

NEWS *to friends*

SERVING THE GRAND VALLEY

FEBRUARY 2020 | HOPEWESTCO.ORG

WORLD CLASS MUSICIANS PERFORM FOR PATIENTS AND FAMILIES AT CARE CENTER

Patients, families, and employees at the Ferris Hospice Care Center enjoyed the music of Australian pianist Fiona Joy Hawkins and world-class violinist Rebecca Daniel.

The duo was on tour late last year promoting their newest album, *The Lightness of Dark*. The album was inspired by experiences of grief and loss Fiona and Rebecca faced. They hope that through their music, listeners may let the light in. To see a video of Fiona and Rebecca's Ferris Care Center performance, visit HopeWest's Facebook page at [Facebook.com/HopeWestCO](https://www.facebook.com/HopeWestCO).



Australian pianist Fiona Joy Hawkins and world-class violinist Rebecca Daniel perform at the Mike & Kay Ferris Hospice Care Center.

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HEIRLOOMS
FOR HOSPICE

DELTA

532 Main St. • 970-874-5251

GRAND JUNCTION

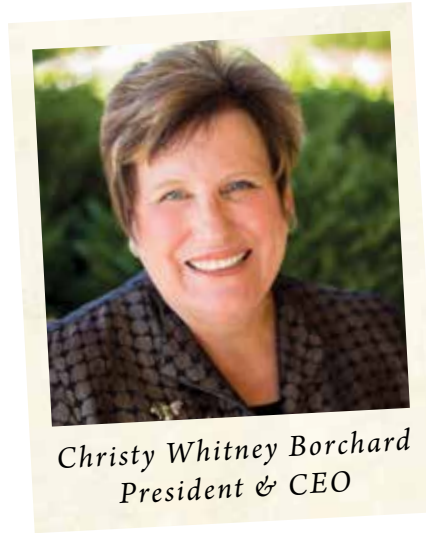
635 Main St. • 970-254-8556

MONTROSE

435 E. Main St. • 970-252-3648

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



*Christy Whitney Borchard
President & CEO*

A note from Christy

It is the advent of 2020, and we can start to see some of the exciting things the future will bring for HopeWest as we celebrate the many "good news" stories across the organization.

Good News from 2019

- We served more patients in hospice care across Western Colorado than any year previous. The numbers are impressive (census over 500 patients), but what it represents happening 24 hours a day and seven days a week in terms of personalized physical, emotional, and practical support is genuinely phenomenal.
- The Ferris Hospice Care Center is busier than ever, which reflects the confidence of both our hospitals and staff in the incredible specialist expertise and family support that happens there.
- Our steadfast programs of support across western Colorado have grown in service because of the wonderful support of our community.
- The first phases of our capital campaign, HopeBlooms, has now raised nearly 8 million dollars, and we received a transformational gift of two million dollars, naming the Care Center, the Ferris Hospice Care Center.
- We launched the CLUB and worked our way through all of the challenges with our emerging P.A.C.E. program we hope to launch in 2020.
- Heirlooms contributed more than \$328,000 to the mission of HopeWest, which is just amazing. This is reflective of the work of hundreds of volunteers as well as dedicated leaders.

2020 will be just as exciting!

- Launch of our new P.A.C.E. program in Grand Junction.
- We celebrate the 20th anniversary of Heirlooms in Grand Junction created by our community and volunteers.
- More collaborations will be coming with our local health care partners, so stay tuned!

In times when lives are turned upside down, know the HopeWest family will be there for you – what a blessing.

– Christy

Philanthropy Corner

HOW YOUR DONATIONS ARE USED AT HOPEWEST

If you are reading this, you know how important generosity is to sustain the care HopeWest offers our community. We simply could not provide the level of services we do without your support. We join with your friends and neighbors in thanking you.

As a donor you have the privilege of directing your gifts to specific programs and services provided by HopeWest.

For instance, if you designate your gift to HopeWest Kids, that money can only be used to pay for expenses connected with delivering those services. Last year, HopeWest Kids provided grief support to more than 700 youth, through school grief support groups, camps, individual and family counseling, and equine assisted therapy. With little to no

insurance reimbursement for these services, your donations ensure the viability of the program.

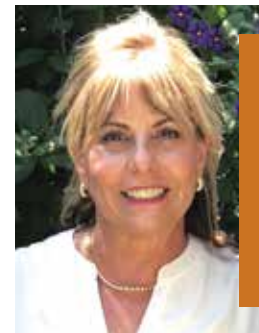
If you make no designation, the money will be used where the need is greatest. What does that mean? Medicare and insurance reimbursement do not cover the cost of the care we all want our loved ones to receive. For instance, having 24/7 access to medical assistance when your loved one is suffering (without calling 911 or going to the Emergency Room) is, to quote one of our families, “a sense of security no amount of money could buy.”

In other words, your generosity enables HopeWest to do what is best for the patient and family without worrying about keeping expenses equal to or below what Medicare pays.

Other programs that may use non-designated philanthropy funds include our palliative care and adult bereavement programs. Like HopeWest Kids, these programs would not be available without your generosity. If you want to know more about these programs or ways to contribute, please see our website, or give me a call at (970) 257-2365, I would love to talk with you.

Thank you for making a difference. We remain forever grateful.

-Debbie



**DEBBIE
HORWITZ**

Senior Vice
President of
Development

State Tax Refund from your 2019 return? Have we got an opportunity for you!



**Registration #
20023005596**

Because HopeWest is a registered Colorado nonprofit, you have the option of donating all or part of your refund to support us. This is an extraordinary initiative and it's as simple as 1,2,3:

1. Decide how much of your state income tax refund to donate (all or part).
2. Enter **HopeWest** and our registration number **20023005596** in the **“Donate to a Colorado Nonprofit Fund”** line (19) on your state income tax return, tax software, or provide this information to your tax preparer.
3. Get that great feeling knowing you helped a cause that matters to YOU!

To learn more about ReFUND CO, or to notify us of your donation, call Jennette at (970) 255-7284.

The Healing Process

Understanding Men's Grief

By Tim Douglas, LPC, HopeWest Counselor & Catherine Owens, LPC, Director of the Center for Hope & Healing at HopeWest

The consideration of men as griever has become an area of focus and research as the field of Bereavement works to better understand grief processing. There are far fewer men who take advantage of grief counseling in group or individual settings and we wondered what we were missing.

What we missed were the healthy yet different methods of grieving

that many men may use that do not include outward emotional expression or talking. Instead, many men share that they “think through” and “take action” to deal with the enormous pain they experience. This growing understanding is supported by the work of Drs. Ken Doka and Terry Martin, who propose that grief responses and processing happen on a continuum from the highly emotional – which

they term “intuitive grieving” to those more cognitive and/or action based – termed “instrumental grieving.”

Notice that whether you are a man or a woman, either may be your personal grief style, and that most people find themselves with a combination of intuitive and instrumental processing.

So, why focus on men? Men and women tend to deal with loss differently. And, both individual counseling and support groups at HopeWest are designed to accommodate the full spectrum of grieving styles – intuitive to instrumental.

We value the opportunity to help men receive support for their pain, and process as they need to in order to integrate loss. We provide opportunities for men to consider various methods or techniques of dealing with problems that arise as the result of a loss by providing an opportunity to ask questions and get answers. Our hope is to provide information in an effective way that will help those who have suffered the loss of a loved one.

THE GRIEF JOURNEY

SEEKING SUPPORT

Grief is experienced in so many ways – physical, emotional, and spiritual. One needs a place to recognize that these reactions are part of the journey of grief. While every loss is unique, through support groups or one-on-one counseling, you can be in the support of others who have experienced loss and understand.

IF YOU HAVE SUFFERED A LOSS, CONSIDER THESE QUESTIONS . . .

Are you finding solitude, thinking and action are what you need?
Are you hearing concern from loved ones that “you aren’t grieving?”
Are you unsure if you are grieving at all, and want to better understand yourself?

If your answers leave you with more questions, seeking support during this time can help. Call (970) 257-2390 or visit HopeWestCO.org to learn more about grief support services offered by HopeWest.

HOPEWEST GRIEF SUPPORT SERVICES

HopeWest offers an array of support groups where you can learn how to cope with grief and connect with others. Many of these services are free. Others are offered at a nominal fee on a sliding scale basis or are covered by insurance.

INDIVIDUAL & FAMILY COUNSELING

Counseling sessions are available to anyone who has experienced the death of a loved one or is connected to someone with a serious illness.


MENDING HEARTS

Mending Hearts is an adult support group for all loss types. As members share their experiences, they help one another work through and come to terms with the new realities of life.

FORGET-ME-NOT GROUP

This group provides a place to explore grief and its impact on the family. Families will receive education and support regarding the grieving process. Children and teens will work in age-specific groups, as will parents, allowing participants to connect with peers facing similar experiences.

*VISIT HOPEWESTCO.ORG
TO SEE ALL AVAILABLE
SUPPORT GROUPS*



“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, LPC, Director of the
Center for Hope & Healing at HopeWest*

The Circle of Hope



Join your friends and neighbors in changing the world

One person's generosity has the power to inspire hope in others. HopeWest has a special 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 aging, serious illness and grief. By joining the Circle of Hope, your donation goes directly to funding transformational programs right here in our community. Join today by using the enclosed envelope or visiting HopeWestCO.org.

MESA COUNTY CIRCLE OF HOPE MEMBERS*

Taryn Andrey
John and Diane Anglim
Kate Avery
Cheri Bahrke
Elizabeth Bartoszek
Kathy Baughman
Ben and Shirley Beauregard
Joni Beckner
Lisa and Robert Bickley
Charlee Boger
Christy Whitney and Kent Borchard
Joseph and Jill Breman
Gloria Brito
Rebecca Brown
Richard and Lois Bryant
Heather Burns
Nina Burriss
Don Campbell
Michael Carr
Thom and Cynthia Copp
Rudolph Crespino
Mandy DeCino
Tom Dykstra
Larry and Joanne Eggers
Virginia Essink
Robert and Kay Fiegel
Mary Garcia
Judy Goodhart
Wilma and Alex Graehling
Donald and Linda Gregory
Bob and Dennie Griffith

Leneé Grisier
Peter Hackett
Todd Simpson and Denese Hansen
Rose and Fred Hopping
Dr. Michael and Debra Horwitz
Doug and Kathryn Hovde
Carla Inskeep
Steven and Laurie Irion
Robin Jenkins
Donald Jensen
Sandy Kent
Dennis and Karen Kiefer
Larry Koller
Pat and Marcia Lackey
Al Kreinberg and Kim Last
David and Robin Maddox
Dr. Rebecca and Jay Mashburn
Karen McGuirk
Don McKelvey
Georgia Meacham
Pete and Lydia Meyers
Karen Milbank and Dr. William E. Ellinwood
Laura Miller
Sheron Mitchell
Kimberley Moore and Dr. Richard A. Moore
Rose Moore
Lisa Morrow
Royce Ann and George Mosher
James Nelson

Anne B. Nichols
Ranel Noble and Kara Whiting
Jill Norris
Kathleen Callahan Odefey
Susanne O'Dell
Jim and Kathy O'Shea
Patricia Owen
Penelope and Byron Pulliam
Shirley Quinn Bailey
Thomas and Linda Rau
Howard and Diane Revie
Carolyn and Harry Richards-Brown
Beverly M. Schulman
Robert and Sheila Schweikhardt
Mary C. Simpson
Wayne and Joyce Smith
Mitch Thomas
Dick and Gaylene Thompson
Judy Vanderleest and Andy Kelley
Donna Villers
Terri Walter
Kevin Watt
Mary and Marc Wendland
Jane and David Wheeler
Mark and Mary Wigington
Mildred Williams
Eugene and Linda Wilson
S. Todd Young
Les and LeAnn Zetmeir

**as of 01/21/2020 – names are listed based on location, not where the gift is designated.*

MAKING A PAWS-ITIVE IMPACT

SPOTLIGHT ON PET THERAPY VOLUNTEERS



MEET CACHE THE STYLISH POODLE

Meet Cache, a HopeWest Therapy Dog with a vibrant personality and outfits to match! She visits hospice patients and their families to provide comfort and support in a way that only our 4-legged friends could. During this visit, Cache sported a custom poodle skirt made by a friend all the way in Oklahoma!

Cache's handler, Christine, explains that the poodle's stylish outfits have an interesting story. While sharing conversations with a woman sitting next to her on a plane, Christine shared that she and Cache volunteered for HopeWest. The woman was so impressed by this Christine and Cache's generosity of the heart that she insisted on making the little poodle an outfit a month to wear to her visits with hospice patients.

This story is another amazing reminder of how far generosity can reach. If you're interested in becoming a Pet Therapy Volunteer at HopeWest, contact our Volunteer Department at (970) 241-2212 to learn more.



*Irene the Corgi
volunteers with
owner Beth*



*Mason the Miniature Schnauzer
volunteers with owner Nikki*



*Boomer the Rhodesian Ridgeback
volunteers with owner Elizabeth*





HopeWest

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

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!**