

JANUARY 2016

News to Friends

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HopeWest

Happy New Year! If this year turns out to be anything like last year, you better put on your running shoes because slowing down doesn't seem to be an option. It does feel like I just made my 2015 resolutions and here we are almost through the first month of 2016.



Christy Whitney Borchard,
President & CEO

As always, we have so much to be proud of and reflect upon throughout the year. We are so grateful to the members of our community who simply "define" our organization. I wish that I had the opportunity to thank each of you personally for what you do to make our mission possible.

The number of people who received our care in 2015 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. It would be impossible to do what we do, and be who we are, without you.

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. Things we are looking forward to – new programs, educational opportunities, growth of our retail entities (Heirlooms, Charmed, Artful Cup and Spoons) – and the list goes on and on.

Happy New Year! 2016

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.

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 those who joined the Circle of Hope in 2015!

Ty and Angie Absheer

Stephen Attarian

Kate Avery

Mary Bachran

Elizabeth Bartoszek

Carolyn Beightel

Melody BellCampton

Paula Bolen

Christy Whitney Borchard

Emily Buchanan

David Byrne

Steve and Linda Crow

Celeste Detwiler

Tom Dykstra

Janet Gage

Wilma Graehling

Bob and Dennie Griffith

Pauline Haller

Helen L. Harper

Jerry Hillman

Ted and Vanessa Hoff

Edward Holmes

Sunny Howland

Thomas Huerkamp

Vernon Kramer

Patrick Lackey

Kimberley Last

Chris Launer

Janet Loring

John Loring

David Maddox

Shannon Markley

Ern Maupin

Don McKelvey

Karen McGuirk

Justin Mills

Rose Moore

James and Marianna

Nelson

Joseph and Susanne O'Dell

Kathy Rapp

Howard and Diane Revie

George and Beverly

Salazar

Sandra M. Shalley

Jodi Slagter

Wayne and Joyce Smith

Nancy Snowdon

Mitch Thomas

Richard and Gaylene

Thomspon

Gavin and Lynn Walden

Terri Walter

Kathleen Welt

George Wheeler

Mark and Mary Wigington

Eugene and Linda Wilson

Judy Vanderleest and

Andy Kelley

Charles and Dee Anna

Vandiver

Donna Villers

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

Forget-Me-Not Family Grief Group

Has your life been changed by the death of someone you love?

Join HopeWest Kids for Forget-Me-Not, a grief support group that children and family members attend together. The group, open to all ages, provides a safe and caring place to explore grief and its impact on the family.

Forget-Me-Not offers education and support for the grieving process through the use of games, art and craft projects and music. Children and teens will work in age-specific groups, as will parents, allowing participants to connect with peers coping with similar experiences.

Studies show that the single biggest factor in helping children heal is helping adult caregivers find ways to cope with the loss. Knowing you aren't alone on your grief journey makes such a difference in the lives of kids and adults. Forget-Me-Not will help families navigate this difficult journey together.

At the conclusion of the group each family will receive a memory bear or pillow lovingly sewn by a HopeWest volunteer out of a garment of clothing from the family's loved one who died. It will serve as a special memory object for the family to treasure as they learn along their grief journey.

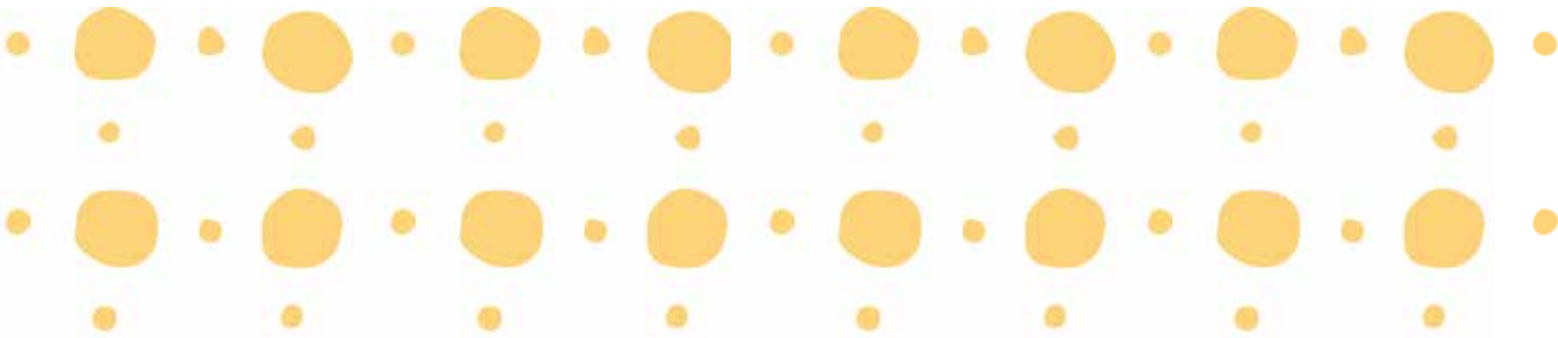
Forget-Me-Not is a free community service offered by HopeWest. Dinners prepared by HopeWest volunteers will be served at each session providing a time to get to know one another.

Thursdays, January 28 – March 17
5:00 p.m. – 7:00 p.m.
HopeWest Hospice Care Center, Room 102
Grand Junction, CO 81506

For more information and registration materials please call (970) 245-5377.



Visit HopeWestCO.org to see all our grief support groups and find information on individual and family counseling.

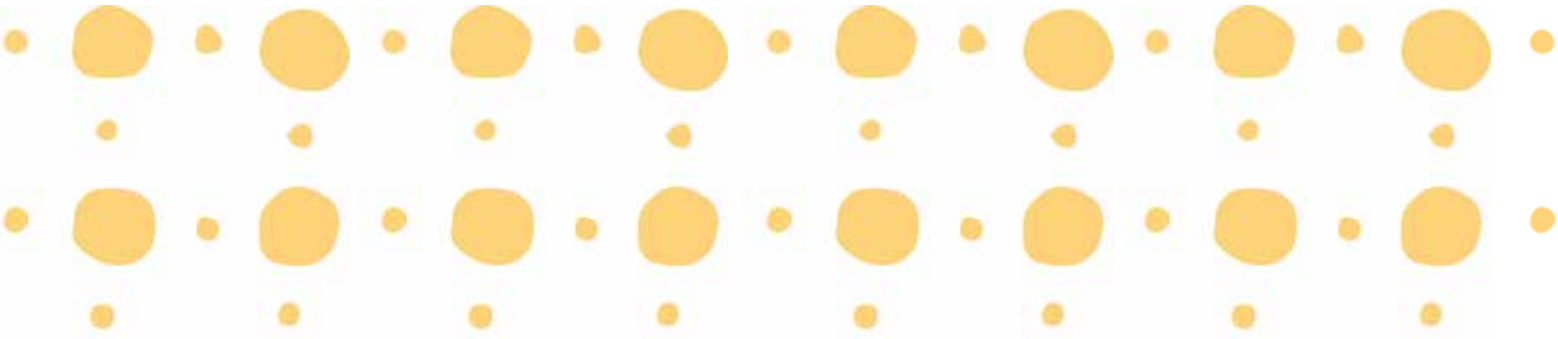


THIS NEW YEAR

DEVOTE YOURSELF
to creating something that gives you
PURPOSE & MEANING

- MITCH ALBOM

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



Reminder to current volunteers:

Please submit your 2015 timesheets as soon as possible!

Spotted around our communities

Happenings across the Western Slope



HopeWest patient and great grandchildren make handprint pillow memories

Pam Anderson and Brittni Turner, employees at HopeWest, traveled to the town of Mesa to create handprint pillows with Mary J. Bevan, a hospice patient, and her six great grandchildren.

Brittni and Pam learned that Mary has several great grandchildren in the area and thought this would be a great activity for the family. "The kids were really excited and it was fun to see them get so excited about making this connection with their great-grandmother," Brittni said. "It's our hope that this is something they'll treasure forever and have a way to remember their great-grandmother and feel connected to her."

All six children picked their own paint colors for the handprints to be placed alongside their great grandmother's. Then Pam and Brittni talked to each child about their hobbies and interests to help the volunteer pick a fabric for each pillow that matched up with the child's interests.

"When the children got their pillows back they were so excited they asked their parents if they could put the pillows on the couch for everyone to see. It was incredibly rewarding to facilitate such a special project with this family," said Brittni.



HopeWest CEO presented with Dr. Bruce Wilson Memorial Award

Recently, Christy Whitney Borchard, HopeWest President & CEO, was honored at a Rocky Mountain Health Plans Banquet and presented with the Dr. Bruce Wilson Memorial Award! This prestigious award recognizes an individual who makes a difference in the lives of many through exemplary community service and who is grounded in the belief that every individual should be treated with dignity and respect. Congratulations Christy – well deserved!

Employees celebrated at annual staff holiday breakfast

We had a wonderful time getting our employees together to celebrate the holidays at our annual staff breakfasts! This year's theme was The Nutcracker. Employees were recognized with the Heart of Hope Award for living out the HopeWest values and others were recognized for years of service at HopeWest. Thank you to all of our dedicated employees who exemplify our values, empower our vision and carry out our mission of helping others every day.



Montrose Staff Breakfast



Grand Junction Staff Breakfast



Our HopeWest Delta team adopts families for the holidays

The HopeWest Team from the Delta office participated in the St. Nicholas Project for Christmas, adopting two families in Delta County to provide them with Christmas gifts, a turkey dinner, canned goods, personal hygiene items, clothes and even books. The team not only donated items and money for the families, they also helped deliver these items on Christmas Eve. All together, nearly 50 families were supported through the St. Nicholas project in 2015. Thank you Delta Team for your generous support of these families and the Delta community!



Hospice Foundation of America's 23rd
Annual Living With Grief® Program

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

Join us for an excellent educational presentation. 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.

Grand Junction
Hospice Care Center
3090 North 12th Street
Thursday, January 28
10:30 p.m. - 1:30 p.m.

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

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

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



Equine Therapy for HopeWest Kids

Healing with Horses Equine therapy is a program through HopeWest Kids that allows children and teens to understand and cope with grief in new ways through self-expression and participation with horses. The program gives youth the tools and skills to cope with grief, build confidence, feel safe, set boundaries and experience emotions. This fall, HopeWest Kids in Montrose held their first equine group for Kids.

Shirley Harvey, Coordinator of Youth Services, along with three dedicated volunteers, Kay Alexander, Tami Blair and Denise Ludwig, observed amazing growth and changes in the kids. "We are looking forward to starting up more groups next spring," states Shirley. "We will be able to meet in one of the beautiful equine facilities that generously donated their horses and arenas."



A Life of Southern Charm and Love



Vicki Caldwell was voted Woman of the Year in Ouray but to her husband, Steve, she was even more than that, she was the most loving, gracious, beautiful woman he had ever met.

Vicki was a giver too. She made things happen for her community, helping HopeWest and many other nonprofits as a supporter, volunteer and advocate. Vicki and a few local volunteers worked to create a hospice room at Valley Manor. Vicki and Steve had both lost parents there while in the care of HopeWest and understood the importance of providing a comfortable place where family could gather. The room is a place that looks and feels more homelike for hospice patients and families. Her kindness is still being felt by families today.

There were so many wonderful aspects to this southern lady, says Steve "She loved to help. There is a medical supply closet in Ouray that is in operation because of Vicki. It's a place where people can donate used medical equipment and others can just check out what they need. She had a passion for her volunteer work."

A few years ago, Vicki began experiencing health problems. She continued her community involvement, but started to require her own level of care. Through her connections with HopeWest, Vicki was admitted to the palliative care program, which is designed for those coping with serious illness but don't need hospice care.

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Steve and Vicki Caldwell



“HopeWest was just fantastic in every aspect. Her caregivers were wonderfully compassionate and I simply can’t say enough about what they did for us. Dr. Marlin made house calls; our nurses were so bright and knowledgeable. Vicki was able to maintain her quality of life as pain free as possible because of the care she received from HopeWest,”

– Steve Caldwell

... CONTINUED FROM PAGE 09

Steve was her constant companion and caregiver. Vicki was coping with a great deal of pain related to a degenerative back condition. When other health concerns progressed and she began to experience additional pain and symptoms, Vicki moved into hospice care for an even higher level of support.

“HopeWest was just fantastic in every aspect. Her caregivers were wonderfully compassionate and I simply can’t say enough about what they did for us. Dr. Marlin made house calls; our nurses were so bright and knowledgeable. Vicki was able to maintain her quality of life as pain free as possible because of the care she received from HopeWest,” says Steve.

“When we asked our nurse how much time Vicki had left, we knew it wasn’t long.” But even that couldn’t

stop this vivacious woman from living out just a few more of her dreams. “She wanted to go on a second honeymoon to Napa Valley and San Francisco for our wedding anniversary. We weren’t sure she could make it but she tried and she did,” he said. “We went and it was amazing.”

When Vicki and Steve returned home, Vicki was able to accomplish another wish, being with Steve on their anniversary, June 2. The couple cherished 37 years marriage before she passed away.

“With the help of HopeWest,” Steve says, “Vicki died with dignity, at peace and relatively pain free. I know that’s true and that’s all I could have ever asked for.”

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



Find

a great place to donate your gently used furniture, clothing and household items.



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

HeirloomsforHospice.com

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 and follow us!



Our board feature this month is the Plateau Valley Advisory Board

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

Plateau Valley Advisory Board

- Ann Anderson - Collbran
- Julia Cox - Collbran
- Jennifer Littlejohn - Collbran
- Cherie Mitchie - DeBeque
- Mary Wagner - Mesa
- Suzanne Bellotti - Collbran
- Tammy Himes - Mesa
- Chloe Marx - DeBeque
- Karl Schmidt - Collbran

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



DONATE YOUR VEHICLE TO BENEFIT HOPEWEST!

Any Vehicle, Any Condition, Free Towing, Tax Deductible

Seven days a week 8:00 a.m. – 8:00 p.m.

Call 1-866-701-2277 to donate today.