

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

After leading TRU 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 to better serve our community.



TRU's 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. We wouldn't be who we are without you.



TRU PACE Participant working with Purple Art

TRU PACE Enrolls 100th Participant

September marked the important milestone of TRU PACE reaching more than 100 participants enrolled in our Program of All-Inclusive Care for the Elderly. We now have more than 18 months under our belt of providing all the necessary preventive, primary, acute, and long-term care services for our participants so that they can continue living safely in their community.

With over 60% of our participants visiting the Day Center during the week for socialization or patient care, we are a hub of activity! Whether it is yoga, bingo, art therapy, music therapy, physical therapy, birthday parties, talent shows, dementia-specific care, or anything in between, there is never a dull moment at PACE.

TRU PACE Participant: Ramon



TRU PACE Participant: Ramon

Longtime Lyons resident, Ramon, wants other community members to know about TRU PACE:

"I've been a diabetic for 14 years. I didn't pay attention in the beginning to my disease, that's why I lost my sight and my leg. I used to work every day, using heavy equipment for a former employer. After the flood, I got worse and ended up in the hospital off and on.

PACE has been a good place for me. I wish I had known earlier about the program. The staff and medical team have treated me really well; in particular, Dr. Huang, the Medical Director and nurse, Oscar Arriaga. They are trying to get me a new leg and new dentures. And the physical therapy has really helped me."

As a participant at TRU PACE, Ramon says he enjoys the new friendships, hearing other's life stories, and not being isolated at home alone. He says it's a fantastic place!

TRU PACE has several community partnerships, including more than 200 contracted physician practices, referral sources, and home care agencies. We are proud to partner with Via Mobility Services for transportation and Meals on Wheels - Boulder for nutritious meals every day. We offer a heartfelt thank you to all of our partners, staff, and participants for being part of our very special PACE family!

To learn more about TRU PACE, please call 303.665.0115 or email pace@trucare.org.

Join Our Volunteer Crew

Volunteers are an essential part of the TRU Community Care team. Every year more than 300 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! Additionally, we need volunteers willing to visit patients and families in Brighton, Commerce City, and Northglenn. If you want to join our volunteer team, please visit trucare.org/volunteer or call 303.604.5226.



Moments of Gratitude



Dear TRU,

My mother, MC, passed away last Friday. She died quietly and peacefully without pain and suffering. From the beginning to the end, the entire team supporting mother did a superb job. They were knowledgeable, thorough, prompt, and gave sound care advice. They were kind and compassionate. They were concerned about me as a caregiver. The TRU 24 x 7 support line is very helpful. I called a couple of times because I did not know what to do, such as how to give the right amount of medication. They discussed her condition and gave sensible advice.

I want you to know that you have a stellar team. Their service is unbelievable! I appreciate everything they did for me and mom. I will recommend your organization, which provides a spectrum of end-of-life services, to all my friends.

Again, many thanks.

-Jenny

Grief Services Supports Our Community



When the community calls, we're here to answer. While TRU Grief Services provides individual and group support to our hospice families, we also offer support to the broader community. With high incidence rates of suicide, opioid overdoses, and accidents in our area, TRU counselors and volunteers can provide supportive phone calls, support groups, workshops, and presentations in schools, workplaces, and faith communities to help with the grief process. Has your community experienced a loss that's 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 griefservices@trucare.org or 303.604.5300 for more information.

TRU Grief Services is offering a Family Grief Group beginning on November 1, taking place on Thursdays from 5:30 - 7:30 p.m. at the TRU Grief Services office in Lafayette. This group, aimed at supporting kids and families who are coping with loss, will meet for 6 weeks and offers three break-out groups at each session. By providing unique support for kids ages 6-12, teens ages 13-17, and caregivers of any age, we are here for the entire family. To register, or for additional information, please call TRU Community Care Grief Services at **303.604.5300**.



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Questions? Call us at 303.926.4743
or email info@trucare.org.

To subscribe to our digital newsletter,
visit trucare.org.

Save the Date!

TRU Cares Luncheon

Thursday, November 15

11:30 a.m. - 1:00 p.m.

Join us at Academy Senior Living in Boulder to commemorate National Hospice, Palliative Care, and Family Caregivers Month at a fundraising luncheon to support the mission of TRU Community Care. Hear from CEO Michael McHale about plans for the future and witness powerful testimonials from people we serve.

#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 Community Care with a donation on #GivingTuesday at trucare.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 Community Care with a donation through ColoradoGives.org on this day of giving.

Lights of Life Holiday Remembrance Service

Tuesday, December 4

5:00 - 7:00 p.m.

Join us at Unity Columbine Spiritual Center in Boulder for a unique, non-denominational service to remember lost loved ones. Guests are invited to bring a photo or memento to place on our memory table and are encouraged to share a few words about their loved one if they wish to do so.

Visit trucare.org/events
for more information!