

Dear Mountain Neighbor,

Forty years ago, on November 12, 1980, a small community of volunteers made a big dream a reality. Mount Evans Hospice became one of the first three hospices in the State of Colorado. Thank you for helping us grow and thrive for 40 years!

During Mount Evans' first year, we gave comfort to 15 patients. Last year, we cared for more than 2,100 mountain residents across four counties regardless of their ability to pay. In 2020, that number will be even higher.

## From end-of-life hospice care to grief counseling to in-home professional visits, support from donors like you help our care team be there WHEN an unplanned health care need HAPPENS.

As we celebrate 40 years of caring for the mountain community, it's not the years that matter, it's the moments. It would be impossible to encapsulate them all. In honor of what your gifts make possible, we asked a few members of our Mount Evans family to share a memory that touched their heart.

## A contribution to Mount Evans will help us continue to provide care, comfort, healing and emotional support to the mountain community for the next 40 years.

Your tax-deductible contribution to Mount Evans is a gift of love, and it will help our professional teams deliver the very best care to you and your neighbors when needed most.

#### Please donate today.

You can make a gift online at **www.MountEvans.org**, use the enclosed envelope, or put it on your calendar to remember us on Colorado Gives Day, December 8, 2020.

Thank you in advance for your support. It is our honor to be there for you and your neighbors whether they are recovering from an illness or surgery, or making their final journey.

With Gratitude,

Keri Jaeger, President & CEO



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I experienced a very profound moment while caring for a mother of four older children in her bedroom prior to her death. Her kids were holding her hands, reading letters to her they had written, playing her favorite Rock and Roll music and letting her know it was okay for her to move on from this earth because they would be fine. Her dogs were lying in bed with her and there were more kids lying on the dog beds on the floor—every square inch of that room was filled with love, as heart-breaking as it was, it was beautiful.

> – Michelle Quihuiz Hospice & Home Health Nurse

For more moments, turn the page »



\$250 Provides one hospice, home health or palliative care visit.

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# **500**

Provides bereavement support and counseling for a family. \$800 Provides a grieving child a summer weekend at Camp Comfort.

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Donate today and make these moments of hope, courage, and love possible. Thank you for making a difference!



# A moment of courage.

I was treating a patient who had been living in the lower level of her home for months. When we started she told me that she hadn't been upstairs in so long – all her family photos and even the kitchen was upstairs. I remember the day I told her we were doing those stairs, she couldn't believe it. She said there was no way she could do that, but she did - and the excitement of the achievement and just realizing she could have access to her whole home instead of being confined to the basement. It seems like such a little thing - but the ability to see a person's potential and give them their independence back when they think it's gone – what a feeling! ))

Christie Smith
Physical Therapist



Amoment of compassion.

What touches my heart is spending time with a dying patient when there is no family present. People have a hard time talking about death, yet those that are dying and their loved ones need to talk about it. Providing people the space to open up and not feel so alone is what I find rewarding.

Mary Noonan
Hospice Social Worker



Copy sefore one of our hospice patients was about to pass, I met with the patient and her daughters. They had both traveled from out of state to stay with her as she lived out her last days. I met with the family to review some logistical aspects of hospice, the endof-life process, and offer support as the family suddenly faced the understanding that their matriarch was quickly approaching end of life. Through the discussion, each person declared their fears, and existential pains related to death and dying. Then, without too much prompting or direction, we were all suddenly sitting in the patient's bed, cuddled close, singing a Carly Simon song together. In that moment, all who were present were gifted the opportunity to rejoice, sing, and giggle in honor of this incredible woman's life. It was so powerful but also so simple in nature. This moment held true how raw, vulnerable, and united we can be in life's most terrifying, unpredictable moments. It helped me to open up to what is possible for people as they grieve, and reminded me to remain authentic to who I am as I help people traverse the unknowns of life and death.

– Sam Harwood Hospice and Palliative Care Social Worker



**((**I remember I had a referral for a patient that was very close to death and in distress and I wondered if I would even have time to help him before he was gone. I kept wishing the family had asked for us sooner. I worked very hard to put everything in place to get his medications and rushed over when it arrived. He was still struggling so I began to give him the medications and I could see him relax and suddenly he said, "I feel so much better." I educated his family on the use of the medication and the gentleman died the next morning. The family said he seemed comfortable to the end. I learned that you should keep trying, that you might be able to do great things in a small amount to time. **()** 

– Teri McLaughlin Hospice & Home Health Nurse

We need your support, now more than ever, to provide care, comfort, healing and emotional support to the mountain community for the next 40 years. Thank you!

