

JULY 2015

News to Friends

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HopeWest

So many of our friends and neighbors on the Western Slope are invested in HopeWest's success. More than

1,250 volunteers. More than 6,500 donors. Every one a vital member

of our team. It's for you that we've created News to Friends, a bimonthly newsletter covering all 7,000 square miles of the HopeWest service area.

Your generosity of time and money inspires hope in others and ensures we can help everyone who can benefit from our care. Each newsletter will provide a look at the communities we serve and how they support the HopeWest mission of profoundly changing the way our community experiences serious illness and grief - one family at a time.



Christy Whitney,
Founding
President & CEO

Thanks to our volunteers and donors, HopeWest is deeply rooted in every one of the communities we touch. Last year, we served more patients and families than ever before. We saw tremendous growth in our programs and services. Our palliative care program in Meeker got off to a great start, giving patients and families greater support during some of the most difficult times in life. Our Living with Cancer program expanded to Montrose and is serving more patients than ever in the Grand Valley.

Our retail store, Heirlooms for Hospice, continues to thrive in every location and offers a way for people to donate, shop and even volunteer. Spoons bistro & bakery has become a wonderful destination for dinner with Spoons After Dark and if you eat there for lunch, expect to see a roomful of folks enjoying dish local cuisine at its finest. Artful Cup has a steady following and some of the most amazing merchandise to purchase. Our latest venture, Charmed by Heirlooms, just opened and is already generating a huge buzz.

I am so inspired every time I hear warm and uplifting stories. Thank you for being a part of our organization by making so much possible and creating wonderful moments.



A Dream Realized

The Montrose community came together to help us achieve our dream of a new building for our staff, volunteers and the community!

The capital campaign hit its \$3 million goal and now the Montrose Center for Hope is open. More than an expanded office where our expert caregivers will coordinate HopeWest care for patients and their families, the Center for Hope will host volunteer training and house our expanded bereavement

services for the community's children, teens and adults facing the heartache of loss.

We are thrilled to have this beautiful facility and grateful for a supportive community that helped make it possible. Open houses will be scheduled for later this summer – as we are still getting situated and putting final touches in the offices and throughout the building. If you are in Montrose though, please feel free to stop by and a staff member will be happy to give you a tour.

You can find the Montrose Center for Hope at 725 South 4th Street, Montrose, CO 81401. Our main phone number remains the same (970) 240-7734.

Grand Opening of Charmed by Heirlooms

Reloved. Rekindled. Refreshed.

Nowhere else on the Western Slope will you find a boutique that is good for our environment, features locally made products, sells famous Chalk Paint® by Annie Sloan and benefits a non-profit – until now.

Charmed by Heirlooms features upcycled and repurposed items crafted by a talented group of local volunteers. The store's merchandise is a blend of home décor, furniture, gifts and accessories. Each piece reflects a passion for reimagining the ordinary and creating treasures that are reloved, rekindled and refreshed.

The store is a retailer for Chalk Paint® by Annie Sloan, one of the bestselling brands on the market, and is the only retailer between Denver and Salt Lake City. Weekly classes will offer opportunities for the public to learn how to do it themselves – using the Annie Sloan paint techniques. Visit CharmedbyHeirlooms.com for the latest class schedule.

When you purchase merchandise or sign up for painting classes at Charmed by Heirlooms, you are supporting the mission of HopeWest. Proceeds from Charmed help provide hospice, palliative care and grief support to anyone in need across the Western Slope.

Visit CharmedbyHeirlooms.com for more information.



Did you know that these other great retail locations also support HopeWest?



Visit our websites to learn more!

SpoonsBistroAndBakery.com
HeirloomsForHospice.com
CoffeeAndArt.com



People Caring for People

HopeWest Volunteers

People with a passion for helping others make our work possible! Gifts of time are as unique as those who contribute and that gift of time makes a difference in the happiness and comfort of others.

Volunteer lovingly sews bears in memory of lost loved ones

The handmade bears pictured at the right were lovingly sewn for people in our grief support programs from the garments of loved ones who have passed away. A Memory Bear is a wonderful way for someone to hold and hug something that reminds him or her of a loved one.

The two bears in the bottom photo were made for someone who lost both grandparents. The Memory Bears will never be apart as their little hands are stitched together.

Pet Therapy Volunteer makes 1,000th visit

Linda Douglas, a HopeWest volunteer, and her companion, Tiffany Joy, made their 1,000th visit bringing smiles to HopeWest patients. "Together, we visit four to five nursing homes a week and the HopeWest Hospice Care Center," Douglas said. "Each stop counts as one visit. We could see 50 people at a single nursing home, but it would still be one visit. I enjoy seeing the patient's excitement about seeing Tiffany Joy and we like making people happy. My mom was in a nursing home for 19 years and I'm just paying back all the people that took care of her."



Handmade memory bears



Tiffany Joy makes 1,000th visit!

You too can become a volunteer at HopeWest. Learn more about our many volunteer opportunities by visiting HopeWestCO.org.



Healing Through Art

Because children and teens deal with grief and loss very differently than adults, it is important for them to be able to express themselves in ways they feel comfortable. Incorporating a variety of methods into our HopeWest Kids program allows us to reach out to any child coping with death.

One way we do that is through art therapy. "Art making provides a way to symbolically express our feelings as we begin to heal," says Joni Beckner, Assistant Director of HopeWest Kids and Art Therapist. **"The art piece or product provides some reflective distance from their feelings. It allows them to put their thoughts, feelings and emotions on paper or into a project.** The focal

point then becomes the art project instead of the individual which makes them feel more at ease in a group when talking with their peers," says Beckner. We use art in many ways at our grief support groups, in our one-on-one counseling sessions and also at our grief camps. It has proven to be a successful way to reach more children and teens as these art projects provide kids with a creative and expressive outlet—a new way to respond to their grief.

In addition to art therapy, we offer a unique family-centered grief group (Forget-Me-Not), Healing with Horses and school groups in order to reach more children and teens across western Colorado. HopeWest Kids was there for more than 650 kids coping with death or serious illness last year. While we can't erase their pain, we can help them on their path to healing.

Spotted Around Our Communities

HopeWest Happenings Across the Western Slope



Cobble Creek Spring Tea Raises \$3,000 for HopeWest Kids

Community members came out to support grieving youth in the community by joining Cobble Creek for its Spring Tea event to support HopeWest Kids grief programs. The tea party at the Cobble Creek Clubhouse raised \$3,000. Participants enjoyed an afternoon of tea, scones, tea sandwiches and desserts along with animated conversation. Mothers, daughters, granddaughters, friends and neighbors attended and brought their favorite tea cup.



Ed Bozarth Car Show Raises \$1,500 for HopeWest

Dedicated car show enthusiasts came from far and wide, despite the chilly weather, to show off their classic automobiles at the 5th Annual Ed Bozarth Car Show, which raised \$1,500 for HopeWest Kids. Thank you for your support!



Patient Delivers Flowers to Delta Office

What a treat for employees at the HopeWest Office in Delta! One of our incredible patients hand delivered these beautiful flowers from his garden. "How thoughtful," said Jenni Neil, Administrative Support Specialist at HopeWest. "It brightened our day!"



If you believe you can make a difference, then you will make a difference. Believe in yourself, your family and your community and you will win.
— Lindsay Fox

Amazing Performance of Holding On ~ Letting Go for Delta Community

Tears, laughter and applause were all around at the theatrical performance of Holding On ~ Letting Go, a full-house performance with proceeds supporting HopeWest in Delta. Thank you to all the amazing HopeWest staff and volunteers who made this event a huge success!



Spoons Under the Moon a Great Success!

Our NextGen Board hosted the second annual Spoons Under the Moon, a unique fundraising event encouraging young professionals' support of HopeWest. The event **raised more than \$30,000** to benefit our HopeWest Kids grief program.



Thank You Delta Staff!

Denim & Diamonds August 22, 2015

Join us in Delta for Denim & Diamonds Saturday, August 22 at Bill Heddles Recreation Center. Register online at HopeWestCO.org.

Generosity in Action: The HopeWest Delta staff raised more than \$3,000 through personal donations and fundraising events to sponsor a Caribbean Cruise for the Live Auction. Way to go Delta Staff! See more details and live auction items at HopeWestCO.org.



Back Where the Birds Sing

Jim and Marcia Bailey's Unique Care Experience

Marcia and Jim Bailey are both inductees into the Colorado Golf Hall of Fame and the only couple with that honor, but that's not the most impressive accolade this sweet couple has shared in their 60 years of marriage.

From the moment you sit down to visit with Marcia and Jim you feel warmth and kindness – two caring spirits who believe when you want to help others, you can do amazing things. And that's just what they did throughout their life using golf as a means to do good.

In addition to operating golf courses in the Denver area, Jim spent 60 years promoting golf and the Professional Golfers Association of America, Marcia won four Colorado State Championships and qualified to play in the U.S. Amateur before turning professional and playing on the Ladies Professional Golf Association Tour. She also competed in the U.S. Open in Minnesota at Hazletine and in Denver at Lakewood Country Club. More noteworthy than their professional achievements, the couple has used the sport they love to make others' lives better by raising thousands in charity golf tournaments. They started the first Golf Tournament for Cancer in Colorado and they have staged other tournaments for children and people with disabilities and other diseases.

Jim was diagnosed with Multiple Sclerosis more than 30 years ago. But the day after Christmas last year, his life was turned upside down by another diagnosis.

After surgery, he left the hospital with news that he had a tumor and only two weeks to live. "It was devastating to hear the news," said Jim. "I thought, what am I going to do – they gave up on me – now I have to do it myself, my own way. I've never been a quitter," said Jim.

Five months later, Jim knows that it's a combination of things that have helped him live on his own terms despite his cancer. His drive and ever-present belief in himself have carried him through his illness. Marcia has been at his side every step of the way.

"I never thought we would be in a situation like this and I couldn't believe that this happened to us. But it can, it can happen to anyone," said Marcia, who admits that she and Jim were novices in the medical world before December. "We were so overwhelmed and at first we didn't want help. I wanted to do everything myself."

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"I never thought we would be in a situation like this and I couldn't believe that this happened to us. But it can, it can happen to anyone."

– Marcia Bailey



HopeWest Nurse James Courson with Jim and his wife Marsha

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Even with their initial resistance to help, Marcia and Jim soon found a source of support too helpful to overlook. "The day they brought me into the house from the hospital, my bed was already set-up and I soon had a wheelchair and people to help manage my medicine," said Jim. "HopeWest was here that first day."

The HopeWest team has been by the couple's side every day since. "What HopeWest has meant to us would be difficult to put into words. Just know that the entire team will be there for you if you should ever need them for anything. I can call at 2 a.m., if I need to, and I have. They help take away the obstacles you have in order to go on living," said Marcia.

Each week the couple receives visits from a HopeWest nurse who manages Jim's care. The nurse coordinates with an entire team consisting of two nurses aides, a chaplain, a social worker, volunteers

and a physician; all of all of whom make house calls when needed. "They have such a caring instinct and desire to help others – they are so great for the people who need them," said Jim, who especially enjoys visits from Chaplain Ed. "We share stories; he is always smiling and sings beautifully."

HopeWest allows the Baileys to have care their way, on their terms. And the HopeWest Care Team is never more than a phone call away when help is needed. "Should your world change so quickly, as ours did, know that your friends and HopeWest will be there for you every step of the way," said Jim.

"I believe that you become what you think about and that you attract what you think about. Each person has to make the decision to control their own life. Just like when I'm on the golf course, I want to enjoy my surroundings and do things MY WAY," said Jim. **"HopeWest has helped me be in my own home back where the birds sing."**

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

Rural & Frontier Communities

Fruita

The Lower Valley area is experiencing rapid growth – and the need for HopeWest's services and programs is growing with it. Over the next year, we hope to open an office and build upon our existing collaborative relationships with Colorado Canyons Hospital and Courtyard Care Center.

We are looking forward to growing our volunteer base in this area so we can reach out to more of our friends and neighbors in need. If you are interested in volunteering in the Lower Valley, please call us at (970) 241-2212.

Meeker

Our palliative care program in Meeker served 16 patients last year, bringing an extra level of support for patients and families in need. The community believes in our mission and we have been able to expand our services to include adult grief groups and even equine therapy for children. Our annual Halloween-themed fundraiser is right around the corner and this event allows us to continue care in the area. Stay tuned for details.

Plateau Valley

Our team in Plateau Valley and DeBeque is always hard at work to ensure that the best possible hospice and palliative care services are available to community members atop the Grand Mesa. Volunteers are an integral part of this team and what a difference they make.

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.

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We believe the key to being a successful non profit is to remember we exist because of you, the communities we're privileged to serve. We are honored to have dedicated boards that provide vision and help guide our organization in each of your unique communities.

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News to Friends

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



HopeWest

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The Legacy Society at HopeWest

Together we can secure the future.

HopeWest is a unique organization. We are owned by the communities we serve. We exist because of the support of thousands of community members who believe that what we do is what they and their loved ones need.

Without planned gifts this special kind of care will not exist in the future. Philanthropy means freedom to do

what people need, not just what is paid for. We hope you will join us in creating our own future. We will work with you to ensure your planned gift has the power to leave a legacy that can transform your life and your family's.

Visit HopeWestCO.org or call (970) 257-2365 for more information.