

HospiceCare

HospiceCare of Boulder and Broomfield Counties

We provide compassionate end-of-life care, comfort the grieving and educate our community.

HospiceCare Introduces New Palliative Care Program

Imagine for a moment that you have terminal lung cancer. The chemotherapy you've been receiving for the past year has slowed the progression of your disease and you're planning to continue it. But lately your pain is escalating, your symptoms — from both the illness and the chemo — are harder to manage, and it's becoming more and more difficult to leave home even for doctor visits. You're tired. And though you don't feel ready for hospice care, you do know you need help.

What would you do? Where could you turn for support?

The answer, we're pleased to announce, is HospiceCare's new Bridge Palliative Home Health Program.

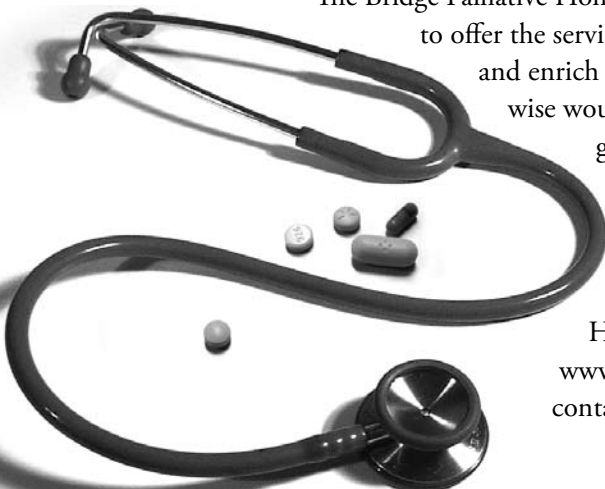
"It used to be that if a patient with a life-limiting illness didn't feel ready for hospice care, for whatever reason, he or she simply had nowhere to go for the compassionate, holistic care that could bring comfort and peace," says Executive Director Darla Schueth. "But now that we offer the Bridge Palliative Home Health Program, these individuals can receive the services that relieve physical, emotional and spiritual suffering even while they're undergoing treatment for their disease."

Launched in late 2006, our Bridge Palliative Home Health Program's aim is to improve quality of life for those with terminal illness and their families. Patients in this program continue to see their physician for treatment related to their disease. In addition, they receive regular home visits from members of their Care Team — which includes a nurse, certified nursing assistant, social worker and chaplain — to manage pain and symptoms and address their emotional and spiritual needs.

"The sooner we get involved, the more we can help. That's why we want to care for everyone who needs us as early in their illness as possible," explains Darla.

"The Bridge Palliative Home Health Program allows us to offer the services that can enhance comfort and enrich every day to those who otherwise would not seek our help. This is good news. This will make a big difference in many people's quality of life."

For more information about the Bridge Palliative Home Health Program, visit www.hospicecareonline.org or contact us at 303.449.7740.



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Caroline Wayland



"We care for all people regardless of ability to pay, race, disability, color, creed, religion, gender, age, sexual orientation, gender variance, national origin, ancestry, citizenship or veteran status."



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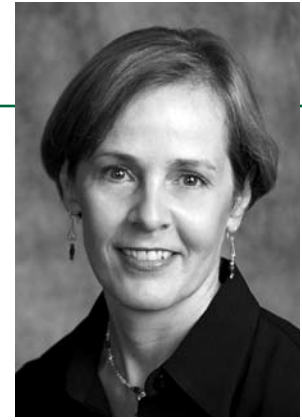
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A Message from **DARLA SCHUETH**

EXECUTIVE DIRECTOR, HOSPICECARE OF BOULDER AND BROOMFIELD COUNTIES



In this, our first newsletter of 2007, we're marking the beginning of a new era at HospiceCare. It's a time filled with promise for our organization and you'll get a glimpse of the many reasons why on the following pages. We're looking forward to the challenges and opportunities that lie ahead.

At the same time, we're looking back one final time at the chapter just closed — our 30th Anniversary year. What an accomplishment for our organization! And what a history we've had!

HospiceCare, the first hospice in Colorado, was started in 1976 by a small group of visionaries who believed there were better ways to care for those who were dying and grieving. Today we've grown from an all-volunteer agency caring for 15 patients in our first year to a team of 137 staff and over 300 active volunteers serving an average of 150 patients every day. And every year along the way, we've strived to improve end-of-life care while sustaining a strong, financially stable organization.

Looking back, it's gratifying to realize all we've accomplished in our quest to provide the utmost in end-of-life care in our community. Through the unstinting efforts of our staff and volunteers, we served 1035 terminally ill patients and their families in 2006. We also launched a new palliative care program to help us bring our comprehensive, compassionate care to even more people, earlier in the course of their illness. We created the HospiceCare Labyrinth to give individuals one more way to navigate the complex process of grief. And we commemorated our three decades of caring with a community presentation by C.W. Metcalf in May, the Labyrinth opening celebration in July, and our annual fundraising extravaganza, PIZAZZ! in October.

Moreover, all year long, we reflected on how far we've come since our inception and how grateful we are for everything our supporters have done to help us get here. Thank you, from the bottom of our hearts. It is your commitment that allows us to help everyone who is dying live every day of life to the fullest.

As we embark on the next three decades, we're working to provide enhanced offerings that bring ever greater comfort, peace and meaning to those nearing the end of their lives and their families. We're also striving for continuous quality improvement. With your continued support we anticipate a future that's every bit as laudable as our past.

Here's to 2007 and the start of 30 more years of providing compassionate care for the dying, comfort for the grieving and education about end-of-life issues for the community.

Darla Schueth

Darla Schueth
 Executive Director

Kits Full of Comfort

Every holiday season, volunteers from the Boulder office of Faegre & Benson undertake a hands-on project on behalf of a non-profit organization. To our delight, in late 2006 the law firm's Pro Bono & Community Services Coordinator Candace Whitaker asked HospiceCare how they could help those we serve. Our suggestion? Create boxes stuffed with colorful arts and crafts materials for children whose family members are in our care.

We called these boxes Kids Kits. And because children coping with the illness of a loved one often experience complex feelings that are more easily expressed through art than words, we knew they'd be put to healing use with the youngest members of our patients' families.

From the start, the Faegre & Benson team was enthusiastic about the project. What's more, when they delivered the completed Kids Kits to HospiceCare, these generous volunteers were also

eager to learn all they could about our mission, our programs and the use of art as a means of expression for children.

This they did—first-hand. In fact, the staff not only participated in an art therapy session specially arranged for them, but also received a beautiful drawing from a child in our Healing Circles group as a thank you for their support.

According to Candace Whitaker, the Kids Kits project is one her team won't soon forget. "What made this project so rewarding is that besides helping kids, we were also able to learn so much about HospiceCare and how children are affected by their family member's



Volunteers from the law firm Faegre & Benson created Kids Kits filled with art therapy materials for the children in our patients' homes.

disease and death," she reports. "It was a truly eye-opening experience."

We're most grateful to the Faegre & Benson staff for their generosity and compassion. Our heartfelt appreciation goes out to all of the volunteers who helped create Kids Kits for children coping with a loved one's illness.

Frasier Meadows Party Raises Spirits and Funds

In 2006, when Frasier Meadows resident Carol Hansen was dying, she and her husband Colonel Lloyd Hansen turned to HospiceCare for support. The compassionate care Carol received from our team helped to make her final days more comfortable and peaceful — and left Colonel Hansen so grateful that he pledged to host a fundraising event for HospiceCare at which he'd match every donation of \$50 or more.

The party — complete with dancing to the sounds of the Wayne Scott band and a bountiful table of delectable hors d'oeuvres — took place in the



With Colonel Lloyd Hansen matching every donation of \$50 or more up to \$5000, over \$13,000 was awarded to HospiceCare at the Frasier Meadows fundraiser he hosted with fellow residents Bill Fischer, Betty and Ken Bangs, Nancy Root, Tad Sargent and Mary Ide.

"nightclub" setting of Frasier Meadows' Sky Lounge on February 15th. As all who attended agree, it was an exciting

celebration. And a successful one. In fact, the evening's thrills were exceeded only by the generosity of the guests themselves, who helped to raise over \$13,000 for HospiceCare.

We extend our sincere thanks to Colonel Hansen for his overwhelming beneficence and kindness, and to his fellow Frasier Meadows residents and event planners Bill Fischer, Betty and Ken Bangs, Nancy Root, Tad Sargent and Mary Ide. Without the commitment of these remarkable HospiceCare friends, an evening this rewarding simply wouldn't have been possible.

A big commitment to our smallest patients

When Boulder residents Mae Martin and Daniel Conroy were told by doctors at Children's Hospital that their newborn daughter McLain suffered a congenital anomaly that would end her life within weeks, they were given two choices: await her death amidst the bustle of the hospital or take their precious infant home where they could love and care for her on their own.

It was an easy decision — at first. Mae and Daniel fled the flashing lights and beeping monitors of the newborn critical care unit for McClain's quiet nursery, where the pink balloons and cheerful flowers that elatedly announced her birth just eight days earlier now seemed painfully out of place. But any relief they felt at escaping the hospital was soon overshadowed by the enormity of the grief, anguish and fear that accompanied caring for their tiny dying daughter.

"Our families were with us, but they didn't know what to do anymore than we did. We were in the dark. There was no one to counsel or reassure us. No one to help us," Mae remembers. "We could call the hospital, but no one ever came to the house to

see McLain or show us how to comfort her."

As their beautiful baby grew ever weaker, it became excruciatingly clear to Mae and Daniel that they needed the support of medical experts. One week after their beloved daughter was discharged from the hospital, she was readmitted. Within hours, she took her last breath.

"No terminally ill child, no parent, should ever have to endure what McLain and Mae and I did," Daniel says, shaking his head sadly. "There has to be a better way."

Thankfully, with HospiceCare's commitment to pediatric end-of-life care, there is.

In 2006, recognizing that infants and children with life-limiting illness and their families have special needs and concerns, we began working to strengthen our ability to provide tender, expert care to these very vulnerable patients in the final stage of their lives. First, HospiceCare nurses Autumn Zegel and Pat Fissel attended a Pediatric Palliative Care "Train-the-Trainer" Program offered by the End-of-Life Nursing Consortium (ELNEC) in Anaheim, CA.

Upon completing this comprehensive, 30 hour program — which encompassed physiology, pain management, symptom management, grief and bereavement and more — Autumn and Pat set out to teach the rest of our nurses what they'd learned.

"We put together an 8 module practicum based on the ELNEC program that's now required for all of our nurses," says Autumn, who's spearheading our pediatric program. "It's intensive. And it means that parents of terminally ill infants and children can feel confident about bringing their children home with HospiceCare — they don't have to stay in a hospital or do it all alone."

Because Autumn and Pat are two of just three nurses in our state who have achieved the ELNEC "Train-the-Trainer" certification, we are the only local hospice whose team receives this specialized instruction in pediatric end-of-life care

And our work to advance education about this important subject doesn't end there. In November, HospiceCare partnered with Longmont United Hospital (LUH) to offer a program entitled "Fetal Demise: Making the Difference" for medical professionals. Featuring talks by representatives from the Children's Hospital, LUH, and HospiceCare, this event was developed to better prepare those in health care settings to help parents whose fetus or newborn is diagnosed with a life-limiting illness. Attended by physicians, social workers, chaplains, volunteers and nurses from several local hospitals, it was an important step toward improving end-of-life care for infants, children and the people who love them.

"In a perfect world, no babies or children would ever die," says Mae. "But in the real world, it's so important to help families who are caring for their terminally ill child. We just wanted to be at home with McLain. I'm sure other parents want to bring their babies home, too."

At HospiceCare, we're working hard to ensure they can.

Donations on the Double

We're pleased to announce that the Burt Foundation of Denver has generously awarded HospiceCare a \$2000 challenge grant! This means that if we raise \$2000 for programs offered through our Grief and Education Center, the Burt Foundation will match those contributions dollar for dollar.

Won't you help us reach our goal? It's a great opportunity to double your donation and help fund the expert and compassionate grief support services that HospiceCare provides to all bereaved members of our community, whether or not their loved one was our patient.

Contributions must be made for the sole purpose of meeting this challenge, clearly marked on the check memo line "to match Burt grant," and received at HospiceCare of Boulder and Broomfield Counties, 2594 TrailRidge Drive, Lafayette, 80026 by June 30, 2007. Let's show the Burt Foundation just how much support HospiceCare has in our community. Send your donation earmarked for the Burt challenge grant to benefit the HospiceCare Grief and Education Center today!



Calidad de Vida

Reaching out to the Latino Community

We understand the challenges we face in making our services accessible to our culturally diverse community. And for nearly ten years, the HospiceCare Latino Advisory Council (HLAC) has been actively working to help us overcome them.

Comprised of Latino professionals and other interested community leaders, the HLAC strives to identify and eliminate the obstacles between Latinos and our services. Through its dedicated efforts, Latinos have been encouraged to engage in discussions about end-of-life care, terminal illness and dying. And HospiceCare has made strides to ensure that the care Latinos receive at the end of life will respect their culture, their beliefs and their values.

For example, we offer our Latino patients and their families the help of Spanish-speaking care providers to ease the transition into our program. We provide Spanish translations of HospiceCare brochures and informational materials. And we host educational events focused on the special ways end-of-life issues can impact members of various cultures in our community.

In addition, we're excited to announce that we're now including this "Calidad de Vida" (quality of life) page in every issue of our newsletter. Articles in this section will be devoted to explaining our services, encouraging involvement in our organization and honoring dedicated individuals who support Latino engagement in end-of-life issues, and will be printed in both English and Spanish. We hope our Latino readers will be on the lookout

for the information that appears here. It's just one more way we're working to make our compassionate care accessible to all members of our community!

Al encuentro con la Comunidad Latina

En el cuidado de hospicio (HospiceCare) reconocemos los retos que enfrentamos para hacer accesible nuestros servicios a una comunidad culturalmente diversa. Durante la última década el consejo asesor del cuidado de hospicio latino está trabajando activamente para ayudarnos a enfrentarnos a estos retos.

El compromiso de profesionales latinos y otros líderes comunitarios interesados junto al consejo asesor del cuidado de hospicio latino (HCAC) indagan para identificar y eliminar los obstáculos entre los latinos y nuestros servicios. A través de dedicados esfuerzos, los latinos han sido motivados a comprometerse en discutir acerca del cuidado del fin de la vida, enfermedades terminales y la muerte. El cuidado de hospicio ha profundizado para asegurarse que el cuidado que los latinos reciben al final de la vida respetará su cultura, sus creencias y sus valores.

Como parte de este compromiso el cuidado de hospicio ofrece a nuestros pacientes latinos y a su familia la ayuda de personal de habla hispana para facilitar la transición a nuestro programa. Ofrecemos los folletos de los cuidados de hospicios y cualquier material informativo traducido al español. Proveemos eventos educacionales enfocados en la forma que los asuntos del fin de la vida pueden impactar miembros de varias culturas dentro de nuestra comunidad.

En adición, nos complace comunicarles que estamos incluyendo esta pagina Calidad de Vida (quality of life) en cada edicion de nuestro Bolentin informativo. Los artículos publicados en esta seccion seran dedicados a explicar nuestros servicios, alentando a su participación en nuestra organización, honrando aquellos individuos que apoyan el compromiso latino en los asuntos del fin de la vida, la cual sera impresa en ambos idiomas, Español e Ingles. Esperamos que nuestros lectores latinos estén a la espera de nuestras informaciones. Esto es sólo un medio mas en el que trsbajamos para hacer nuestro cuidado compasivo accesible a todos los miembros de nuestras comunidad.

HospiceCare Latino Advisory Council

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Body & Soul Series at Anthem Ranch

Self Care from the Inside Out

Grief and other life changes such as caregiving not only affect our minds, they affect our bodies. According to *The Grieving Body: Learning to Let Go and Live Life*, by Marvin H. Berman, Ph.D., “the body is the repository for all of our experiences including those of which we have become unaware.”

Berman states that phrases such as “heavy hearted,” “stiff upper lip” and “bearing the burden of their loss” make direct reference to the body. He notes that making space for grief also means opening up your body to the experience of loss, making room for the sensations and feelings to find expression in your breathing, movements and sounds.

Our Body & Soul Series was developed to help you realize the powerful messages your body is sending through visceral experiences and offer tools to help you cope, plus simple relaxation techniques you can use for self-care.

The series was extremely popular last year and is returning with exciting new topics for 2007. Held at the conveniently located Anthem Ranch in Broomfield, all programs are open to the public. Sessions book up quickly, however, so be sure to call ahead for reservations, 303.604.5300. Suggested donation \$20/per session.

SOUND MEDICINE (MUSIC THERAPY)

May 1, 1:00-3:00 pm

Music is good medicine — without unwanted side effects. Explore ways in which music can refresh your mind, relax your body and unlock your creative spirit. Join us as we engage in deep listening and play with music-evoked imagery.

Led by Laurie Rugenstein, M.M.T., M.T.-B.C., L.P.C., HospiceCare Music Therapist, Founder/Director of Naropa’s Master’s degree program in Music Therapy and teacher of meditation and creative expression.

AWAKENING THE HEART

June 21, 1:00-3:00 pm

Even when going through life changes, we all have the potential for limitless love, compassion, joy and equanimity, four qualities of the awakened heart, but all too often suppress them from fear of exposing our vulnerability. In this short session we’ll discuss the meaning of these qualities, how to cultivate them in a way that feels safe, and how they can enrich our lives and the lives of those around us.

Led by Steve Grad, M.A., Mindfulness Instructor and former volunteer chaplain and grief group facilitator for HospiceCare of Boulder and Broomfield Counties.

COMFORT TOUCH, NURTURING ACUPRESSURE

September 19, 1:00-3:00 pm

Relax and rejuvenate as you learn easy techniques of Comfort Touch. This class also includes simple relaxation tools for self-care. We will practice on each other in the seated position.

Led by Mary Rose, B.A., C.M.T., supervisor of HospiceCare’s Massage Therapy Program and developer of Comfort Touch Nurturing Acupressure.

HEART TO HAND WRITING GROUP

October 10, 1:00-4:00 pm

Explore how writing helps caregivers and those who are grieving express and understand the complexities and gifts of their journeys. Writing exercises, voluntary sharing and discussion of your experience will be part of this session. No writing experience necessary.

Led by Kim Mooney, Director of HospiceCare’s Grief and Education Center.

2007 Public Education Series

WHEN TREATMENT TAKES IT OUT OF YOU, PALLIATIVE CARE ADDS COMFORT

June 7, 7:00-8:30 pm

Boulder Community Hospital
11th & Alpine

June 14, 7:00-8:30 pm

Longmont United Hospital
1950 Mountain View Avenue

Knowing what Palliative Care is and when you need it can ensure you’ll get the kind of treatment you want. Find out what it consists of, where you can find it, who pays for it and how it can improve the quality of your life.

COURAGEOUS CHOICES IN END-OF-LIFE CARE

July 12, 7:00-8:30 pm

Longmont United Hospital
1950 Mountain View Avenue

July 17, 7:00-8:30 pm

Boulder Community Hospital
11th & Alpine

Join us for a discussion of real life and hypothetical scenarios about end-of-life issues which reveal that the right answers are not always evident. What kind of choices would you make for yourself? Would you have the courage to make them for someone else?

Reservations required, call 303.604.5300
Suggested donation of \$10/session

“LIVING WITH GRIEF®: BEFORE AND AFTER THE DEATH” TELECONFERENCE

Mark your calendars for the Hospice Foundation of America Teleconference, coming up March 29th from 1:00-4:00 p.m. Co-sponsored by HospiceCare and the Grillo Center, this year’s broadcast is called “Living with Grief®: Before and After the Death.”

It will explore the most current theoretical perspectives on loss and grief as experienced by persons throughout a life-limiting illness and by survivors after the death. After the broadcast, a local panel of experts will be on hand to answer questions from the audience.

The program is ideal for a range of professionals including psychologists, counselors, clergy, social workers, nurses and other health care workers, in addition to funeral directors and educators. Presented at the Boulder Public Library, it's free and open to the public.

HEALING WITH HORSES

This is an 8-week group for kids ages 10-14 who have experienced the death of someone important to them, or have a family member who is chronically or terminally ill. Through equine-assisted activities, as well as art and movement exercises, participants will connect with others who've had a similar experience, learn tools for expressing their feelings in a healthy way, and for coping with grief. \$320 (scholarships available). Call 303.604.5300 to register for spring session.

Visit our website for information on other support offerings for kids, teens and families at [http:// hospicecareonline.org/04_griefeducation/healing_circles.html](http://hospicecareonline.org/04_griefeducation/healing_circles.html)

"Before Healing Circles, I felt lost. Now I feel like I can be me again!"

— KIDS GROUP MEMBER

Grief Support

Our grief support groups are available to anyone needing support after the death of a loved one. You do not need to be a hospice family member to attend these groups. They are open to all residents of Boulder and Broomfield Counties. The meetings, led by experienced bereavement group facilitators, include discussions of specific topics and optional personal sharing in a safe and accepting atmosphere. Several of our groups have changed

meeting days since the first of the year, so be sure to double check before attending. Visit our website, http://hospicecareonline.org/04_griefeducation/grief_support.html for updated information on all of our group offerings.

NEWLY BEREAVED SUPPORT PROGRAM:

By popular request, our Newly Bereaved Support Program now runs four weeks in a row, rather than three. These structured groups offer support, information, and networking for people with recent death losses. Sessions begin each month. Participants must register and there is a small fee (scholarships available). Call 303.604.5300 for more information.

WIDOWED PERSONS SERVICE:

The Breakfast Bunch

- 3rd Saturday of each month
- 10:00 am (buy your own meal)
- The Egg & I, Boulder
- Call 303.665.6331 or 303.530.4542 for details

The Lunch Bunch

- 1st Monday of each month
- 11:30 a.m. at a local restaurant (buy your own meal)
- Call 303.530.7542 or 303.665.6331 for location
- Gather for light conversation, companionship and good food

JEWISH COMMUNITY EIGHT-WEEK GRIEF SUPPORT GROUP

This group will provide a safe, supportive place where bereaved people can review and mourn their losses in a Jewish context. Open to all members of the Jewish community, affiliated and non-affiliated. Suggested donation: \$72 for entire series and material fees. Co-facilitated by Jennifer Arenson, M.A., L.P.C., and Barbara Gould, M.S.W., the group will be held at Har HaShem, 3950 Baseline Road, Boulder. For information on dates and times, call 303.604.5281.

TLC in the Workplace™

Over the next ten years, the total number of employed caregivers in the U.S. is expected to increase to between 11 and 15.6 million working Americans. The bottom line for business? A loss of \$11.4 to 29 billion per year due to lost productivity. That's why TLC in the Workplace™ was developed. This program has been specifically designed to assist human resource professionals and managers to acquire skills and methods to support employees who are coping with transitions and life changes: working caregivers, employees who are grieving the loss of a loved one, and catastrophic events that occur in the workplace.

We will be offering these TLC trainings at the Grief and Education Center throughout the year. Participants are limited to 20 per session. If your organization is interested, please call Kim Mooney at 303.604.5214.

HospiceCare of Boulder and Broomfield Counties is a registered licensee to provide the TLC in the Workplace™ training.

Special Events:

IMPACT Dance Company Performance:

Threshold: Dances and Stories of Love and Loss

June 10, 2:00 pm

The Dairy Center for the Arts
2590 Walnut Street, Boulder

Threshold: Dances and Stories of Love and Loss is a unique dance theatre performance that premiered in 2006 and draws upon the personal stories of those who have lost a loved one. Audience members of *Threshold: Dances and Stories of Love and Loss* will be treated to a moving journey through personal stories, dynamic dances and soaring vocal accompaniment. For performance details, please call 303.604.5300.

Volunteer VOICE:

Volunteer Voice is a regular newsletter feature, introducing volunteers and noting their contributions.

Caroline Wayland

Some people simply aren't fulfilled unless they're dedicating themselves to the service of others. This is especially true of longtime HospiceCare supporter and volunteer Caroline Wayland. With her generous nature and lifelong devotion to helping those in need, Caroline has always looked for ways to make the world a better place. Fortunately for HospiceCare, in 1991 her search led to our doors.

"My brother had died of cancer and was the first patient ever cared for at home by the Illinois hospice," Caroline says. "I was so thankful for the care they gave him. The more I learned, the more



I realized this is what I want to do... relieve suffering and help people have a dignified death."

In her early days with HospiceCare, Caroline made regular visits to patients' homes, offering family members a bit of respite, a helping hand or merely a shoulder to lean on. Our patients and their loved ones were deeply grateful for her comfort and assistance. And Caroline appreciated this time with those who were dying and their families as much as they did. But as years passed and her life changed, so did Caroline's role with our organization.

"My husband and I traveled a lot, and I knew it wouldn't be fair to patients if I wasn't available when I was needed. But I still wanted to serve, so I started helping out in the office," she relates. "You know, HospiceCare needs people behind the scenes, too."

Since then, Caroline has assisted at our Lafayette office; filing, making phone calls, coordinating mailings and more. Her weekly visits there are eagerly awaited by our staff — and not only because Caroline tackles every task with skill and verve. The happy truth is, in addition to her smile and smarts, Caroline often brings homemade treats to our office. Cookies. Cakes. Pastries. Pies. To hear her tell it, this is just one more way she's trying to bring joy to the world.

And as anyone who has tasted Caroline's scrumptious chocolate brownies will concur, she's succeeding.



2594 Trailridge Drive East
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