



HopeWest

# NEWS to friends

## GRAND VALLEY EDITION

JULY 2019 | HOPEWESTCO.ORG

### From a Grateful Family Member

*"Our experience at the HopeWest Hospice Care Center was great. The care my mom received was more than I could imagine possible. You have high-quality staff and everyone here sees their role as more than just a job. I am taking good memories with me. Thank you so much to my mom's great team. I can't find the words to express how grateful I am."*

Because of the generosity of our community we were able to serve 615 patients at the Hospice Care Center in 2018. Thank you for your continued support!



## WHAT'S INSIDE



03

**Philanthropy Corner**  
Leaving a Legacy



04

**Healing Through Grief**  
Begin Your Journey to  
Hope & Healing



06

**HopeWest Kids**  
Camp Good Grief 2019



Christy Whitney Borchard  
President & CEO

## A note from Christy

Happy summer to our friends in the Grand Valley! We are officially half way through 2019. I knew this year would fly by with all of our activity across the organization but secretly I had hoped it would slow down a little.

We have our consistently dedicated team of donors, volunteers, and employees to thank for so many things. Below is just a glimpse of some of the recent activity:

- Our program is expanding this fall to include the Center for Living Your Best, located on Compass Drive in Grand Junction. This will include the CLUB and PACE to follow in 2020.
- We received a deficiency free audit from the State of Colorado. An audit happens about every three years through an unannounced survey.

It has been such an exciting year already and we are looking forward to what's yet to come this year!

- Christy



## The Center for Living Your Best

COMING THIS FALL!



Due to the partnership and generosity of so many in our community, the Center for Living Your Best is on schedule to open this fall. The Center will enhance the every day lives of older adults in Mesa County. These various programs work together in a coordinated manner to address their changing needs.

**THE CLUB** is a set of programs and services provided to members on a monthly and fee-for-service basis. The CLUB will offer a vibrant environment for older adults who are seeking lifelong learning opportunities, friendship, and support for remaining independent for as long as possible. Some of the exciting features of monthly membership include:

- Classes and activities – card games, gardening, Tai Chi, putting green, crafts, movies, art and more!
- Field trips to The Art Center, museums, Heirlooms for Hospice and more local attractions!
- Convenient access to activities and services all in one location.
- Access to The Curling Iron Hair Salon and Whiskers Barbershop
- Member discounts at locals businesses, Spoons bistro & bakery, Artful Cup and Heirlooms for Hospice.

# Create Your Legacy



*"We can only be said to be alive in those moments when our hearts are conscious of our treasures." - Thornton Wilder*

**O**n Memorial Day last month, I was walking through our beautiful Grand Junction Care Center Campus and I overheard a family talking about a loved one.

They made a remark about the incredible legacy he left to his family and also the community. We hear about legacies "living on" when they continue to affect those in the present. It made me stop and think about what I want to leave the world.

The idea of leaving a legacy is the desire to be remembered for what you have contributed to your family, your community, and your world. In some instances, the contribution is so big that the universe is forever changed. However, for most of us,

while the legacy we leave may not change the world, we can leave a lasting footprint that will be remembered by those whose lives we've touched.

I have been blessed with abundance and I try to be mindful of sharing the richness of my life daily. It is always my intention to give back to others when I can. Everyone has blessings to share, even if it is a smile or a kind gesture.

In making the decision about where money and assets go, people often end up with a deeper understanding of themselves, what matters most to them, and why. Writing a will is one of the most profound manifestations of your own values. There are many opportunities during life to share your blessings

and many opportunities to impact the future when you are gone. So, what do you want your legacy to be?

If you are interested in talking more about your legacy, I would be privileged to talk with you. Give me a call at (970) 257-2360.

*-Debbie*



**DEBBIE  
HORWITZ**

Senior Vice  
President of  
Development

# How to begin your journey to Hope and Healing

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

**M**any people who are grieving find themselves unsure of common reactions. Who is this person who cries unexpectedly? Why can't I think clearly enough to remember my appointments? Am I the only one who talks aloud to their deceased loved one? Why don't I want to leave my bed? Why are simple tasks like taking a shower so difficult? These are common happenings for those experiencing grief.

At its heart, grief is the healthy response to love. Whether the

relationship we had with our loved one was simple, happy, difficult, distant or close - each present with grief and the need to find a new way to be.

Navigating life without your loved one can feel overwhelming, but our experienced and credentialed counselors can collaborate with you to best understand the specific pains and support that you may need during this challenging time. A good way to start on your path to hope and healing is to become familiar with the terms grief and mourning. While both are often

used interchangeably, grief and mourning contain subtle, but important differences.

**Grief** refers to our thoughts and feelings on the inside and is usually our initial and private response immediately after the loss of a loved one. We feel bereaved, which means "torn apart."

**Mourning** is an external response to loss. Mourning takes our internal grief and externalizes it in the form of an action, symbol, ceremony or ritual that activates social support. Mourning is essential for creating

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## THE SIX PROCESSES OF MOURNING

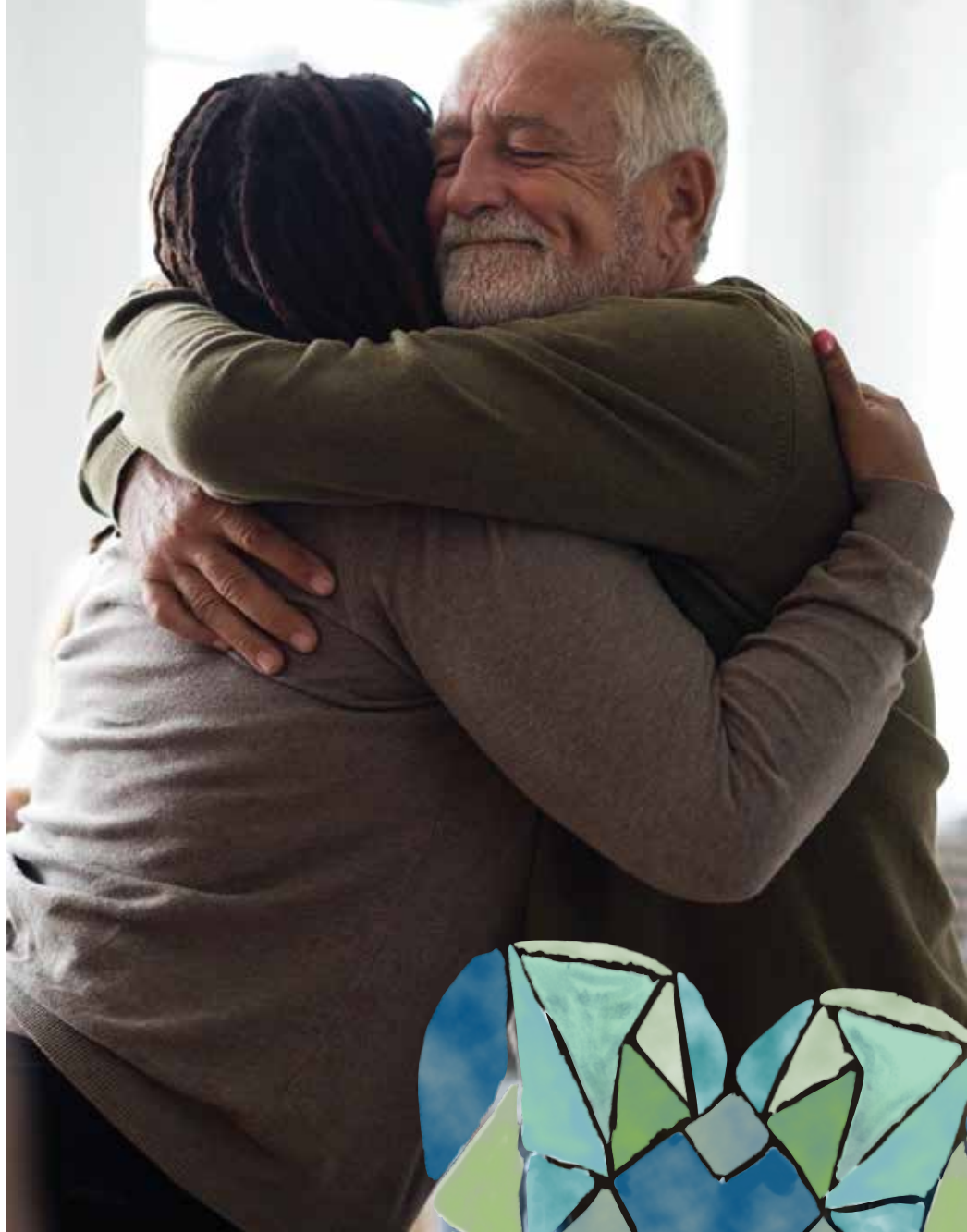
- 1. Recognizing and understanding the reality of the death** – gently confronting the reality that a loved one has died and will not return.
- 2. Experiencing and expressing the pain of grief** – embracing all the thoughts and feelings that result from the death of a loved one.
- 3. Re-experiencing your relationship with the deceased** – coming to a completion of the relationship: forgiving, asking forgiveness, expressing gratitude and offering a final goodbye.
- 4. Developing a new self-identity** – separating the love you have for the one who has died and rediscover the part of loving which belongs in this world; your ability to give and receive love here on earth.
- 5. Readjusting to life** – learning to develop new routines, handle new responsibilities and interact with people in new ways.
- 6. Continuing to reinvest and move forward** – finding new value in life and building a system of many supports to meet the varied needs we have.

*Read more about the Six Processes of Mourning at [HopeWestCO.org](http://HopeWestCO.org).*

movement within the state of grief. Without external mourning, grief can turn to “carried grief.”

So how do we move from grief to mourning? Funerals are one way to help us begin to mourn by externalizing our feelings. Another option is support groups. By coming together with a group of people to express your honest feelings, you will find a healthy way to release these feelings while also finding love, support and encouragement from each other.

HopeWest grief support offers services to individuals and families who have experienced a loss whether it be through our hospice program or not. Our staff of experienced counselors and social workers collaborate with you to best understand the specific pains and support that may help you during this challenging time. Visit [HopeWestCO.org](http://HopeWestCO.org) to learn more about the variety of grief support programs we offer.



# Support Group Spotlight

## MENDING HEARTS

Our Mending Hearts support group is a weekly offering that focuses on widows and widowers experiencing grief. 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 place for sharing, listening, learning and even at times laughing.

**For details about our Grand Junction group, please call (970) 257-2390 or visit [HopeWestCO.org/grief-support](http://HopeWestCO.org/grief-support).**

# CAMP

**GOOD GRIEF! 2019**

**- Seasons of Grief -**

HopeWest Kids  
**July 19 - 21, 2019**  
Camp Cedaredge



**Games**   **Water Play**   **MUSIC**  
**Memorial Service**  
**Face Painting**  
**ARTS & CRAFTS**   **Meet New Friends**

Camp provides a safe and compassionate environment for children and teens going into 3rd through 8th grades to explore their grief issues with peers and enjoy the outdoors. HopeWest staff and trained volunteers guide campers through activities such as art, music, and storytelling, with free time for hiking and fun. Camp takes place over a weekend. There is a \$35.00 fee to attend camp. Scholarships are available.

**For more information please contact HopeWest Kids at (970) 245-5377 or visit [HopeWestCO.org](http://HopeWestCO.org).**

HopeWest  
Kids

HopeWest Kids is our program for grieving children and teens. Experienced counselors also help parents learn the best way to help their children as a loved one is seriously ill or dying.

Funded through donations, HopeWest Kids focuses on children and families in our community regardless of whether or not they have had a family member served by HopeWest.

# People *Caring* for People

## SPOTLIGHT ON PATIENT & FAMILY SUPPORT VOLUNTEERS

Our Patient & Family Support volunteers provide respite for caregivers and companionship for patients wherever they call home. Support may include:

- Providing companionship
- Sharing hobbies, listening to music or reading to patients
- Assisting with transportation, running errands, light housekeeping, respite care or meal preparation
- Playing music for patients and families to enjoy
- Baking cakes for patient birthdays or special events

*“One little act of kindness, whether holding someone’s hand or just being with them in their final hours, has such power.”*

–Bonnie Ball,  
Patient Support Volunteer



## Volunteers are Generosity in Action!

At HopeWest, we see the impact volunteers have on the lives of our patients, families and employees every single day. As a nonprofit organization, where no one is ever turned away for care, we understand and value the importance of our volunteers.

## Current Patient & Family Support Volunteers

– Ideas for Patient Visits –

- Tell stories with the patient
- Watch a movie/television
- Look through picture albums
- Read magazines
- Email or write letters
- Make cookies with the patient
- Play cards
- Solve a puzzle with the patient
- Play board games
- Listen to an audio book
- Record their autobiography

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**JOIN OUR FAMILY OF VOLUNTEERS BY VISITING [HOPEWESTCO.ORG](http://HOPEWESTCO.ORG)**

Whether you are interested in being a patient and family support volunteer OR choosing from many volunteer opportunities, we have a position for every interest.

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# 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.*



@HeirloomsForHospice

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**YOUR FAVORITE STORE  
ON FACEBOOK!**

**MONDAY** *through* **SATURDAY**

..... 10:00 a.m. – 5:30 p.m. ....

**DELTA**

532 Main Street | (970) 874-5251

**GRAND JUNCTION**

635 Main Street | (970) 254-8556

**MONTROSE**

435 E. Main Street | (970) 252-3648