

# NEWS to friends

— MONTROSE & OURAY COUNTIES EDITION —

AUGUST 2019 | HOPEWESTCO.ORG

## CELEBRATING BELOVED HOPEWEST MEMORY BEAR VOLUNTEER AGGIE

**T**he Montrose Team recently celebrated the life of Agnes Williams, better known as “Aggie” to her family and friends.

Aggie was a HopeWest volunteer along with her daughter and daughter-in-law. For the last 6 years Aggie has been making Memory Bears for patients and their families, providing them with priceless keepsakes. Aggie was recently admitted as a hospice patient and with the help of her daughter, made Memory Bears  
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*HopeWest memory bear volunteer Aggie Williams made 28 memory bears to give to her family, friends and HopeWest care team.*

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Christy Whitney Borchard  
President & CEO

## A note from Christy

Hard to believe we are nearing the end of summer already, it sure has been a busy one! I have traveled to many national meetings trying to stay on top of this ever-changing landscape of healthcare and how it affects hospices across the country. It is eye-opening and I attend these meetings to be a voice for nonprofit hospices that are in the minority these days.

What I do know is that our community-based, nonprofit hospice built by our amazing communities has stayed true to its mission of profoundly changing lives. We have served nearly 24,500 patients and families since we began in 1993. We have evolved as an organization over time but we have not veered from our original mission.

Our accomplishments are not our own but due in part to you, our donors, volunteers and employees. You will see some of our highlights from last year on the next page, thank you for your continued support.

– Christy

*... CONTINUED FROM FRONT PAGE...* for her own family, friends and her HopeWest team. Twenty-eight bears were made in total with a number of them coming to Aggie's HopeWest care team.

Many of these bears were made from the clothing Aggie had purchased at the Heirlooms store in Montrose. It was tradition for Aggie to come shopping every Thursday morning.

Aggie thought of every detail: all the bears have a heart pocket in the front that holds an angel token that was personally prayed over by Aggie; each bear comes with a poem; and one of the bears gifted to staff came with Aggie's HopeWest name tag—she said, “I’m officially handing in my name tag.”

*Aggie was one of the best and she will always be remembered for her generosity, warm spirit, and huge giving heart. Thank you, Aggie, for your legacy.*



*Left: Aggie included a special poem with each bear she made.  
Right: One of the bears Aggie gifted to HopeWest staff included her name tag—she said, “I’m officially handing in my name tag.”*

*For more information about HopeWest  
visit [HopeWestCO.org](http://HopeWestCO.org) or like us on  
Facebook to read more stories like this.*



# Philanthropy Corner



**I** imagine, for a moment, walking down a road. You've been traveling for some time and the terrain has been difficult. You are tired. In the distance, you see a house. As you approach it, you are wary—what if you are turned away? But you knock on the door anyway.

This story is actually the origin of hospice. In early A.D. cultures, a “hospes” house opened its doors to strangers traveling along the road. Except there were no strangers, only guests. “Hospes” in Latin means both guest **and** host and represents how people care for each other.

This, too, is HopeWest—there are many ways our community cares for each other with both financial support and volunteer time. We know no strangers. How can we say that? Because the people who

come to us are our neighbors, our mothers and fathers, our friends. No one is ever turned away for the inability to pay. And, in the true “hospes” definition, we are, in turn, supported by our friends, our family, our neighbors.

The two charts you see at the bottom of the page represent host and guest. The chart below on the left is **you**. It shows the many ways our community supports HopeWest. This generosity allows us to provide the care we all want for our loved ones. Care that goes beyond what Medicare reimburses.

The chart below on the right is also **you**. It shows the programs and services we are committed to providing our community. Services that impact a person's well-being through comfort care, palliative medicine, grief support.

HopeWest has a remarkable history of innovative family-centered care. But it only happens because of you. Should you ever be traveling down the road, know that HopeWest will be here to open its doors for you. Just as you have opened your doors for us.

Thank you for the amazing generosity you show us and each other.

—Nancy

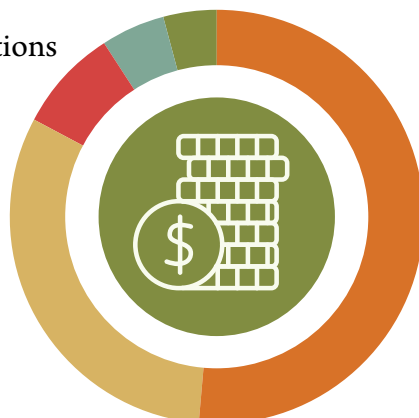
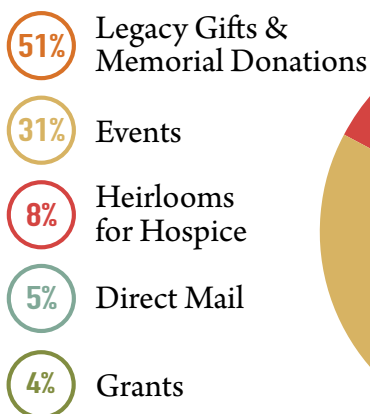


**NANCY HANNAH**  
Director of  
Community  
Relations,  
Montrose &  
Ouray Counties

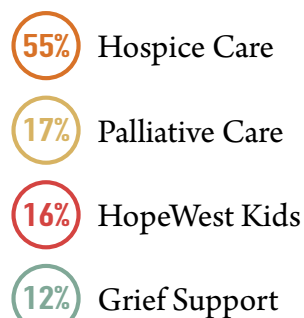
## Generous communities make our care possible

*In 2018, HopeWest volunteers gave 78,685 hours of time—equivalent to more than 2 million dollars!*


### HOW PHILANTHROPIC DOLLARS WERE RAISED\*



### HOW PHILANTHROPIC DOLLARS ARE SPENT\*



\*From HopeWest's 2018 Annual Report. To see the full report visit [HopeWestCO.org](http://HopeWestCO.org).



# How the death of a loved one Changes you

By Catherine Owens, Director of the Center for Hope & Healing

**B**y its nature, the grief journey is a transition: an event that asks you to change from who you were before to who you are after a loss and then to who you will be tomorrow.

It can be particularly unnerving that when grieving people look inside themselves for the strength, the persistence and the courage of their earlier self—they may not find the “me” they have known. It speaks to why C.S. Lewis, in his writings on grief following the death of his wife, wrote, “no one ever told me that grief felt so much like fear.”

Fear as a part of grief makes sense to counselors, social workers, and chaplains at HopeWest. Why wouldn’t fear emerge when you can’t find the once familiar you? And now, you are faced with the challenge of living as the person you’ve become after a loss who looks different than the person who was there before.

Our support is aligned to help you navigate both fear and grief as you experience new ways of feeling, thinking, and acting in the world.

In our grief groups and counseling sessions, you’ll find we may need to spend time working through painful emotions, but we also look at the ways you shift, change, and even grow, as you engage in your unique journey.

As we approach the fall season, I’d like to extend an invitation: consider that time matters when trying to get to know, accept, and value this new, changed you. There is a good possibility that there will be grief in understanding that you are not the same following your loved one’s death.

Fall, as the transition from warmth to cold, can act as “permission” to take extra good care of yourself, to nest inside your home a bit more, to rest and reflect as you come to know more of who you are now.

*“Our support is aligned to help you navigate both fear and grief as you experience new ways of feeling, thinking, and acting in the world.”*

Catherine Owens  
Director of the Center  
for Hope & Healing

## HEALTHY COPING SKILL – JOURNALING

Research suggests that grief journaling after a significant loss has therapeutic value. According to grief experts, the process of understanding “the new you” is one task in the healing process. A grief journal can provide you with a venue for expression without fear of being judged, and will provide a record of your experiences in becoming your new self.

Journals can be empty pages that you fill with thoughts, feelings and questions as you navigate. Some people find empty pages intimidating, and so guided journals with prewritten writing prompts are another choice.

### *IN EITHER SITUATION, A FEW TIPS INCLUDE:*

1. Keep your hands moving. (Don't pause to reread the line you have just written. That is stalling and trying to get control of what you're saying.)
2. Don't cross out. (That's editing as you write. Even if you write something you didn't mean to write, leave it.)
3. Don't worry about spelling, punctuation, grammar. (Don't even care about staying within the margins and lines on the page.)
4. Don't think. Don't get logical. Grief is disorganized in nature.
5. Notice if writing seems to exacerbate grief symptoms to a point that stops your everyday functioning. If this happens, set a short, specific amount of time for writing; many times 15 minutes a day will allow expression and processing, yet also keep your ability to be with your outer daily life and responsibilities.

*A grief journal  
can provide you  
with a venue for  
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your new self.*

*For more resources on grief and loss visit [HopeWestCO.org](https://www.hopewestco.org).*



## MENDING HEARTS GRIEF SUPPORT GROUP

Mending Hearts focuses on adults who have experienced the loss of a loved one. This is an “open” group where one can attend without a multi-week commitment. Each group explores the physical, emotional, social, cognitive and spiritual aspects of life within grief. Our professional counselors and bereavement volunteers create a safe, confidential environment.

### **Upcoming Mending Hearts Group**

Wednesday, Aug. 21 - Wednesday, Oct. 2 | 1:30 p.m. - 3:00 p.m.

HopeWest Montrose Office | 725 S. 4th Street

For more information, please call (970) 497-5200.



# Thank You!

## for Making our 21st Annual Golf Tournament a success!



The statistics are impressive. In 2018 we:

- Cared for 240 people in our Montrose hospice program.
- Touched the lives of 88 people locally through our Living with Cancer and palliative care programs.
- Brought support and hope to 88 children and teens in our community through our HopeWest Kids program.

But those are just the numbers. What actually happened is individuals, families and kids received support, care and comfort when they needed it most.

*THAT'S WHAT THE FUNDS  
RAISED AT OUR GOLF  
TOURNAMENT SUPPORT.  
THANK YOU FOR  
MAKING A DIFFERENCE!*

## FREE DOCUMENTARY SCREENING



Join us for a free educational screening and discussion of the documentary titled, *End Game*, helping to change the way we think about life and death.

**Wednesday, August 28**  
**2:30 p.m. - 4:00 p.m.**  
**HopeWest Montrose Office**  
**725 S. 4th Street**

*Please RSVP to Angie at  
(970) 497-5204 by Monday, Aug. 26*

# Expect the extraordinary

## SPOTLIGHT ON HEIRLOOMS VOLUNTEERS



Our stores offer an experience you won't find anywhere else! Browse our displays and you will find fine jewelry, beautiful furniture, home décor, gently used clothing and antiques.

When you shop at Heirlooms you are also giving back to your community. All proceeds from our stores support the programs of HopeWest.

Heirlooms has a family of more than 250 volunteers who give of their time and talent to support HopeWest. The jobs the volunteers perform are as unique as our volunteers and we are sure to have a place for you!

# HEIRLOOMS

· FOR HOSPICE ·

*Volunteers upcycle donated fabric into bags*

Volunteers at our Montrose Heirlooms are upcycling donated fabrics (yardage, tablecloths, bedsheets, etc.) that may not otherwise be salable into reusable shopping bags that will carry the HopeWest logo. Volunteers are doing the sewing to turn these items into useful—and reusable—bags. Be sure to stop by the Montrose store this upcoming month to shop the completed bags. They will be selling for \$4.00 each.

### **VOLUNTEERS ARE NEEDED FOR:**

- Greeting customers
- Welcoming and helping shoppers
- Sorting & pricing items
- Cashiering
- Display & merchandising
- Repurposing items
- Much more!

## **VOLUNTEER AT OUR MONTROSE HEIRLOOMS STORE!**

Contact our store manager Jessica at [JFeldhaus@HopeWestCO.org](mailto:JFeldhaus@HopeWestCO.org).



725 S. 4th Street  
Montrose, CO 81401

[HopeWestCO.org](http://HopeWestCO.org)

*As a nonprofit, HopeWest is dedicated to profoundly changing the way our communities experience aging, serious illness and grief - one family at a time.*

**CARS  
HELPING  
CHARITIES**



## **DONATE YOUR VEHICLE TO BENEFIT HOPEWEST**

### **Four Simple Steps!**

1. Call Cars Helping Charities (CHC) and mention HopeWest
2. CHC arranges towing
3. CHC sells the vehicle
4. Proceeds go to HopeWest

**ANY VEHICLE, ANY CONDITION, FREE TOWING, TAX DEDUCTIBLE  
Seven days a week, 8:00 a.m. – 8:00 p.m.  
Call (866) 701-2277 to donate today!**