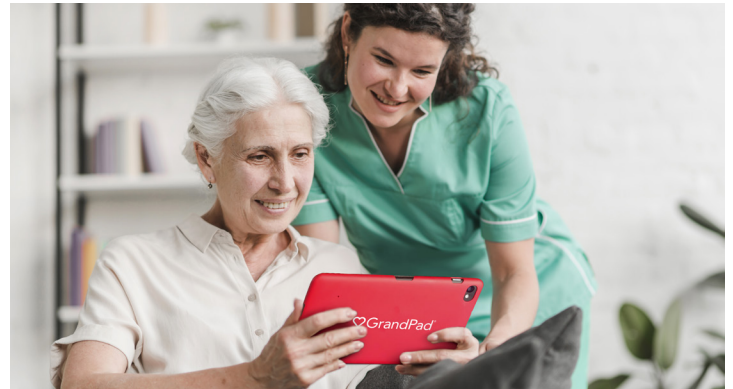


TRU PACE Utilization of GrandPads

The impact of social isolation during the COVID-19 pandemic has been particularly hard on our PACE (Program of All-Inclusive Care for the Elderly) participants. The TRU PACE Day Center closed abruptly in March 2020, sending the majority of our participants and their caregivers home and decreasing their ability to engage with their peers and their health care team. With a goal to implement telehealth tools to improve participant outcomes, and thanks to generous grant funding in the latter part of last year, TRU is able to provide GrandPads to the majority of our PACE participants in 2021.

GrandPad tablets are designed specifically for seniors with the primary goal of increasing socialization and engagement for older adults. They are intended for people who have little to no computer experience; have resisted modern technology; and/or who have diminishing eyesight, motor skills, hearing, or cognition. GrandPads allow for video chats with health providers,



family, and friends; group recreation activities; socialization groups; wellness surveys; photo-sharing; email; music; and games - all in a safe, secure, private network. Members of our 12-person interdisciplinary team are working together to identify the best interventions, primarily aimed at reducing isolation and supporting mental health, custom to each participant's plan of care.

Welcome Home Vietnam Veterans Day Celebration



TRU is proud to have played a part in encouraging SB21-024, a pending bill sponsored by Colorado Senators Sonya Jaquez Lewis and Bob Rankin and Representative Tom Sullivan. This bill proposes recognition of March 30th as a commemorative state holiday and, in connection therewith, would designate March 30th as "Welcome Home Vietnam Veterans Day." Passage of this bill would allow for appropriate observance by the public and in all public schools in tribute to the service and sacrifice of Vietnam veterans.

To honor this day for Vietnam veterans and their families in

the communities we serve, TRU Community Care is partnering with other Colorado hospices through the Hospice Veteran Partnership to host our first Welcome Home Vietnam Veterans Day virtual celebration on March 30, 2021.

Our program will open with remarks from Dr. Hillary Lum and an introduction to the Hospice Veteran Partnership. Senator Lewis will share information about the Welcome Home Vietnam Veterans bill, and the event will include a screening of *Return to Nam*, a documentary film that tells the story of 52 Vietnam veterans and their return to Vietnam 50 years after the war.

TRU is proud to serve veterans through 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.

Please mark your calendar for Tuesday, March 30th at 7:00 p.m. Visit [TRUcare.org/welcomehome](https://www.trucare.org/welcomehome) for more information.

Save the Date!



Learn more at [TRUcare.org/events](https://trucare.org/events)

Welcome Home Vietnam Veterans Day Celebration

Tuesday, March 30, 2021
Online, 7 - 8:15 p.m.

Take Flight Memorial and Butterfly Release

Saturday, June 26, 2021
9 a.m. - Virtual Program
10 - 11 a.m. - Butterfly Pick-Up

Perfect Peaches Community Peach Sale

Saturday, August 21, 2021
7-11 a.m.

TRU Cares Fundraising Luncheon

Thursday, October 21, 2021
11:45 a.m. - 1 p.m.

Lights of Life Holiday Remembrance

Winter 2021

Holiday Wreath Sale

Winter 2021

Learn more at [TRUcare.org/events](https://trucare.org/events)

The Conversation Project Updates

The Conversation Project in Boulder County (TCPBC) is an important TRU program focused on ensuring people receive medical care that is consistent with their values, goals, and preferences. TCPBC's 2021 goal is to make advance care planning (ACP) more accessible to those in our community. We've begun by providing online open house events, each comprised of a full day's one-hour Zoom appointments, in which participants can meet privately with a trained ACP coach prepared to give guidance and answer questions. Participants report leaving these sessions with motivation, knowledge, and resources to start or continue their ACP journeys.

TCPBC has also designed an online ACP program for workplaces to offer their employees. This program, called Get Around TRUIT, is flexible and entirely self-directed. The content is designed to help people think and reflect on their healthcare values, understand the

planning process, and make their ACP plan. We implemented Get Around TRUIT with TRU's employees last fall, and the feedback has been positive. The free program will be ready to offer to community employers this spring.

the conversation project in boulder county

Recently, The Conversation Project (national) has updated its ACP tools to be more approachable for larger and more diverse audiences.

These tools cover an array of topics, including the original Conversation Starter Guide, How to be a Proxy, and How to Talk to Your Health Care Team. You can view them at theconversationprojectinboulder.org/starter-kit.

Email amandameier@trucare.org for more information on TCPBC offerings as well as access to ACP coaching assistance.

TRU Care Center as Classroom



TRU Community Care is committed to being a learning and teaching center for our community. We are always learning first, focusing on best practices and the highest standards of care and sharing what we have learned through teaching. In this spirit, we are currently seeking funds to pilot a New Grad Nursing Residency Program launching this summer. Given

the nursing shortage in Colorado and the specialized nature of the hospice and palliative care field, we see a unique opportunity to create a residency program rooted in best practices and to "grow our own" hospice and palliative care nursing pool. With one of the only inpatient care centers in the area, we have the perfect setting to pair a resident with experienced staff in a controlled and supportive environment before sending them into the field. Not only is the TRU Hospice Care Center a special place for patients to receive intensive care at end of life, but it will also be a classroom for training the upcoming caregivers for our community.



PAIGE FOUNDATION

Enriching Lives - Engaging Donors

Foundation Support In Trying Times

The challenges we faced in 2020 often seemed never-ending and insurmountable. How can we provide uninterrupted care for those we serve? How can we keep everyone safe? How will we pay for all of this PPE? How can we provide quality care virtually? How can we combat social isolation? How will we raise money in a pandemic?

Hope and relief came in the form of generous grant support for TRU's work.

The first to the rescue was Next Fifty Initiative's COVID-19 Response Fund (and later their Special Initiative) both of which provided general operating support. The CO COVID-19 Relief Fund and Boulder County Commissioners Nonprofit Emergency Relief Fund provided much needed reimbursement for PPE expenditures. Colorado's Office of eHealth Innovation in partnership with CORHIO, along with Daniels Fund and The Herbert and Judy Paige Family Foundation, all provided funds to support telehealth tools for socialization and improved outcomes for PACE participants.

Telligen Community Initiative helped us ramp up our TRU Tele-Care program and utilization of remote patient monitoring through Vivify Health.

Boulder County Commissioners Human Services Fund, The April Fund, the Jacqueline Beau Rezendes Hospice Fund at Community Foundation Boulder County, and the City of Lafayette all contributed to ensuring that patients in our community receive hospice care when they need it most. The Paige Foundation enabled PACE to purchase the physical therapy equipment needed to better serve our participants, and the Broomfield Community Foundation provided general support.

To all of these entities and others - thank you for carrying us through hard times. You kept us safe. You allowed us to be innovative and forward-thinking. You are our partners in caring for our community, and for you, we are grateful.

Creative Expression Grief Support Group

"Art can permeate the very deepest part of us, where no words exist."

– Eileen Miller

Explore Your Grief Through Creative Expression



TRU Grief Services, an essential TRU program, is pleased to launch a new group focused on creative activities to explore and express the feelings, experiences, and deeper meanings of grief. Creative activities offer the opportunity to engage in building meaning from the loss of a loved one. Art-making activities help facilitate understanding and the expression of deep emotions that can otherwise be difficult to access.

Each session will consist of time spent creating art and time for each member to process the meaning of their creation in a safe and supportive environment. There is no experience or "skill" necessary to participate in the group.

It will meet Tuesdays, April 6, 13, 20, 27, from 6:00 - 8:00 p.m. via Zoom. Registration is required and can be done by visiting TRUcare.org/grief or by calling Reta at (303) 604-5213.

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

Paying it Forward

I can not adequately express my sincere gratitude for the care and support that you provided to my sister and me. When I was overwhelmed at home, you opened up your arms. When I was uneducated, you educated me. When I was unsure of how I would care for my sister in her dying days, you assured me. As my sister progressed in her dying days, you watched over her. As she was actively dying, you comforted her and eased her pain. I will never forget you all and your noble work. You are angels. Please accept my contribution which may help you to provide care to others.

*Gratefully yours,
Geoffrey*

TRU Community Care relies on support from friends like Geoffrey and you to continue our vital work. Please consider enclosing a gift to TRU today or visit [TRUcare.org/donate](https://tru.org/donate) to contribute online.

