

# NEWS *to friends*

SERVING MONTROSE & OURAY COUNTIES

DECEMBER 2019 | HOPEWESTCO.ORG

## IT TAKES A TEAM...

Every day the Montrose team – both clinicians and Heirlooms staff – work together to bring comfort to our patients. But it doesn't stop there. They work together across offices to assure the very best in hospice care. Recently, there was a good example.

The HopeWest Montrose team worked diligently to assure their patient, Mr. Duran, was comfortable. Who could have predicted that it wouldn't be a medicine that made all the difference, but a chair? The clinical team noticed that the patient could not get comfortable, and it became clear

that it was all because of his chair! Over the years, his well-loved chair had become cracked, crooked and no longer was able to lift him to a standing position. What to do? Those chairs are expensive, but when in trouble, put a call out for help!

It was Amanda in the Delta Heirlooms store that came to the rescue. She found a lift chair in the store and priced it affordably. Now, all we had to do was move it. Unfortunately, the patient's son had just sustained a broken shoulder and was unable to

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Mr. Duran resting in his new chair that the HopeWest team found for him.

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**Thank You!**  
Extraordinary Volunteers



Kelly Thompson,  
Montrose Program  
Director

A note  
from  
Kelly

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 well over 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, marching with the HopeWest entry in the Christmas Parade of Lights, 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.

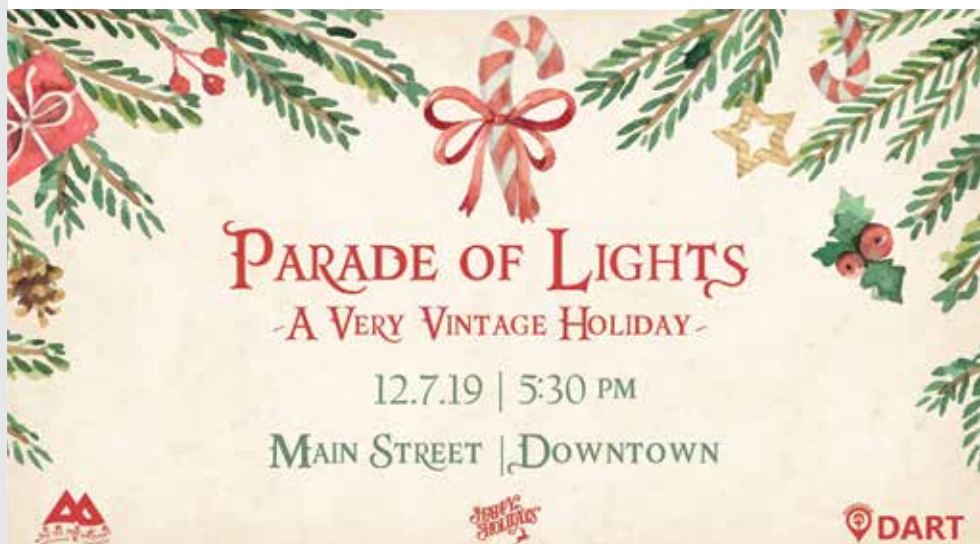
– Kelly

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move anything. Another call for help. This time it was the Montrose Heirlooms team that came to the rescue. They got moving and delivered the chair to the patient and his primary nurse, Holly, who made sure to be there to assist.

Teamwork like this is so common we almost take it for granted, but we shouldn't. We are grateful for the kind of people who work for HopeWest who make both the big and small miracles happen for our patients and families.

For more information about HopeWest visit [HopeWestCO.org](http://HopeWestCO.org) or like us on Facebook to read more stories like this.



## Watch for the HopeWest & Heirlooms float in the Parade of Lights!

HopeWest is participating in the Montrose Parade of Lights on December 7. This year's theme is “A Very Vintage Holiday” and the HopeWest entry is titled, “A Dickens of a Christmas Carol.” Scrooge, Tiny Tim and the Cratchits are rumored to be in town for the event!

Staff and Volunteers both from the clinical office and Heirlooms will be participating in designing and building the float as well as marching in the parade that evening. Last year, more than 2,000 community members attended the parade and it was a great opportunity for us to get the face of HopeWest known! Join in the fun if you are in town!



# 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.

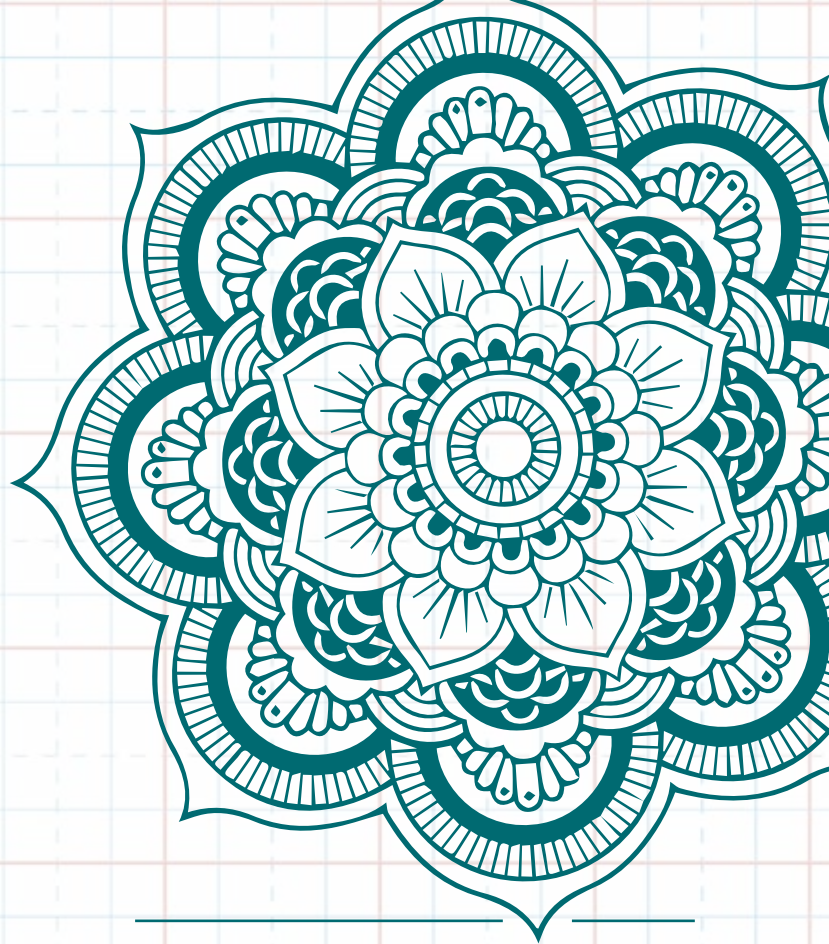
Coping with a major loss profoundly impacts teens and how they see themselves and their connectedness with the world. Teens may need to be given permission to grieve or be encouraged to take time for fun and pleasure. Allowing teens to fully express their feelings, including anger and hostility, and 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) 240-7734 TO LEARN MORE.**



10 YEARS

COLORADO  
**GIVES  
DAY**

DECEMBER 10<sup>TH</sup> 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

"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

#### **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.

# Thank You

## TO ALL OUR EXTRAORDINARY VOLUNTEERS!

**A**t 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.

Recently, we celebrated all of our fabulous volunteers with an annual Holiday Volunteer Potluck in November at Baldrige Community Hall. This is a combined effort on the part of the

Heirlooms staff and our Volunteer Coordinator, Angie Cooling.

Main dishes and beverages were provided and volunteers brought side dishes to share – volunteers are also fabulous cooks and this year's food had to be the best ever! We did this dinner early this year to take advantage of Daylight Savings Time and to try and get ahead of the busyness of the approaching season; we had nearly 100 in attendance between the volunteers and staff.



## Volunteers are Generosity in Action!

### RECENT HIGHLIGHTS

- ★ Tammy Jamison, our only hair stylist, has filled 11 referrals for haircuts within the last five weeks!
- ★ Christine Beiriger, a patient care volunteer, filled a last minute respite referral receiving the call at 3:30 in the afternoon and showing up the next morning at 11:00 for an extended 2 hour visit—now that's flexibility! This is just an example of how so many of our patient care volunteers respond to our patients' needs.
- ★ Many already know we lost Martha, our pet therapy dog, this past summer. We have had two heaven-sent therapy dogs come to us since that time and both already have patient assignments. Martha's owner, Linda Noblett, has acquired a new puppy and the training has already begun towards a Therapy Dog Certification.

## JOIN OUR FAMILY OF VOLUNTEERS BY VISITING HOPEWESTCO.ORG

We have a position for every interest! Choose from many volunteer opportunities including:  
Patient & Family Support • Heirlooms Store Merchandising • Special Event Decorating  
Massage Therapists • Barbers • Hair Stylists • Reflexology Therapists • And More!





# HopeWest

725 S. 4th Street  
Montrose, CO 81401

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.*



## HEIRLOOMS

· FOR HOSPICE ·

# Upscale Resale

**DONATE • SHOP • VOLUNTEER**

**DELTA**

532 Main Street • 970-874-5251

**GRAND JUNCTION**

635 Main Street • 970-254-8556

**MONTROSE**

435 E. Main Street • 970-252-3648

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