off some of the great items that guests normally would have bid on at the event.

WE'RE THINKING ABOUT YOU AND WE CAN'T WAIT TO SEE YOU AT THE NEXT EVENT!

HEIRLOOMS

FOR HOSPICE

Upscale Resale

WE APPRECIATE YOUR DONATIONS!



DELTA

532 Main St. • 970-874-5251

GRAND JUNCTION

635 Main St. • 970-254-8556

MONTROSE

435 E. Main St. • 970-252-3648

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Proceeds from Heirlooms support the mission of HopeWest, a nonprofit organization dedicated to profoundly changing the way our communities experience aging, serious illness, and grief – one family at a time.



BEACON BEST PLACE TO VOLUNTEER

HopeWest Grand Junction and the Delta Heirlooms store were both recognized as Beacon Best Places to Volunteer. What an honor! We have 586 HopeWest volunteers in Grand Junction and 63 volunteers at our Delta Heirlooms store – all dedicated to supporting the mission of HopeWest through their work. Thank you for all you do!



• ABOVE AND BEYOND •



THE PLATEAU VALLEY HORIZON CLUB IS AMAZING!

For more than a decade, the Plateau Valley Horizon Club has been donating gifts to our hospice and palliative care patients and they continue to do so!

The group, consisting of 20 women, creates special gifts for HopeWest patients in Plateau Valley. The group in February decorated and donated Valentine bags with candy, cards, pictures and more! In March, they did a St. Patty's Day theme. This month, patients received beautiful Easter baskets, each one a unique design. There are some very appreciate patients who received these extra special gifts to brighten their day! Thank you, Plateau Valley Horizon Club, for sharing your hearts and talent with our patients and their families!

VOLUNTEERS SPREAD CHEER IN MEEKER

Receiving one of Gus and Christene's gourmet goodie plates is a real treat.

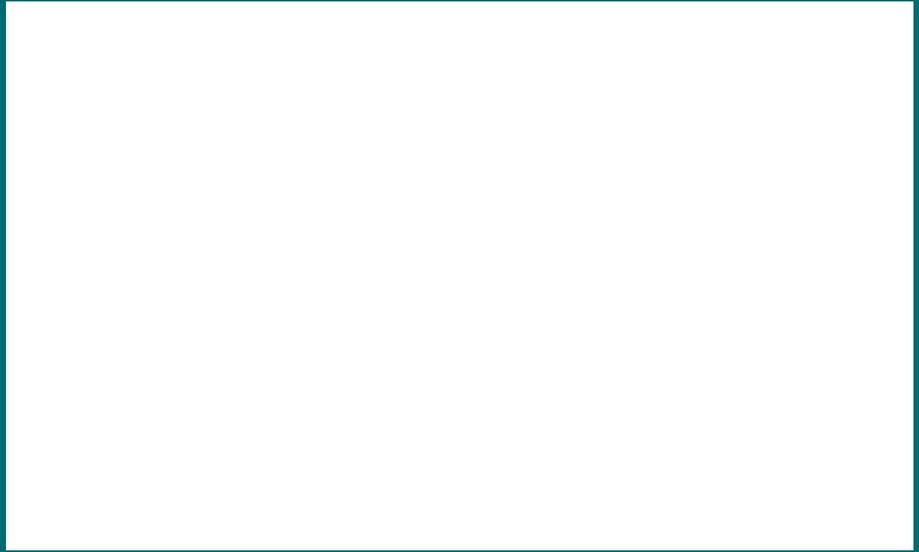
Our wonderful volunteers in Meeker put together these beautiful goodie plates for our HopeWest patients. These plates included a variety of yummy, homemade treats. A BIG thank you to everyone who contributed and to volunteer Gus for delivering! We are so grateful for the amount of love and support shown by our volunteers and donors. We truly could not do what we do without them.





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

HopeWestCO.org



“THE YEARS I’VE BEEN WITH HOPEWEST ARE SOME OF THE HAPPIEST OF MY LIFE. PATIENTS - THAT’S WHAT KEEPS US GOING. RNS AND CNAS TELL US HOW MUCH THESE FLOWERS MEAN AND THERE’S A SWELLING IN MY HEART, IT’S SUCH A WONDERFUL WAY OF CONTRIBUTING WHEN PATIENTS MAY NEED US MOST. IT’S A WAY OF SAYING SOMEONE OUT THERE LOVES AND CARES FOR YOU.” - KAREN A. RIGG, HOPEWEST VOLUNTEER

“I BELIEVE THAT WE ARE ALL ON A JOURNEY. A JOURNEY THAT, FOR ALL OF US, CONCLUDES THE SAME WAY. FOR ME, THE JOURNEY IS NOT ABOUT WHAT YOU ACCOMPLISH, BUT RATHER HOW YOU ACCOMPLISH IT. THAT IS WHAT DRAWS ME TO HOPEWEST. I FIND THAT LITTLE ACTS OF KINDNESS, AN ENCOURAGING SMILE, A HELPFUL HAND OR JUST BRINGING A SMALL BAG OF GOODIES IS SOMETIMES ALL THAT A PATIENT WANTS.” - TAMMIE JAMISON, HOPEWEST VOLUNTEER

“WHEN I STARTED VOLUNTEERING AT HOPEWEST, I FELT LIKE I HAD COME HOME! I’VE MET THE NICEST PEOPLE AND HOPEWEST DOES AN AMAZING JOB. I FEEL SO APPRECIATED HERE AND QUICKLY KNEW THAT THIS WAS THE PLACE FOR ME.” - JANICE EARHEART, HOPEWEST VOLUNTEER

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We’re growing our volunteer team and would love for you to join us.
Explore volunteer opportunities at HopeWestCO.org or call (866) 310-8900.
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