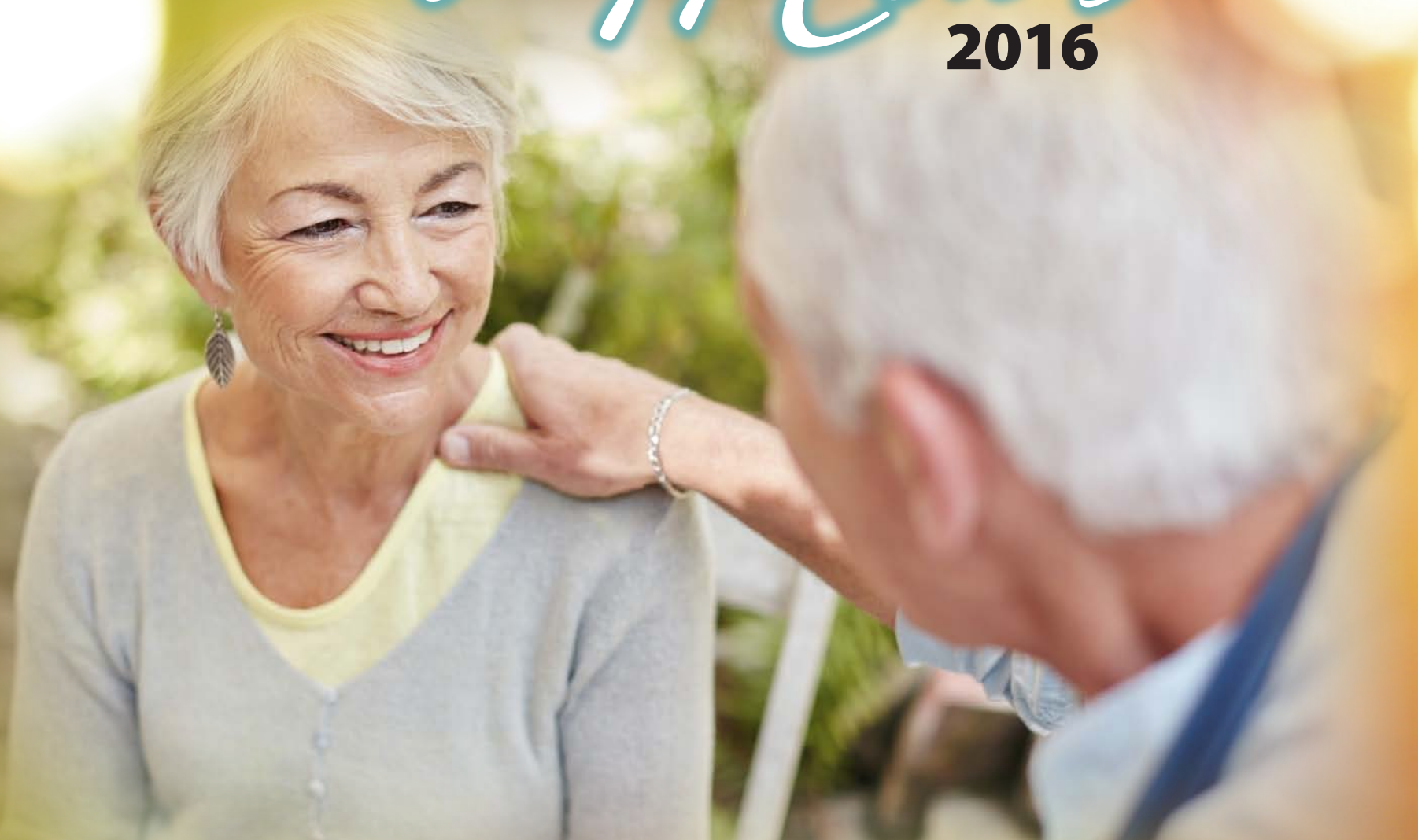


# NATIONAL *Hospice Month* 2016



CALL 970.352.8487 FOR MORE INFORMATION OR VISIT [HOSPICEOFNORTHERNCOLORADO.ORG](http://HOSPICEOFNORTHERNCOLORADO.ORG)



HOSPICE OF  
NORTHERN COLORADO





## To Our Community

November is National Hospice Month, and this year's theme is "know your options." We at TRU Hospice of Northern Colorado want you to know you have options when it comes to end-of-life care. We are honored to have served our community for the last 38 years. TRU Hospice of Northern Colorado began in 1978 under the name Hospice Inc. of Weld County. Since that time, we've always had a partnership with TRU (then Hospice of Boulder County). In July 2014, TRU and Hospice of Northern Colorado officially became partners through consolidation of the two programs, giving us more resources to ensure that quality hospice services thrive in northern Colorado.

When you choose TRU Hospice of Northern Colorado, you're choosing a nonprofit hospice service whose roots grow deep in our community. We are your hometown hospice, and we're here to stay. We'd like to thank those who have so generously donated their time and money to us over the years. Those volunteer hours and donations stay here in our local community to help us serve you right here in Greeley and in Weld and Larimer counties.

Know your options. When you choose us, you gain access to both in-home hospice care, as well our inpatient care center (the only one of its kind in our community). We provide respite care to caregivers who work so hard day in and day out to care for their loved ones. We know this can be challenging, and we are here for you to lean on. Patient families may also take advantage of our grief services, offered free of charge to anyone in our community. If you've been through our hospice program as a family member, we provide one-on-one grief support for 13 months following the death of your loved one. And let's not forget our wonderful volunteers who serve our patients and our organization as a whole. They provide everything from comforting touch to patients, pet therapy, and clerical help in our offices. For more information on volunteering, call 970.352.8487 or visit us at [hospiceofnortherncolorado.org](http://hospiceofnortherncolorado.org).

This publication is one way TRU Hospice of Northern Colorado, your local community-based nonprofit hospice provider, can showcase the lives we touch and the work we do while promoting education about the hospice movement to our community. We ask you to help us keep the conversation alive about understanding hospice and end-of-life care. If we can support you or someone you know, please call us at 970.352.8487.

Maria Thomas, BA, CPhT  
Communications Coordinator

Rehabilitation • Assisted Living • Memory Care • Long Term Skilled Care

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Home Town Care Provider*

G R A C E P O I N T E

November is National Hospice/Palliative Care Month



**Grace Pointe Thanks  
Hospice for All They Do!**

*Our Mission is to Serve  
Others. Serving is our Highest Calling.*



# Don't Wait to Talk *About Hospice*

It's an all too common situation. A family is at the bedside of a loved one who is seriously ill and nearing the end of life. Each member of the family has a different idea of what should be done and what the patient would have wanted.

Far too many people wait until they are in the midst of a healthcare crisis before thinking about what options are available or what type of care they or their loved ones would have wanted.

Often, by waiting too long to learn about possible options, like hospice care, people end up spending difficult days in the hospital or the emergency room and opportunities to be with loved ones at home are lost.

When a family is coping with a serious illness and a cure is no longer possible, hospice provides the type of care most people say they want at the end of life: comfort and dignity. Considered to be the model for high-quality, compassionate care for people with a life-limiting illness, hospice care includes expert medical care, pain management, and emotional and spiritual support. Care is provided by an interdisciplinary team of professionals and trained volunteers. The wishes of the patient and family are always at the center of care.

Most hospice care is provided in the home – where the majority of Americans have said they would want to be at this time. Care is also provided in nursing homes, assisted living facilities, and hospice centers, wherever the patient resides.

Hospice is paid for by Medicare, Medicaid, and most private insurance plans and HMOs, and patients with advanced illness are eligible for hospice when they have a life expectancy of six months or less. Many hospice patients live longer than expected when they begin receiving the high-quality care that the hospice team provides. On average, hospice patients live another 21 days beyond their peers who did not receive hospice services.

In addition, TRU Hospice of Northern Colorado is the only local nonprofit 501[c]3 hospice in Weld County; we will not deny an eligible hospice patient care due to lack of ability to pay for services.

TRU Hospice of Northern Colorado provides families with information about care options that help to ensure patients live as fully as possible throughout their entire life. One of the best ways to make sure you and your loved ones benefit fully from hospice, should you ever need this care, is to talk about it before it becomes an issue.

## Fairacres Manor



*Fairacres Manor  
thanks Hospice for their  
dedication, compassion,  
and generosity.*

## Fairacres Manor

Short Term Rehabilitation with Physical Therapy,  
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For more information, contact Hospice of Northern Colorado at  
**970.352.8487** or visit us online at  
**[hospiceofnortherncolorado.org](http://hospiceofnortherncolorado.org)**.

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# Trusted, Responsive, and Unparalleled

## The TRU Hospice of Northern Colorado Way

When you have a family member who is terminally ill, where do you turn? If you're like many in our community, you turn to TRU Hospice of Northern Colorado. Why? Because we bring you choices when it seems like there aren't any.

At TRU HNC, the kind of extraordinary end-of-life care we think everyone deserves is just our ordinary way of doing business.

Our friends and neighbors right here in Greeley and in Weld and Larimer Counties have the security of knowing they'll get care that's respectful, compassionate, and personal. That's priceless.

And that's the kind of care we gave Laura and Tom Hodge when TRU HNC came into their lives in 2014.

### Leatherwork Lessons

Laura Hodge worked alongside her husband Tom at The Real Leather Company in Greeley for more than 27 years.

The couple created custom leather saddle bags, repaired and altered customers' items, and even fashioned bespoke chaps for the Greeley Stampede riders.

Leather working is an intense process, and many of their projects required two pairs of hands to get the job done. Stretching leather over a saddle bag frame, for example, requires trusting the material to stretch when it should and being responsive once it does. Their special bond and sense of partnership helped Tom and Laura create leather goods of unparalleled quality that ended up all over the world.

So when Tom needed the kind of expert care we specialize in at TRU Hospice of Northern Colorado, Laura realized they could apply the same lessons that had

guided their work all those years to Tom's care experience.

### When Trust Matters, TRU HNC Is There

Tom had advanced metastatic prostate cancer, and he fought for 4 years; when it became clear that Tom needed hospice care, Laura says Tom found the word disturbing at first. But when TRU HNC staff arrived at their home for in-home hospice care to help Tom maintain mobility, strength, balance, and improve his self-care, the couple learned they had a dedicated, experienced care team to lean on.

We created a circle of trust with Tom and Laura, just as we do with every one of the families we care for. When a loved one becomes a hospice patient, we establish a bond with them and help lift some of the burden when that person is approaching the end of life.

Laura says: **"I learned to more willingly lean on others, to allow others – hospice staff, family, friends – to assist with Tom's care – giving him a wider circle to help care for him during his final weeks."**

Both Laura and Tom learned to widen their understanding of what it meant to be admitted to hospice care. Working with the TRU HNC hospice care team let Tom and Laura truly bring life into Tom's final days, leaving the care up to our experienced and dedicated team.

### Responsive Care

When Tom's needs were too much to handle at home, he moved to the TRU HNC inpatient care center, where our staff made sure Laura was comfortable, too. They arranged Tom in his bed and made room so she could slip in beside him. Suddenly this man, who had been so strong was

vulnerable. Staff could see that and were responsive to his pain and to the myriad emotions Laura was feeling, too.

This is the kind of tender, responsive, unparalleled care TRU Hospice of Northern Colorado gives to everyone who needs us. It's just how we operate every single day.

### Unparalleled

When it comes to the end of life, what will you know for sure? At TRU Hospice of Northern Colorado, we want you to know that we're here for you, and for our community, to offer compassionate care and unparalleled experience helping families like yours.

**"Don't be afraid to lean on the staff's expertise. Their goal is to help the person who is dying, and to lift some of the burden of care so you can be more fully present with your loved one."** – Laura Hodge

We are your hometown hospice, and our roots grow deep in our community. We've been here since 1978, providing the same quality, trusted, responsive, and unparalleled service you've come to know. We realize you have a choice when it comes to end-of-life care, and we are honored to serve our community.

**"Life is a choice. TRU HNC gives you choices."** – Laura Hodge

You would never turn away a friend who needed your help, and we don't either. As the only 501(c)(3) nonprofit hospice in the area, we never turn away an eligible hospice patient based on their ability to pay.

TRU gave Laura the support she needed to be fully present for Tom. She knew that the service we provide for our community could help her move through Tom's last days with him, trusting in the care he was getting, knowing we'd be responsive to their every need.







*Your nonprofit hometown hospice since 1978*

Our roots grow deep in  
this community.

**TRU**  
HOSPICE OF  
NORTHERN  
COLORADO

TAKING CARE OF EACH OTHER  
*is what community is all about.*



We're dedicated to serving the friends and families of  
our community with personal, compassionate care.

*Proudly Supporting Tru Hospice*

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## **Myth: #1**

**Hospice care  
means leaving home.**

## **Myth: #2**

**Hospice means forgoing  
all medical treatment.**

## **Myth: #3**

**Hospice means  
strangers care for you.**



## **Myth: #4**

**Hospice care ends  
when someone dies.**

## **Myth: #5**

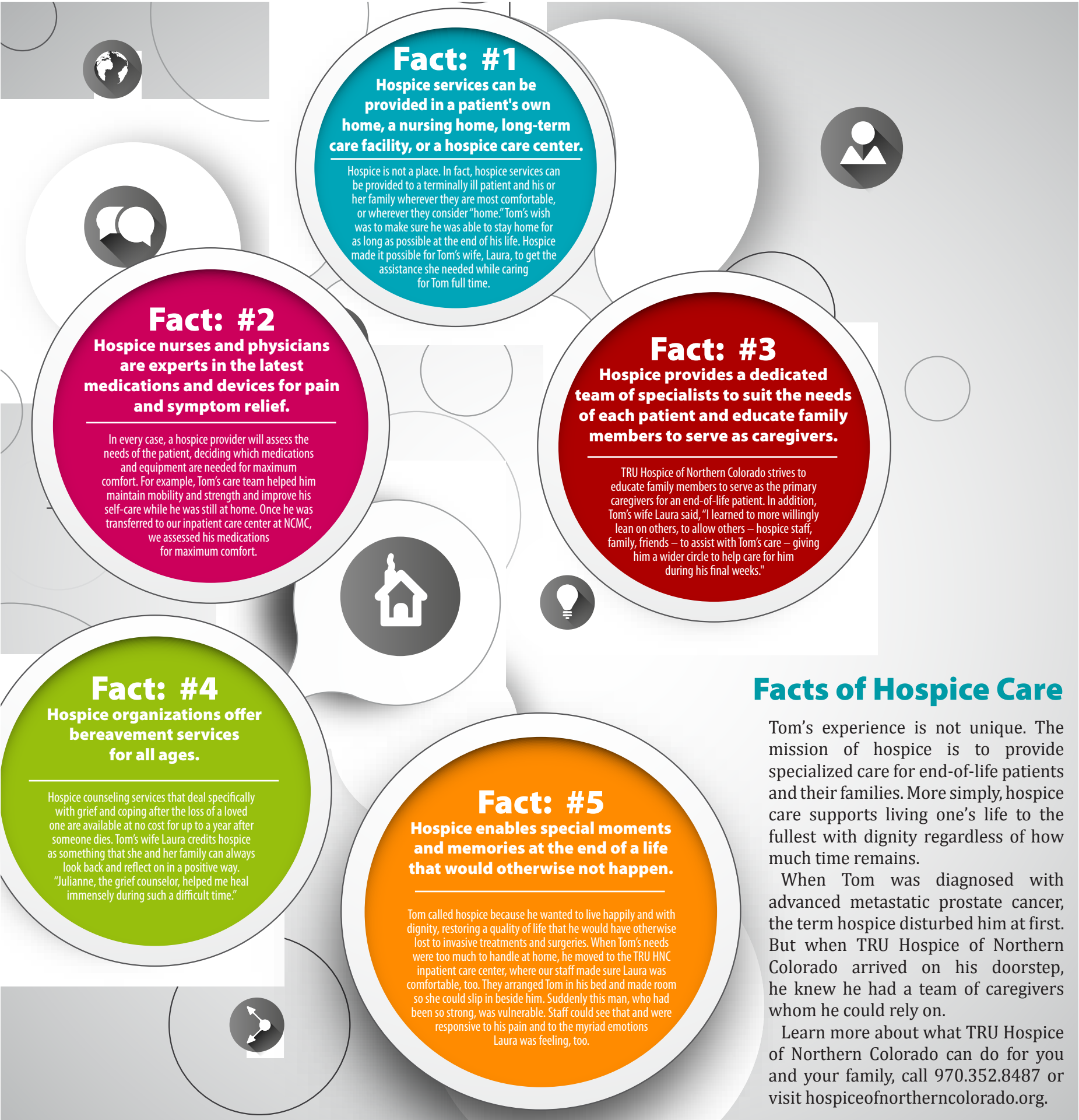
**People on hospice are in  
bed, waiting to die.**



## **Myths of Hospice Care**

In the living room, a father laughs and reminisces with his children over the silly things they did during childhood. Later, he joins the family to say grace before enjoying a meal together. Moments like these may seem ordinary to most. Would it surprise you to know that this man, Tom, from Greeley, is dying and receiving care from hospice? Many people think that being on hospice means lying in a bed, barely conscious. Tom is a patient who proves that is not the case. Many of his final moments were anything but ordinary, and they would not have been possible without the help of hospice.





### **Fact: #1**

**Hospice services can be provided in a patient's own home, a nursing home, long-term care facility, or a hospice care center.**

Hospice is not a place. In fact, hospice services can be provided to a terminally ill patient and his or her family wherever they are most comfortable, or wherever they consider "home." Tom's wish was to make sure he was able to stay home for as long as possible at the end of his life. Hospice made it possible for Tom's wife, Laura, to get the assistance she needed while caring for Tom full time.

### **Fact: #2**

**Hospice nurses and physicians are experts in the latest medications and devices for pain and symptom relief.**

In every case, a hospice provider will assess the needs of the patient, deciding which medications and equipment are needed for maximum comfort. For example, Tom's care team helped him maintain mobility and strength and improve his self-care while he was still at home. Once he was transferred to our inpatient care center at NCMC, we assessed his medications for maximum comfort.

### **Fact: #3**

**Hospice provides a dedicated team of specialists to suit the needs of each patient and educate family members to serve as caregivers.**

TRU Hospice of Northern Colorado strives to educate family members to serve as the primary caregivers for an end-of-life patient. In addition, Tom's wife Laura said, "I learned to more willingly lean on others, to allow others – hospice staff, family, friends – to assist with Tom's care – giving him a wider circle to help care for him during his final weeks."

### **Fact: #4**

**Hospice organizations offer bereavement services for all ages.**

Hospice counseling services that deal specifically with grief and coping after the loss of a loved one are available at no cost for up to a year after someone dies. Tom's wife Laura credits hospice as something that she and her family can always look back and reflect on in a positive way. "Julianne, the grief counselor, helped me heal immensely during such a difficult time."

### **Fact: #5**

**Hospice enables special moments and memories at the end of a life that would otherwise not happen.**

Tom called hospice because he wanted to live happily and with dignity, restoring a quality of life that he would have otherwise lost to invasive treatments and surgeries. When Tom's needs were too much to handle at home, he moved to the TRU HNC inpatient care center, where our staff made sure Laura was comfortable, too. They arranged Tom in his bed and made room so she could slip in beside him. Suddenly this man, who had been so strong, was vulnerable. Staff could see that and were responsive to his pain and to the myriad emotions Laura was feeling, too.

## **Facts of Hospice Care**

Tom's experience is not unique. The mission of hospice is to provide specialized care for end-of-life patients and their families. More simply, hospice care supports living one's life to the fullest with dignity regardless of how much time remains.

When Tom was diagnosed with advanced metastatic prostate cancer, the term hospice disturbed him at first. But when TRU Hospice of Northern Colorado arrived on his doorstep, he knew he had a team of caregivers whom he could rely on.

Learn more about what TRU Hospice of Northern Colorado can do for you and your family, call 970.352.8487 or visit [hospiceofnortherncolorado.org](http://hospiceofnortherncolorado.org).



# ★★★★★ TRU HEROES ★★★★★

*Our veterans have bravely served us. It is now our privilege to serve them.*

## TRU HEROES HONORING OUR VETERANS AT THE END OF LIFE



TRU  
HOSPICE OF  
NORTHERN  
COLORADO

Veterans with life-limiting illnesses face unique issues that can exacerbate physical and emotional symptoms at an already difficult time. In response to these challenges, TRU Hospice of Northern Colorado offers TRU Heroes, a special end-of-life care program that's based on the principles of comfort, choice, dignity, and respect and is tailored to the specific needs of veterans and their families.

*TRU Heroes is our way of giving back to those who have given so much to our country.*

### **Through TRU Heroes, veterans and their families are assured:**

- An expert, compassionate team of physicians, nurses, nursing assistants, chaplains, social workers, and counselors who understand the medical issues related to various branches and eras of military service, make house calls, and are accessible 24 hours a day, 7 days a week
- Disease-specific programs that enable more effective pain and symptom relief earlier in the disease process

- Intensive around-the-clock care at the TRU Hospice of Northern Colorado Inpatient Care Center or wherever the veteran resides, to manage pain and symptoms in crisis situations
- Assistance in identifying and securing military benefits and community resources that are available to veterans and their surviving dependents
- Experienced counselors who are committed to providing support

- appropriate to veterans and their families
- Special recognition, including a framed commemorative certificate to recognize each veteran's contributions
- Extra assistance and complementary therapies offered by highly trained volunteers, including veterans who often share common experiences





# Do the holidays make you feel uneasy?

They are fast approaching. If you're dreading them due to the loss of someone you love, know that your feelings are normal and you are not alone.

***Be Open to New Traditions***  
 For some, continuing traditions without their loved one there may be an important way to continue sharing their memory. For others, it may be more comforting to develop new rituals to help lessen the pain and immediacy of the loss.

***Accept the Sadness***  
 Let yourself feel your feelings. By allowing yourself to experience the sadness, it will pass more quickly than if you ignore it, hoping it will go away.

***Practice Extreme Self-Care***  
 Be gentle with yourself. You'll feel so much better when you listen to your body and nurture it with the things it needs. Be just as kind to yourself as you were to your loved one.

***Remember Your Loved One***  
 Light a candle, tell a funny story, create ornaments using photos, and talk about your special someone to keep the memories alive.

***Reduce Your Stress***  
 Take the time to prioritize what should be done, such as holiday baking, shopping for gifts, and decorating. Don't try to do everything at once, and don't overextend yourself or the commitments you make to others. Trust yourself first and foremost.

***Discover Small Joys***  
 Gratitude makes for a happy heart. Take delight in the little things. Whether it's the laughter of children or a hot mug of coffee, look for the good in each day.

**Get more information on TRU Hospice of Northern Colorado's grief services by calling 970.352.8487 or by visiting [hospiceofnortherncolorado.org/understanding-grief](http://hospiceofnortherncolorado.org/understanding-grief).**



## Thank You

### TRU Hospice of Northern Colorado

for your dedication and care to people in our community

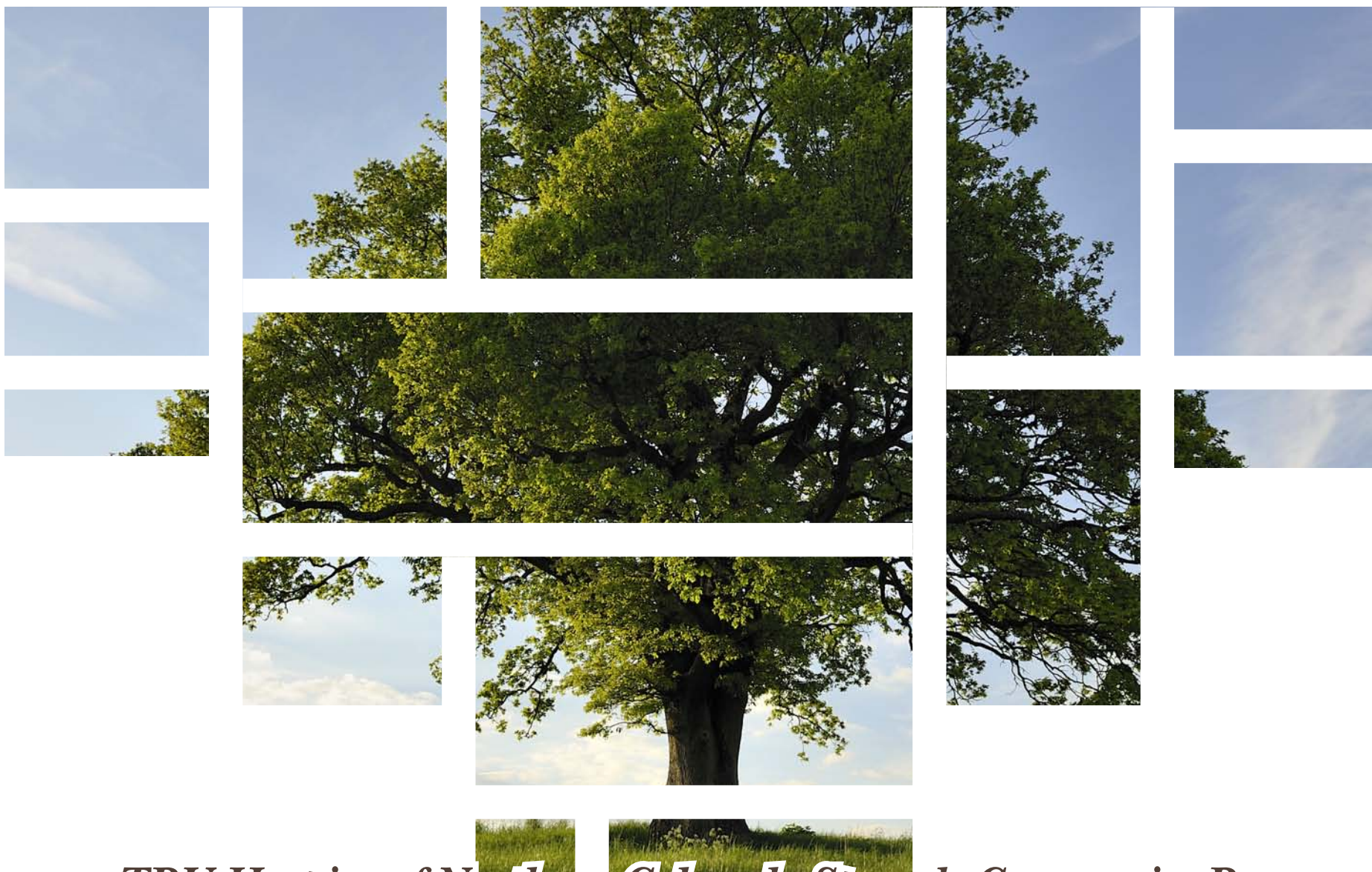
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Adding Life to Days  
 Making Moments Count

**TRU**  
 HOSPICE OF  
 NORTHERN  
 COLORADO





## TRU Hospice of Northern Colorado Spreads Community Roots

While medical support for those who are facing terminal illness is our main priority, we realize there are vast resources we can provide to our patients and their families that extend beyond pain management and symptom relief. TRU Hospice of Northern Colorado offers a variety of resources to our community, many of them free of charge.

**Butterfly Release Memorial** – each spring we gather to honor loved ones lost and release butterflies in memoriam.

**Annual Peaches Sale** – each summer fresh peaches from Palisade, CO are for sale. All proceeds benefit uncompensated care for patients who otherwise couldn't afford to pay.

**Colorado Gives Day Rally** – join us at the First Friday Art Walk on **Friday, Dec. 2** in front of the Joe Molina Art Gallery on 8th Ave. and 10th St. Meet members of the TRU Hospice of Northern Colorado staff, gather 'round the fire pit, enjoy live music and hot cocoa, and learn how to give where you live on Dec. 6.

**Tree of Memories** – join us on **Thursday, Dec. 8** when we light our tree of memories, sing Christmas carols, and gather together to support each other. Purchase a signature ornament to remember a loved one. All proceeds benefit uncompensated care for patients who otherwise couldn't afford to pay.

**Riding Through Grief** – partnering with Horse Buds Therapeutic Riding Center in Greeley, children affected by loss learn to process their grief by trusting and bonding with horses to carry them through the process.

**Grief Support Groups** – we offer free monthly grief support groups to everyone in our community regardless of whether they've been touched by hospice. Personalized one-on-one counseling is available free of charge to those who have had a loved one in our care.

Call 970.352.8487 or visit [hospiceofnortherncolorado.org](http://hospiceofnortherncolorado.org) for more information on these community events.



## Support TRU Hospice of Northern Colorado on Colorado Gives Day

Tuesday, December 6 will mark the 7th year for Colorado Gives Day. Colorado Gives Day is an initiative to increase philanthropy in Colorado through online giving. In addition to fundraising, Colorado Gives Day raises awareness of the state's nonprofit sector.

For a 24-hour period, on Tuesday, December 6, Coloradoans can donate to their favorite nonprofit organizations online through the Community First Foundation. Thanks to Community First Foundation and First Bank, Colorado Gives Day 2016 features a \$1 Million Incentive Fund, one of the largest gives-day incentive funds in the country. Every nonprofit receiving a donation on Colorado Gives Day receives a portion of the incentive fund, which increases the value of every dollar donated. For example, if TRU Hospice of Northern Colorado receives 10 percent of the total donations made on Colorado Gives Day, we also receive 10 percent of the \$1 Million Incentive Fund.

On December 6 we encourage you to "Give Where you Live" and donate to your favorite Weld County-based organization. Please remember TRU Hospice of Northern Colorado when choosing the recipient of your gift.

TRU Hospice of Northern Colorado is the oldest nonprofit hospice in northern Colorado. Established in 1978, we have served the communities of Weld and Larimer counties for 38 years. We have touched the lives of more than 23,000 individuals in our community. We do not turn away a qualified hospice patient due to lack of ability to pay. In the last 6 years alone, TRU Hospice of Northern Colorado has provided more than \$1 million in uncompensated care to your friends, family members, and neighbors.

On Dec. 6 go to [coloradogives.org/hospiceofnortherncolorado](http://coloradogives.org/hospiceofnortherncolorado) to donate. Or, schedule your donation early at any time!

*We TRUly appreciate your generosity!*

**Give Where You Live on December 6**

[www.ColoradoGives.org/HospiceNorthernColorado](http://www.ColoradoGives.org/HospiceNorthernColorado) to donate!



## JOIN US FOR OUR 33<sup>RD</sup> Annual *Tree of Memories*

Thursday,  
December 8, 2016

6:00p.m.  
(program starts at 6:30p.m.)

2726 W. 11th St. Rd.  
Greeley, CO



A SPECIAL TIME TO REMEMBER OUR LOVED  
ONES IN WORDS, PICTURES AND LIGHTS.

A portion of the event will be held outside. Please dress appropriately.



*A Heartfelt Thank You For All You Do*



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