

SEPTEMBER 2015

News to Friends

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September is such a great month in western Colorado! The weather begins to change and the evenings are calm as we head into the fall season.



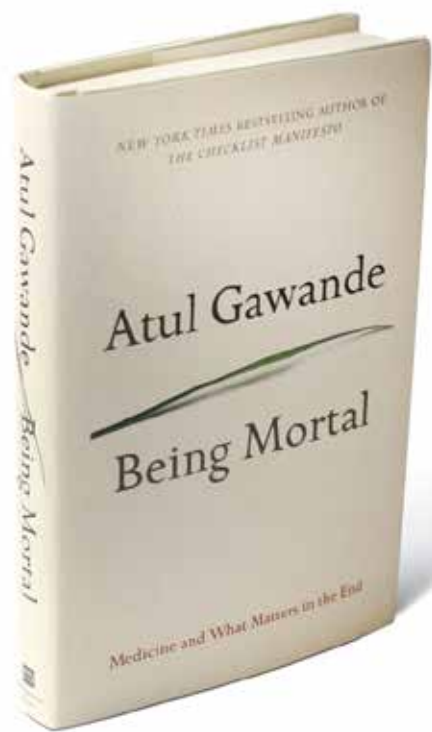
Christy Whitney,
President & CEO

HopeWest has received a few noteworthy kudos lately – from being named a finalist in the nonprofit category of Colorado Top Companies to being named to the top 100 list of the 2015 Best Places to Work in Healthcare nationwide! This program recognizes workplaces throughout health care that empower their employees to provide patients and customers with the best possible care.

I am honored by this recognition, but it is truly all our employees throughout the organization that make it 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!

Part of what makes our group of employees, volunteers and supporters so special is how willing everyone is to navigate the changes in health care that come at us at a rapid clip. Modern health care is difficult to navigate these days, but regardless of those changes, at HopeWest, patients and families always come first.

Over the next couple of months, we will continue to see changes as we plan for the new year. Change is not something new in our world or the healthcare world, so managing it has become part of the way we operate on a day-to-day basis. HopeWest remains a strong organization that overcomes the ever-changing rules, regulations and policies – it makes us who we are and allows us to be creative in our approach to care.



– Book Review – *Being Mortal*

HopeWest President and CEO Christy Whitney reviews *Being Mortal* by Atul Gawande

Atul recounts the story of his father, who was also a surgeon, beginning simply enough with a slight pain in his neck and later tingling in his fingers.

Two years later, Atul's father learned he had a very rare tumor growing in his spinal cord. And that was when the journey began. He consulted two doctors... one who used the paternalistic approach and told him he should have immediate surgery. The other physician believed in a more information based approach and told him he could wait and see. He faced the dilemma many do – risk surgery and fight... or wait and see. All the moral questions our patients and his patients face became real.

Being Mortal is Atul's personal meditation on how we can better live with age-related frailty, serious illness and our mortality. He also calls for a change in the philosophy of what medicine is supposed to do... fight death or enable well being?

Atul tells story after poignant story of his own patients. In a society that values independence, what happens when independence is no longer possible? We need to reckon with the reality of the body's eventual decline, he argues, think about what matters most to us and adapt our society and medical profession to help people achieve that.

In the first part of the book, Atul explores different models of senior living – from multigenerational households to newfangled nursing homes. He describes that medicine is all about safety, when patients would rather focus on living despite the risk to their safety. He reminds us that, as we come closer to the end of our lives, we would most likely want to spend time with our families instead of meeting new people. Those values fly in the face of the assisted living residences and nursing homes many people experience.

The takeaway is that the answer has not yet been found. At HopeWest, we have many discussions about how we can design future programs and facilities while honoring what people want.

Atul uses his father's powerful story to explore the concept of shared decision making in medicine – the idea that the ideal modern doctor should be neither paternalistic nor informative but rather interpretive, helping patients determine their priorities and achieve them. This is the work of our HopeWest palliative care clinicians. He shares the lessons he learned to talk honestly with patients... first, what do they want to know? Then he tells them and then he asks them what they understood. He reminds clinicians to focus on the goals patients have for the rest of their life and together design a plan that meets those goals.

A treasured part of the community



Heirlooms for Hospice, staffed primarily by devoted volunteers, is a distinctive upscale resale store. Volunteers greet customers, make arrangements, display merchandise and even repair donated treasures.

The first Heirlooms for Hospice location opened its doors in Grand Junction in 2000. A new Heirlooms store in Montrose followed in 2003 and Delta's store opened in 2013. Although all locations share the same unique, resale store style, each community adds its own flare to make it that much more special to its local shoppers.

Not only have the stores been recognized locally and regionally for their success, Heirlooms has been used as model for hospice resale stores across the nation. When you shop or donate to Heirlooms for Hospice, you are supporting the mission of HopeWest. Proceeds from Heirlooms help provide hospice, palliative care and grief support to anyone in need across the Western Slope.

Together our Heirlooms stores raised nearly \$210,000 in 2014 to support the HopeWest mission.

Heirlooms for Hospice welcomes gently worn home furnishings, clothing, shoes, jewelry, antiques and kitchen accessories. We honor the generosity of our donors – your treasures become our heirlooms! For more information visit HeirloomsForHospice.com.



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



Visit our websites to learn more!

SpoonsBistroAndBakery.com
CharmedByHeirlooms.com
CoffeeAndArt.com

Soul Summit

A healing journey



One cloudy, rainy weekend in August, four teens, one volunteer and two HopeWest staff members braved the steep climb up Mt. Handies – a mere 14,053 feet!

To some of you this climb might be second nature, but to others, it may seem like an insurmountable task. The latter was a feeling shared by a couple of the teens who were on the trip.

This amazing weekend was provided through HopeWest Kids. All of the teens who made the journey had at least one thing in common before the weekend – each of them had lost someone close to them. Thankfully, they each turned to HopeWest Kids for help.

The group started by setting up camp on Friday evening. Who says you can't set up tents in the rain? What a great bonding experience from the start.

On Saturday morning, the trek began. After, three hours and a lot of coaxing along the way, everyone made it to the summit. What a feeling of accomplishment! **"I couldn't be more proud of the teens for pushing themselves to summit, even when the task seemed insurmountable,"** said Alyssa Hampson, a HopeWest staff member who volunteered to help with the trip. After relaxing on the top, resting just a little and enjoying the beautiful surroundings, the slow, steady descent began.

"This trip was really unique because we were able to parallel working through grief with climbing a mountain," Alyssa said. "With grief there can be obstacles to overcome, some parts of grief may be more difficult to work through and sometimes you need to stop and take a break. These were all things we experienced during our climb up Handies Peak."

Throughout the Soul Summit weekend the teens were able to bond with their peers, complete some grief work along the way and enjoy the satisfaction of what they were able to accomplish. Way to go!

Upcoming Volunteer Education Opportunities

All opportunities are open to the public, perspective volunteers and current volunteers.

Montrose

Viewing & Discussion of *Being Mortal*, a PBS Frontline Documentary

Wednesday, September 30
1:00 p.m. – 2:30 p.m.
HopeWest Community Room
725 S. 4th Street, Montrose

The *Being Mortal* documentary examines how Dr. Atul Gawande and other physicians struggle to talk with patients and families about death and dying. He explores his own humble journey with the realization that "medicine fails the people it's supposed to help" at the end of life. It also provides a powerful, intimate look at families struggling with conversations about the realities of aging and death, and the uncomfortable and difficult time even well-trained physicians have at leading these discussions.

Five Wishes by Nori Francis

Wednesday, October 14
10:00 a.m. – 11:30 a.m.
HopeWest Community Room
725 S. 4th Street, Montrose

Five Wishes representative Nori Francis will walk us through **Five Wishes, the Living Will with a Heart & Soul**. Five wishes is a nationally recognized advanced care directive that clarifies personal, emotional and spiritual needs, as well as medical wishes. Take advantage of this opportunity to get your personal affairs in order. Learn how to assist family and friends in making their advanced care plans."

Grand Junction

Interdisciplinary Team Panel

Tuesday, October 13, 2015
11:30 a.m. – 1:00 p.m.
Compass Drive Office, Room 370
2754 Compass Drive, Grand Junction

Come meet members of an interdisciplinary team. We will have a panel of HopeWest nurses, certified nurses assistants, social workers, chaplains and volunteers to discuss how the team functions together to meet the needs of patients. Light refreshments will be provided.

Volunteer Spiritual Support Program

We are looking for volunteers who are interested in providing spiritual support to patients. If you have training as a Stephens Minister or other spiritual training and are interested in attending training to assist in supporting our patients and families in their spiritual journey, please contact Laura Switzer at (970) 241-2212 for an interview. If you aren't currently a patient care volunteer, you'll need to attend orientation before attending the Volunteer Spiritual Support Program (VSS) orientation. We are holding our first VSS orientation September 24.



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

Spotted around our communities

Happenings across the Western Slope



Counselor Pat along with Therapy dog Crash help reach grieving children

"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.

After meeting with a mother and a son who had lost someone dear to them, Pat was having a difficult time getting the boy to agree to come back to another counseling session. "After a while I asked him if he would be willing to meet with me to talk about his loss." The boy emphatically said "no." Pat responded, "OK...but would you meet with Crash, my therapy dog, who also has been in this meeting?"

The young man quickly said, "Yes, I could talk with Crash!" Pat and the mother were able to schedule their next meeting for the boy to visit with Crash and Pat again.



Nancy Hoganson recognized by Advisory Board

Nancy was recognized by the Montrose Advisory Board in celebration of 10 years with HopeWest, as well as a big thank-you for her hard work fundraising for the Center for Hope.

"Nancy has led us through many changes, within HopeWest and the community, with strength and grace," said Sandy Head, HopeWest Montrose Advisory Board Member. "Nancy engages her volunteers and listens to thoughts and advice they have regarding the directions we should be heading. We believe her leadership kept us in a good light with our contributors while continuing to build the programs that we have today. Nancy is respected within our hospice organization and our community. She is incredibly humble and is always focused on giving others the credit for the accomplishments our organization realizes. It is time for us to give her the recognition she so justly deserves."



Montrose patient goes on a special outing

Wendall, a HopeWest patient in Montrose, was over the moon to learn that his volunteer and nurse were taking him on an outing for doughnuts and coffee – something that he has talked of doing for some time now. "It was a huge outing for him and he simply loved it," said Nancy Hoganson, Director of Community Relations at the HopeWest office in Montrose. You can see from the photo how much he enjoyed going out for this special treat. It's the small things that make life big.

Would you like to make moments like this happen? Become a volunteer at HopeWest! Visit [HopeWest CO.org](http://HopeWestCO.org) for more information.



Successful Camp Good Grief provides grief support for 62 children

Sixty-two campers and 54 volunteers attended Camp Good Grief this year. The kids come a little nervous but ready for some fun and interaction. The HopeWest Kids staff worked hard to make this experience a great one for those who attended – and they always exceed expectations. Just take a look at those smiling faces and you know. Thank you so much for all the hard work and dedication from the staff and volunteers who made this weekend one to remember.

Camp Good Grief is made possible by the generosity of our communities – donate today to send a kid to camp at HopeWestCO.org.

Denim & Diamonds a success in Delta!

The sold out gala was the talk of the town! Nearly 330 guests experienced spectacular live and silent auctions while dancing the night away to a live band.

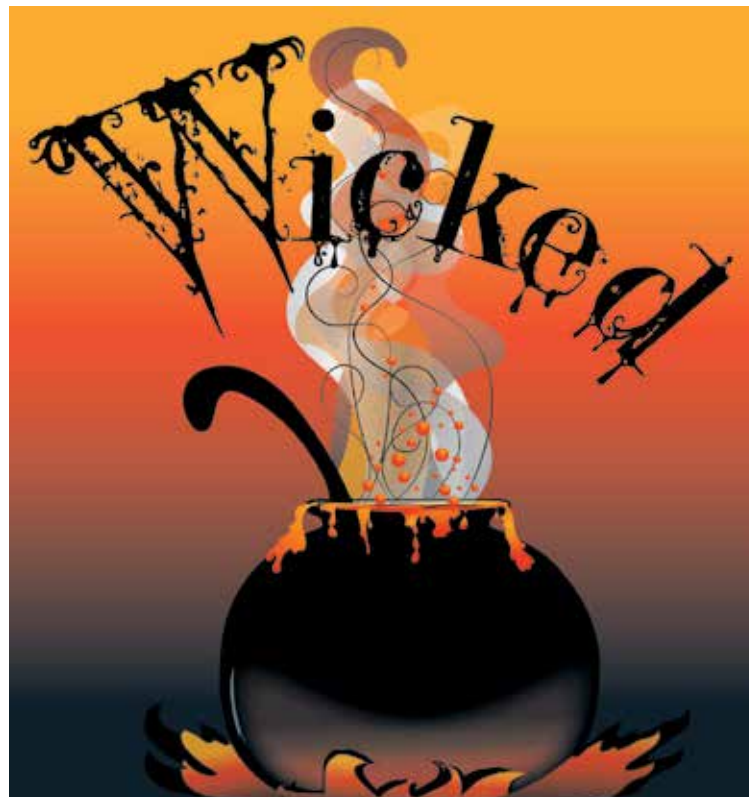
Thank you to all the wonderful donors, partners and underwriters – you helped make this evening a success. To the dedicated volunteers who gave their time and talent to turn the Bill Heddles Recreation Center into a Frozen wonderland – you are amazing!



Join us for our spooktacular Halloween event

Who is ready for another fun-filled event with some outstanding costumes? You won't have to wait much longer as the Meeker Ball takes place on Saturday, October 24, at the Fairfield Community Center in Meeker.

The community believes in our mission and rallies behind this event to celebrate and raise funds to continue care in the area. The event celebrates the gracious people on the Western Slope helping each other through our work with HopeWest Meeker. This program is possible entirely through philanthropy and the generosity of the community. We can't wait to see you at the event – stay tuned for additional details soon.



Airborne vet, 92, jumps from perfectly good airplane - again



Highlights from an article by Greg Ruland that appeared in The Daily Sentinel.

At 10,000 feet, the canyons near Moab looked pretty sweet through the eyes of 92-year-old U.S. Army veteran Bob Dunham.

Dunham's recent leap from a single-engine Cessna took his breath away and caused his heart to race, which is exactly what he wanted.

"I wanted to go up high. That's what I wanted to do," Dunham said. "I wanted to see everything."

A close-up photo of the man — the oldest ever to jump with Skydive Moab — shows him in mid-air, somewhere over the vast landscape, plunging toward Earth. He squints behind plastic goggles. His silver hair flies back, buffeted by the wind. His mouth is open, but his jaw is set and his lips curl tightly across his teeth. He looks determined. He looks fearless.

"That was scary. God, that was scary," Dunham joked last week. "I thought, 'What the hell am I doing here?'" He was on an adventure, of course, one made possible by HopeWest at the suggestion of Mac McNair, a member of the team that helps care for Dunham at a local nursing home. In addition to McNair, Dunham's team of HopeWest caregivers includes a nurse, a certified nursing assistant and a chaplain.

As we were talking, I asked him if there was anything he wanted to accomplish during his remaining time on Earth and he shared that he wanted to jump out of an airplane," McNair said. "He told me he was a paratrooper during his active duty, that he enjoyed doing it and that he wanted to do it again."

The social worker took it from there. He checked with Bernice, Dunham's wife of 72 years, to make sure ... CONTINUED ON PAGE 10 ...



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she agreed the adventure would be worthwhile. Bernice agreed.

Then McNair made arrangements with Skydive Moab. To mitigate the risk, Skydive Moab provided Dunham with a professional instructor for a tandem jump. The instructor specializes in jumping with people with disabilities.

Dunham said he and the instructor were tightly strapped together, an arrangement that ruffled his dignity a bit. "I thought it would be like what I did when I was in the service," Dunham said. "You got a parachute. You got a big plane. You're going to jump out a side door and away you go."

Dunham said he preferred a giant C-47 to the tiny Cessna. "I didn't expect that little thing," he said, whistling and circling two fingers in a downward motion like a dropping bomb.

"Aside from the jokes, that was a good ride there," he said, sounding every bit the New Yorker. A member of the 11th Airborne Division, Dunham saw action in

the South Pacific during World War II. His decision to jump was partly a thirst for adventure, but also a desire to experience independence again and exercise control of his life, McNair said. "I think he wanted an opportunity to feel autonomous and, maybe, alive again."

Hospice care is a form of health care because it is dedicated to preserving and improving quality of life for every patient, Hampson said.

"For a person in hospice who is ill, there's a lot of loss involved," McNair said. "Not only loss of health, but loss of independence, loss of autonomy, loss of freedom. I think quality of life for most people is to regain some of that, to feel like maybe a younger version of yourself. I think that is certainly true for Mr. Dunham."

McNair, a relatively new practitioner of end-of-life care, said part of his job is to help his patients find meaning. "It's an existential question," he said. "Who am I? Why do I matter? What do I have to offer? I think all of those questions were wrapped up in this guy's quest for this adventure."

Reprinted courtesy of The Daily Sentinel, Grand Junction.

Fond Farewell to Cindy Price

One can't think of the Plateau Valley program without thinking of Cindy Price. What an outstanding person, nurse, HopeWest advocate and all around community member.

Cindy joined HopeWest in 1994 and became the Program Director in Plateau Valley more than 10 years ago in 2004. She has always had the respect of everyone as a caring, giving person, and that shines through in her love of working with the community to provide the best care to anyone in need. Through Cindy's hard work and dedication, HopeWest has continued to thrive in Plateau Valley through the years.



At the end of August, Cindy officially retired. She will be missed as part of our HopeWest team, but she will still be an active part of her beloved community. Please wish her well the next time you see her. She will be missed by her friends and co-workers, but not forgotten. Thank you Cindy!

One person's generosity has the power to inspire hope in others.



THE CIRCLE OF HOPE

HopeWest has a special new 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.

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 the Circle of Hope today by returning the enclosed envelope or by setting up your monthly donation online at HopeWestCO.org.

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



for generously contributing to the printing of this newsletter.

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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 NextGen Board.

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

2015 NextGen Board

- Erin Blue
- Liza Boetticher
- Joe Burtard
- Jami Davis
- Brad Feldhaus
- Denise Green, Chair
- Jacob Henderson
- Lindsay Keller
- Breanna Kramer
- Cassie Lonergan
- Heather Lopez
- Craig Madsen
- Katie Mathis
- Lindsey Moss
- Cori Pirzadeh
- Justin Reed
- Andrew Rhoads
- Shanon Secrest
- Clara Brown Shaffer
- Doug Simons, Jr.
- Allie Telinde
- Rob Vavak
- Dave Vindiola
- Mandy Vindiola
- Evan Walton
- Carrie Zentner

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



Create Your Legacy

The Legacy Society at HopeWest

Together we can secure the future.

HopeWest is 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.

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.

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

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

