

NOVEMBER 2015

News to Friends

Inside This Issue

Through the eyes of an adventurous trio | PAGE 05
101-year-old reconnects with B-17 aircraft at air show | PAGE 06
A tradition of service | PAGE 09



Each November we celebrate National Hospice and Palliative Care Month! It is such a great opportunity to bring hospice care to the forefront and show what an amazing impact our care has on those that are touched by the services we provide.



Christy (Whitney) Borchard,
President & CEO

In celebration of National Hospice and Palliative Care Month, we create a special insert to be shared in our local papers to develop awareness about the services of HopeWest. The insert has already appeared in your community's paper and I hope you've had a chance to see what you have helped make happen over the last year.

The programs we are able to provide are not created alone but through the partnership of thousands of individuals who give in different ways. Thank you for the time and energy each of you provide in helping make a profound impact on patients and families each day.

Another way hospice and palliative care services receive state and national attention is through Colorado Gives Day. This year it is **Tuesday, December 8, 2015**. This is an online initiative that gives people 24-hours to give where you live! You will hear more about this and how to participate but if you can, take a moment and participate in this important initiative. Last year alone, HopeWest raised more than \$18,000 – all in a 24-hour period. Every donation makes a difference – thank you for continued support!





HopeWest honored as top healthcare company in the nation

HopeWest was recently recognized by Modern Healthcare by being named #30 in the top 100 healthcare companies to work for in the nation.

What an honor! This program recognizes health care providers who empower employees to provide patients and customers with the best possible care.

The unveiling of the ranking was made at a banquet in Nashville just last month. We are also #15 in the overall provider category and the highest ranking hospice on the list. Modern Healthcare had more than 400 companies who participated but they only ranked the top 100!

Seventy-five percent (75%) of the criteria to determine ranking were the results of the employee

survey – that alone makes it that much more special. HopeWest had 78% participation on behalf of all employees.

HopeWest was also named as a finalist in the nonprofit category of Colorado Top Companies.

All employees throughout our organization help make this possible. Thank you to our clinical staff who provide great care on a daily basis with such compassion and to our administrative employees who are the wind beneath our wings. HopeWest is possible because of you!



Fresh. Local. From the Heart.



When you start with the freshest local ingredients, your meals speak for themselves! Our talented chef has an extraordinary gift for creating dishes sure to become timeless favorites. At Spoons our philosophy is simple - fresh, local, from the heart. Our food not only boasts local flavor but also handmade quality. Everything from our savory soups to our decadent desserts are made in house from our heart to yours. Whenever possible we support local businesses.

Dining with us Makes a Difference.

This is no ordinary restaurant. While you savor your meal, know that you are supporting all we do at HopeWest. HopeWest is dedicated to profoundly changing the way our community experiences serious illness and grief - one family at a time.



Monday - Saturday: 7:00 a.m. - 9:00 p.m.
Sunday Brunch: 8:00 a.m. - 2:30 p.m.
3090 North 12th St. Grand Junction, CO
(970) 255-7237 • SpoonsBistroAndBakery.com

Proudly partnering with Western Slope Producers

Quality Meats • Okagawa Farms
Enstrom Candies • Two Rivers Winery
Homestyle Bakery • Tortilleria la Milpa



Leave the holiday baking to us and order your freshly baked holiday pie today!

Call (970) 255-7237 to place your order 24 hours in advance.

Through the eyes of an adventurous trio

A trio of employees from HopeWest embarked on a journey like no other, visiting HopeWest's sister hospice, Ilembula Hospital Palliative Care, in Tanzania, Africa.

They made it! If you have ever traveled to Africa, you will understand that is an accomplishment in itself. After several exciting days of travel – Beth Brown, Adrienne Wagner and Alyssa Hampson arrived in Ilembula. They spent the next week volunteering at a regional hospital, learning to live without running water or electricity, comforting young children and understanding how medicine is practiced in a rural village with very few resources. What became clear very quickly is how simple kindness makes the biggest difference in the lives of Tanzanians.

The travelers' uncharted days were filled with intriguing experiences, with many things to see, do and learn in a very short amount of time.

"There are several significant experiences that stand out in my mind," said Alyssa. "It was incredible meeting patients whose lives had been drastically changed because of the palliative care team, volunteering to spend time with the orphans at the hospital orphanage and facilitating grief activities for children at the hospital. It was wonderful to see the many different ways Ilembula Palliative Care helps the community."

These remarkable experiences won't soon be forgotten Alyssa, Beth and Adrienne admit. They were grateful to have the opportunity to travel to Africa, volunteer and be ambassadors for the HopeWest Africa Partnership.



The partnership HopeWest has with Ilembula is an important step in enhancing compassionate care globally with a vision of a world where individuals and families facing serious illness, death, and grief will experience the best that humankind can offer. This partnership began in 2008 and HopeWest tries to visit every other year with a representative from Tanzania visiting the US in-between visits.

Volunteer News

Happy holiday season to all of our wonderful volunteers. No matter where you volunteer or with what department – you make a difference.

Your tireless hours of work enable us to provide top quality care which we could not do without you. Thank you for making 2015 another wonderful year at HopeWest.

Happy holidays from the Volunteer Department,

Jenny, Felicia, Laura, Megan, Edith Ann, Priscilla, and Jennifer.

"The last good thing that may happen in a person's life is a hospice volunteer."
- Unknown

Visit HopeWestCO.org for upcoming volunteer orientation dates and times.

Thank you Veterans!

The HopeWest team would like to thank all Veterans. We appreciate your service and sacrifice for our country. Have a wonderful Veteran's Appreciation Month!

Winter safety

Please remember to take care of yourself this winter. It is the season for colds and the flu! If you are a volunteer and had your flu shot, please bring by your shot verification so we can get you a tag for your name badge. Also, if you are sick, please let us know and stay home. We appreciate all that our volunteers do and we want you all to be as healthy as possible!

With the weather changing remember if the roads are nasty or the weather is bad, please stay home. We care for your wellbeing and it is important to us. We have bags of kitty litter available to take on your visits for slippery or icy sidewalks and walkways.

Upcoming education and events

Please watch your mail and email for upcoming volunteer educations and holiday events.





HopeWest staff wears pink in honor of breast cancer awareness month

In honor of Breast cancer Awareness Month, HopeWest staff got out their favorite pink attire and sported it at work. "It's a good way for everyone to come together and show their support," said Alyssa Hampson, Community Relations Coordinator at HopeWest. "We want our community members who currently have breast cancer, as well as survivors, to know that we care about them."

Spotted around our communities

Happenings across the Western Slope



101-year-old reconnects with B-17 aircraft at air show

Vena Metcalfe, HopeWest patient, was an engineer on B-17 airplanes at Lockheed Douglas in Long Beach from 1942-1944. She was looking forward to the GJ Air Show ever since her HopeWest team told her a B-17 airplane would be in town and that they were going to help her get to the airshow to see it. "She truly loved the experience," said Jimmi, Vena's daughter, It really meant a lot to her. HopeWest has been such a blessing for my mother. All the people from HopeWest are so wonderful and caring. I appreciate them very much for making this happen."



"Wicked" Halloween Gala in Meeker a success

What an amazing evening! The community turned out in support of HopeWest and the services we are able to provide in the area. The costumes at this year's event were unbelievable.

Beautiful quilts on display at Montrose Center for Hope

When we were preparing to move into our new building, Myrtle Hogue, champion quilter and one of the founders of the 20 year old Black Canyon Quilt Show, asked if she and fellow quilters could display some of their exquisite quilts in our building. To the enjoyment of all who enter the volunteer area of our building, every month or two a different beautiful quilt is displayed on the lovely Chinese Elm wood quilt holder that was built and installed by Rusty Olson. Thank you, Myrtle, for making this lovely exhibition of local talented quilters a part of the Center for Hope.



Delta Clinical Manager reminisces about 13 years with HopeWest at retirement party

"I love my work, I never thought I would find a place as amazing as HopeWest," said Sibyl Halliday, a retiring Clinical Manager and Nurse at HopeWest in Delta. "I'm going to miss the patients, the families and the caregivers... and my co-workers too. They're all just so special."



Continued care and dedication in Plateau Valley

Mary Hammack, RN, has stepped into the director role serving the Plateau Valley area. She has been with HopeWest for a number of years in a leadership role and brings compassion and dedication for the our mission. HopeWest remains committed to serving the Plateau Valley and Debeque communities and providing the very best possible hospice and palliative care.



Left to Right: Dr. Erin Arthur; Karla Archer, CNA; Mary Hammack, RN (Clinical Director); Scott Hogue, Chaplain; Pam Anderson, Social Worker; Jennie Davis, RN; Jeanine Finnell, RN; Edith Ann Power, Volunteer Coordinator

Providing services in the Lower Valley

Fruita now has its own dedicated HopeWest team devoted to providing quality services to residents without having to leave the Lower Valley. Over the next year, HopeWest hopes to build upon an existing collaborative relationship with Colorado Canyons Hospital and Courtyard Care Center, where the small team office is located, and grow their volunteer base to reach more of the Lower Valley's friends and neighbors in need. Thank you Fruita team!



Left to Right: Justine Fritzel, Clinical Director; Diane Condiles, Social Worker; Kathleen Bird, RN; Kay Hicks, RN; Heidi Webster, CNA; Terri Kissell, CNA; Jessica Martinez, CNA; Jef Ray, Chaplain Not pictured: Jeanine Wagner, RN; Jenny Cook, Social Worker; Gwen Chappel, CNA

A tradition of service



It's a family thing for George and Joy Arnold. As you walk into their living room, military photos grace the main wall. It's there that you can see all the generations who've protected our country and freedom. In fact, four generations of the Arnold's loved ones have served our county in all branches of the armed forces. Their three daughters even married servicemen.

For George, it was the Air Force. He enlisted in 1968 followed by an Army Guard Post in 1975. While in the Air Force he was trained in explosive ordnance disposal and took three tours in Vietnam. Following his time in the Air Force, George worked as a machinist and relocated from Mississippi to Grand Junction where he met his wife Joy and raised a blended family of six children.

Today, his family is still close with the support of HopeWest. George suffered a stroke in 2007 and has had several heart related health problems in the years since. "HopeWest has allowed us to remain in our home," said Joy. "Much of what HopeWest does is for the caregiver – they just do so much. We don't

... CONTINUED ON PAGE 10



Air Force Veteran George Arnold



“George chose the quilt with a rail fence pattern because it reminded him of the quilts his grandmother used to make and one he used to sleep under as a child. The way these patriotic quilts touch veteran’s lives, it’s just incredible. It’s so rewarding to give back to them after what they’ve done for our country.”
– HopeWest Social Worker, Cindy Webb

... CONTINUED FROM PAGE 9
feel alone anymore because I always have someone to call, day or night, when I need help. Our nurse can even do blood draws right here are our house.”

George and Joy live with George’s mother and Joy’s mother and father. And of course, their two dogs who can regularly be found cuddling up to George. Staying home allows George to enjoy his favorite pastimes too. You can often find him out in his hobby shed working on one project or another.

This summer, George was honored with a veteran pinning ceremony by HopeWest. With his wife and mother by his side, George’s HopeWest care team presented him with a patriotic pin and beautiful lap quilt to honor his service to our country. The quilt

held special meaning as it also brought back fond memories of his childhood.

“George chose the quilt with a rail fence pattern because it reminded him of the quilts his grandmother used to make and one he used to sleep under as a child,” said his HopeWest Social Worker, Cindy Webb. “The way these patriotic quilts touch veteran’s lives, it’s just incredible. It’s so rewarding to give back to them after what they’ve done for our country.”

And the feeling is mutual. “We feel blessed by HopeWest,” said Joy. “The care is unbelievably wonderful and what they did for George was so meaningful for our entire family.”

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



Light up a Life 2015

Celebrate the Life of Your Loved One

Light up a Life ceremonies are a time to remember those who have touched our lives. In honoring your loved one, you will be helping HopeWest reach out to all those who need us in our community. Your generosity will inspire hope this holiday season.

Each Light up a Life celebration will be unique with music, candles, refreshments and a warm place to share your memories. Choose the celebration nearest you.

Become part of this heartfelt event by purchasing a personalized ornament, luminary or holiday card in honor of your loved one. For more information visit HopeWestCO.org.

Grand Junction

Tuesday, December 1 at 5:30 p.m.
HopeWest Hospice Care Center,
3090 North 12th Street

Delta

Thursday, December 3 at 5:30 p.m.
Heirlooms for Hospice,
521 Main Street

Montrose

Wednesday, December 9 at 5:30 p.m.
Holiday Inn Express,
1391 South Townsend Ave.

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 Board of Directors

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

Board of Directors

Melody BellCampton
Joseph Breman
Sue Conry
Beth Costello, Vice Chair
Brian Davidson, M.D.
Bradley Feldhaus, Secretary
Mark Francis
Peter Jouflas
Chris Launer, Chair
Mike LeFebre
Kenneth G. Leis
Helen Love
Drew Mayer
Gregory Reicks, D.O.
Tom Sawyer
Barbara Seelye
Chris Thomas
Christy (Whitney) Borchard
Todd Young

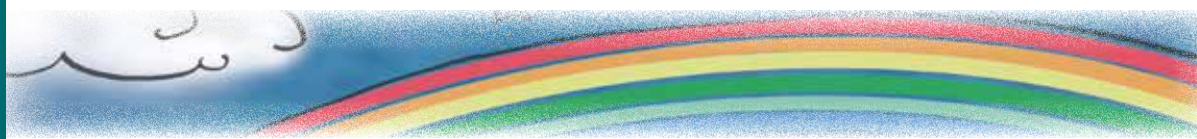
News to Friends

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



HopeWest

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



nAtional CHILDREN'S GRIEF awareness Day HiGHLiGHTS THE COMMUNITY'S need TO SUPPORT GRIEVING YOUTH

In honor of Children's Grief Awareness Day on **Thursday, November 19, HopeWest is encouraging community members across western Colorado to wear blue** to demonstrate support for children and teens who have lost someone they love.

"Children's Grief Awareness Day is focused on bringing to mind the children all around us who have experienced the death of a loved one - children who typically feel very alone in the journey of grief they travel," said Cathy DiPaola, Director of HopeWest Kids, a children and teen grief support program at HopeWest.

This special day is an opportunity to let grieving children know that they're not forgotten in the midst of their grief.

