



*TRU Community Care affirms
life at every step of your journey
with illness and loss.*

TRU Community Care Fall 2024 Newsletter

TRU Looks Forward to Ensure Another 50 Years

As TRU Community Care approaches its 50th year providing compassionate care for members of our community living with advanced illness and loss, organizational leaders are looking forward, rather than back, to ensure another 50 years.

TRU and San Diego-based St. Paul's Senior Services are exploring affiliation as two well-established nonprofit healthcare providers in Colorado and California, respectively. Under the leadership of TRU President and CEO Scott Gresser, and St. Paul's President and CEO Michael McHale, organizational integration would allow TRU and St. Paul's to expand the continuum of care programs provided by these two organizations, including hospice, palliative care, PACE, memory care, and grief support, while preserving the legacies of both organizations.

TRU, which was Colorado's first hospice and founded as Boulder Hospice in 1976, has grown from a census of 15 patients in 1977 to an innovative healthcare nonprofit that now serves more than 1,200 individuals each day.



COMMUNITYCARE



St. Paul's Senior Services, established in 1960, is a similarly mission-driven nonprofit and full-service senior care provider with a reputation for providing exceptional care. St. Paul's offers independent living, assisted living, and skilled nursing communities as well as St. Paul's PACE – San Diego's first Program of All-Inclusive Care for the Elderly (PACE).

TRU PACE Expands In-House Transportation Fleet

TRU PACE is in the process of operationalizing its own transportation fleet to meet the significant need for transportation of PACE participants. This summer, we took delivery of two new vans, and we have seven more vehicles expected by the end of 2024.

By assembling our own fleet and freeing ourselves from reliance upon other transit companies, we increase flexibility and reliability, gain control over our own routes, and ensure an optimal experience for our participants. Also, TRU PACE drivers are uniquely connected to the interdisciplinary teams, ensuring better communication of participant needs.

PACE remains committed to continuing to bring services in-house where possible for optimal flexibility in serving our patients' needs at the highest quality level.



Have you seen us out on the streets? A welcome benefit of our expanding fleet is further marketing for TRU PACE services. The vans we have branded with our TRU PACE logo act as traveling billboards throughout our territories. What a wonderful way to let our communities know that TRU PACE is here in the area and ready to serve.

Safety Net for Uncompensated Care (SNUC)

Uncompensated care consists of expenses that TRU accrues from providing care to uninsured/underinsured and unhoused individuals in Boulder County and beyond. The goal is to keep our patients/family members/caregivers safe and supported during challenging times regardless of an inability to pay. TRU's dedicated Development Team is working hard to raise funds to support this critical need.

Year over year the amount of uncompensated care that TRU accrues continues to grow in pace with the rapidly aging population. Boulder County community partners are aware of our commitment to be a resource for this patient population. When other for-profit hospice organizations say no, our medical professional partners know that they can rely on TRU and our mission to serve anyone in the community. Additionally, even for those with Medicare, there is often a gap between the amount of reimbursement we receive and services we provide.

Based on a projection from the first half of 2024, we anticipate spending ~\$2,575,000.00 on uncompensated care across our entire service area. This amount includes all services (medical providers



for hospice/palliative patients, medications, medical equipment, social services support, and grief services) to uninsured/underinsured or unhoused individuals, as well as services provided that go unreimbursed by Medicare.

Given the rapid increase in the aging population and demand for senior healthcare services, we anticipate this number to grow in 2025. By working with community partners, such as area hospitals and homeless shelters, TRU is committed to education and outreach, and continuing to provide service to patients who are elsewhere turned away.

SAVE THE DATE: TRU Luncheon, Wreaths, CO Gives Day



TRU Cares Fundraising Luncheon

TRU's 2024 Luncheon, presented this year by Frasier, will again bring together supporters and community members in support of our continuum of care for people living with illness and loss.

October 17, 2024 at 12 p.m.
The Canyons Center, Boulder
Visit TRUcare.org/luncheon.



TRU Fir Wreath Fundraiser

Support TRU's mission and your community with a fresh, fragrant, 22-inch noble fir wreath. Wreaths are available for

Order at TRUcare.org/wreath.

Wreath pick-up will be:
December 6th from 10 a.m. - 4 p.m.
TRU PACE, 2593 Park Lane in Lafayette.



Colorado Gives Day

Support TRU's work to continue to make a positive impact on the lives of those living with serious illness or navigating the complexities of grief on Colorado Gives Day, December 10, 2024.

Equine-Assisted Grief Programs Offer Unique Support

Since 2006, TRU has helped to provide equine-assisted grief support programs for people in our community grieving the loss of a loved one. Partnering with grief support nonprofit organization Heartlight Center and Dancing Spirit Equine Facilitated Learning & Coaching, TRU has once again this summer specialized equine-assisted grief programs that are making a meaningful difference in people's lives.



Our Equine Grief Workshops for Adults provide a one-day immersive experience where participants have the opportunity to interact with horses on the ground and find support within a small group setting. As TRU Palliative Care Chaplain and Dancing Spirit owner, Jackie Hibbard, explains, "It's a safe space for adults to talk about their grief, their loved one, and what they're feeling. The horses give immediate feedback about whether someone is fully present or hiding behind a mask."

Through activities like grooming, leading, and



interacting with the horses, participants learn to regulate their emotions and open up in ways they may have struggled with elsewhere. As one participant shared, "What a profound and beautifully healing day we were all so blessed to spend together. Thank you all for your presence, vulnerability and tender care. I will hold each of you, as well as our animal companions, in my heart and prayers."

For children and teens ages 8 to 17, the Healing with Horses program offers a four-week series that blends grief education, peer support, and equine-assisted activities. "We create a safe space for kids to ask questions, to express their feelings, their thoughts, their memories," says Hibbard. "And we design the activities so that there's time for one-on-one with an adult and a horse, and time for group interactions and mutual support."

Whether it's painting their emotions on the horses,



learning to groom and lead them, or simply spending time in their calming presence, the young participants find comfort, confidence, and community.

The power of the human-horse connection is at the heart of both programs, providing a unique pathway for individuals of all ages to navigate their grief. As Hibbard notes, "Horses are expert teachers in all sorts of things, including grief. And so it was just a natural kind of fit for me to take the program to its next iteration."

These seasonal offerings are just now winding down for the year but will return again in the Spring of 2025. For additional information, please call TRU Grief Support Services at (303) 604-5300.

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/trutalk.

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 grateful family member,

"Thank you to an amazing TRU team of caregivers. You helped us write a beautiful ending for sister and aunt."

Donate online at TRUcare.org/trutalk or text TRUTalk to 41444.

