

# NEWS *to friends*

SERVING DELTA COUNTY

FEBRUARY 2020 | HOPEWESTCO.ORG

## CREATING TREASURED MEMORIES

**A**t HopeWest we often hear of the impact our volunteers make on patients and families in our care. But for one HopeWest volunteer in Delta County, her simple act of kindness turned into a memorable experience she says she will always treasure.

Pam Woods, made a routine volunteer visit at the home of hospice patient John, better known as “Dude.” During her first visit, she brought a memory keeper journal, a tool intended to preserve the life history of patients, which also makes for a great way to break the ice.

Prompted by questions in the memory keeper journal, Pam witnesses a special experience for Dude and his wife, Gwen, as they reminisce on sweet memories. Although they didn’t complete all the pages in the journal, Pam felt she was able to build a connection with Dude and get to know him personally during their brief visit.

Following her visit, Dude’s family asked if Pam would be willing to help write his obituary. “I was shocked,

*... CONTINUED ON NEXT PAGE...*



*HopeWest patient care volunteer Pam Woods with a memory keeper journal.*

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Dorothy Pew,  
Delta Program  
Director

A note  
from  
Dorothy

Welcoming our most recent members of the HopeWest Delta County Community Board has reminded me that HopeWest has a long history of being a community-owned organization.

We are here to support our neighbors in challenging times, and our volunteer board is helping create those networks and shape the programs that provide services to make a positive difference. Because the board understands the importance of community, their input and advocacy are essential to our success.

As is human nature, to feel as though we are valued and respected, we need to be part of a community. Whether it's a community of friends, neighbors, volunteers, or coworkers, working together makes you feel like you are a part of something bigger than yourself.

One of the most important things HopeWest does is to help people know they are not alone. Should we all resolve to be a part of something bigger than ourselves by giving of our time and talent to ease our neighbor's burden?

— Dorothy

...CONTINUED FROM FRONT PAGE... honored and pleased that we had made such a great connection,” said Pam.

Using information she gathered in the memory keeper journal and from his family, she drafted an obituary for the family to review. The final copy ran in the Delta County Independent celebrating and commemorating Dude.

Interested in becoming a HopeWest Volunteer? Learn more about our volunteer opportunities at [HopeWestCO.org](http://HopeWestCO.org).



(Left to Right) Amanda Twamley, Store Manager; Janet, Volunteer; Paula, Volunteer Dewey Blair; Assistant Store Manager; Ofelia, Loyal Customer accept the 2020 Beacon Best Award.



## THANK YOU FOR CHOOSING DELTA HEIRLOOMS AS A 2020 BEACON BEST STORE!

Congratulations to Delta Heirlooms for being chosen as the Beacon's Best Second Hand Store in Montrose and Delta!

“Thank you, thank you! We appreciate everything you do for Heirlooms and HopeWest. Your donations, your purchases, as well as your time, help us to support your friends, neighbors, and family during a difficult time of life,” said Amanda Twamley, Heirlooms Delta Store Manager.

Donate or shop Delta Heirlooms at 532 Main Street, Monday – Friday, 10:00 a.m. - 5:30 p.m.

# 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.

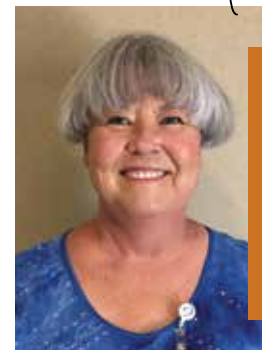
If you make no designation, the money will be used where the need is greatest. What does that mean? Medicare and insurance reimbursement do not cover the cost of the care we all want our loved ones to receive. For instance, having 24/7 access to medical assistance when your loved one is suffering (without 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) 874-3436, I would love to talk with you.

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

*-Nancy*



NANCY HOVDE

Development  
Coordinator,  
Delta County

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



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

**T**he 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) 874-6823 or visit [HopeWestCO.org](http://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](http://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](http://HopeWestCO.org).

### DELTA COUNTY CIRCLE OF HOPE MEMBERS\*

Brian and Maureen Ayers

Mary Bachran

Peggy Baxter

Melody BellCampton

James Blankenship

Carol Bosco

Amy Crick

Scott and Kimberly Frost

Mary Lou and John Gregory

Diane and Roger Grudt

Jerry Hillman

Hedy Hodges

Ted and Vanessa Hoff

Nancy and Bruce Hovde

Sunny Howland

Tom Huerkamp

David and Peggy Huerkamp

Judy Kalk

Carolyn Kincaid

Bryan and Diane Kissner

Richard E. Lax

John Loring

Shannon Markley

Debbie and Larry McCarty

Cheryle and Jesse Messenger

Victoria Miller

Melissa and Steve Mock

Delbert and Nellie Myers

Jenni and Daniel Neil

Dorothy and Edward Pew

Charlene Price

Lydia Rhodes

Thomas and Thia Rose

Katie Sandels

Ruth B. Shaffer

Bert and Mary Sibley

Jodi Slagter

Mark and Teri Stephenson

David and Carmen Torgler

Doran Tregarthen

Michael and Amanda Twamley

Terry and Kathy Welt

Barbara Wolfe

Margit Yates

Mary Zimmerer

Marjorie True

ProSpace Interiors - Delta

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



Delta County Circle of Hope Members  
Bryan & Diane Kissner

**"My husband, Bryan, and I have been a part of Circle of Hope since 2015, the year my mom passed away. HopeWest was there providing excellent care and support from the first day my mom entered their care, to after her passing and throughout the grieving process.**

**They were there for her and for us during a difficult time. I wanted to give back and let other families know how much we need HopeWest in our community. HopeWest provides services despite a person's ability to pay. By giving through the Circle of Hope we know that other patients and their families will be taken care of as wonderfully as we were when we needed it most." - Diane Kissner**

# MAKING A PAWS-ITIVE IMPACT

## SPOTLIGHT ON PET THERAPY VOLUNTEERS



### *BOOMER'S SPECIAL CONNECTION*

How animals perceive death has been a longstanding puzzle, but a recent encounter with one of our Pet Therapy dogs and a patient would convince even the greatest of skeptics that this dog knew something of death and grief.

Boomer, a Rhodesian Ridgeback, and her owner had been called to pay one last visit to their patient, who was in the last days of life. Boomer right away noticed a significant change in the patient and snuggled up close with her head on the bed.

This was unique to Boomer's behavior as she is generally aloof around people. Boomer eventually snuggled up under the patient's arm and gave her a kiss on the cheek, as if to say 'goodbye.' Boomer's owner noted as they left the visit that the dog seemed somber; obviously, there is some sense of grief and loss – as one might expect from man's best friend.

*Our pet therapy volunteers provide special comfort to patients and families. If you're interested in becoming a Pet Therapy Volunteer at HopeWest, contact our Volunteer Department at (970) 874-6823 to learn more.*



*Irene the Corgi volunteers with owner Beth*



*Macee volunteers with owner Marcia Heckard*



*Cache the Poodle volunteers with owner Christine*





# 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!**