

NEWS *to friends*

GRAND VALLEY EDITION

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WEDDING CEREMONY AT ARTFUL CUP

Instead of wedding bells, one soon-to-wed couple heard coffee percolating inside their meaningful wedding venue – Artful Cup. Van and Catherine met at the Mending Hearts grief group that meets every Thursday in Artful Cup. After meeting each other in Mending Hearts, Van and Catherine ran into each other again and the rest was history.

When considering how they wanted their ceremony to go, the couple wanted it to feel like “them.”

“We wanted to get married somewhere meaningful,” said Catherine. “We

picked the Artful Cup because it almost seems like a church because of all we’ve done here.”

Van and Catherine asked Jef Ray, the HopeWest Chaplain who led their Mending Hearts group, to officiate their wedding because of the impression he made on them.

Reflecting on the short and sweet ceremony witnessed by their two closest friends, Van and Catherine were beaming with smiles and full of emotion.

“It’s amazing and hard to put into words,” said Catherine.



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Calcutta for a Cause



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

Benefiting HopeWest Kids

SEPTEMBER 20-21, 2019

TWO-DAY / TWO-MAN TOURNAMENT

\$275 PER PLAYER

BOOKCLIFF COUNTRY CLUB

FRIDAY-1:00p.m. SHOTGUN • SATURDAY-9:00a.m. SHOTGUN
SILENT AUCTION, CADDIES, LIVE SCORING AND MORE!

Calcutta reception after Friday's round,
breakfast & celebration lunch on Saturday.



All-Inclusive Trip
for TWO to the
2020
WASTE MANAGEMENT
PHOENIX OPEN

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GENEROUS SPONSORS!



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VALLEY SURGICAL, AESTHETICS
& VEIN CARE; DR. BRAD CASE

For sponsorship and entry information
contact Terri Jones at (970) 255-7254 or
TJones@HopeWestCO.org

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.

—Debbie

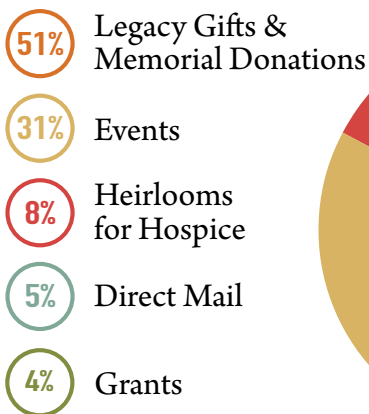


DEBBIE HORWITZ
Senior Vice President of Development

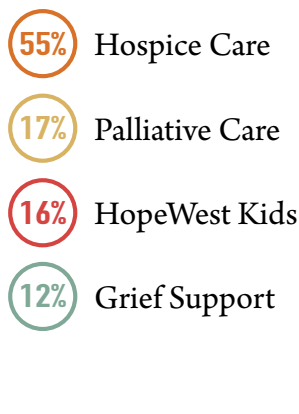
Generous communities make our care possible

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.

How the death of a loved one

Changes you

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

By 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 expression without fear of being judged, and will provide a record of your experiences in becoming your new self.

For more resources on grief and loss visit 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.

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

JOIN US FOR AN EXCLUSIVE
OPEN HOUSE AT

The CLUB



Before the CLUB opens to the public, we're hosting an exclusive Open House especially for you! If you have any family or friends that may be interested in joining the CLUB, please invite them.

**SATURDAY, SEPTEMBER 7
& SUNDAY, SEPTEMBER 8
12:00 P.M. - 5:00 P.M.
THE CLUB
2754 COMPASS DRIVE
GRAND JUNCTION**



The Club is a place for older adults to make friends and have fun. Monthly memberships include access to activities, classes, gathering spaces, café, marketplace and complementary transportation. Also included are home safety assessments and access to appointments at our nurse clinic.

The **CLUB**
at the Center for Living Your Best
HopeWest

LEARN MORE AT TheCenterforLivingYourBest.org

Expect the extraordinary

SPOTLIGHT ON HEIRLOOMS VOLUNTEERS



HEIRLOOMS

· FOR HOSPICE ·

Meet our volunteer Alice!

She has been helping at the Grand Junction store for 6 years now. She started in the sorting room but now spends most of her time at the cash register interacting with and helping shoppers! She also has an eye for design so sometimes she helps us create floral arrangements and merchandise the store. We are grateful Alice dedicates her time and talents to us.

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!

VOLUNTEERS ARE NEEDED FOR:

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

VOLUNTEER AT OUR GRAND JUNCTION HEIRLOOMS STORE!

Contact our store manager Pam at PBarnes@HopeWestCO.org.



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!**