

# Pathways Hospice

Community Care for Northern Colorado



## InTOUCH

NEWSLETTER



### OUR MISSION

*Honoring every moment of life, Pathways Hospice, provides compassionate, excellent, comprehensive care for those who have an advanced medical condition and those who are grieving.*

### OUR VALUES

*We honor life through: Compassion, Respect, Integrity, Excellence, Stewardship*

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## MEET THE NEW WINDSOR CLINICAL TEAM



*Left to Right: Standing; Mary Valenti, RN, Rebecca Herzog, Administrative Assistant, Philip Kittle, Chaplain - Seated; Marie Dotts, CNA, Amy Graver-Beers, Social Worker*

Beginning January 2009, our Western Weld County office at 1226 West Ash Street in Windsor became home-base for our new Windsor Clinical Team. Although many of these staff members have been working with Pathways Hospice for years, serving the needs of growing communities such as Ault, Eaton, Johnstown, Milliken, Nunn, Pierce, Severance, Timnath and Windsor from a satellite office presented a new challenge. In addition to fulfilling their clinical responsi-

bilities caring for patients and clients and orienting to a new geographical region, this team has successfully pursued community outreach efforts enabling many more residents to receive excellent end-of-life care and grief and loss support. We've had positive feedback from medical professionals in the area and are looking forward to providing excellent, compassionate hospice care to Western Weld County in the years to come.

## PUTTING THE FUN IN 'FUN'DRAISING

### JUNE 8TH - 14TH DEBBIE BOOSE MEMORIAL TENNIS TOURNAMENT

The 9th Annual Debbie Boose Memorial Tennis Tournament is scheduled June 8 - 14th at North Lake Park in Loveland. The tournament is in memory of Debbie Boose, a former Board Member, who was tragically killed in a car accident. The week long tournament will include food, fun and entertainment for the entire family. The event will feature a Friday Night Dinner hosted by Carrabba's Italian Grill, original artwork created by popular Loveland watercolorist Dick Schilling, professional exhibition matches and a prize drawing with over 20 prizes donated by local merchants. This year we've added Mother-Daughter and Father-Son events and a Quick Start event for kids. Proceeds from the tournament benefit Pathways Hospice In-Patient Care Facility. Despite the economic downturn, this popular community event, one of the largest tennis tournaments in Northern Colorado, is growing with a participation increase of 20% this year!

### JUNE 28TH 5:30 - 8:30 P.M. ABBY'S SIGNATURE CON- CERT SERIES PIANO SOIREE

Abby's Signature Concert Series has been established in memory of Abby French who was born with severe developmental disabilities and despite the doctor's expectations lived until she was 10 years old. The 5th Annual Piano Soiree will be held on June 28th at 5:30 p.m. at Jay's Bistro in downtown Fort Collins. The music for the evening will feature Christy French, Paul Falk, Mims Harris and Bobbie Mielke on piano; David Everitt on harmonica; and Shauna Southwick on vocal and piano. Tickets are \$50 per person or \$350 to reserve a table for four. Purchase tickets online at [www.pathways-care.org](http://www.pathways-care.org), select Marketplace or by calling 970-663-3500. Proceeds from the event benefit Pathways Hospice and Respite Care.

### AUGUST 3RD 8:30 A.M. PATHWAYS HOSPICE/NAIFA GOLF BENEFIT

The 7th Annual Pathways Hospice/Northern Colorado Chapter of the National Association of Insurance and Financial Advisors (NAIFA) Golf Benefit will be held August 3rd at Ptarmigan Country Club in Fort Collins. Entry fee for the tournament is \$150 which includes range balls, 18 holes of golf, cart, goodie bag, gourmet lunch and prizes donated by local merchants. The event will also feature Nick Herrera, World's Longest Drive and Extreme Distance Challenge competitor. If you can't find the time to play in the tournament, but still want to participate or if you are looking to improve your game, join us for the golf clinic which will be held during the tournament beginning at 11 a.m. Entry in the clinic is \$50 and includes a one hour group lesson from University of Northern Colorado Men's Golf Coach, Chuck Schenoist, and a gourmet lunch. Proceeds from the golf tournament benefit Pathways Hospice programs and services.

### AUGUST 29TH 6:30 P.M. SUNSET SAFARI

A Sunset Safari will be held on August 29th at 6:30 p.m. at the Chapungu Sculpture Park at Centerra in Loveland. This is a fundraiser benefitting our Foundation for Hospices in Sub-Saharan Africa (FHSSA) Partner, Bulawayo Island Hospice in Zimbabwe, Africa. Please join us for an evening of authentic African and American fare by Bent Fork Grill, beverages, live Music by Kutandara and guided tours of Chapungu Sculpture Park featuring stone sculptures by Zimbabwean artists. Please purchase a \$50 / person ticket by August 15th (online at [www.pathways-care.org](http://www.pathways-care.org), select Marketplace, or by calling 970-663-3500. For more information about affiliated organizations: [www.chapungusculpturepark.com](http://www.chapungusculpturepark.com) and [www.fhssa.org](http://www.fhssa.org)

### SEPTEMBER 25TH 6:30 P.M. A VINTAGE AFFAIR WINE TASTING

The annual classic wine tasting, A Vintage Affair, will be held on September 25th at 6:30 p.m. at Miramont Lifestyle Central located on South College Avenue. Wilbur's Total Beverage and Miramont Lifestyle Central will co-host the event again this year. A new sponsor, Domenic's Bistro and Wine Bar, will provide delicious foods to complement the wine tasting. Purchase \$40 / person tickets online at [www.pathways-care.org](http://www.pathways-care.org), select Marketplace or by calling 970-663-3500.

Please visit the Pathways Hospice website for more information on all of the events at [www.pathways-care.org](http://www.pathways-care.org) and select Calendar of Events.

## PATHWAYS HOSPICE RECOGNIZED FOR 30 YEARS OF SERVICE TO THE NORTHERN COLORADO COMMUNITY



### THE BOARD OF DIRECTORS

Left to right: Seated; Tami Spaulding, Mary Dellenbach, Brownie McGraw, Mary Voggesser, Georgia Torson, Mary Peery  
Standing; Michelle Gebhart, Terry Gilmore, Dwight Sailor, Martha Chavez, Brad Eads, John Blair,  
Jane Anderson, Rich Ball



### PATHWAYS HOSPICE STAFF

Seventy-eight of the 120+ clinical and administrative staff members.

## STAFF RECOGNIZED FOR ACCOMPLISHMENTS



Laura Beer, MA,  
ACMT, NRMT  
*Music Therapist*



Maria McLain Cox  
*Chaplain*

Laura Beer, Music Therapist, and Maria McLain Cox, Chaplain, both of Pathways Hospice were selected to present their work to 200+ attendees at the 20th Alzheimer's Association Symposium in Denver on May 8th, 2009. Their presentation, "Finding the Sacred at the End of the Long Road: Music Therapy and Spiritual Care with People who Have Advanced Alzheimer's Disease", grew out of providing spiritual care and music therapy for patients with advanced dementia. The presentation included enhanced communication techniques for caregivers, families, and medical personnel to use with loved ones and patients. Additionally, Laura and Maria have been selected to present "Crossing the Sacred Bridge with People Who Have Dementia: Enhanced Communication Techniques" at the National Hospice and Palliative Care Organization's 10th Clinical Team Conference in Denver on September 26, 2009.



Rick Riddoch,  
MSW, ACHP-SW  
*Social Worker*

Professional Social Workers provide essential services in addressing the psychosocial needs of their patients and caregivers impacted by serious life-limiting illnesses. Rick Riddoch is uniquely qualified to serve in this capacity as he is currently the only Advanced Certified Hospice and Palliative Social Worker in the state of Colorado. This accreditation is tailored to capture the specialized knowledge, skills and abilities of professional social workers in hospice and palliative care settings. It was created by the National Association of Social Workers in conjunction with the National Hospice and Palliative Care Organization. To apply for this elite designation, eligibility requirements must be met including a master's degree in social work, two years of post-MSW professional practice in hospice or palliative care, confirmation of expertise, specialized continuing education and participation in professional affiliations.



Nancy Jakobsson, LCSW  
*Pathways Service Director*

Nancy Jakobsson has been helping local residents cope with the loss of a loved one for over 18 years. The Rotary Club of Loveland recently honored her for her expertise, compassion and service by presenting her with the club's Citizen of the Year award. Nancy has touched so many lives in the process of building the nationally-known support program, Pathways for Grief and Loss.

## PATHWAYS HOSPICE GETS CREATIVE WITH FUNDRAISER FOR ZIMBABWEAN HOSPICE

Since our last newsletter, the situation faced by our Foundation for Hospices in Sub-Saharan African (FHSSA) partner, Bulawayo Island Hospice, has become much more dire. The continuing high rate of inflation, a steep decline in contributions from local donors, political instability and desperate medical conditions resulting from AIDS continue to plague Bulawayo, Zimbabwe. As of this writing, 975,000 children are orphaned in Zimbabwe and 15% of adults are currently infected with AIDS.

Thus far, Pathways Hospice has raised over \$10,000 for Bulawayo Island Hospice. The funds that were recently hand delivered to Bulawayo Island Hospice by a FHSSA representative, have enabled continued operation of hospice care although the amount paid to nurses has been reduced from \$500 / month to \$150 / month to meet payroll. Neal Leach, Chairman of Bulawayo Island Hospice, states "Please convey our thanks and gratitude to your team for their very generous and much

needed contributions and moral support you have shown us these past months. Unbelievable ... almost as if our prayers have been answered ... and now we have been plucked from closure just in time!"

To raise funds for this ailing hospice, a committee of dedicated community members and Pathways Hospice staff is hosting a very special and unique fundraiser on Saturday August 29th, A Sunset Safari, at the Chapungu Sculpture Park at Centerra. Authentic African and American fare is graciously being provided by Bent Fork Grill and you will be welcomed with a refreshing Malawi Shandy to the sounds of Kutandara. Please see the listing of events in this newsletter or visit [www.pathways-care.org](http://www.pathways-care.org). Advance reservations required by August 15th, admission \$50 / person.



THE STAFF AT BULAWAYO ISLAND HOSPICE, ZIMBABWE

## SAFeway FOUNDATION SUPPORTS PATHWAYS HOSPICE

The two Safeway stores in Loveland (Downtown and on W. Eisenhower) generously contributed over \$1000 to Pathways Hospice through the Safeway Foundation. Jim Bales, Store Manager, comments on the contribution, "All of us very much appreciate your role in helping to improve and enrich our community and we want to convey our very best wishes for your continued success!" Thanks to Jim and the Safeway Team!

## REMEMBERING OUR LOVED ONES

### PATHWAYS HOSPICE SUMMER MEMORIAL SERVICE AN EVENING OF REMEMBRANCE

Monday, July 13, 2009  
5:30 PM

Pathways Hospice, McKee Room  
305 Carpenter Road, Fort Collins  
Please join us for a special time of remembering loved ones. This service is open to the entire community whether or not your loved one received hospice care through Pathways Hospice.

Pathways Hospice offers three other options for remembering a loved one; a lasting personalized inscribed brick in the Pathways Hospice Memory Garden, donations in memory of a loved one to help provide quality end of life care to others, and a memorial brick near the tennis player sculpture at North Lake Park in Loveland. Donate in memory of a loved one at [pathways-care.org](http://pathways-care.org) or call 970.663.3500 for more information.

## PATHWAYS FOR GRIEF AND LOSS

Pathways Hospice is offering community-wide support groups and an education series to help grieving individuals come together to share, heal and grow through Pathways for Grief and Loss. Support groups are tailored specifically for kids, teens, and adults. Space is limited in most groups, register early to secure a reservation. Information is also available online at [www.pathways-care.org](http://www.pathways-care.org) or by calling (970) 663-3500. Sessions are held at Pathways Hospice, 305 Carpenter Road, Fort Collins CO 80525 unless otherwise noted.

## GRIEF AND LOSS SUPPORT GROUPS

### KIDS, HORSES AND HEALING

Sunday, June 14th and Sunday, July 19th  
*A Therapeutic Riding Retreat for Bereaved Children and Teens at Hearts and Horses Therapeutic Riding Center in Loveland. Call (970) 663-3500 for registration and fee information.*

### SUMMER ART STUDIO ... FOR TEENS WHO ARE GRIEVING

June 18th, June 25th, July 2nd, July 9th, Thursdays 2:30 – 4:00 PM  
*No prior experience or skill in art making necessary, just curiosity and a desire to express yourself. Call (970) 663-3500 for registration and fee information.*

### ON OUR OWN

Meets monthly, every second Wednesday, 6:30 PM  
*An on-going discussion group for people who are adjusting to life after the death of a spouse. The June 10th topic is "Choosing Life". No fee or registration required.*

### NEWLY BEREAVED GROUP

Two sessions available:  
June 17th, 24th and July 1st  
6:30 PM – 8:00 PM  
July 15th, 22nd, and 29th  
6:30 PM – 8:00 PM

*Surviving the early days after loss, for grieving persons in the first months of grief. Call (970) 663-3500 to register, \$25 per 3-week group.*

### THE JOURNAL AND THE LABYRINTH: PATHS IN GRIEF

July 2nd, 9th, 16th, 10:00 AM – 11:30 AM  
*This group will offer opportunities to use journal writing and walking a labyrinth as paths through grief. Call (970) 663-3500 to register, \$25 per 3-week group.*

## SUMMER EDUCATION SERIES

Tuesday afternoons, 1:00 PM – 2:30 PM  
*All sessions are open to those grieving the death of a loved one or anyone providing support to bereaved persons. Those interested may attend any or all of the sessions. No registration, no fees required. Donations are welcome.*

- June 23rd: What is Grief?
- June 30th: The Ripple Effects of Grief
- July 7th: Families Experiencing Grief
- July 14th: Importance of Self Care When Grieving
- July 21st: Exploring Loss thru Art Therapy
- July 28th: Loss and Writing: How Words Can Help
- August 4th: Moments of Hope: Meditation During Grief
- August 11th: Soothing Sounds: The Healing Powers of Music

## WEAVING THE ARTS CONFERENCE

Combining creative art therapies with grief theory is a powerful way to address grief and loss. Knowing this, a planning committee was formed in August of 2007 to share their experience with existing successful programs with other creative arts therapists and grief counselors. *Weaving the Arts – Creative Therapies to Address Grief and Loss*, a hands-on, three-day conference was a result of their collaboration. Forty-five attendees from across the country and as far away as Ireland participated in sessions hosted by seventeen presenters at Pathways Hospice on writing, visual arts, music, movement and an interweaving of these arts. Participants gained a greater understanding on how to develop or expand their own expressive arts program to reach a broader spectrum of clients through creative methods of grief expression.

Todd Hochberg, keynote speaker and bereavement photographer, presented *Moments Held: Healing with Bereavement Photography*, sharing his personal reflections on creating valuable mementos for families through postmortem memorial photography of their babies. Judy Bejarano, Artistic Director, and the Impact Dance Company presented a dance theater performance that speaks to issues in our everyday lives, *Threshold: Dances and Stories of Love and Loss*, receiving a standing ovation at the conclusion of the performance. Attendees also had an opportunity to purchase a variety of materials pertaining to grief and loss through the Centering Corporation's on-site conference bookstore.

The planning committee received enthusiastic feedback from attendees including this anonymous note written on the conference evaluation form, "Phenomenal. The best professional conference I've been to – I'm energized!" We'd like to recognize and appreciate the Austin Korshak Hach Memorial Fund for the sponsorship of the *Weaving the Arts* keynote speaker.

## IN THE NEWS

Patients with advanced cancer who reported talking about their end-of-life wishes with their physicians experienced a far more peaceful death and significantly lower health-care costs in the last week of life. "Discussions about care at the end of life result in a higher quality of life for patients – and cost the healthcare system less money, that is something that hospice and palliative care providers have long known" said J. Donald Schumacher, President and CEO of National Hospice and Palliative Care Organization. A 2007 study out of Duke University found hospice saves Medicare about \$2,300 per hospice care beneficiary. Study participants who discussed end-of-life care preferences were more likely to be referred to hospice sooner than those who didn't. Research published in *The Journal of Pain and Symptom Management* (March 2007) found that Medicare beneficiaries who opted for hospice care at the end of life lived on average 29 days longer than similar patients who did not take advantage of hospice. Adds Schumacher, "Taking time, right now, to have these discussions with family and loved ones can be very important in making sure wishes are honored should a medical crisis come along".

## WE'RE HERE TO HELP YOU

Pathways Hospice can provide speakers to discuss a variety of topics with your business, school, service club, church congregation or other organization. We will tailor a presentation to fit your objectives from a formal PowerPoint presentation for a large group to a small round table discussion. Our knowledgeable staff is happy to provide an enlightening session on topics such as: the philosophy and practice of hospice care, addressing common concerns of the dying person, grief and loss support, Five Wishes – a living will describing your personal, emotional, spiritual and medical wishes, and Advance Directives plus much more. Contact Kathy Anderson at 970.663.3500 or [Kathy.anderson@pathways-care.org](mailto:Kathy.anderson@pathways-care.org) for more information.



## ENDURING LEGACY SOCIETY

Pathways Hospice created the Enduring Legacy Society to recognize and honor those donors who have invested in the future of Pathways Hospice through bequests, gift annuities, charitable remainder trusts, life insurance and other deferred giving options.

In working towards the goal of long-term sustainability, we have partnered with the Community Foundation of Northern Colorado to establish an endowment fund where we can direct charitable donations and gifts. The Community Foundation is committed to assisting us with growing our assets to meet both our current and future needs. To help with this, the Community Foundation has issued a challenge grant to us. They will contrib-

ute \$1 to our endowment fund for every \$2 we raise, up to \$70,000.

Contributions to our endowment fund thus far have allowed us to establish a strong beginning. We currently have received gifts of more than \$85,000. If we can successfully raise an additional \$55,000 by the end of June, the Community Foundation will add \$70,000, creating a grand total of \$210,000 in our endowment fund.

We are asking for your help in these efforts by taking the lead to become one of the initial members of our Enduring Legacy Society. We created the Enduring Legacy Society to secure the future of hospice care in our community and to encourage a philanthropic spirit that will direct charitable donations via planned gifts.

If you would like more information about charitable giving through this society, recognition and membership benefits, please contact Evan Hyatt, Chief Executive Officer at Pathways Hospice at (970) 292-1078.

