



HopeWest

News to Friends

♥ ♥ ♥ OCTOBER 2024

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*Cassie Mitchell,
HopeWest President & CEO*

A Message from Cassie

As I sit down to write this letter, I realize there is much to celebrate, National PACE Month, the third anniversary of the HopeWest PACE program, Hospice and Palliative Care Month, and Children's Grief Awareness Day.

I chose the word "celebrate" intentionally because all these recognition events represent truly remarkable work and the profound impact HopeWest programs have on the lives of the people we are privileged to serve.

Together, we celebrate the cherished time hospice and palliative care patients spend with their loved ones in comfort and peace, because of carefully coordinated care. Despite the challenges of caring for a loved one with a serious illness, we celebrate the families who experience the strength and confidence to do so with the support from their HopeWest team.

We celebrate the success of helping children who, through their journey of grief, learn to cope. A life-long skill that gives them a better chance for continual growth, healing, and happiness.

We also celebrate new friendships and all the joy of a new chapter in life that PACE brings to our participants by helping them maintain independence while living safely at home.

And most importantly, we celebrate the generosity of our communities who make this all possible. Our shared commitment to this mission brings comfort to those facing difficult times and inspires a ripple effect of kindness felt throughout the communities we serve. Thank you to everyone who has supported us in our mission.

Cassie Mitchell

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Aging at the Right PACE



Highlights from an article by Jace DiCola that appeared in *The Grand Junction Daily Sentinel* on August 31, 2024.

Sarah Burke, 84, has always loved her independence and the excitement of experiencing something new. Since joining HopeWest's Program of All-Inclusive Care for the Elderly (PACE), Burke said it has never been easier to be independent and experience new things daily.

"Life keeps getting better the older I get because the things I worried about, I don't worry about anymore," Burke said. "It was good before (PACE), but this is like the icing on the cake."

PACE is a Medicare-funded program that provides eligible older adults with comprehensive, wrap-around services to maintain their safety and independence while keeping them out of the hospital, long-term care or assisted living.

There can be variations between each of the 171 PACE programs across the U.S., but they generally offer home care, facility-based medical and dental care, laboratory testing, medical equipment and prescription drugs, meals, transportation and recreation opportunities.

When the program opened for enrollment, they had around 40 participants; now, 183 people are enrolled. Cassie Mitchell, HopeWest President and CEO estimates there are between 350 and 400 residents in Mesa County eligible for PACE.

In the past two years, the program has purchased at least 10 new buses for participant transportation. Having a fleet of buses and drivers who will pick up and drop off participants right at their front door removes a major barrier for getting necessary medical care, socialization and even essentials like groceries.

"I know I'm here, but I wouldn't (be able to) find my street driving, and I don't have to remember because everybody else is doing it for me," Burke said. "Everything is done for me: every appointment, from hearing aids to my eye surgery."

The scheduled transportation can take participants to several destinations, but often they go to the HopeWest PACE Center. The 35,000-squarefoot center contains a full clinic



Photos by Larry Robinson, *The Daily Sentinel*

for adult primary care, an exercise and physical therapy space, large areas to congregate and socialize and a sitdown dining area.

These social areas not only incentivize participants to spend time in the center — where they can access other services and staff can watch for changes in health — but Mitchell said they are a major benefit to participants' overall physical and mental well-being.

Varying activities and events occur in the center daily, from piano sing-alongs to Bingo.

Burke even participated in the center's own Olympic event, where she happened to win a gold medal.

"Oh, it's good to be here at my age and to have such a good life," she said. "I'm blessed." Donohue said that aside from how PACE has helped her mother, the program's benefit also extends to the families of older adults.

"I hear (from) people who are taking care of their parents or a relative, and it's exhausting," Donohue said. "I just can't say enough, and it's not (like my mom is limited to) family, she has a community."

Reprinted courtesy of
The Grand Junction Daily Sentinel.
To read the full story visit gjsentinel.com.

Stay independent. Live safely at home.

HopeWest PACE services include home care, transportation, meals and group activities at the Day Center, care clinic, prescriptions, medical equipment, and more.



A Fond Farewell & Warm Welcome

New Chief Development Officer Joins HopeWest



Deb Horwitz and Ruth Frazier

As a member of the Senior Leadership Team, a Chief Development Officer plays an integral role in connecting the community and the HopeWest mission through fundraising efforts. The CDO is focused on supporting the organization through donations from individuals and businesses, securing grants, and building relationships with community members. The Chief Development Officer, along with a team of fundraising professionals, works directly with those who share the vision for comprehensive care for the aging, seriously ill, and grieving in our community.

Deb Horwitz announces her retirement after 15 years at HopeWest, leaving a legacy of leadership, ambition, and generosity.

In her tenure, Deb raised nearly \$40 million in philanthropic dollars to support exceptional care. Many HopeWest programs and services are dependent on philanthropy to provide care to patients and families. The synergy of creativity, strategic thinking, and individualized relationships with donors enabled the growth and sustainability of these programs, all benefitting hospice, palliative care, and grief support. From innovative fundraising ideas to memorable events across the Western Slope, team members, and donors alike acknowledge Deb's forward-thinking and dedication to HopeWest.

Deb was driven by the HopeWest mission and diligently worked to demonstrate the difference

that generosity could make in the lives of patients and families. She fostered a culture of trust and transparency and turned many donors into lifelong friends along the way. She was continually awed and inspired by the generosity of the community, expressing her appreciation and adoration for the steadfast support. Over the years, Deb built and led a dedicated team, instilling in them the same values and dedication. Her team shares, "Deb leaves some huge, yet tiny (size 5), shoes to fill."

HopeWest warmly welcomes Ruth Frazier, CFRE. Ruth instantly resonated with the HopeWest mission when considering a change in her career. With nearly 25 years of fundraising experience, including within the senior healthcare and hospice sectors, Ruth brings knowledge, professionalism, and a caring heart to the role of Chief Development Officer.

Ruth earned her bachelor's degree in political science from the University of Central Arkansas. She is a certified fundraising executive (CFRE) and has received certificates in nonprofit management from Louisiana State University and fundraising management from the esteemed Lilly School of Philanthropy at Indiana University. Ruth believes the act of giving is meant to be a joyful experience and looks forward to working with donors, foundations, and community partners to make a meaningful impact on HopeWest families.



HOPEWEST LIGHTS OF LIFE 2024

Celebrate Those You Love

Lighting Ceremonies

Join us for our Lights of Life events as we honor our loved ones during this special time of year. Each celebration will be unique with music, candles, refreshments, and beautiful holiday lights.

Meeker

December 1 • 5:00 p.m.
HopeWest Meeker Office • 617 Main Street

Montrose

December 5 • 5:30 p.m.
United Methodist Church, Baldrige Hall
19 S. Park Avenue

Delta

December 5 • 6:00 p.m.
Taylor Funeral Service & Crematory
682 1725 Road

Plateau Valley

December 6 • 6:30 p.m.
HopeWest Plateau Valley Office
58128 Hwy 330, Building B, Collbran

Grand Junction

December 11 • 6:00 p.m.
Ferris Care Center • 3090 North 12th Street

Personalize a Heart Ornament

These beautiful, commemorative ornaments are engravable with the year, your loved one's name, and your personal sentiment. The ornaments are \$35 each and will be shipped to you or anyone of your choosing. If sent to someone else, the recipient receives a note telling them you gave a gift to support the HopeWest mission.



Dedicate a Luminary

Luminaries are displayed at the Ferris Care Center, or HopeWest location of your choice, throughout the holiday season. With a \$50 donation, luminaries are personalized with your loved one's name. When lit, the luminary provides a warm glow, graciously honoring their spirit. *Luminaries are not available at our Plateau Valley location.*



Purchase ornaments and luminaries at your local HopeWest office or online at [HopeWestCO.org/lights-of-life](https://www.HopeWestCO.org/lights-of-life).



Hospice & Palliative Care

What It's Really About

November is National Hospice and Palliative Care Month—a month dedicated to highlighting the importance of comfort for those facing serious illness, sharing stories of the positive difference these services make in people's lives, and celebrating the compassionate care provided by HopeWest care teams who ensure patients, and their families receive the highest standard of care.

Talking about serious illness opens doors to understanding, allowing us to share more about the care we are privileged to deliver each day. Learning that hospice and palliative care aren't just for the final days of life but rather months

of support during the stages of illness informs families of the benefits these programs offer and the opportunity to experience new-found strength, confidence, and reassurance during otherwise challenging times.

Defining hospice and palliative care

While hospice and palliative care share many benefits, there are some key differences. Understanding the basics of both programs will help you decide if these programs might be beneficial for you or a loved one. HopeWest is here to help patients and families decide what level of care is best for the patient's specific situation, knowing that sometimes needs may change.

Both programs prioritize managing pain and symptoms through care management, relieving the burden of serious illness. They also address physical, emotional, and spiritual needs

“ I want to provide education and support for my patients and their families through this journey—a relationship built on a foundation of honesty and compassion. Seeing families change their views about hospice care and empowering them to care for their loved one with confidence is so beautiful.”

GABBY MALDONADO,
HOPEWEST HOSPICE NURSE

through the support of a dedicated care team to ultimately improve the quality of life for patients while supporting their families too.

One of the most basic differences between these programs is that hospice provides care to patients facing terminal illness who no longer seek curative treatment and whose doctors believe they have a prognosis of six months or less to live. In contrast, palliative care is for anyone with a serious illness at any stage and can be provided while actively pursuing curative treatment.

Hospice and palliative care teams provide care to patients wherever they reside, including at home, assisted living facilities or nursing homes, and hospitals. However, only HopeWest hospice patients have access to the Ferris Care Center, the only inpatient hospice care facility in western Colorado.

If you have questions about hospice and palliative care, HopeWest is a great place to start the conversation. We'll work with you and your healthcare providers to explore what options might be available to you or someone you care for.

The benefits of hospice and palliative care

Sometimes, patients and families approach hospice and palliative care with hesitation, apprehensive of what's to come or worried they might be "giving up." Guided by caregivers, like Gabby Maldonado, a HopeWest hospice nurse, families have open conversations to get a better picture of what to expect from hospice or palliative care.

"I want to provide education and support my patients and their families through this journey -- a relationship built on a foundation of honesty and compassion," said Gabby. "Seeing families change their views about hospice or palliative care and empowering them to care for their loved one with confidence is so beautiful."

While our caregivers are specially trained in end-of-life care and know what to expect, they recognize this is often an unfamiliar experience for families. That's why education, listening, and responding to concerns is so valued. HopeWest care team members, each with a unique role, utilize many resources available to patients and families that add to a meaningful experience.

Enrolling in our care

If you or a loved one is facing a serious illness, it's never too early to consider a specialized plan of care. As one of many hospice and palliative care providers, contact HopeWest to let our care team help guide you in your next steps and show you how our exceptional care sets us apart (866) 310-8900.

To learn more about HopeWest and what distinguishes our care, please visit [HopeWestCO.org/survey-results-awards](https://www.HopeWestCO.org/survey-results-awards).



HopeWest

3090 North 12th Street
Grand Junction, CO 81506

HopeWestCO.org



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distribution
can make a
*maximum
impact*

**Ask your financial
professional about the
advantages of donating
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