

PIZZAZ! Celebrates 40-Year Mission

Blast-from-the-past event raises \$80,000 for TRU

Guests of TRU Community Care's annual fundraising gala arrived at the Denver Marriot Westminster decked out in disco clothes, Vietnam vet attire, and groovy 70s prints. This year's theme—Peace, Love & PIZZAZ!—celebrated TRU's 40th anniversary of serving the community. In honor of those 40 years, the blast from the past included a 1970s-themed dance party. Attendees enjoyed the music of live band Soul School as they bid on items in the silent and live auctions, drank signature psychedelic cocktails, and boogied the night away.

Saying Yes When It TRULY Matters

Throughout the evening, guests were reminded of TRU's mission: to ensure that everyone in our community can live with advanced illness as comfortably, confidently, and fully as possible. We say yes to anyone needing our help, regardless of their ability to pay.

Can you imagine being in one of the most vulnerable times of your life and not having any support? Would you feel safe?



Eric and Jessica Beck, with Jessica's father Bob Von Eschen, boogied the night away.

Imagine what it feels like to be told no during a time when yes matters. One day you, too, will face death, and you won't want to be alone. And at TRU, we strive to say yes to everyone, no matter their circumstances.

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Hospice Is Not a Place

"One thing that was explained to us repeatedly was that hospice is not a place, it's a service. My mom's stay at the TRU Care Center was extremely touching to us as a family.

It was pretty immediately apparent that everyone who works there—nurses, doctors, volunteers—truly have the best interest of the patient in mind. My mother was very well cared for, and TRU has continued their exceptional service for my mother now that she has moved to a long term care facility." ~ Ciara, daughter of a TRU patient

TRU Thrift Shop Wins Best in County



The votes are in and TRU wins! Thanks to Boulder Daily Camera readers, our TRU Hospice Thrift Shop was voted Best Recycled Goods/Thrift Shop in Boulder.

All proceeds from the shop benefit TRU Community Care and are reinvested into our community.



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TRU Community Care

BOULDER

TRU Hospice Care Center
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Boulder CO 80304
303.449.7744

TRU Hospice Thrift Shop
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Boulder CO 80303
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LAFAYETTE

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Lafayette CO 80026
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TRU PACE

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Lafayette, CO 80026
303.665.0115

TruCare.org
facebook.com/TRUCommunityCare

TRU Community Care is a
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HOLIDAY GRIEF – YOU'RE NOT ALONE

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 shove it away.

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.

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.

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.

SAVE THE DATE FOR COLORADO GIVES DAY!

It's almost time to give where you live! On **Tuesday, December 6th**, the annual statewide movement celebrates and increases philanthropy in Colorado through online giving.

\$1 Million Incentive Fund

Thanks to Community First Foundation and First Bank, Colorado Gives Day 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.



To donate to TRU on Colorado Gives Day, go to
coloradogives.org/trucommunitycare.

Or, **beginning November 1, 2016**, you can schedule your donation early!

Recently, our TRU Hospice Care Center staff and volunteers cared for a man named Steve.

Steve came to us having suffered a massive stroke. His care needs were great, and he was not able to return home from the hospital; he needed help beyond what anyone in his life could offer, and like so many times in the past 40 years, because we have a care center for the most acute and most complex cases, we were able to say, "Yes, we can help."

Adding Life to Days

The goal of our healthcare system is to cure the incurable; to fix the unfixable; to use our vast systems of technology and know-how to make people whole again, and when that isn't possible, it's hard for us to accept. Well, Steve was in a place of acceptance; he knew that what he needed was a place for compassion and a place for peace.

You Can Help Us Close the Gap

At TRU, we take on the most difficult end-of-life cases; we say yes because we know that people like Steve have no other place to turn. We are able to say yes because community members like you understand that with your help, we can take care of Steve in the most respectful, most compassionate way possible. One guest who attended PIZZAZ! remarked,

"In the midst of the festivities, we were rightly called back consistently to the mission of TRU Community Care. PIZZAZ! is a good instrument over the years to span the reality of end of life care with vitality and hopefulness. The 40th anniversary added meaning to this rendition."

We are grateful to each and every one of you who attended PIZZAZ! to offer hope and comfort to those in our community requiring such important and dignified end-of-life care. Your decision to say yes helps us further our mission.

Volunteer & Board Member Bids Farewell

It is with gratitude that we say thank you to TRU Board of Directors and PIZZAZ! event chair Diana Slough. Diana has been on the TRU Board of Directors since January of 2011. Diana is the mother of four grown children, a senior advisor in the Wealth Management department at First National Bank, and a stalwart supporter of TRU, serving on the Executive Committee and the Fund Development Committee for five years. Diana was deeply involved in PIZZAZ!, pouring her heart and soul into it; she recruited sponsors, live and silent auction donations, sold tables and brought on other volunteers who have contributed countless hours to this event. We must say so long to Diana as her board tenure ends, but not goodbye. Most recently, Diana represented the board at our TRU Hospice Thrift Shop celebration of the BOCO Gold Award for Best Thrift Shop!



Pat Mehnert (left) with Diana Slough

WAYS YOU CAN GIVE

Shop Amazon Smile and Support TRU



Calling all Amazon shoppers! When you shop via AmazonSmile, 0.5% of the purchase price will be donated to TRU Community Care. Simply visit smile.amazon.com and select TRU as the charity of your choice.

As a nonprofit hospice, TRU Community Care relies on community giving to continue serving patients and families. Although most of our services are covered by Medicare, Medicaid and private insurance, reimbursement still falls short. We make up that cost through other sources, relying on the generosity of our community and individuals in order to make up this disparity.

Would you like to be part of helping us serve our community in the years to come? Donate online by clicking the "Donate Now" button at TruCare.org, or reach out to Annette Mainland at the contact below.

For more information about contributing to TRU Community Care, contact Annette Mainland at 303.604.5261.

There are many other ways to give.

Find out details about how to support TRU and its mission at www.trucare.org/donate.

Community Shares of Colorado Payroll Contribution Plan – Check to see if your company participates in this workplace giving program.

Vehicle Donation – Convert your unwanted car, truck, RV or motorcycle into funds to help TRU.

Stock Gifts – Support us with stock or mutual fund shares, life insurance and/or retirement plan assets and receive valuable tax benefits.

Bequests – Become part of our Legacy Circle by remembering TRU in your will or living trust.

Beneficiary Gifts – Select TRU as a beneficiary in your will, insurance, or 401k.

Thrift Shop – Donate and shop at our TRU Hospice Thrift Shop. Proceeds support our hospice services.

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To view newsletter online or sign up to receive by email go to TruCare.org



HOSPICE WEDDING

When Ciara realized her mother Eithne, who has scleroderma, was no longer able to travel, she decided that the only thing to do was move her wedding from October in the Catskills to August in Boulder at TRU Hospice Care Center.

A rare disease, scleroderma can present with a laundry list of symptoms, including CREST Syndrome, which causes trouble eating, atrophy in the fingers and toes, and calcium deposits in the skin; and, makes patients prone to frostbite at much higher temperatures. When Eithne's symptoms worsened, Eithne's family reached out to TRU Community Care for hospice services.

Before Ciara's mother entered hospice, the term invoked a lot of sad, scary feelings for the family. But after meeting the TRU intake team and the doctors, nurses, and volunteers who cared for Ciara's mother, the thought of hospice turned to one of relief.

With Ciara's mother's care team in place, Ciara could focus on enjoying her big day with her mother by her side. Ciara couldn't imagine walking down the aisle without her mother, the most important person in her life. Thanks to TRU staff, the wedding went smoothly, and her mother was cared for in a comforting environment as she enjoyed the love and excitement in the room.

After a heartwarming ceremony, Eithne remained at the care center for a while longer until a space was available at a long-term care facility. TRU continues to care for her now in this setting, allowing her to live with her advanced illness as comfortably, confidently, and fully as possible.

This wedding wouldn't have been possible without our wonderful volunteers who helped make the day run so smoothly. Do you long to make a difference where you live? Join the TRU community of volunteers and add more meaning to your life. Call our Volunteer Coordinator at 303.442.0961.



Ciara and her mother

"Although the word 'hospice' may carry a heavy weight, the weight seems lighter when you have good people on your side. That has been our experience with TRU."