

## TRU Announces Acquisition of Lafayette Memory Care Center

On October 7th, TRU announced its acquisition of Landmark Memory Care (Landmark). Located on South Public Road in Lafayette, Landmark Memory Care has distinguished itself as a quality provider of care for those in our community living with Alzheimer's and dementia diagnoses. TRU has a number of its PACE (Program of All-Inclusive Care for the Elderly) participants residing at this small, high quality, family-owned, memory care facility. Landmark, which opened in 2016, employs 20 staff and currently houses 18 residents, approximately half of whom are TRU PACE participants.



"The presence of TRU PACE residents at Landmark and the ongoing relationship between our organizations has been significant in the decision to pursue this acquisition. We have a responsibility to ensure safe and adequate housing for these participants," said TRU Board of Directors Co-Chair Jim Williams. The relationship also provides for future PACE growth and the concurrent opportunity for Landmark's offerings to expand.

"This is an incredible opportunity, not just for Landmark and TRU, but for our community," said Deborah Hanson, Landmark Founder and Administrator. "Our greatest concern has always been the welfare of our residents, and we know that TRU shares that priority and will continue to provide an excellent living environment and quality care for them."

The acquisition of Landmark was guided by TRU's mission and its commitment to the community to expand programs and services to meet emerging needs. As the population ages, the needs of people living with Alzheimer's and other dementia-related illnesses are increasing, and TRU is positioned to expand programs and services in response.



"Meeting the needs of the growing PACE program and the potential to expand Alzheimer's and dementia care services for the community were primary drivers in this move," said TRU Board of Directors Co-Chair Martha Coffin Evans. "But we're also excited by opportunities that a small campus will provide for the continued growth of TRU's hospice, palliative care, grief services, and the recently opened Tele-Care Center that supports all of our programs."

Heather Bowie, TRU's Director of Quality and Compliance, will move into an on-site role as Landmark's Director of Senior Housing, reporting to TRU PACE Executive Director Samantha Black.

## TRU's Fundraising Luncheon Goes Virtual

Join us for our Third Annual TRU Cares Fundraising Luncheon to celebrate our work and raise funds to support TRU's mission. With the uncertainties of COVID-19 lingering and out of an abundance of caution, we have decided to alter this year's event to a virtual format. You won't want to miss this powerful hour highlighting recent achievements and discussing our path forward. Join from the comfort of your own home or office on October 22nd from 12-1 p.m.

The event is free to attend; we just ask that you register by visiting [trucare.org/events](https://trucare.org/events). It's never been easier!

## Save the Date!

### TRU Cares Fundraising Luncheon

Thursday, October 22, 2020

Online

12 - 1 p.m.

Register at [trucare.org/events](https://trucare.org/events)

### Lights of Life Holiday Remembrance

Saturday, November 14, 2020

Online

More info at [trucare.org/events](https://trucare.org/events)

### TRU Wreath Fundraiser

Order a fresh, fragrant, 22-inch, noble fir wreath in support of TRU. Available for preorder at:

[trucare.org/wreath](https://trucare.org/wreath)

Pick-up is in early December

## Overdose Loss Grief Group



Grief Services is partnering with Boulder County Community Services Substance Use Advisory Group to launch a new grief support group aimed directly at supporting those who have lost a loved one to an overdose. The new group launches in October and is held the second Thursday of each month from 6-8 p.m. Please help us get the word out.

Visit [trucare.org/grief](https://trucare.org/grief) to learn more about all of our support groups.

## The Conversation Project Updates

The Conversation Project in Boulder County (which joined forces with TRU in 2019) is looking for more volunteers! If you are interested in becoming a trained conversation coach, please join us for our last 2020 volunteer training session (online) on December 2nd from 1-3 p.m. and December 9th from 1-4 p.m. You will learn about the history of The Conversation Project, advance directives, and how to help people have these vital conversations with those who matter most. You can start by filling out a volunteer application at [trucare.org/volunteer-sign-up](https://trucare.org/volunteer-sign-up). Email any questions to [amandameier@trucare.org](mailto:amandameier@trucare.org).

The Conversation Project has released a new tool entitled *What Matters to Me: A Patient's Guide to Serious Illness Conversations*. Download this workbook at [trucare.org/whatmatters](https://trucare.org/whatmatters). It takes the conversation one step further by helping those with serious illness think through and talk about what matters most to

them-to make sure they get the care they want.

Avista Hospital has made a commitment to increase advance care planning among staff and patients. They have adopted The Conversation Project in Boulder County tools to guide this process. TRU is thrilled to reach a broader audience through partnerships like this one with Avista.

It is more important than ever to talk to your loved ones about your medical treatment preferences. These discussions provide control in an uncertain time and peace of mind to loved ones. If you need guidance on documents or help starting your conversation, The Conversation Project has trained coaches available. They can speak with individuals and families by telephone or arrange an online meeting. All services are free and available on a flexible schedule.

Call (303) 250-4510 to schedule an appointment today.

## New Tele-Care Center Opened in June

We're pleased to announce that the TRU Tele-Care Center (TCC) opened its doors on June 1st. The new call center is located in our Park Lane building (opposite TRU PACE) and features 16 work stations: six from which physicians and nurses can conduct video consults, two supervisor cubicles, and eight workstations for agents handling inbound and outbound calls.

The opening of the TCC coincides with TRU's efforts to scale tele-care operations in response to the pandemic. Our initial plans to deploy 50 remote patient monitoring devices in 2020 have expanded, and we are now providing robust tele-care across all TRU service lines and on track to monitor 200 patients through remote patient monitoring software and devices by the end of the year. We have dedicated nurses monitoring devices for palliative care, hospice, and PACE and a full-time physician assigned to the TCC.

We look forward to scheduling virtual tours and in-person tours when we're able. Currently, we can demonstrate the TRU Tele-Care experience from the patient's perspective in our Patient Experience Room.

If you're interested in learning more or visiting, please email [info@trucare.org](mailto:info@trucare.org).







## High Tech and Low Tech Ways to Cope with Bereavement in a Pandemic

By Charley Rosicky, LCSW and Heili Lehr

It's important to acknowledge all the losses we are experiencing collectively and individually in this pandemic. And when it comes to the death of a loved one, how can we cope while remaining socially distanced? Without access to large social gatherings, our go-to strategies of coping may be restricted.

In lieu of traditional rituals, people are finding ways to memorialize in both high-tech and low-tech ways. Low-tech ways include going forward with cemetery rituals, inviting drive-in attendance, and rotating small group gatherings for viewings and memorial events. High-tech ways include using Facebook, Zoom, and Google Hangouts, as well as Alexa, Google Home, and Echo devices, using "drop-in" features to create virtual gatherings of people, and making online scrapbooks about the death that has occurred.

Just like memorializing creatively, we must find ways to express our sorrow creatively as well. To deny ourselves the opportunity to grieve because we can't

do it in our pre-pandemic ways is to deny ourselves nourishment for our souls. If it takes learning new technology in order to join a virtual support group, then find a way to learn it. Technologically savvy people and senior center volunteers may be good places to get the education you need for free, or you can pay for a class. But even without technology, there is still a world of ways to get what your grieving heart needs. There's the phone – reach out to the people who are good listeners in your life who will not try to fix you, and ask them to schedule regular times to get together for the months ahead. You can do it!

Although grief is different for each one of us, and we find our own low or high-tech ways to care for our grief, the following sentiment reminds us of the universality of the change we are managing:

*Grief never ends. But it changes. It's a passage, not a place to stay. Grief is not a sign of weakness nor a lack of faith. It is the price of love.*

## TRU is Now a Level 5 We Honor Veterans Partner

TRU is proud to be one of the first hospices in Colorado to achieve Level 5 Partner status through the We Honor Veterans program, a program of the National Hospice and Palliative Care Organization (NHPCO) in collaboration with the Department of Veterans Affairs. This tiered recognition program demonstrates a systematic commitment to improving care for veterans through assessment and integration of best practices. Having achieved Level 5, the highest partnership level, TRU Community Care is better able to meet the unique needs of America's veterans and their families.



**WE HONOR VETERANS**

TRU continues to honor our veterans receiving hospice care by presenting them with or mailing certificates and pins to recognize their service. One grateful son of a patient recently shared, "We got an envelope from TRU today that had a certificate thanking Dad for his service in the Navy. He was blown away and quite taken aback in a very positive way. Thank you to you and your team." It is our honor to serve those who have served our nation.

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

## How YOU can give back to TRU

TRU Community Care relies on support from friends like you to continue our vital work: providing the best possible care to anyone who needs us, regardless of an inability to pay. Our programs are funded partly through Medicare, Medicaid, commercial insurance, and private payments, but because we give the same unparalleled care to everyone, we also rely on the generosity of businesses, foundations, and individuals like to you to help bridge the gap.

When you make a gift to TRU, you make a gift of lasting value. You are ensuring that everyone experiencing advanced illness or loss in our community is treated with respectful and compassionate care they deserve. We thank you for your consideration and generosity.

Visit **[trucare.org](https://trucare.org)** to learn more.

