

TRU LOOKS BACK ON 40 YEARS

We're celebrating four decades of service to the Boulder area

For TRU Community Care and its supporters, 2016 has brought many reasons to celebrate. We're turning 40 this year, meaning we've been caring for those who are dying and their families for four decades. TRU Community Care began as Boulder County Hospice in 1976, when one of the organization's founders was asked, "Have you ever thought about starting a hospice?"

Pioneers in the Field

The question was posed to Beau Bohart Rezendes, who was finishing her Ph.D. dissertation on death and dying when she asked Dr. Darvin Smith what he thought could be done to help people who were dying or aged. His thought-provoking response was the beacon that pointed the way for Bohart Rezendes. Before long, she was talking to anyone who would listen about starting a hospice in Boulder County. Among those she approached were Kathryn Riddle-Oakes (then called Kitty Riddle), a well-known community organizer with vast experience in volunteer activities; Dr. Alan Snyder, an



Connie Lehman, RN, attends to a hospice patient during the early '90s. Through the years, TRU's name and location has changed, but not its mission.

internist/oncologist at the Boulder Medical Center; and Karin Sobeck, who had just completed her master's degree in mental health nursing and was holding workshops on death and dying across the country. Along with Marcia Lattanzi-Licht, a respected psychiatric nurse who was involved in grief

Continued on page 3

Celebrate with us!

In celebration of our 40th, TRU Community Care will be hosting a **40th Anniversary Party** on June 26 at 2 p.m. at 2593 Park Lane in Lafayette, Colorado 80026, and our community is invited to attend. The celebration will also include a groundbreaking for our new PACE (Program of All-Inclusive Care of the Elderly) and grief services building. Also, our annual fundraising gala, **PIZZAZ!**, will feature a '70s theme, reflecting the decade when we were founded. Join us on Sept. 17 for this groovy event!

In 2015, you helped us provide ...

1,411

patients and families with medical, spiritual and emotional care

2,219

family members with up to 13 months of grief counseling

\$67,495

in indigent services for patients who lacked the means to pay



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TRU Community Care

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TRU Hospice Thrift Shop
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LAFAYETTE

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Lafayette CO 80026
303.449.7740

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NEW BUILDING NEARS COMPLETION

This artist's rendering shows our new senior services and grief services building.

The new campus, located near TRU's administrative offices in Lafayette, is expected to be complete in May.



Over the past nine months, the lot just a couple blocks from TRU's administrative offices in Lafayette has been abuzz with activity as construction crews build a new TRU facility. The new building will house TRU's new senior care program, PACE (Program of All-Inclusive Care for the Elderly), and our Grief Services, which are currently based in Boulder.

A quick look

The 22,000 square-foot campus includes a lobby, a clinic for primary and specialty medical care, physical therapy and rehab, a kitchen, activity rooms, enclosed patios, meeting space and counseling facilities. Constructed to maximize natural light and heat, the building has a number of energy-efficient features.

Crews have been busy at work on the interiors this spring, and the project is slated to be finished and ready for use by Grief Services in early May. TRU PACE will start later this summer after it completes its State and Federal approval processes. More information will be available about this program soon.

A new chapter

The new building is located at 2593 Park Lane in Lafayette, and the community is invited to see the facility and join in its ribbon cutting on June 26 from 2 to 5 p.m. as part of TRU's 40th Anniversary celebration.

"Our new building symbolizes TRU Community Care's commitment to the community," said Bob Thorn, TRU vice president of business development and TRU Pace. "In it, TRU Grief Services will have more dedicated space, in a warm and inviting environment, to serve its clients. And, TRU PACE will offer an equally welcoming atmosphere in which to provide all the services necessary to help seniors remain living safely and independently. This new building is built upon the same principles that have guided the organization for the past 40 years, and represents our vision to continue to meet the needs of our community for many years to come."

See the progress on the building at our live webcam at webcam.trusenior-care.org.

SAVE THE DATE FOR PIZZAZ! 2016

We're busy planning this year's PIZZAZ!, which is set for Sept. 17. We'll be groovin' to a '70s theme, paying homage to our founding year of 1976. Mark your calendars for a night of Peace, Love and PIZZAZ! Also, we are in need of volunteers to help us plan this event, so if you are interested in being part of PIZZAZ!, contact Abigail Smith at Abigail.smith@trucare.org or 303-604-5389.



Continued from front page

related work, this team of professionals added their talents and energy to the quest to bring hospice care to Boulder County. "I think all of us came with the vision that there were better ways to care for people who were dying and grieving and that there were clear gaps in services," said Lattanzi-Licht.

Taking the Next Steps

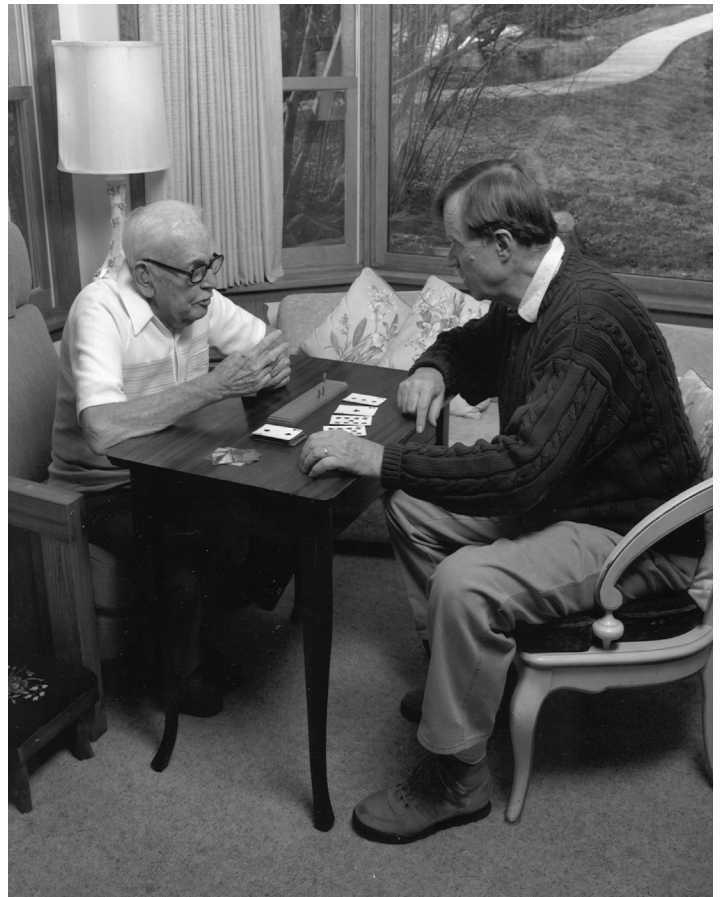
Filling those gaps would prove to be a challenging mission. In the beginning, the group met in living rooms. They stored donations in a cigar box. They paid their own way to hospice care conferences on pain management.

Despite such humble beginnings, they never wavered in their steadfast commitment to the cause, and by early 1977, Boulder County Hospice incorporated as a nonprofit, tax-exempt organization. Not surprisingly, its all-volunteer management team included the dedicated professionals who have come to be known as the nonprofit's founders as well.

TRU today

The organization's first patient received hospice care in June of 1977. Thanks to one provocative question and five remarkable visionaries, the organization has grown to become TRU Community Care, offering hospice, palliative care, grief services, and soon TRU PACE (Program of All-inclusive Care for the Elderly.) PACE represents an opportunity to create a broader continuum of care for frail elders in Boulder and southwest Weld Counties. The opening of the PACE site, which also will house TRU Hospice Grief Support, will be a chance to celebrate with the local community the years of service TRU has provided.

Find out more about our history at www.trucare.org/about-tru/.



TRU has always maintained an intensely personal level of care. In this 1994 archive photo, volunteer Dusty Blades plays cards with a hospice patient.

WAYS YOU CAN GIVE

Be Part of Our 40 for 40 Campaign



Celebrating 40 years of service with \$40,000 in support

To celebrate reaching 40 years of service (1976-2016), we want to raise \$40,000 of support for TRU. We're challenging our supporters to contribute a minimum of \$40 (Do you see a theme here?) between now and June 30. These funds help cover our annual gap between cost of care and reimbursements, indigent care and our free community services.

Do you want to be part of helping us serve our community in the years to come? Either donate online by clicking the "Donate Now" button at TruCare.org, or contact 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/make-a-gift-now/ways-to-donate/
Community Shares of Colorado Payroll Contribution Plan – Check to see if your company participates in this workplace giving program.

Matching Gifts – Many employers match gifts made to TRU.

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.

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



COMMUNITYCARE

Hospice | Supportive Services

a nonprofit organization

founded as Boulder County Hospice in 1976

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VOLUNTEER VOICE

After a career as a maternity and children's health nurse, Sue Samuels knew she wanted to give back in a health care setting. She discovered TRU Community Care in 2010 while volunteering at a nursing facility with her registered therapy dog Ginger, a six-year-old golden doodle. Now, she volunteers four to five hours each week doing Comfort Touch, pet visitation and 11th Hour companionship.

She says that one of the best parts about working with TRU is the support and education the organization extends to its volunteers. Through TRU training, she learned how to administer Comfort Touch, an acupressure therapy applied to the hands and feet that is safe for frail seniors with fragile skin.

Most staff and patients probably recognize Sue as Ginger's sidekick. Ginger's effect on patients can be remarkable, and she spreads her love to families and hospice staff, too.

"I've seen people who are mostly unresponsive open their eyes for the first time in two days when you put their hand on a dog's head. There's just a sense of comfort and peace that a dog brings," she said.

However, Sue says her favorite form of volunteering is through 11th Hour companionship. She sits with patients who would otherwise be alone, playing relaxing music, doing Comfort Touch or simply holding the person's hand.

"It's being able to be present at a time when a person shouldn't be alone," she said, adding that volunteering with hospice in general is a very fulfilling experience. "I'm giving of myself in a way that makes sense to my beliefs and I'm getting as much as I give. I get a great deal of joy from helping a patient relax. I'm part of making a hard process better and easier."

Go to www.trucare.org/careers-volunteers/volunteer-overview/ for information about volunteering with TRU Community Care.



Sue Samuels and Ginger

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