

Understanding Palliative Care

Palliative Care is often misunderstood to be one and the same as hospice care, but palliative care is NOT hospice care. It does not replace the patient’s primary treatment, but works together with the primary treatment being received. It focuses on the pain, symptoms, and stress of serious illness most often as an adjunct to curative care modalities. Palliative care is not time-limited, allowing individuals who are “upstream” of a 6-month or less terminal prognosis to receive services aligned with palliative care principles. Any individual with a serious illness, regardless of prognosis, can receive palliative care.



TRU Community Care is excited to introduce our renovated TRU Palliative Care (TPC) program which takes an interdisciplinary approach. This approach provides coordinated care with the patient’s primary physician in order to enhance the patient’s healthcare experience, improve the patient’s quality of life, and ensure that treatments and care are focused on the patient and family’s goals of care. TPC is a collaborative approach to managing your physical, emotional, and social needs depending on your needs. At any given time, you may see our physician, nurse practitioner, social worker, chaplain, or volunteer. Patients and families can also expect to receive help in developing patient-centered goals and plans, facilitated transitions from hospital to home, symptom monitoring and management, 24/7 phone support, coordination of health care services, and additional support services.

The TRU Community Care team is available to answer any questions that you or your loved ones may have. To learn more, please call us at 303.449.7740 or visit us online at trucare.org.

Tele-Consult Study Partnership with mHealth Impact Lab and CU



TRU recently solidified a partnership with mHealth Impact Lab at the Colorado School of Public Health, CU Anschutz Medical Campus. This partnership will lend additional strength and validity to TRU’s tele-consult study, which was launched in October, thanks to a grant from NextFifty Initiative. The study will compare tele-consults (interactive video) with face-to-face visits and will look at the effectiveness of tele-consults in addressing emerging issues related to the delivery of patient care, such as physician and nursing shortages, travel time required to provide care in patients’ homes, increasing healthcare costs in a time of diminishing reimbursements, and increasing patient reach for the growing senior population who are living longer with advanced illness.

mHealth Impact Lab is an incubator for innovative health technology and disease management initiatives and the CU Anschutz Medical Campus is a nationally recognized leader in the creation of new knowledge and innovative approaches to improving human health. They will be helping TRU with the study design, data collection, and data analysis. TRU strives to better meet patients’ needs in the most efficient and affordable way possible; the final study results will be shared with CMS and NHPCO in an effort to influence the ability of hospices to use the tele-consult model to complete regulatory required face-to-face visits.

We Honor Veterans

Our veterans have bravely served us. It is now our privilege to serve them. 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 Community Care offers TRU Heroes, a special end-of-life care program that's based on the principles of comfort, choice, dignity, and respect and tailored to the specific needs of veterans and their families. 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
- Intensive around-the-clock care at the TRU Hospice Care Center or wherever the veterans 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 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

If you are a veteran or someone who is passionate about serving veterans and would like to assist with our We Honor Veterans efforts, please contact info@trucare.org.

TRU Grief Groups Explore Expressive Arts

At TRU Community Care, we consider it a privilege to help those who are grieving regain their balance and resume healthy living. Extensive resources for people of all ages and stages in the grief process are available to everyone in the community and are free of charge. We are thrilled to offer two new grief groups, **Yoga After Loss** and **Writing Through Grief**.

Yoga After Loss is a support group for those who wish to explore grief through the practice of yoga, using breath-work, poses, and meditation. This group meets on Wednesdays in Lafayette from 6:00 - 7:30 p.m. for six consecutive weeks. Offering a body of yoga techniques, this group will provide the opportunity to consciously connect with and experience your grief in a safe and supportive setting. As your practice unfolds, you may experience the gifts of increased strength, flexibility, and awareness.



Writing Through Grief is a support group that meets on Wednesdays in Boulder from 6:00 - 8:00 p.m. for six consecutive weeks. Loss and writing are both very personal experiences. This class provides the opportunity to blend the two in a safe, non-judgmental setting. Through the use of weekly prompts, members will reflect on the provided writings as a group followed by time for their own individual written responses. Journaling is encouraged. No writing experience is needed. Writings will not be critiqued. Expressing grief through the written word is the goal of the class as members' journey through loss using this creative form. Please visit trucare.org/grief to register for any of our grief offerings.

TRU Ethics Committee

Founded in the 1990's, TRU's ethics committee was among the nation's earliest hospice ethics committees in the country. The committee serves in an advisory capacity to:

1. Provide input to TRU administration on program policy that has ethical dimensions
2. Assist in developing guiding documents related to ethical issues
3. Provide an arena in which staff can discuss current clinical/patient care dilemmas, prepare to prevent and resolve ethical dilemmas, and conduct retrospective review of difficult cases
4. Plan educational offerings for staff on ethical issues



The process of ethics consultation helps answer the question, "what is the best/right thing to do here?"

In addition to members of TRU's leadership team, the ethics committee is comprised of community members from within TRU's service area. Current community members include Jean Abbott, MD, MH; Barbara Beasley, PNP, APRN; Al Canner, JD; Lee Carlin, PhD; Peter Ewing, MD; Rodney Felzien, JD; Jacqueline Glover, PhD; Larry Kane, PhD; Chad Kohlmeyer, MDiv; Marcia Lattanzi Licht, LHD, RN, LPC; Claire Riley, RN, MS; Porter Storey, MD; and Bonnie Wilensky, MSN, CNS. TRU is grateful for the depth and breadth of wisdom, knowledge, and experience held by our esteemed ethics committee members. We are confident that our services and our community benefit from this committee's work year after year.

TRUe Friends Give Back



Dr. Alan Snyder, the founding Medical Director of Boulder Hospice (now TRU Community Care), created the "Circles of Life" sculpture, inspired by TRU's mission. Dr. Snyder generously donated the sculpture to TRU on behalf of TRUe Friends, a group dedicated to supporting and advancing exemplary care at the end of life, including the leaders (*) who founded TRU as Boulder Hospice in 1976. Thank you to the members of this incredible group: Al Canner, Jane Carlson, John Fleagle, Carolyn Henninger, Ardee Imerman, Jean Jasmine, *Marcia Lattanzi Licht, Heather Le Masurier, Jere Mock, *Kathryn Oakes, *Beau Rezendes, Peggy Richardson, Claire Riley, Judy Schilling, Darv Smith, *Alan Snyder, *Karin Sobeck, and Peg Young. "Circles of Life" is located outside the main entrance to TRU PACE on Park Lane in Lafayette. Please stop by to see the sculpture and to take a tour of PACE!

Donor Spotlight

TRU PACE recently received a generous \$15,000 grant from the Herbert and Judy Paige Family Foundation in support of our work to provide preventive, primary, acute, and long-term care services that enable elderly individuals to continue living safely in the community. This grant specifically allows TRU PACE to expand usage of MedaCubes, which are "medication robots" with web portal analytics to help frail elders take their medications as prescribed and

maintain their independence. It is a unique, error-proof "bulk loading" of up to 90-days of medications and has several features to help patients and caregivers. This funding is in addition to previous grant support provided by The Paige Foundation. We are grateful for the support and hearing from our clinical staff and participants about the positive impact MedaCube has had so far in their care.



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founded as Boulder Hospice in 1976

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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!

Caregiver Symposium

Wednesday, May 22

Jewish Community Center

6007 Oreg Ave., Boulder, CO 80303

Each Spring, Boulder County Area Agency on Aging holds this full-day educational event for family caregivers. There are thousands of caregivers in our area, and the caregiving symposium gives them the opportunity to find answers, make connections, and learn about valuable programs, services, and products.

Butterfly Memorial and Release

Saturday, June 22

TRU PACE Labyrinth

2593 Park Lane, Lafayette, CO 80026

We believe that releasing a butterfly in memory of a loved one is a special way to honor those we've lost. TRU Community Care invites you to be part of this celebration of life. A brief program begins in the morning and includes a Color Guard to honor our veterans, a hopeful message from our Grief Department, and music fitting for the butterfly release. This event is free and open to the public. Butterflies can be reserved for \$20 each. Check our website in April for more details.

TRU Palisade Peaches Sale

Peach Pick-Up: Saturday, August 10

2593 Park Lane, Lafayette, CO 80026

Peaches for Hospice is a fundraiser held in collaboration with White Orchards in beautiful Palisade, Colorado. Peach sales begin via our website in May and culminate with a Saturday pickup at our PACE building on August 10.

2nd Annual TRU Cares Fundraising Luncheon

Thursday, November 7 (date subject to change)

Location TBD in Boulder County

Join us to commemorate National Hospice, Palliative Care, and Family Caregivers Month at a fundraising luncheon to support the mission of TRU Community Care.

Visit trucare.org/events
for more information!

Please consider supporting our work with a tax-deductible donation to TRU today. For your convenience, a donor reply device is enclosed.