

NEWS *to friends*

SERVING THE GRAND VALLEY

DECEMBER 2019 | HOPEWESTCO.ORG

EXTRAORDINARY VISION & COMMITMENT MOVE HOPEWEST TOWARD THE FUTURE OF CARE

Mike and Kay Ferris have always been deeply committed to the community and have always inspired others around them to look to the future and support the things that make Western Colorado such an extraordinary place to live. They have a lot to be proud of.

HopeWest was privileged to be there when Mike, after a lengthy illness, came to the Care Center where he spent his final days. It was appropriate

that he do so since he and Kay were among the first to step up and contribute to building the Care Center back in 2004.

Since that time thousands of families have found the solace that comes from being cared for in this beautiful facility when facing the end of life with loved ones.

That being said, HopeWest was absolutely thrilled and completely

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The Hospice Care Center has been named the Mike & Kay Ferris Care Center in honor of their extraordinary gift to HopeWest.

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Join us on December 10!



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Proudly Supporting United Way
HopeWest a Pacesetter Company



Christy Whitney Borcard
President & CEO

A note from Christy

I know I will sound cliché, but it is hard to believe 2019 is coming to a close. As an organization, we have so much to be thankful for and much of that is made possible through our amazing employees, volunteers and donors right here in Mesa County. Generosity is abundant during the holiday season, but I am reminded each and every day of how much our employees and volunteers go above and beyond to care for patients and families.

Most recently the team shared with me a special trip they are planning for a patient. The patient has dementia, but one of the things she still remembers is raising horses when she was younger and her tremendous love for them. The team is now coordinating a visit to a horse ranch where she can pet and spend time with the animals.

We would not be the organization we are today without the support of every one of you making this type of personalized care possible, so thank you! Have a wonderful holiday season.

- Christy

... CONTINUED FROM FRONT PAGE... blown away when Kay said she wanted to make a special gift to insure that the extraordinary level of care Mike received could continue well into the future for others.

Their transformational gift, to assure the future of care and the success of the HopeBlooms expansion project, could not have come at a better time. We could not be more grateful for it.

To honor their inspirational generosity, the Mike and Kay Ferris Care Center was dedicated on November 22, 2019.

For more information about HopeWest visit HopeWestCO.org or like us on Facebook to read more stories like this.



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Proceeds from Spoons support HopeWest.





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 in 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.

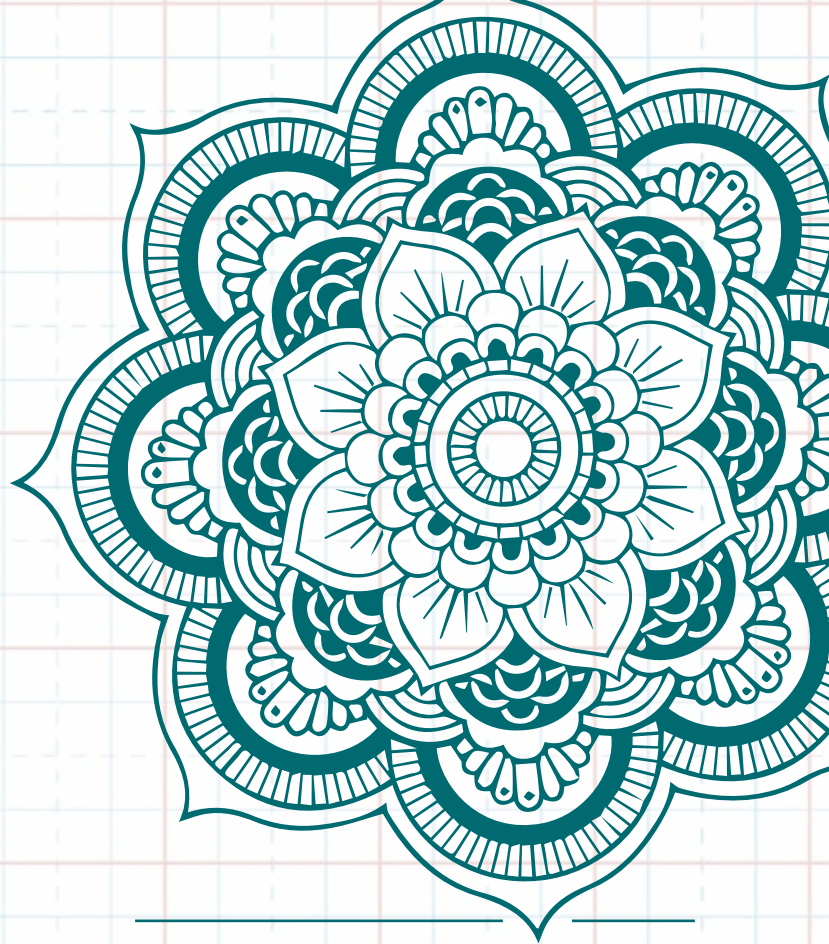
Coping with a major loss profoundly impacts teens and how they see themselves and their connectedness with the world. Teens may need to be given permission to grieve or be encouraged to take time for fun and pleasure. Allowing teens to fully express their feelings, including anger and hostility, and 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) 241-2212 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

The Spirit of Generosity

LIVES IN HOPEWEST EMPLOYEES

HopeWest is proud to support United Way of Mesa County by raising \$50,206 toward the nonprofit's \$1 million goal. HopeWest has raised a total of more than \$500,000 for the United Way of Mesa County since 1993.

"The spirit of giving is deeply engrained into our employees at HopeWest," said Mary Wigington, Pacesetter Committee Chair and VP of Human Resources. "As an organization that often relies on grants allocated by United Way of Mesa County, our employees see this as an opportunity to give back to the community and support other nonprofits who stand behind the health, education, and self-reliance of every person in Mesa County."

As a Pacesetter Company, HopeWest, among 32 other local organizations, create themed campaigns to jump-start the annual United Way fundraising goals. The HopeWest United Way Committee created an outstanding performance based on the 1983 movie "Back to the Future." The production was complete with costume, props, sound effects and video that inspired 156 HopeWest



Top: The HopeWest United Way Committee in costume for their United Way fundraising campaign skit based on the movie "Back to the Future."



Left: Jacquie Chappell-Reid, HopeWest Director of Major Gifts (middle) accepting "The Great Scott Award" from United Way.

Mesa County staff members to give. This show earned HopeWest two awards presented at the United Way luncheon. The first award, "You Built a Time Machine Out of a DeLorean?" was awarded to HopeWest for the most creative use of this year's workplace campaign

theme. The second award, "The Great Scott!" was presented to HopeWest for the greatest overall campaign increase during the pacesetter phase. The committee looks forward to next year, using their good-humor and creativity to benefit a serious cause.



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.



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