

# HospiceCare

HospiceCare of Boulder and Broomfield Counties

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

## Boulder's Best Thrift Shop Has a New Address

Thanks to loyal shoppers and donors, The HospiceCare & Share Thrift Shop has succeeded beyond our wildest dreams. Opened five years ago to help support our mission to provide compassionate end-of-life care, guide and comfort the grieving, and educate our community, the Thrift Shop has been a huge success. So much so that last year, it was decided that, in order better serve the needs of our community, it was time to find a new location.

We discovered one! And in December, the Thrift Shop packed up and moved just two blocks east to 5565 Arapahoe. This new spot is easy for our customers to access, has plenty of parking and loads of light and—best of all—it's filled with the same friendly people and great merchandise that earned the store its stellar reputation.

Manager Lynn McCullough is thrilled about the new space. "I love the open sales floor and the Books section. We worked really hard to give it a cozy, reading-nook feel." She also enthused about the ground level access, good lighting, and extra room the new store features.



Packing up and moving an entire Thrift Shop was no easy task, but Lynn, together with her hard-working staff and dedicated volunteers, accomplished it in record time. The new shop's Grand Re-opening day was December 4th and Lynn admits she was nervous about who would show up. She needn't have worried. Before the doors even opened, there was a crowd waiting to get in and, according to Lynn, "People just streamed in. It was the biggest sale day we've ever had!"

Customers have had an extremely positive reaction to the new store, commenting on the bright new look and easy access. They're also happy to see favorite areas like the Boutique, Vintage, and the newly expanded Books section.

The customers aren't the only ones who are excited about the new store. The heart of the Thrift Shop is the 100 volunteers who give the store its warm, friendly atmosphere. Volunteer Janet Ridgway says "Everyone just loves the new shop. It's clean, bright, and warm."

Diane McCarthy, who's been a volunteer for over two years, concurs that the light, bright store is a hit. Diane's specialty is the vintage linens. "I never iron anything of my own," she jokes, "but I take those linens home and iron them."



## In This Issue

2

A Message from Darla Schueth  
A Word from One of Our Families

3

HospiceCare Highlights 2010  
New Year Brings Change to HospiceCare Board of Directors  
A Tree-mendous Celebration

4

Grief Services & Educational Offerings

5

2011 Events Calendar  
A Place for Hope and Healing — Camp Erin 2011

6

A Lasting Legacy  
Pizzazz! 2011 — Go Directly to Fun!  
Thank You For Your Donation

7

Hearts from Hospice  
Honoring Those Who Served

8

Volunteer Voice:  
Beth Stone-Ehrhardt



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



## 2011 Board of Directors

### OFFICERS

Jim D. Skrine, *Board Chair*  
 Marcia Schirmer, *Vice-Chair*  
 Scott Gresser, *Treasurer*  
 Rebecca Herman, *Secretary*

### DIRECTORS

Goldino Alves  
 Cindy Carrillo  
 Frank C. Chrisbens  
 James Eraker  
 Peter Ewing, MD  
 David L. Hamm  
 David Hill  
 Michael Hindman  
 Amanda Howe  
 Deborah M. Kelly  
 Lin Loftus  
 Ed McDowell  
 Bill Munson  
 Dean Obenauer  
 Timothy J. Schafer  
 Darla L. Schueth  
 Diana Slough  
 B. Scot Smith  
 Peter Steinhauer  
 Jeff Stiffler  
 Sharon Svendsen

### PRESIDENT & CEO

Darla Schueth, RN, MBA

### HOSPICECARE OF BOULDER AND BROOMFIELD COUNTIES

**In Boulder:** (Thrift Shop)  
 5565 Arapahoe Avenue  
 Boulder, CO 80303  
 303.604.5300

**In Lafayette:**  
 2594 Trailridge Drive East  
 Lafayette, CO 80026  
 303.449.7740  
[www.hospicecareonline.org](http://www.hospicecareonline.org)

**In Longmont:**  
 2130 Mountain View Avenue  
 Suite 201  
 Longmont, CO 80501  
 303.449.7740

**In Louisville:** (Care Center)  
 1855 Plaza Drive  
 Louisville, CO 80027  
 303.449.7744

HospiceCare's newsletter is published three times a year by HospiceCare of Boulder and Broomfield Counties.  
 Graphic Design: Mason Design

## A Message from DARLA SCHUETH

PRESIDENT & CEO, HOSPICECARE OF BOULDER AND BROOMFIELD COUNTIES

Five years ago, we started our HospiceCare & Share Thrift Shop with a big idea and a big empty space. We dreamed of a place where volunteers, staff, and community members could come together to support our mission in a fresh, new way. We want to express our gratitude to Tebo Development Company for helping us get started in that special spot. With your help, and the support of our amazing community, our Thrift Shop grew beyond our wildest dreams.

Now we've moved into a new phase and a new location (see cover story). This space is a perfect fit for our Thrift Shop at its current stage of evolution. We're thrilled with the change, and with the many ways our community continues to support us—from donating, to volunteering, to shopping, and shopping, and shopping!

Another way community support was evident in 2010 was at our Trees of Remembrance events in December. It was heartwarming to have so many join us for symbolic tree and menorah lightings in Longmont and Boulder. We're fortunate to have people who sustain us in both inaugural events like this one and Camp Erin, our new bereavement camp for children and teens held last October, as well as in our signature event—PIAZZI!, which is coming up October 15th. You'll learn more about



these events in this newsletter.

This issue also features the many grief support services and upcoming educational

events we offer free to the whole community. We're thrilled to be able to give back—with 353 adults participating in our grief support groups in 2010. We also provided 327 educational presentations in which 5,970 children, teens, and adults took part last year. What's more, thanks to our generous donors, we were able to cover expenses for those who would otherwise not have been able to pay for our services, as well as close the gap between insurance payments and the full cost of care which totaled close to \$500,000 in 2010. We couldn't be more grateful for your support. Clearly, when it comes to our community, it pays to dream big because we can always count on you to help us make those dreams come true.

Our deepest appreciation for your enduring support. Many blessings in the year ahead!

Sincerely,

*Darla*

Darla Schueth  
 President & CEO

## A Word from One of Our Families *February 2011*

We wanted to thank you for the kind and tender care that Vicky Paul received from everyone in your organization. Every visit and every call from anyone in your organization had only one goal and that was—what could be done to make Vicky's remaining days more comfortable and peaceful. There are several who we talked with on the phone and others who came to our house only once and each person was so helpful. But, there are 2 members of the Red Rocks Team who

were in our home many times that we would like to thank. Kim and Lisa did so much to help us through this most difficult time and we will forever be grateful to both of them. Vicky also loved just talking with them and she especially loved the showers and getting her hair washed by Kim. You people are incredible. Thank you for caring and for being here when we needed you.

*Karl, Brent, Michaella Paul*

## HospiceCare Highlights — 2010

**1.** 1,266 terminally ill patients and their families received unparalleled medical, emotional, and spiritual care and support.

**2.** In addition to serving patients and their families in their homes (including skilled and assisted nursing facilities) we cared for 378 people at the HospiceCare Center, where we offer a

homelike environment for patients who cannot, for whatever reason, be at home.

**3.** 99% of caregivers said they would recommend HospiceCare to others.

**4.** 739 grieving children, teens, and adults participated in grief support groups or received individual or family counseling. An additional 1,198 individuals received phone support to help

them cope with the intense pain of losing someone significant in their lives.

**5.** 377 active volunteers dedicated 32,179 hours to care for patients and their families; walk alongside those who are grieving; assist with administrative tasks; and staff the HospiceCare & Share Thrift Shop. This amounts to about \$670,899 in savings for salaries we didn't have to pay.

## New Year Brings Change to HospiceCare Board of Directors

HospiceCare welcomed four new members to the Board of Directors in 2011. Elected for two year terms were David Hill, founding partner of Berg Hill Greenleaf & Ruscitti; Diana Slough, Vice President of First National Bank, Boulder; Peter Steinhauer, retired oral surgeon, Associate Professor of Surgical Dentistry at the University of Colorado Health Sciences Center, and former member of the CU Board of Regents; and welcomed back former board member Ed McDowell, Advisor to Managers at Flatirons Companies, who served on the board from July 2003 - December 2009.



Left to right: David Hill, Diana Slough, Peter Steinhauer (not pictured Ed McDowell)

“We’re delighted to add this exceptional group of community representatives to the Board of Directors,” said

HospiceCare President & CEO, Darla Schueth. “They bring a wealth of expertise to our organization and help us to achieve the balance of skills, talents and geographic diversity that we seek on the board.”

While welcoming newcomers, HospiceCare bid a fond farewell to two members who will be greatly missed.

Leaving are Barry Gafner and Gigi Reynolds. “We deeply appreciate the hard work and breadth of knowledge Barry and Gigi brought to our Board,” said Darla. “We wish them all the best in their future endeavors.”

## A Tree-mendous Celebration!

HospiceCare’s new Trees of Remembrance Ceremonies were hugely popular this past December, with community celebrations in Longmont and Boulder. At each event, decorated luminarias honoring loved ones were lighted and placed outside, creating a glowing tribute. There was a reading of names, an inspirational message, a musical presentation, and a symbolic tree and menorah lighting. In addition, calligraphers were present to hand letter

ribbons and a remembrance book was available for signing. The ceremonies were greatly appreciated. According to one attendee, “It was hard, but I’m so glad this was here.” Each light that sparkled on the tree was a gentle reminder of warm memories and love that shines on — even over the years or through the darkness of grief.

Thanks to the community’s great response, HospiceCare plans to hold the events again in 2011. This year’s

Trees of Remembrance Ceremonies would not have been possible without the dedicated group of volunteers and the generosity of these sponsors:

- Ahlberg Funeral Chapel & Crematory
- Avalon Funeral Home & Erlinger Cremation Services
- Crist Mortuary
- Howe Mortuary & Cremation Services

## Grief Services & Educational Offerings

### Grief Support Groups

HospiceCare offers a wide variety of grief support groups for children, teens, young adults, and adults that are open to everyone in the community. Please note that some of our meeting places, including our Boulder office, have changed. We've included a listing of locations here for your convenience.

#### DROP-IN GROUPS

##### Adult Parent Loss Group

2nd Tuesday of month, 6:30-8:00pm  
CHANGE OF TIME STARTING FEB 2011  
Boulder Office  
Stacy Boston, 303.956.9147

##### Bereaved Parents Support Group

2nd Wednesday of month, 7-9pm  
Lafayette Office  
Rose Swenby, 303.775.7087

##### Bereaved Spouse Support Group

2nd & 4th Tuesday of month, 6:30-8:30pm  
CHANGE OF TIMES AND LOCATION  
St. Andrews Presbyterian Church  
Nancy Warner, 303.819.8142  
Julie Thomas, 303.604.5213

##### Boulder Grief Support Group

1st and 3rd Thursdays, 6:30-8:30pm  
Atonement Lutheran Church  
Barbara Raines, 303.447.8060

##### Longmont Daytime Grief Support Group

1st Tuesday, 3:30-5:00pm  
Longmont Office  
Georgia Robertson, 303.604.5331

##### Senior Widows' Potluck Group — Louisville

2nd Tuesday of month, 12:00-2:00pm  
Louisville Recreation Center  
Nina Hart, 303.499.8554

##### Widowed Persons Service

4th Wednesday of month, 10:00am-12:00pm  
CHANGE OF LOCATION  
East Boulder Senior Center  
Suzanne Brown, 303.530.4542

##### Hiking Group

May-October  
Call for more info 303.604.5300

##### Walking Group

Seasonal  
Call for more information 303.604.5300

#### STRUCTURED GROUPS

(registration required)

##### Newly Bereaved Group

1st four Thursdays, 6:30-8:30pm  
Location varies  
Call for more info 303.604.5300

##### Eight Week Group

Quarterly  
Location varies  
Call for more info 303.604.5300

##### Healing Circles Child/Parent Groups

Quarterly, Mondays, 6:00-7:30pm  
Locations alternate, Boulder & Longmont

##### Boulder Teens

2nd and 4th Wednesdays, 6:00-7:30pm

##### Longmont Teens

1st and 3rd Wednesdays, 6:00-7:30pm  
Call for more info 303.604.5300

## Grief Group Locations

### Boulder Office

5565 Arapahoe Avenue, Boulder  
Located on the north side of Arapahoe between 55th Street and Cherryvale Road.

### Atonement Lutheran Church

685 Inca Parkway, Boulder  
SW corner of Baseline Road and Inca Parkway. Inca Parkway is located between 30th St. and Foothills Pkwy., several blocks west of the stoplight on Mohawk Dr. You can get into the parking lot from either direction. Park in the big parking lot on the west side of the building (facing the mountains) and then come in the small door closest to Baseline Road.

### Lafayette Office

2594 Trailridge Drive East in Lafayette  
At the intersection of 95th St. and Arapahoe, go south and take your first left hand turn on to North Park Dr. The second left is Trail Ridge Drive East; turn left, HospiceCare is first building on your right.

### Longmont Office

2130 Mountain View Avenue, Suite 201 in Longmont  
At the intersection of the Diagonal Highway (CO-119) and South Hover Street, turn north on Hover and drive approximately 2 ½ miles to Mountain View Avenue. Turn right and we are approximately ½ block east on the left side of the street.

### Louisville Recreation Center

900 W. Via Appia Way, Louisville  
From Boulder — Take Foothills Pkwy. south. Merge on to US 36 going east. Take the McCaslin Blvd. exit and go left on McCaslin Blvd., right on Via Appia Way.

### East Boulder Senior Center

5660 Sioux Drive, Boulder  
From South Boulder Road, go north on 55th Street until it curves around. From Baseline, go south on 55th Street until end of street. Take left and building will be on the right.

### St. Andrew's Presbyterian

3700 Baseline Road, Boulder  
Between 30th St. and Foothills Pkwy., just east of Williams Village dormitories and the creek, on the south side of Baseline. Enter through south doors (to the right of the main entrance).

## 2011 Events Calendar

Because understanding and honoring the end of life is an important part of living well, HospiceCare is committed to offering community education on all aspects of dying, death, loss, and grief. Please join us at these thought-provoking events. They're free and open to everyone in the community.

### Staying in Charge of Your Life When It Matters Most.

Spending 4 hours now can help you avoid confusion and retain control when the time comes to make critical end-of-life care decisions. Join us in one of our signature offerings—a half-day workshop designed to help you understand your choices for care and how to communicate your end-of-life wishes so they'll be honored. Information about advance directives, how to choose a health care agent, and medical technologies at the end of life will provide the structure for the conversations.

September 24, 9am-1pm,  
2594 Trailridge Drive East, Lafayette

October 8, 9am-1pm,  
29th Street Mall Community Room, Boulder

### Spirituality at the End of Life: Hospice Foundation of America annual teleconference.

A panel of professional spiritual caregivers will discuss the roles of spirituality and religion at the end of life and how to help people use their spiritual resources to face the issues that emerge throughout an illness. They will also talk about spiritual assessment, empowerment, and life review.

Teleconference April 13, 12:00pm-3:30pm,  
Crist Mortuary Chapel, 3395 Penrose Place,  
Boulder

#### Additional HFA webinars:

**Leaving Legacies: Spiritual Meaning Making at the End-of-Life (Part 1):**  
Reminiscence and Life Review  
May 26, Crist Mortuary Chapel

**Leaving Legacies: Spiritual Meaning Making at the End-of-Life (Part 2):**  
Dignity Enhancement Therapies,  
Living Eulogies and Other Meaning-Making Approaches  
June 30, Crist Mortuary Chapel

### The Dark Night of the Soul:

Assisting Clients Coping with  
Spiritual Distress at the End-of-Life  
July 28, Crist Mortuary Chapel

### Closer to the Fire: Contemplating the Inevitable

Understanding how to be with the prospect of dying is a gradual process. Every step we take closer to the fire helps us understand our experience of life and our fears about personal death. This day is a gift to our community, an experiential and conversational opportunity to reflect on our questions and attitudes about the one human experience all of us face. First Boulder screening of *Solace: Wisdom of the Dying – an invitation to journey into the wilderness of our mortality* — a documentary directed by Camille Adair.

[www.Solacethemovie.com](http://www.Solacethemovie.com)

Trailer at [www.youtube.com/watch?v=GH9k5Rvqclw](http://www.youtube.com/watch?v=GH9k5Rvqclw)

Date and time to be determined, check our website for details.

## A Place for Hope and Healing—Camp Erin 2011

HospiceCare is pleased to sponsor Camp Erin again this year. This free weekend grief camp for children and teens ages 6-17 who have experienced the death of someone close to them is going to be held August 12-14. It will be at Camp Wondervu, just 40 miles west of Denver and will combine the fun of a traditional camp with bereavement education and emotional support.

Last year's first-time camp was a big success, eliciting comments such as this from J., age 10, "*Camp Erin is amazing. I met great people and it also helped me a lot.*" and "*Camp Erin helped me know that I am not alone. It allowed me to see*



*other kids that have experienced the same loss. It was a fun weekend.*" Z., age 12.

Thanks to our partnership with The Moyer Foundation and generous contributions from our community, we're able to offer Camp Erin free to everyone. Registrations are being accepted now, on a first come, first served basis, with preference given

to first time campers. To sign up, call Shelli Worrall at 303.604.5279 or visit [www.hospicecareonline.org](http://www.hospicecareonline.org).



## A Lasting Legacy

You might think that being Vice President of HospiceCare’s Board of Directors and chair of the Fund Development Committee would keep Marcia Schirmer busy enough. But that only covers what she considers her responsibilities to HospiceCare for today. As a member of our Legacy Circle, she’s supporting the agency far into tomorrow, as well.



The Legacy Circle is a group of generous donors who have made a gift for the future through estate or other planned gifts to HospiceCare. “It was the simplest part of preparing my will,” Marcia said. “The program is well packaged and very easy to implement. It’s a great way to ensure the HospiceCare future.”

Marcia learned about HospiceCare first hand three years ago when her mother, Neta Schirmer, needed our services. “HospiceCare didn’t just care for Neta,” she says. “They cared for Neta and me. In our nine month association with HospiceCare we both

became very fond of and grateful to our care team.” Marcia had been through a lot in a short time — losing both a close friend and younger brother — while attempting to remain upbeat for her mom. “I was struggling to be her advocate, manage her care, coordinate with her eight doctors, all as she was starting to decline. When her cardiologist suggested HospiceCare, it was such a relief. Once again, we were able to focus on our very special mother-daughter relationship — we laughed, we lived, and we embraced being together.”

“HospiceCare allowed Neta time to complete the legacy she was leaving for her family,” Marcia says. “She had the freedom to gracefully navigate her journey and choreograph the way she wanted to say goodbye.”

“I hope that Legacy Circle makes it possible for everyone who needs HospiceCare’s services to receive them. I just can’t imagine how anyone can

go through this experience without HospiceCare.”

Thanks to Neta’s urging that she move forward with a fulfilling life, Marcia decided to put her professional experience in non-profit management



and development to work for HospiceCare by joining our Board of Directors. HospiceCare is fortunate that Neta Schirmer

raised a daughter who believes the future deserves as much attention as the present. Marcia’s devotion to paying it forward is truly a lasting legacy to a mother’s love.

For more information about the Legacy Circle or planned gifts to HospiceCare, please contact our major and planned gifts officer, Kathy Coyne at 303.604.5235.

## Thank You For Your Donation

We sincerely appreciate each gift received from every donor, no matter the size. Your donation enables us to provide compassionate end-of-life care to everyone who is referred to us, not just to those who can afford it. Please visit [www.hospicecareonline.org](http://www.hospicecareonline.org) for our public acknowledgement of your contribution. And thank you again from the bottom of our hearts for your generosity.

## PIAZZ! Funopoly 2011 — Go Directly to Fun!

Saturday, October 15  
at the Westin Westminster  
6:00 pm-midnight

Don’t take a chance — go directly to Funopoly! It’s time to start thinking about PIAZZ 2011!

Funopoly: Investing in Compassionate Care from Park Place to Pearl Street. People are still talking about last year’s event which, again, made silent auctions and sit-down dinners history and put fun and games on the menu. The result? An evening where everyone had a great time, all for a great cause.

PIAZZ is HospiceCare’s biggest fundraiser of the year, so if you’re



looking for a volunteer opportunity where you can make a difference and have loads of fun at the same time, you’ve picked a winner. Call Myra Mussack at 303.604.5236 and find out how you can get involved. Then be sure to mark your calendar for October 15th, and get ready to play games, win prizes, and support HospiceCare.

## Hearts from Hospice

They gave their hearts and souls to defend our country. On Valentine's Day, the brave veterans who are patients, volunteers, and staff at HospiceCare opened their mail to discover hearts, sent from the agency as a thank you for their service.

Sarah Varick, a member of HospiceCare's Veteran's Committee, said, "It was a nice way to pay tribute to the many brave men and women who served our country. We wanted to let them know that we remember them all year long, not just on Veteran's Day."

HospiceCare has many ways of giving back to the veterans who have given so much to our nation. As part of the HospiceCare's Heroes program, those in our care receive personalized certificates commemorating their military service, connection to staff and volunteers who are also veterans, opportunities to process their war experiences as desired, and grief support appropriate to the needs of military families. Our staff receives specialized training designed to meet the unique needs of terminally ill veterans.

Our veterans have served us, both at home and abroad, during periods of peace and times of war. Now it's our privilege to serve them.



## Honoring Those Who Served

Hover Manor hosted HospiceCare's Honoring Veterans event last November — most appropriately — on Veteran's Day. These proud veterans attended, allowing us to thank them for their service. They represented all different branches of the service, including the Women's Reserve of the Coast Guard. Attendees were individually honored and given personalized certificates. The veterans and their spouses were invited to share stories and memories. The event featured songs, thoughts of gratitude, and plenty of cake. HospiceCare hosts these events at various communities. If you're interested in having one to recognize your veterans, please call 303.449.7740 and ask to speak to a HospiceCare Liaison.



**Front Row:**  
**Administrative Master Sergeant Marjorie Curley — Marine Corps, Private Randy Tow — Signal Corps, Sergeant George Bubon — Air Corps, Harold Schewe — Private in Merchant Marines & Corporal in Army, Ship Fitter II Albert McNichols — Navy**

**Back Row:**  
**Lieutenant Colonel Dan Oredson — Air Force, unknown (friend of resident), Corporal T5 Phil Hart — Army, Airman 2nd Class Tillman James — Air Force, 1st Lieutenant Bill Dion — Air Force, Corporal Ed Randolph — Army, Anne Dion — US Cadet Nursing Corps, Private 1st Class Walt Windholz — Army, Yeoman 3rd Class Elly Eakins — Women's Reserve of Coast Guard, 2nd Lieutenant Guy Holden — Merchant Marine Corps Combat Engineers, Tech II Bill Smith — Army, Wayne Phillips (family of a resident)**

(THRIFT SHOP, CONTINUED FROM PAGE 1)

That's the kind of pride we take in our departments."

Customers don't see one of the most important improvements at the new store — the open backroom floor plan. It's instrumental to the innovative new process, developed by Lynn and Assistant Manager Laurence Bellas, which shortens the time between donation and sales floor. The donated item is placed directly into a shopping cart. Then it's immediately processed, with all the volunteers working together. The item is priced quickly and heads to the sales floor. "It's a big advantage to customers," says Lynn. "We're moving merchandise to the



floor much faster and keeping the shelves full."

Janet concurs. "The donations come in and get out so much faster. And that's the whole point — to make money for HospiceCare."

If you'd like to sign up to receive email alerts about sales and events at the Thrift Shop, just visit [www.hospicecareonline.org](http://www.hospicecareonline.org). And if you haven't visited our new store yet, stop by and discover a true thrift shopper's paradise.



**Manager Lynn McCullough**



NON-PROFIT ORG  
US POSTAGE  
**PAID**  
BOULDER, CO  
PERMIT NO. 393

2594 Trailridge Drive East  
Lafayette, CO 80026

**ADDRESS SERVICE REQUESTED**

If you receive two newsletters,  
please share one with a friend  
and call us at 303.604.5263 or  
email [info@hospicecareonline.org](mailto:info@hospicecareonline.org).  
and we'll correct our records.

## Volunteer VOICE:

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

### *Beth Stone-Ehrhardt, CMT*

**B**eth Stone-Ehrhardt has lived through more than her share of loss. But one thing she hadn't experienced enough was the opportunity to say goodbye. "I had two significant people in my life die suddenly," Beth explains. As a certified massage therapist who volunteers for HospiceCare, Beth now has the chance to help others say their goodbyes. "I'm able to just be present with patients or their families wherever they are in the process of letting go. I feel very gifted that people share this time with me. It's a real blessing."

What Beth shares is her special touch and soothing presence. Whether she's



offering cranial sacral massage to a patient with aggressive cancer or a relaxing foot massage to a tired family member, she's connecting. Beth also provides Comfort Touch (a nurturing type of massage), Healing Touch, and neuromuscular massage.

Working mainly in Westminster and Arvada, Beth has visited many patients since she began volunteering in the spring of 2009. She has been with one patient for one and a half years. "I've gone through the different phases of the illness with her," she says. "I've gotten to know and love the whole family."

Beth is intuitive about knowing what people need at various times. "Once I decided to sing to a woman who seemed to be unconscious. She tried to sit up and hug me — she connected with the music. Sometimes, if a patient doesn't want a massage, we just sit and talk."

Beth sees great value in volunteer work, calling it "unconditional caring." She says that having volunteers as part of the HospiceCare team is proof to patients and their families that people want to help, with no strings attached. "It's nice for the loved ones to have someone from the outside come in — fresh — to hold a hand, give a massage, offer a space of hope."

With Beth's relaxed and charming style, it's no wonder her patients and families look forward to seeing her walk through the door. And thanks to them, she's learned that saying goodbye, while painful, can be filled with quiet dignity and grace.