

MARCH 2016

News to Friends

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HopeWest

March...could it bring spring flowers already? I sure hope so. Seeing beautiful flowers start to bloom around the Care Center definitely warms the heart. I hope you enjoy receiving these newsletters as much as I enjoy sharing with you what is happening around our busy world at HopeWest. Either directly or indirectly each of you helps us achieve our mission on a daily basis and we are so grateful.



Christy Whitney Borchard,
President & CEO

Our volunteers and employees never cease to amaze me! On behalf of HopeWest, we were able to donate 120 cakes to the Lion's Club of Grand Junction for the annual carnival. Thank for continuing the circle of generosity – last year Lion's Club donated \$10,000 to support HopeWest Kids.

On the heels of our wonderful Black Tie & Boots Gala in Grand Junction, we are putting the final touches on the Montrose Gala which takes place this month. The outstanding support we have received from the Montrose community has been wonderful and it is sure to be the party of the year!

All of our Heirlooms stores are in the midst of shifting to a spring look with fun, new merchandise. Don't forget, as you are starting your spring cleaning, donate your items to Heirlooms. It's a win-win because Heirlooms will get great donations and you qualify for a tax deduction.

With our growth in census, we are in recruitment mode for great RNs. Spread the word if you are a nurse or know one! We have such compassionate nurses who truly care about patients and families and are honored to provide support during others' end-of-life journeys.

Everything mentioned here just touches the surface of current activities at HopeWest. As you read through News to Friends, you can get a feel for the kind of care and activities we share with each community we serve.

Leading the way for End-of-Life Care Discussions on the Western Slope



“How do we improve the lives of our frailest, most vulnerable members of our community?” asked Dr. David West, VP of Medical Affairs at HopeWest.

“With medicine’s focus on sustaining life, preventing death and making patients well, how do we change the medical culture to also take care of people who are living longer and have chronic, incurable illnesses?”

These are a few of the many questions Dr. West has pondered over the years. He now has the opportunity to collaborate and develop solutions with over 300 physicians in the Mesa County Physicians Independent Practice Association (MCPIPA).

“Over the past 120 years of health care there have been incredible advances,” said Dr. West. “Life expectancy has gone from 45 years to nearly 85 years and Americans now live much longer and healthier lives. Despite these medical advancements, our bodies wear down as we age. Today, 90% of us are dying not just of one condition, but with many chronic and incurable conditions such as heart failure, arthritis, emphysema and dementia. At HopeWest, we believe in treating the whole person, not just the many conditions a person may be suffering from.”

The education initiative with HopeWest and MCPIPA kicked off in January 2016, beginning with a series of presentations Dr. West gave on the importance of advance directives and how to start a conversation about end-of-life care wishes. Each physician also received the book *Being Mortal* by Atul Gawande, a New York Times best-seller, to read over the next few months. The physicians will regroup in the fall to discuss what they learned.

“We’re excited to see how this can help people’s quality of life here in Mesa County,” said Dr. West. “What we’ve learned is that as people age, some medications and procedures aren’t as helpful as they once were, but we continue to practice medicine in this way. These practices are not only unhelpful, but can be harmful. Instead of curing, the focus needs to become how to help people live their life, as best as possible to the end.” The education Dr. West is giving is showing doctors another way to practice medicine – focusing on patient goals and quality of life.

In the spring physicians will create plans on how they will incorporate what they learned from Dr. West’s presentation into their practices. In the fall, physicians will meet for a book study on *Being Mortal*. In the winter physicians will attend another presentation from Dr. West, this time focusing on helpful palliative care practices. These are all positive steps forward in bringing more awareness to end-of-life care.

One Paint. Endless Possibilities.

Add some color to your life! Refresh your favorite piece of furniture with Chalk Paint® by Annie Sloan, sold exclusively on the Western Slope at Charmed by Heirlooms. Once you start to use the product, you will fall in love with the result! Learn about transforming furniture, cabinetry, frames and more at one of our in-store classes.

Paint with Me Class

Bring a SMALL piece of furniture, one you can carry by yourself, then paint and wax alongside a trained instructor. This class is held every Tuesday for approximately two hours.

Chalk Paint 101 Class

Fall in love with Chalk Paint® by Annie Sloan. Chalk Paint® 101 is a beginners workshop that will introduce you to the Annie Sloan Method of painting. Learn four techniques you can take home and apply to your own painting projects.

For current pricing, times or to schedule a private party please call (970) 254-8556.

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Smiling faces, warm hearts



At HopeWest, we see the impact every day volunteers have on the lives of patients, families and employees. As a nonprofit organization, where no one is ever turned away, we know just how important our volunteers are. Without their generosity, our mission would not be possible. We rely on our volunteers to guarantee the needs of people throughout our programs are met.

We are always looking to add to our family of volunteers. Whether someone is interested in providing companionship for patients and families, assisting with grief support groups, helping with music and art projects, or greeting customers at Heirlooms, there is something for everyone.

We're always looking for warm hearts and smiling faces for the following areas:

- Patient & family support
- Bereavement care
- Spiritual care
- Administrative support
- Complementary therapies
- Professional services
- Special events
- HopeWest Kids grief program
- Heirlooms for Hospice upscale retail shop

One hour a week or one hour a month makes a profound impact on others.



"It's always been my goal to leave people feeling better than they do at the beginning of our visit. I get to bring warmth to people. No matter what you do it helps and it doesn't have to be anything big. If I can provide human touch and hold a hand or just be present, I've done my job. Compassion and an open heart are all you need."

-Bonnie Ball, Patient and Family Support Volunteer

Growing Pet Therapy Program



It is well-known (and scientifically proven) that interaction with a gentle, friendly pet has significant benefits. It's evident that it helps people better cope with health problems or grief.

HopeWest is proud to have a pet therapy program that continues to grow. You may see some of our therapy dogs visiting at the Care Center, helping with HopeWest Kids activities or bringing smiles to residents at a facility. It really brightens the faces of patients and family members as they are able to interact with these special pets.

"Crash, my rather large brindle greyhound therapy dog, has opened the way for me to connect with so many kids," said Pat, a HopeWest Kids Counselor.

HopeWest in Montrose is in need of certified pet therapy animals. If you have a certified animal or want to inquire about getting your animal certified, please contact Priscilla at (970) 497-5204 find out how!

Cuts for a Cause – Stylists Needed



Our volunteer department has a great need for stylists and barbers to go to our patients in their homes, nursing homes or assisted living residence to provide haircuts.

Even if you are able to only donate one haircut a month, your time is appreciated and makes a difference! Join our team and make a difference in your community. For more information call (970) 257-2376 or visit our HopeWestCO.org.



Visit HopeWestCO.org to learn how you can become a HopeWest Volunteer.

Delta volunteers spread joy

For Mary Bachran, it's her spot of joy. For Darla Volgamore, it's a place of warmth where she feels she's part of something amazing - and both women agree that the rewards are plentiful as HopeWest volunteers in Delta.

Darla's specialty is bringing sweetness to others. "I bake cakes for patients on their birthdays and the best part is when I hear, 'that's the best cake I've ever had' - it really just warms my heart."

Mary shares her talents by helping stitch memories together. "It's with great care that she sews each bear, crafting them with individual details to reflect the passed family member. "It's important to me to make each bear special for the families," she said.

Both of these women give in different ways, but each of them have a profound impact on those who receive these special gifts. You too can experience the rewards, joy and warmth that volunteering brings. Learn more about volunteering with HopeWest by calling (970) 241-2212 or visiting HopeWestCO.org.



Spotted around our communities

Happenings across the Western Slope



Middle school kids in Meeker raise money for HopeWest!

Middle school students in Meeker are giving back to HopeWest. The kids are so appreciative of the services we provide in their school that they asked the principal if they could organize a fundraiser to benefit HopeWest and the answer was yes!

With the support of the principal, the kids got to work. They decided to set out four containers to gather change - one for each class and one for faculty. What made it even more fun, was to make it a competition. The rules were that pennies were considered credits and other coins debits so no one would really know the total for each container until the very end. Each day students and faculty added to their designated container and each day students tried to sabotage the others but all in good fun of course. There was a daily announcement about which group was in the lead so it was a fun way to keep everyone engaged and involved.

The contest ran for three days and after everything was counted, the school raised more than \$526 for HopeWest!! Of course by making it a competition, another important announcement was that the 7th grade class was the big winner and their reward was that they got to be first to use some new equipment in the gym. How exciting! Thank you!

Bobby sings old favorites to patients, families, visitors at the HopeWest Hospice Care Center

Bobby brings an uplifting attitude, his guitar and singing voice with him when he visits the HopeWest Hospice Care Center on Friday afternoons. As a Music Volunteer he shares his talents with patients and their families at the Care Center as well as with visitors in the lobby playing the guitar and singing old classics. Thank you Bobby and our awesome team of Music Therapy Volunteers for all that you do!



Under the Big Top – the greatest gala on earth

This year more than 850 generous community leaders and donors raised \$285,000 at our Black Tie & Boots Gala. Generosity like this ensures we can continue to transform lives each day. A thunderous round of applause for the 150 volunteers who shared an astonishing 2,800 hours of personal time to make this gala possible and create an atmosphere that inspired giving.



Managing Conflict and Finding Meaning – Supporting Families at Life's End

Join us for an excellent educational opportunity for area health care workers. This free program addresses methods, strategies and practices that can be used to provide support to seriously ill patients, their families and close friends as they cope with end of life. Particular emphasis will be placed on how to manage sources of conflict that often emerge.

This educational program combines presentations by experts with video, discussion and additional complimentary learning materials. The program is two hours, with an additional 30 minute post-program discussion required for CE credits.

Multiple Viewing Locations

For a complete listing of dates and times visit HopeWestCO.org/education-resources.

Montrose

Center for Hope
724 South 4th Street
Wednesday, March 30
9:00 a.m. - 12:00 p.m.

Delta

Bill Heddles Rec. Center
530 Gunnison River Drive
Wednesday, April 27
4:00 p.m. - 7:00 p.m.

Grand Junction

Compass Drive Office
2754 Compass Drive
Wednesday, October 5
3:00 p.m. - 6:00 p.m.

HopeWest team helps patients relive memories



STORY BY ERIN MCINTYRE, THE DAILY SENTINEL

Willie Hernandez was feeling a little down one day. It's understandable, given that it's the middle of the winter in Grand Junction, where he and his wife live at Grand Villa Care Center. He and Faye are a long way from home.

Willie is 71 and Faye is 79. "Am I 79?" she asks Willie, looking sheepishly at him through the corner of her eye. "Yeah, going on 58," he replies, chuckling. They're both HopeWest hospice patients — Willie suffers from congestive heart failure, chronic obstructive pulmonary disease, diabetes and other associated health issues, and Faye has dementia.

On that day, Willie and Faye had a visit from HopeWest Chaplain Jef Ray, and Willie told him he was feeling homesick for New Orleans. His heart was more than 1,400 miles away, and he was here, not feeling so good.

It's not uncommon for chaplains to help patients identify things they wish they could do before they

die, and so that's what Ray did, despite the fact that Willie and Faye's health would not allow for the physical journey.

"I said, 'What would you do, if you could go back tomorrow?' " Ray said.

Willie replied that he would go to Jackson Square and sit on the patio of Cafe du Monde, a famous restaurant in the French Quarter.

" 'I'd like a beignet and a coffee and I would just be,' he told me," Ray said.

For some people, identifying something on a bucket list, an experience missing from life, is going skydiving or something more monumental.

But for Willie, it really was just about a taste of home to ease the sense of something missing in his heart. So the team of employees who work with Willie and Faye made it happen. Bre Long, a HopeWest team assistant who had never met the couple before,

... CONTINUED ON PAGE 10



SPRING SWING

The Cowboy Way

April 16, 2016

**Mesa Community Center
Mesa, Colorado**

Please join us for a fun evening of great food and exciting live and silent auctions, followed by dancing to the music of our favorite local band, Rancho BeBop.

Together we are profoundly changing the way our community experiences serious illness and grief - one family at a time. By attending Spring Swing, you are helping provide unparalleled care for your friends and neighbors – care that wouldn't be possible without your support.

Tickets - \$30. For tickets and information call (970) 487-3844 or register online at HopeWestCO.org.



“This is something they’ve identified and has been *DEEP IN THEIR HEART ALL ALONG.*”

Most everybody, you, me, but most definitely people that are dying, they want to find meaning in each day and I think that’s all Willie was looking for.”

– Jef Ray, HopeWest Chaplain

... CONTINUED FROM PAGE 09 learned of the wish. The team agreed to try to bring a little bit of home to the couple, since they were unable to travel back to New Orleans.

In her spare time, Long tried her hand at making beignets, the famous powdered-sugar covered, fried donut-like confection from The Big Easy. The result delighted Willie and Faye, when the team delivered the treats with authentic chicory coffee and Mardi Gras masks.

The taste took them back to the patio of Cafe du Monde, with jazz playing in the background and po’ boys made with fried oysters.

It took Willie back to when he first met Faye, at a piano bar where she walked in with a girlfriend, 39 years ago in Metairie, Louisiana.

He was drinking a cuba libre, and he “gave her the eye and that was that, and then we danced and she kissed me because she liked me.”

The years that passed in between didn’t matter anymore, the time when they worked at her brother’s peanut shack and Willie boiled the peanuts and

Faye sold the peanuts in paper bags, and after that she was a cashier and he made a living working in security for hotels and prisons.

For Willie and Faye, this kind of gift went above and beyond the health care that HopeWest has provided them over the years.

The kind of concern and attention to fulfilling small wishes like this is just evidence that the care team has become part of their family, said Faye’s daughter, Tasha Peters.

“It means a lot that somebody cares,” Willie said, still licking his lips at the thought of the beignets.

Bringing back memories is made possible through the connections HopeWest makes with patients, beyond all the official paperwork and medical services, Ray said.

It’s about more than making sweet treats and doing a little extra. “This is something they’ve identified and has been deep in their heart all along,” Ray said. “Most everybody, you, me, but most definitely people that are dying, they want to find meaning in each day and I think that’s all Willie was looking for.”



Find

a great home for your once loved household items. Donate today!

All items donated are tax deductible and support the programs of HopeWest!

We’re looking for

Clothing
Accessories
Jewelry
Antiques
Collectibles
Furniture
Patio & Garden
Decorative Accessories
Seasonal Décor
Kitchenware
Books, CDs, DVDs
Fine China & Glassware
& More!



635 Main Street, Grand Junction
435 E. Main Street, Montrose
521 Main Street, Delta

HeirloomsforHospice.com

The type of care Willie, Faye and all HopeWest patients receive is only made possible by the generosity of our communities – donate today at HopeWestCO.org.

Thank you



for generously contributing to the printing of this newsletter.

Receive News to Friends Electronically

Would you like to receive News to Friends in your inbox instead of your mailbox? Sign-up to receive our newsletter via email at HopeWestCO.org.

Stay up-to-date. Like us on Facebook!



Our board feature this month is the Delta County Advisory Board

Thank you for representing the views and ideas of individuals who are leaders of our community!

Melody BellCampton
 Jean Ceriani
 Jan Gage
 Vanessa Hoff
 Tom Huerkamp
 William "Snub" Liles
 Diane Kissner
 Arthur Mendez
 Teri Stephenson
 Marge Swain
 Jim Ventrello
 Kathy Welt, Chair
 William "Bill" Williamson

Staff Members:

Debra Horwitz
 Jody Jorns
 Dorothy Pew
 Terri Walter
 Christy Whitney Borchard

News to Friends

is published by HopeWest. Comments and suggestions are welcome. Please call Jenny Marquez at (970) 263-2182.

HopeWestCO.org



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

Join your friends and neighbors in changing the world



One person's generosity has the power to inspire hope in others. The Circle of Hope is a monthly giving club that helps us be there every day for those facing serious illness and grief – join us and make a difference in the lives of friends and family members.

Thank you to our new members!

January 2016 – February 2016

Joe L. Archuleta	Dee Dee Hansen
Lisa and Rob Bickley	David Huerkamp
Rebecca Brown	Bryan and Diane Kissner
Heather Burns	Kathleen Odefey
Thom and Cindy Copp	Virginia Samuel
Stephen and Linda Crow	Ranel Noble and Kara Whiting
Leneé Grisier	

What your support can do:

\$10 a month

Helps four kids attend our healing grief support camps for a weekend.

\$25 a month

Provides a community member with pain and symptom management through our Transitions program for one week.

\$50 a month

Ensures a community member and his family will receive exceptional nursing care through our Hospice program for two weeks.

Join today by returning the enclosed envelope or setting-up your monthly donation online at HopeWestCO.org.