

NEWS *to friends*

SERVING DELTA COUNTY

DECEMBER 2019 | HOPEWESTCO.ORG

A SPECIAL TREAT FROM A GRATEFUL FAMILY

The Delta Team was so privileged this past year to be included in the care of a bright spirit, Ann Marsh. Her inner joy was reflected in her eyes and her infectious smile.

Shared at Ann's Life Celebration was a quote found in her family bible which summed up her personality:

*When the tide of life runs against you,
And the current upsets your boat
Don't waste tears on what might have
been, just lie on your back and float.*

After Ann left us, her daughter Lana Kevan (Dr. Sam Kevan), stopped

by our office with a box of homemade scones and a note for our staff.

"Words alone cannot begin to express my gratitude for all the love and care you gave Mom for over a year. I know she enjoyed the care and visits and cherished all the hugs and kisses. You also helped guide me in making important decisions for Mom's care and happiness. As many of you know Mom loved sweets,

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Ann Marsh, cared for by Hope West, and her daughter Lana Kevan. Lana shared a thank you note and special scones with the HopeWest team.

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Join us on December 10!



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Welcome New Members!
2020 Delta Advisory Board



Dorothy Pew,
Delta Program
Director

A note
from
Dorothy

In this season of gratitude, it seems impossible to come up with a way to adequately thank each of our staff and volunteers, and yet our appreciation for them could not be more profound. It is the daily dedication of our doctors, nurse practitioners, nurses, CNAs, chaplains, social workers, team assistants, support staff, and an amazing army of volunteers that allows us to carry out this sacred work in our community.

We touch nearly a hundred lives each month through our hospice, palliative and bereavement services – and that is the immediate effect! The ripple effect extends to family members, friends, neighbors and colleagues. We all make a difference, and for that we should be extremely proud and honored.

Whether it be a volunteer holiday potluck, a staff christmas breakfast, or simply a “Thank you for what you do!” – know that you are appreciated and valued as a member of this caring community.

No matter how you choose to celebrate, the wish for you is to have a most incredible holiday season and receive ten-fold the blessings you bestow to others through your service to HopeWest.

– Dorothy

... CONTINUED FROM FRONT PAGE... particularly scones! I would often bring in scones and coffee for us to share. The day before Mother’s health really declined, we shared scones and coffee for my birthday. Although she hadn’t eaten much for breakfast, she ate an entire blueberry scone. I hope you can enjoy this box of scones and remember with love my Mother, Anna Marsh. Thank you again for bringing comfort and care into our lives”

– Lana Kevan and Family



HopeWest Registered Nurses, Jean Andre, Dave Taylor, and Pam McGhee cumulatively have more than 120 years of nursing experience under their belt!

THREE HOPEWEST RNS HONORED FOR 120 YEARS OF NURSING

The HopeWest office in Delta honored three HopeWest Registered Nurses, Jean Andre, Dave Taylor, and Pam McGhee, who are entering retirement. Cumulatively, these nurses have more than 120 years of nursing experience under their belt!

“Each of these nurses brought great wisdom and insight to our clinical team,” said Lydia Rhodes, Clinical Team Manager. “We will miss them dearly, but we are so happy they will soon be enjoying well-deserved relaxation.”



Philanthropy Corner

A COMMUNITY BUILT BY YOUR GENEROSITY

Once upon a time in a land far, far away... I always loved telling stories to my kids because it was so fascinating to watch their imaginations soar. It got me thinking about how our imagination works and what part it plays in our perception of the world.

It turns out that we (humans) are uniquely able to imagine ourselves into other people's experiences even though we never had the experience ourselves. It is actually our imagination that enables us to empathize with other people.

When we collectively empathize, it can become a powerful agent of change. For 26 years, HopeWest has worked hard building a community of friends and family who imagined end of life care differently. A community that believes every person facing serious illness, regardless of ability to pay, receives

a dedicated team of professionals committed to providing the very best care to them and their families. A community that believes we all deserve that dignity.

Despite today's health care challenges, together we are able to make that vision a reality every day. We know it doesn't happen everywhere, and it's only possible here because of your support.

We are proud of where we are today and excited about where we are headed. We want you to keep imagining with us and help shape the future of HopeWest.

Warm wishes for a spectacular holiday season,

— Debbie



**DEBBIE
HORWITZ**

Senior Vice
President of
Development

OUR MISSION

We are dedicated to profoundly changing the way our communities experience aging, serious illness and grief – one family at a time.

OUR VALUES

- Honor & Respect
- Openness & Curiosity
- Personal Accountability
- Enjoyment & Appreciation
- Wisdom-Seeking
- Empathy
- Spirit of Volunteerism & Service
- Teamwork with Trust

Read more about our mission and values at [HopeWestCO.org/Mission](https://www.HopeWestCO.org/Mission)



Helping Teens Journey Through Grief

By Joni Beckner, HopeWest Director of Youth Programs

The unique needs of adolescents and their development call for a variety of levels of creative, flexible and individualized support. This particular life stage is difficult enough for most adolescents with regard to identity, self-sufficiency, and independence. But, when a teen experiences a profound loss, their ideas about life are frequently shattered.

During this time, adolescents are searching for independence and focusing on relationships with their peers and less on their family. The primary developmental tasks of adolescence include: establishing individual identity, moving from concrete to abstract thinking,


identifying meaningful moral standards, values and belief systems as well as developing increased autonomy. Although adolescents understand the concept of death, they have not learned that every major loss causes deep and life-altering changes in them.

Therefore, the death of a parent, family member, or friend can throw the teen into an unknown, lonely, and painful place. If this happens the teen may not know how or where they fit anymore. For most teens, “fitting in” is very important and while working through grief, it is common to feel isolated and different. This dissonance is very uncomfortable. Feelings of helplessness, fear, anger,

guilt, and vulnerability are common for teens that have lost a loved one.

Just as children have a tendency to regress while grieving; younger teens may revert to behaviors that they had previously outgrown and may search for a safer or less painful period in their development. Many older teens exhibit symptoms of grief that are similar to an adult, but may feel childlike on the inside. Teens may try to assume adult roles, even turning to and relying on peers for support while withdrawing from parents or other adults.

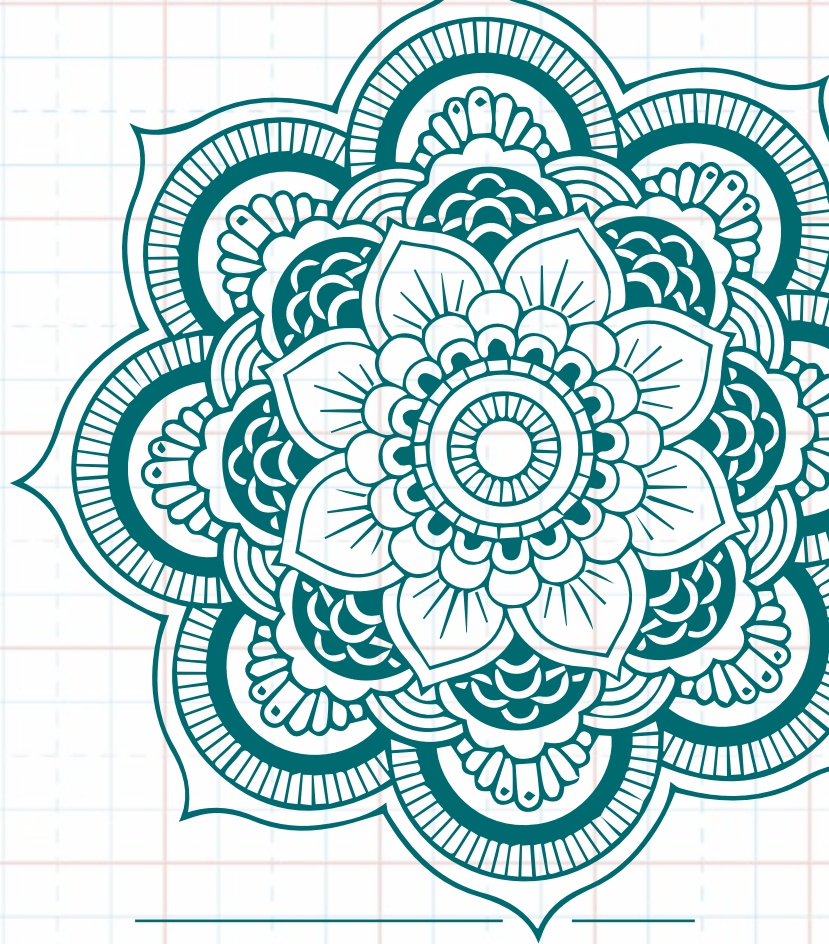
Coping with a major loss profoundly impacts teens and how they see themselves and their connectedness with the world. Teens may need to be given permission to grieve or be encouraged to take time for fun and pleasure. Allowing teens to fully express their feelings, including anger and hostility, and listening closely to their concerns and thoughts, is one of the best ways to support them through their grief.



“The death of a loved one leaves a hole in your heart that will never completely go away but with the help of caring people it will become smaller.” – Darren, 17

HopeWest Kids includes aspects of support, including art therapy, that address the unique needs of teens. Art therapy is a form of communication that is accepted by adolescents; it is successful for many reasons.

- The teen is in greater control of their communication; non-verbal communication is often more comfortable than putting ambivalent feeling to words.
- The pleasure and newness of the activity and “speaking in their own voice” often reduces resistance to the therapeutic process.
- Adolescence is a time of rapid change and artwork provides assessment and clarification of developmental stages. The teen’s changes are often mirrored through their imagery.
- When creating art, teens can problem solve “through the advantage of externalizing problems and taking a fresh view of them from a distance” (p.144). Teens can experiment with a change symbolically on a creative project, before they make real life changes.



Art Therapy Idea: Making a Mandala

Making a mandala is as simple as drawing within a circle. Working within a circle is a tool for focusing and centering. At a time when life feels chaotic this exercise can make you feel calm and centered. It's as simple as doodling in your notebook.

Choose colors that appeal to you and express your feelings. The image above is an example, but feel free to create your own design.

Source: Riley, S. (1999). Contemporary Art Therapy with Adolescents. London, Jessica Kingsley Publishers.

MIDDLE SCHOOL & HIGH SCHOOL GRIEF GROUPS

HopeWest Kids provides eight week grief groups to middle school and high school students. Groups are co-facilitated with school counselors and offered throughout the school year. Teens will focus on topics related to grief education, building vocabulary about feelings, loss stories, coping strategies and simple memorials.

CALL (970) 874-6823 TO LEARN MORE.



10 YEARS

COLORADO
**GIVES
DAY**

DECEMBER 10TH IS

Colorado Gives Day

WHEN

24 hours starting at 12:00 a.m.
Tuesday, December 10

HOW

Online through
[ColoradoGives.org/HopeWest](https://coloradogives.org/hopewest)

WHY

To support HopeWest's
Living with Cancer Program

What makes December 10th different from any other day?

It's Colorado Gives Day! A very special day set aside for online giving to your favorite charity! **Every donation's value is increased on December 10** due to a \$1,500,000 incentive fund provided by Community First Foundation and FirstBank.

Pre-schedule your gift today so together, we can continue changing the way our communities experience aging, serious illness and grief - one family at a time.

About HopeWest's Living with Cancer Program

Receiving a cancer diagnosis can be frightening and overwhelming. HopeWest's Living with Cancer program helps patients and families from the time of diagnosis throughout the duration of illness. Our team works to control symptoms and improve quality of life while providing an extra layer of support to help with emotional and spiritual care. Each person's journey is unique and services are tailored to meet individual needs.

"The peace of mind HopeWest gives me is huge. The team helps me and my wife, my caregiver. I worry less because I know she can get answers and support from the team too."

- Mike, HopeWest Living with Cancer Patient

WELCOME NEW 2020 DELTA COMMUNITY BOARD!



HopeWest Delta Community Board (left to right): Chalmer Swain, Marge Swain, Diane Kissner, Teri Stephenson, Kathy Welt, Karen Huggins, Patti Har, Kathy Shriver, Melody BellCampton, Kelly Landon, Amy Crick, Dennis Dorer, Paige Osborn

At a Social Mixer the Hopewest Delta County Community Board welcomed new volunteer members who will begin serving in 2020.

Retiring members Kathy Welt, Melody BellCampton, and Marge Swain were thanked for their many years of dedicated service to our programs. Board Chair-Elect

Terri Stephenson and Co-Chair Diane Kissner welcomed Chalmer Swain, Karen Huggins, Patti Hart, Kathy Shriver, Kelly Landon, Amy Crick, Dennis Dorer, Paige Osborn, (and not pictured), Claudia St Peter and Stacey DeLisle.

The Delta County Community Board acts as ambassadors to provide information and outreach

to our communities. These volunteers also provide strategic direction for Delta County programming and assistance in the development of philanthropic opportunities. We could not effectively provide our important services without these enthusiastic supporters. Thank you!



Bob enjoying his favorite Shoo Fly Pie, gifted to him by a HopeWest volunteer.

Serving up a Slice of Happiness

Mike, a HopeWest Delta volunteer, and Bob, a HopeWest hospice patient, enjoyed each other's company and their many conversations reminiscing on the good ol' times. During one visit, Bob shared how much he missed eating Shoo Fly Pie. Shoo Fly Pie is a molasses pie made popular by the Pennsylvania Dutch in the 1880s who ate it for breakfast with strong black coffee. Noting Bob's wish,

the volunteer set out on a mission to surprise Bob with a slice of Shoo Fly Pie. Mike researched the pie and even debated trying to make it himself. With good luck, Mike found a local baker who happily took his order.

You can see by the expression on Bob's face – he was thrilled to enjoy a piece of Shoo Fly Pie with Mike.



HopeWest

PO Box 24
Delta, CO 81416

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.



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Proceeds from Heirlooms support the mission of HopeWest, a nonprofit organization owned by the communities we serve.