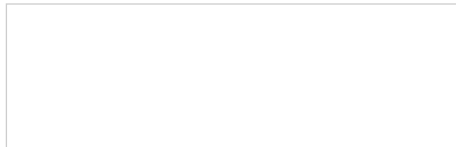




531 Lewis Avenue
La Junta, CO 81050



SAVE THE DATE

4th Annual

Memorial Butterfly Release

June 7th, 2022

Location: Seed & Supply Church

723 Grove Ave. Las Animas

Time: 6:30pm

See Page 6 to honor a loved one



Receive our newsletter **Paperless**
Provide us with your email

Add a Friend or Update Your Address

Please make the following changes to my address.

Please add the following name to the mailing list.

Please remove my name from the mailing list.

Email: _____

Name _____

Address _____

City _____

State _____ Zip _____

Board of Directors

Nancy Long President
Adrian Hart Vice - President
Lindsey Hart Secretary
Albert Davis Treasurer

Las Animas
Swink
Cheraw
La Junta

**For more information visit
our website
www.arkvalleyhospice.org**

Consultants

Andrea Hancock
Wendy Fisher
Amy Proctor

Occupational Therapist
Dietician
Physical Therapist

Hospice Staff

Anita Potter, RN, BSN
Amber Covington, RN, BSN
Catherine Ramirez, CNA
Rachel Carter
Tara Castaneda
JoEllen Netherton, CNA
Mary Walter, RN
Beatrice Jones, LPN
Rodley Lastrilla, LPN
Clara Little Light, CNA
Cassie Campos, CNA
Mark Fisher, LSW
Steve Hicks
Charlie Carson
Paul T. Yoder, MD
Jeffrey Perry, MD

Hospice Director
Patient Care Coordinator
Administrative Coordinator
Medical Records Technician
Liaison / Marketing
Volunteer Coordinator
Staff Nurse
Staff Nurse
Staff Nurse
Hospice Aide
Hospice Aide
Family Services Coordinator
Chaplain/Bereavement Coordinator
Equipment/Maintenance
Medical Director
Assistant Medical Director

The mission of Arkansas Valley Hospice is to support people in the final phases of life, comfort the grieving, and educate the community about end-of-life care.

**Seeking Board
Members**

In the areas of Rocky Ford, Manzanola, and surrounding areas of Fowler, and Crowley County

THANK YOU SUPPORTERS!

Be sure to notice our donors listed within the newsletter. Your generosity is greatly appreciated. AVH has grown in patient care services and we would not be able to provide the level of care that we do without your support! On behalf of the entire AVH organization



Arkansas Valley Hospice's Memorial Tree is a beautiful and meaningful way to remember a loved one. You can now order a leaf with your loved ones name cut out in the leaf. Each leaf will be placed on the tree located permanently on the front west side of our building. Call or visit AVH to place your order, or mail back the form below.



PURCHASER INFORMATION

Name: _____ Phone: _____ Email: _____

Address: _____ City/ST/Zip _____

Memorial Leaf Information (2 Line Maximum / 10 Characters each)

1st Line _____ (ex: John Doe)

2nd Line _____ (ex: 1900-2019)

Payment Information (\$50.00 per leaf)

Cash OR Check

Payment by Credit Card: VISA Mastercard Discover American Express

Name on Card: _____

Exp. Date: _____ CVV # _____ 3 code on back of card

Card #: _____

Signature: _____

Date Received _____

Office Use Only

Don't Wait to Talk About Hospice

It's an all too common situation. A family is at the bedside of a loved one who is seriously ill and nearing the end of life. Each member of the family has a different idea of what should be done and what the patient would have wanted.

Far too many people wait until they are in the midst of a health care crisis before thinking about what options are available or what care they or their loved ones would have wanted.

Often, by waiting too long to learn about possible options, like hospice care, people end up spending difficult days in the hospital or the emergency room and opportunities to be with loved ones at home are lost.

When a family is coping with a serious illness and a cure is no longer possible, hospice provides the type of care most people say they want at the end of life: comfort and dignity. Considered to be the model for high-quality, compassionate care for people with a life-limiting illness, hospice care includes expert medical care, pain management, and emotional and spiritual support. Care is provided by an inter-disciplinary team of professionals and trained volunteers. The wishes of the patient and family are always at the center of care.

Most hospice care is provided in the home – where the majority of Americans have said they would want to be at this time. Care is also provided in nursing homes, assisted living facilities, and hospice centers.

Care is paid for by Medicare, Medicaid, and most private insurance plans.

The National Hospice and Palliative Care Organization reports that more than 1.5 million people received care from our nation's hospices last year.

Hospice providers can help with information about care options and choices and ensure you live as fully as possible throughout your entire life. They will make sure your loved ones receive support as well.

One of the best ways to make sure you and your loved ones benefit fully from hospice, should you ever need this care, is to talk about it before it becomes an issue.

For more information, contact Arkansas Valley Hospice at 719-384-8827, online at www.arkvalleyhospice.org, or 531 Lewis Ave. La Junta, CO 81050. You will also find information about the moments that hospice makes possible for patients and families at www.MomentsOfLife.org. NHPCO Article Collection for Members



Learn more: More than **6 million** people in the United States are living with Alzheimer's.

ALZHEIMER'S  **ASSOCIATION®**



GET SUPPORT

Speak confidentially with master's-level clinicians staffing our 24/7 Help-line (**800.272.3900**). Visit our website, alz.org, for additional caregiving and support resources, including online support groups.

Remembering with love ~ Healing with hope

Memorial Service & Butterfly Release

June 7, 2022 @ 6:30pm



Seed & Supply Church



723 Grove Ave., Las Animas

Join us for our annual ceremony to remember and honor special people who have touched our lives and who live on in our memories.

Name to be read Please print clearly the name of the person to be honored as it should be read during the memorial service.

First Name _____

Last Name _____

Pronunciation (if needed) _____

If you would like multiple names to be read, please include them here. Print Clearly: _____

Your Name: _____ PH# _____

Yes, I plan on attending the memorial service # of People _____

No, I do not plan on attending the memorial.

P.O. Box 408
531 Lewis Avenue
La Junta, CO 81050
(719) 384-8827



Date Received _____
(Office Use Only)

Memorial, Grants, and Donations Continued...

Reflects receipts from 2/1/2022 thru 4/30/2022

Ron Wadleigh

J.D Watters
Lloyd & Vicki Wadleigh
Lee & Dot Wadleigh
Duane & Rachel Grasmick

Betty Yergert

Alvin & Mary Bender

In Honor

Clint Anderson

Southeast Colorado Power Association

Kevin Karney

Southeast Colorado Power Association

DONATIONS

Pierre Aguerre Estate
Donna & George Gruber
The Giving Foundation
Cody Long
Don & Karlene Scofield
Darlene Moench
Burch Ritter
Phyllis Bosley

United Way of Pueblo County, Inc
Network for Good
Arnie Chavez
Mathew Rogers
Sara Harper
United Methodist Women LJ
Gail & Millie Allen
Garth Thimgan

RANCHERS FOR HOSPICE

T.L White
Ralph & Russell
Kelly Bader
Richard & Joanna Simmons
Tom Brubaker
Mona Fasth
Starla Johnson
Andrew Fasth
Jon & Christol Saunders
Curtis & Susan Russell
Bill & Debbie Gray
Netherton Inc.
WW Feed & Supply INC

CALF AUCTION

Dr. Paul T. Yoder

NONMONETARY

DONATIONS

Barb Martin
Debourgh Manufacturing Co.
Don Headlee Family
Casa del Sol
Cheraw FBIA
Colorado Sublimation Printing
Gabriel & Ida
Harold & Jean Meinzer
Helping Hands
Karen Reese
La Junta Police Department
Martin Pipe & Steel
Mike & Teresa Wadleigh
Priscilla Palocio
SECO NEWS
Southeast Health Group
Terry & Mary Ann Spangler
Valley Painting
Tara Castaneda
Debbie Shandelmier
Fort Bent 4-H
Charlie Carson
La Junta Livestock Commission

We encourage you to shop local.
If you must Amazon...



Supporting your charity is easy



- 1.) Choose Arkansas Valley Hospice
- 2.) Shop at smile. Amazon.com
- 3.) AmazonSmile donates to Arkansas Valley Hospice

Local Hospice
Proudly Serving the
Arkansas Valley since 1985



All donations stay local and
go back into the community

Memorial, Grants, and Donations

Reflects receipts from 2/01/2022 thru 4/30/2022

We gladly accept items for our in-kind list such as wheelchairs, bed side tables, shower chairs, and other items you may feel our organization could benefit from.

In Memory

Pierre Aguerre

Robert & Colleen Oquist

Thomas Alley

Charlene Alley
Clara LittleLight

Billy Boggs

La Junta Livestock Commission
Ken & Lori Maier
Anne Shannon Becker
Mary Bender
Dave & Almabeth Kaess
Lloyd Wadleigh
Rachel Grasmick

Mike Buchner

Mrs. John Horber
Elizabeth Spady

Bill Burrell

Keith & Sue Waggoner

Shirley Burrell

Keith & Sue Waggoner

Bob Carrica

Robert & Colleen Oquist

Dave DiRezza

Judy Turpin
Patrick & Robin Karney
Joyce Mitchell
G Pelley, Inc DBA Valley Auto Parts
Alvin & Mary Bender
Lola Baublits
Michael & Anna Walisky

Fern Morlan

Bill & Nancy Long

Norman Fleishaker

Robert & Colleen Oquist

Fred Friedenberg

J.D Watters

Kimberly Goode

Clell Goode

Treva Haney

Alvin & Mary Bender

Jim Herrell

Marsha Noller
Linda Eileen Rhodes
Dave & Janet Hill

William Holm

Soraya Messer
Arkansas Valley Regional
Medical Center
AVRMC Medical Staff

Donna Honaker

Donny & Diana Hansen

William Karney

The Colorado Bank & Trust Co.
Dave & Janet Hill

Gene Long

Class of 1965
Eldon & Dorean Gierhan
Gregory & Norma Haugen
Janet & Gary Hines
Janet Honey
Jerry Pursley
Lola Baublits
Richard & Linda Lightcap
Patricia Gonzales
Donny & Diana Hansen
Robert & Colleen Oquist
Cody Long
Alvin & Mary Bender
Rodney & Melodee Ellis
Phyllis Lutz
Joyce Mitchell
Brian & Cassie Elder

Charlotte Martinez

Teirra Hernandez

Ray Martinez

Rita Martinez

William "Bill" Miller

The First National Bank
Elizabeth Spady
Larry & Gale Gardner
David & Tracy Frick
Ryan & Brooke Miller
Nancy Long
Timothy Miller
Dale Leighty Trust

Ben Ortiz Sr.

Denise M. Ortiz

Lena B. Ortiz

Denise M. Ortiz

John Powell

Barbra Hjelmstad
Robert & Colleen Oquist

Asano Quarne

Douglas & Sandra Tashiro

Eleanor Quick

Alvin & Mary Quick
Joanne J Carson Living Trust

Burch Ritter

Morgan & Sons Glass & Co, Inc
Robert & Colleen Oquist
Mary Linn Cutright

John Rooks

J.D Watters

Jeanne Torgler

Emick Farms, INC

Sharon Wallace

Donny & Diana Hansen

Nurses Week

May 6 - 12




Amber Covington, RN, BSN



Anita Potter, RN, BSN



Mary Walter, RN



Beatrice Jones, LPN



Rodley Lastrilla, LPN

CNA Week

JUNE 17-23

Thank
You




Cassie Campos, CNA



Clara Littlelight, CNA



JoEllen Netherton, CNA



Catherine Ramirez, CNA

Mending Hearts Support Group every 4th Tuesday at 10am

Join our Mending Hearts group at 531 Lewis Ave. La Junta. Steve Hicks will be available to discuss grief and loss, share memories and more. Private times can also be scheduled. Call 384-8827. All ages! Anyone welcome!



Show your support with:

AmazonSmile

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IRA'S AND RETIREMENT PLAN

VOLUNTEER

LIKE US ON FACEBOOK

MEMORY LEAF

IN MEMORIUM

IN KIND DONATIONS

SUBSCRIBE TO OUR NEWSLETTER



Thank
You

To the Honey Family,
La Junta Livestock Com-
mission, businesses, and
All community members for the
great support! Your generosity
has raised over \$28,000 at the
36th Annual Calf Auction Fund-
raiser!

Thank you for helping support our
mission to support people in the fi-
nal phases of life, comfort the griev-
ing and educate the community
about end-of-life care!!



Volunteering is a rewarding experience

Hospice volunteers are a vital part of
our organization. We have opportunities
available:

Direct Services:

- Patient care activities
- Veteran's Program

Indirect Services:

- Administrative support
- Grant Writing
- Fundraising/Marketing
- Grief support
- Community outreach

To become a volunteer contact
JoEllen (719) 384-8827

Be a part of our Veteran to
Veteran Volunteer Program!



PLANNING



What are the 5 wishes document?

Five Wishes lets your family and doctors know:

- Who you want to make health care decisions for you when you can't make them.
- The kind of medical treatment you want or don't want.
- How comfortable you want to be.
- How you want people to treat you.
- What you want your loved ones to know.



Call Arkansas Valley Hospice
719-384-8827



Caregiver Responsibility

{ A note from a volunteer, and previous caregiver }

By Rosalia Valdez



Being a caregiver is something we normally do not give much thought to. However, if a loved one becomes disabled due to illness or injury we are faced with the decision of placing them in a facility where they are going to be taken care of or take the responsibility to care for them at home.

If the disability is due to accident or surgery, care may be difficult at first and improve as time goes on. The help can be stressful in many ways, perhaps a caregiver may get less rest and have the responsibility to take care of various tasks.

Disability may be due to illness and be routine at first and become more difficult as time goes on. The loved one may be able to perform many needs normally at first. However, there may be a time when the care becomes more demanding. Most likely, loved one will reach a point that he/she will no longer be able to feed, dress, bathe, get in and out of bed on their own along with other human needs. As time goes on the responsibility and stress become more difficult there will be less time to sleep, rest and freedom to take care of errands.

The need to reach out for help becomes necessary. This does not mean that the caregiver is weak or no longer want to care for the one they love. The caregiver is getting exhausted physically and possibly mentally.

Reaching out to Hospice for help is positive for the caregiver and the loved one. They will be able to help in so many ways and help allow for better care for the patient and the one that is giving the care. Having someone you can call when it is necessary or when you need social support will make a significant difference in the care of the loved one and mental ability of the caregiver. Call Arkansas Valley Hospice for more information (719) 384-8827.



531 Lewis Ave.
P.O. Box 408
La Junta, CO, 81050
Phone: 384-8827
Fax: 384-2045



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