

Reflecting on One Year with TRU Community Care: A Note from Our CEO

After leading TRU Community Care and TRU Hospice of Northern Colorado for one year, I have come to realize that I am most grateful for the people I've been able to meet and spend time with. Members of *TRUe Friends*, a group who helped found our organization in 1976, have welcomed me with open arms and provided insightful information about our early years and the importance of serving our community. Board members have offered guidance and helped me to determine our highest areas of need and opportunity. Staff continue to inspire me daily with their dedication to our mission and to the people we serve. Volunteers show up day in and day out, driven by compassion and a desire to make a difference. Our hospice patients, PACE participants, and families receiving grief services give me reason every morning to come to work and inspire me to grow TRU and TRU HNC to better serve our community.



TRU President & CEO: Michael McHale

We've made great strides through our new Access Service Center, our investment in telemedicine, and our commitment to customer service and process improvement. As we serve more and more people with our programs, we seek to expand service offerings in 2019 through additional grief support groups as well as a comprehensive palliative care program. I want to thank you, our supporters, for your ongoing commitment to the mission of TRU and TRU HNC. We wouldn't be who we are without you.

Join Our Volunteer Crew

Volunteers are an essential part of the TRU HNC team. Every year dozens of volunteers assist in giving our patients and families the best emotional and practical support available. We select volunteers based on their qualifications; ability to deal with dying, death, and grief; and availability to meet the current needs of our patients and families.

Right now, we are looking for volunteers with special talents and the desire to share these talents with patients and volunteers. Are you a veteran? Do you play an instrument? Are you trained in acupuncture, massage, or aromatherapy? We need you! If you want to join our volunteer team, please visit hospiceofnortherncolorado.org/volunteers or call 303.604.5226.



Moments of Gratitude

Dear Hospice Staff,

Words can't describe how much we appreciate all the care you provided for our mother, Eulinda. We know she appreciated all of you.

A special thanks to the CNA's and nurses. You are phenomenal and I know my mother loved you guys so much. You made her really comfortable and always made sure she had everything she needed. Also, thank you to the doctor and social worker for the support and care you provided. The whole staff is amazing and your support during the hard times was great! Thank you again for everything!

~The Ford Family



Eulinda and her grandson

Grief Services Supports Our Community

It's true what they say about love never taking a holiday. As fall shifts into winter and the holidays approach, you can be caught off guard by the emotional impact of yearning for a loved one. TRU Hospice of Northern Colorado's Grief Services Department is here to help with those challenging times.

While we regularly provide individual and group support to our hospice families, we also serve our surrounding community. Our counselors and volunteers provide support via phone calls, support groups, workshops, and presentations in schools, workplaces, and faith communities.

Has your community experienced a loss that has been difficult to navigate? Do you know someone who is grieving? Are you wondering how you can support your co-worker or neighbor through the loss of a loved one? We are here for you. Please contact Julie at jmiller@hpcnc.org or call 970.518.3407.



TRU Hospice of Northern Colorado regularly offers a Men's Support Group on the 2nd Thursday of the month from 10:00 - 11:00 a.m. We also offer ongoing grief support groups, available to anyone, the 1st Tuesday of the month from 11:00 a.m. - 12:30 p.m. or from 6:00 - 7:30 p.m. Keep an eye out for our Cooking and Connection Group coming later this fall. For more information about our services, visit us at hospiceofnortherncolorado.org or call 970.518.3407.

TRU HNC's 19th Annual Butterfly Release & Memorial

On June 30, more than 160 people gathered at Bittersweet Park to participate in our 19th Annual Butterfly Release and Memorial event. This yearly tradition to remember lost loved ones and celebrate life is an important part of the grief process for many family members.

CEO of TRU Community Care and TRU Hospice of Northern Colorado, Michael McHale, welcomed guests on a beautiful morning. We honored our veterans with a Color Guard by the American Legion Post 18. Bereavement Coordinator, Julie Miller, shared a personal story of friendship and loss and reminded community members about the grief support provided by TRU

HNC. Sue Sabas, Support Services Manager, encouraged attendees to share memories of their loved ones. Guests enjoyed music from harpist Kaitlin Miller and placed rose petals and roses at the base of a tree in the park in memory of loved ones. Representing the transition of one life form to another, 200 butterflies were released into the air.

TRU HNC would like to thank our sponsors for making this event possible: 50 Plus Marketplace, Hubbard Family Dental Hygiene Clinic, and NCMC, Inc.



Another Successful Peaches Fundraiser in the Books



Our annual Fresh Palisade Peaches for Hospice fundraiser wrapped up on August 18, and TRU HNC extends gratitude to the many patients, families, and community members we serve for making the event a success.

This year we sold more than 500 boxes of peaches and raised over \$23,000 to support patient care in Weld and Larimer counties. Moving 500 peach boxes in one morning requires a lot of muscle and planning, and we are extremely grateful for the 29 volunteers

that showed up bright and early to take on the task. Together, our volunteers put in over 103 hours to make this event run smoothly.

In addition to our amazing volunteers, TRU HNC would like to recognize our event sponsors: Superior Towing, RCC Medical Supply, Stoddard Funeral Home, 50 Plus Marketplace, and Hubbard Family Dental Hygiene Clinic. White Orchards in Palisade, Colorado has been providing the peaches for the past nine years. According to White Orchards owner, Ray White, a longtime supporter, *"Working with hospice keeps the peaches rolling out the door and helps people receive the care they need. It's been a great experience to work with TRU HNC and to see how the community pulls together to make it happen. I'm proud to provide quality peaches each year."*

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Questions? Call us at [970.397.0170](tel:970.397.0170)
or email info@trucare.org.

Save the Date!

#GivingTuesday

Tuesday, November 27

#GivingTuesday is a global day of giving fueled by the power of social media and collaboration. Celebrated on the Tuesday following Thanksgiving, #GivingTuesday kicks off the charitable season when many focus on their holiday and end-of-year giving. We invite you to support TRU Hospice of Northern Colorado with a donation on #GivingTuesday at hpcnc.org/donate.

Colorado Gives Day

Tuesday, December 4

Colorado Gives Day is an annual statewide movement to celebrate and increase philanthropy in Colorado through online giving. Please support TRU Hospice of Northern Colorado with a donation through ColoradoGives.org on this day of giving.

Tree of Memories

Thursday, December 6

6:00 - 8:00 p.m.

Join us at Stoddard Funeral Home in Greeley to celebrate and remember our loved ones by honoring them with notes on our tree along with commemorative ornaments and lights.

Visit hpcnc.org/events for more information!