

JANUARY 2017

News to Friends

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HopeWest

HopeWestCO.org

Happy New Year! After a crazy 2016 to say the least, I am sure we are all ready for a little normalcy in 2017. What I do know is that we all better hit the ground running as time just seems to be going faster and faster.



Christy Whitney Borchard,
President & CEO

As I (and most people) do, I am starting the year with high expectations and dreaming with a sense of wonder of what might lie ahead in the coming year. Thankfully, due to extraordinary employees, amazing volunteers and countless supporters, I can look back on 2016 as a successful year in so many ways.

The number of people who received our care in 2016 reached an all-time high. Our services provide for patients and families facing serious illness and grief right here on the Western Slope. It is because of you that we can provide these vital services. Your support has been so important in assuring our ability to respond to those in need.

We have so many more exciting things coming in the New Year and we are lucky to have you with us each step of the way. It would be impossible to do what we do, and be who we are, without you.

Thank You.



Join your friends and neighbors in changing the world



The Circle of Hope

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 serious illness and grief – join us and make a difference in the lives of friends and family members.

Your contribution will change lives – even a monthly gift of \$10 will have a tremendous impact.

Join the Circle of Hope today by returning the enclosed envelope or by setting up your monthly donation online at HopeWestCO.org. If you have questions, please call Debbie at (970) 257-2365.

What your support can do:

\$10 a month = \$120 a year

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

\$25 a month = \$300 a year

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

\$50 a month = \$600 a year

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

Thank you to our Circle of Hope Members!

as of 12/31/16

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Mary Zimmerer
Jane Zongker

The perfect blend of espresso and imagination



The coffee is better; the utilities are more modern; and the pictures are now in color. The Miller Homestead has come a long way since 1889, when it was built by Lawrence and Amelia Miller. But thanks to careful renovation and design, the historic Hillcrest house remains much the same.

If you are looking for a welcoming, cozy place to have a cup of coffee, meet a friendly face and find that one-of-a-kind gift, the Artful Cup is just for you! Once you discover Artful Cup, you will be hooked. Best of all, proceeds support grieving children and teens through HopeWest Kids!



Monday - Friday 6:30 a.m. - 2:00 p.m. • Saturday 7:30 a.m. - 2:00 p.m.
The Miller Homestead, 3090 North 12th St. Grand Junction, CO
(970) 623-9665 • CoffeeAndArt.com





The Joy of Tying Flies

Your support enables HopeWest to improve patient's quality of life.

"My husband is alive because of you,"

Virginia Freestone said with sincerity in her reflective eyes. "Not only that but he is happy again, because of what you did for him." At that moment Virginia's husband Lloyd was sitting in an office chair in his garage happily winding his shaky hand around a small hook in a vice in front of him – hand tying a fly – a beautiful tiny piece of art that brings his life meaning again.

For Lloyd quality of life meant being able to get out of bed on his own and put himself together for the day. It didn't matter that he wasn't healthy enough to leave the house. If he could walk to his garage that day to sit at his workbench to tie flies, that was enough. It wasn't always that way though, "I used to help him shower, shave, brush his teeth and hair," said Virginia. "It was so much work, but what could I do? He was slowly getting worse, he just slept all the time and he was miserable."

That's when Virginia made a call to HopeWest. With Lloyd's health declining they couldn't imagine the thought of having to make another visit to the hospital. That was the last thing either of them wanted. When Virginia called HopeWest they came to the house immediately to check on Lloyd. They saw the condition his health was in and admitted him to their hospice program. "Our nurse Charlotte came to see Lloyd and me two to three times a week," said Virginia. "There were a few health crises that needed to be managed right away."

"Since HopeWest got involved and coordinated his care and adjusted his medicines he's been feeling better. He can get out of bed, take care of himself now. He has a good appetite."



Oh and his energy is getting better – oh yes," Virginia emphasized her next words. "He's getting ornery!"



Aside from regular nursing visits and the relief of knowing they can call HopeWest 24/7 and a health professional will be at their house immediately, Lloyd and Virginia appreciate the help that the whole HopeWest care team provides. Social Worker Cindy checked in with them to learn what kind of support they needed, to encourage them through the difficult health challenges they faced, help them set goals for comfort and quality of life and making sure Lloyd and Virginia's wishes for Lloyd's future care would be honored with advance directives. Chaplain Scott made visits to provide spiritual support and avenues to explore spiritual resources at a time of life when people often question their spirituality.

"It's been such a relief and tying flies brings him so much joy. HopeWest has made a world of a difference for us. It's been like night and day. He is so glad I called HopeWest and I am too because it's really made a difference. I've tried to tell everyone I can what HopeWest has done for us and I recommend them to anyone who might need their services to just pick up the phone and call them."

Smiling faces, warm hearts

Thank you to our amazing volunteers, without their generosity our mission would not be possible.

“One little act of kindness, whether holding someone’s hand or just being with them in their final hours, has such power.”

~ **Bonnie Ball**
HopeWest Patient & Family Support Volunteer



THIS NEW YEAR

DEVOTE YOURSELF
to creating something that gives you
PURPOSE & MEANING

- MITCH ALBOM, Author

EXPLORE THE MANY VOLUNTEER OPPORTUNITIES
AT HOPEWEST BY VISITING HOPEWESTCO.ORG

Whatever your interest or schedule, we have a place for you. Explore the many volunteer opportunities at HopeWest today! Visit HopeWestCO.org to find out more.



Spotted around

Happenings across t

HopeWest Kids to Benefit From Generous Donation

Sara Plumhoff and Kirk Henwood presented a **\$10,000** check from the **Montrose Community Foundation** to Starla Bacon and Nancy Hoganson on behalf of HopeWest Kids. Montrose Community Foundation generously matched the amount raised for HopeWest Kids at the Montrose Gala and Golf Tournament. Thank you so much Montrose Community Foundation!!

Honoring Wyatt Tietz

A beautiful bench was recently donated to HopeWest in Delta in memory of Wyatt Tietz, who would have celebrated his 12th birthday just weeks ago.

Wyatt's family, Heather (mother), Dan (father), Autumn, and Lydia (sisters), are pictured above with the bench made by Dan's aunt out of recycled outdoor building supplies. There's a plaque on the bench that proudly displays Wyatt's name and a train in honor of his love for trains. Accompanying the bench was a generous donation from the **Wyatt Tietz Foundation**, which is something that has been done every year since their son's passing in 2011.



Teen Volunteers Package Precaution with Kitty Litter

Teen volunteers prepare 125 bags of kitty litter to help reduce slips, trips, and falls this winter season. The bags of kitty litter are dispersed around the HopeWest campuses for employees or volunteers to sprinkle on slick patches of ice. Remember to be careful out there!



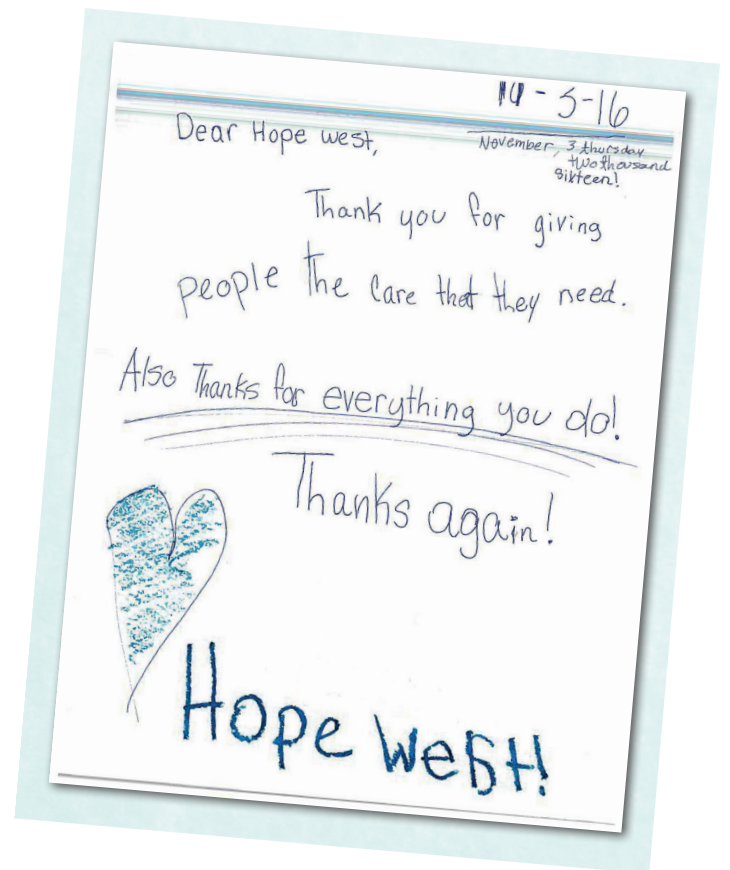
our communities

the Western Slope



Cowboy Golf Tournament Check Presentation

Thank you to our friends from the **Cowboy Golf Tournament** in De Beque who presented a check to HopeWest for **\$2,500!** Thank you for your generous donation.



Thank You Letter from a Patient's Granddaughter

Recently our staff received a thank you letter from a grateful granddaughter of a hospice patient. We truly appreciate the kind words as this reminds us that your support and our work continues to make a difference in the lives of our patients and their loved ones.

More than 20,000

patients and families have benefitted from
extraordinary care provided by HopeWest since 1993.
With your help we will be here for generations to come.

Thank you
for your generosity.

Memorial Donations Given October 1 - 31

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this month is
the Plateau Valley
Advisory Board

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