

## TRU Hospice Care Center: Treating the Whole Person

While you're likely aware that the TRU Hospice Care Center provides intensive inpatient care for patients with complex medical needs, what may not be as obvious is that these patients frequently arrive at the Care Center with equally complex social and spiritual needs.

Recently, a patient was referred to us whose acute and unmanaged pain symptoms had landed him repeatedly in hospital emergency rooms. Additionally, he'd had legal and substance abuse struggles, and was, at that time, homeless. He had nowhere else to go.

We admitted and treated him at our Care Center, managing his pain and symptoms. The entire team took part in his care: providers, nurses, social workers, CNAs, chaplains, volunteers, and administrative staff. They addressed more than just his physical needs. They treated him with compassion and dignity.



The Care Center is a warm and inviting space. The team provides specialized care, aromatherapy, music, massage, companionship, and more. In cases like this, the team also becomes a patient's family. This gentleman was most gracious to everyone he came in contact with, frequently expressing gratitude to the team, and he stayed at the Care Center for an extended period of time after being treated.

When it no longer made sense for him to reside at our inpatient center, we partnered with the Denver Coalition for the Homeless to find temporary lodging while continuing to seek an appropriate facility to which he could transfer.

Eventually we were able to partner with a Denver facility that welcomed him with open arms while we stayed engaged with his palliative plan of care. He is thought of daily by many of the team members.

Thanks to your support, TRU has and always will care for members of our community despite their means for payment or the challenges they may be facing.



*Families often ring the Care Center memorial bell after their loved one has passed.*

# TRU Heroes: World War II Veteran Honored Virtually

At the height of the pandemic, TRU hospice nurse Arilyn Starling was working with Robert Kehoe, a World War II army hero who had, in 1945, been awarded the Distinguished Service Cross for his "extraordinary heroism" during World War II.



First Sergeant Robert Kehoe being awarded the Distinguished Service Cross in November 1945.

Kehoe had, days after the 1944 Invasion of Normandy, been part of a three-man team who parachuted behind enemy lines to establish a radio base and help organize the French Resistance.

"My father was a U.S. Navy corpsman in Vietnam, and I've always had a great respect for veterans, so I was excited to help with TRU's veteran pinning ceremonies, welcome-homes, and other events held as a part of TRU's *We Honor Veterans* program," said Starling, who wished to honor Kehoe's heroism in this way.

TRU organized a remote veteran pinning ceremony for Kehoe in which Starling presented the honors while fellow veterans, attending virtually, saluted. The virtual ceremony, a first for Starling and TRU, was covered by Denver's 9News.

"Seeing how much that meant to him was a moment of pure joy for me, after which he always greeted me with, 'There's my co-star!'"

## TRU Grief Services: Healing Through Hiking

TRU's Hiking Support Group provides support, exercise, and a safe place for quiet reflection for anyone who has suffered a death loss. The group meets weekly on Wednesdays from May through October and is offered every year.

**We also offer these ongoing adult grief groups:**

- Bereaved Parents Grief Support Group
- First Year Spouse/Partner Grief Support Group
- Spouse/Partner Loss Grief Support Group
- Substance Use Loss Support Group
- Sudden Loss Grief Support Group
- Widowed Senior Grief Support Group
- Yoga After Loss Grief Support Group

**And these structured adult grief programs:**

- Creative Expressions Grief Support Program
- Newly Bereaved Grief Support Program
- Eight-Week Grief Support Group

To register or for more information, please call Grief Services at (303) 604-5213 or visit [TRUcare.org/grief](https://www.trucare.org/grief).



*"I really enjoy our hike on the beautiful trail. It is neat enjoying nature and the company of others who have also endured the passing of someone dear to them. There is a strong feeling of closeness with them without dwelling completely on details of our loss."*

**- Milt M., Hiking Group Participant**



# TRU PACE: GrandPads Keep Participants Engaged

When PACE (Program of All-inclusive Care for the Elderly) participants found themselves isolated at the beginning of the pandemic, we looked for means of allowing them to engage with their family, peers, and healthcare team.

Thanks to generous grant funding, we've been able to provide GrandPads - tablets for seniors designed to increase socialization and engagement - to the majority of our PACE participants this year. They have been warmly received.



Lisa Lehndorff and other PACE participants meet via their GrandPads for activities, games, meditation, and more. Lisa enjoys the Purple Art program in which they all paint a picture together.

"The main thing is the connection with others, especially during COVID. Also, people don't need technical ability to teach others. I've taught Bible study and French on it, and right now I'm in a book club. We're reading *To Kill a Mockingbird*."

We are measuring the impact of GrandPads and hope to continue to expand the way we utilize technology.



## SAVE THE DATE: Virtual Luncheon, Wreaths, CO Gives Day

### TRU Cares Virtual Fundraising Luncheon

The 4th Annual TRU Cares Fundraising Luncheon will take place virtually again on October 21st from 12-1 p.m. We hope to gather in person next year!

To make a donation or view content from the event, visit [TRUcare.org/luncheon](https://TRUcare.org/luncheon) or scan the QR code below.



### TRU Fir Wreath Fundraiser

Order a fresh, fragrant, 22-inch noble fir wreath in support of TRU. Wreaths are available for preorder at [TRUcare.org/wreath](https://TRUcare.org/wreath) or by scanning the QR code below with your phone's camera.

Orders must be placed by November 7th. All wreaths should be picked up December 7-8 from 10 a.m.- 4 p.m. at TRU PACE in Lafayette.



### Colorado Gives Day

Colorado Gives Day is coming up on Tuesday, December 7th, and you can schedule your donations beginning November 1st at [TRUcare.org/cogives](https://TRUcare.org/cogives) or by scanning the QR code below with your phone's camera. Thanks for remember TRU!

Scan the QR codes below by launching your phone's camera, pointing it at the code, and tapping the link that appears.



Please consider supporting our work with a tax-deductible donation to TRU today.  
For your convenience, a donor reply device is enclosed.  
You can also donate online at [TRUcare.org](https://TRUcare.org).

## Why Support TRU?

TRU Community Care relies on support from friends like you to help us:

- Provide the best possible care to anyone who needs us, regardless of an inability to pay
- Offer extensive grief counseling and group support to anyone who has lost a loved one
- Keep the TRU Hospice Care Center open for patients in need of short-term intensive care
- Grow new programs and meet community needs.

In the words of a thankful family member,

*"Thank you for your incredible service in caring for my Dad. As his birthday approaches, I'm filled with gratitude for the time I was able to spend with him in my home. This wouldn't have been possible without your support. We especially want to thank our amazing care team. Their calm compassion and expertise was a comfort not just to my Dad, but to our entire family."*

Donate online any time at [TRUcare.org/TRUTalk](https://TRUcare.org/TRUTalk) or text TRUTalk to 41444.

