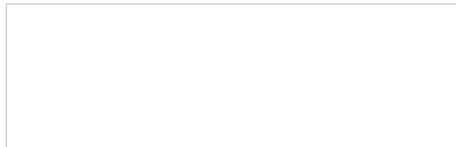




531 Lewis Avenue
La Junta, CO 81050



FOLLOW US
ON FACEBOOK

Go **Paperless**
Provide us with your email

NATIONAL HOSPICE & PALLIATIVE CARE MONTH | NOVEMBER

SAVE THE DATE

Business After Hours /Open House



Nov. 4, 2022 at 5:30

Arkansas Valley Hospice

531 Lewis Ave. La Junta, CO 81050

Refreshments & Food!

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	Las Animas
Adrian Hart	Vice - President	Swink
Lindsey Hart	Secretary	Cheraw
Albert Davis	Treasurer	La Junta

Consultants

Andrea Hancock	Occupational Therapist
Wendy Fisher	Dietician
Amy Proctor	Physical Therapist

Hospice Staff

Paul T. Yoder, MD	Medical Director
Jeffrey Perry, MD	Assistant Medical Director
Anita Potter, RN, BSN	Hospice Director
Amber Covington, RN, BSN, CHPN	Patient Care Coordinator
Catherine Ramirez, CNA	Administrative Coordinator
Mary Walter, RN	Staff Nurse
Annastasia Fritz, RN	Staff Nurse
Beatrice Jones, LPN	Staff Nurse
Rodley Lastrilla, LPN	Staff Nurse
Qwien Liao, LPN	Staff Nurse
Marilyn Crandall, LPN	Staff Nurse
Clara Little Light, CNA	Hospice Aide
Cassie Campos, CNA	Hospice Aide
Mary Hobbs, LCSW	Family Services Coordinator
Steve Hicks	Chaplain/Bereavement Coordinator
JoEllen Netherton, CNA	Volunteer Coordinator
Rachel Carter	Medical Records Technician / Companion Care Coordinator
Tara Castaneda	Liaison / Marketing
Charlie Carson	Equipment/Maintenance

Companion Care Providers

Rebecca Ritter	Companion Care Provider
Antoinette Martinez	Companion Care Provider
Dillon Castaneda	Companion Care Provider

Volunteers

Anita Bloom	Buck Johnson
Karen Brubaker	Antoinette Martinez
Frances Castaneda	Janet McGaughey
Elizabeth Domsten	Pauline Rangel
Pat Gamboa	Terry Smalling
Dorean Gierhan	Rosalia Valdez
Jan Greene	

****Seeking Board Members****

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

The Mission of Arkansas Valley Hospice is to provide quality mind, body, and spirit patient-centered care, while supporting, serving, and educating our community about end-of-life tribulations

For more information visit www.arkvalleyhospice.org



Welcome new subscribers! Please take notice to all the amazing donors listed within the newsletter. Your generosity is greatly appreciated. Arkansas Valley Hospice 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 Arkansas Valley Hospice organization...

THANK YOU SUPPORTERS & COMMUNITY PARTNERS!

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)

(One person's name per leaf)

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

Memorial, Grants, and Donations Continued...

Reflects receipts from 08/01/2022 thru 10/31/2022

Ryan Roman
Genevieve Salazar
Greg Schwien
Karlene Scofield
Paul & Lisa Sedillo
Mike Torrez
Russ Van Dyk
Steve Webster
Joe Wilkins
Roger & Gloria Wilson
Allen & Tonna Winford
Sara Yoder

Absolute Automotive
Auto World - Las Animas
Ballantyne Vision Care
Big D's Liquor Mart
Colorado Farm Bureau Insurance
Consulting with A Hart - SECO News
Cottonwood Ridge Assisted Living
Edward Jones - Joe Ayala
Evergreen Gardens
First Insurance Services, Inc.
First National Bank of Las Animas - LJ
Hair Connections
Harris Pharmacy
La Junta Chamber
La Junta Milling & Elevator
La Junta Trading Company, Inc.
Miller Auto Parts Carquest - Las Animas
Netherton, Inc
Phillips Communication
Pipeyard
Randall Roberson Agency, LLC
Reeder Chiropractic
Rocky Ford Discount Tire
Sangre De Cristo Dental Care
Southeast Health Group

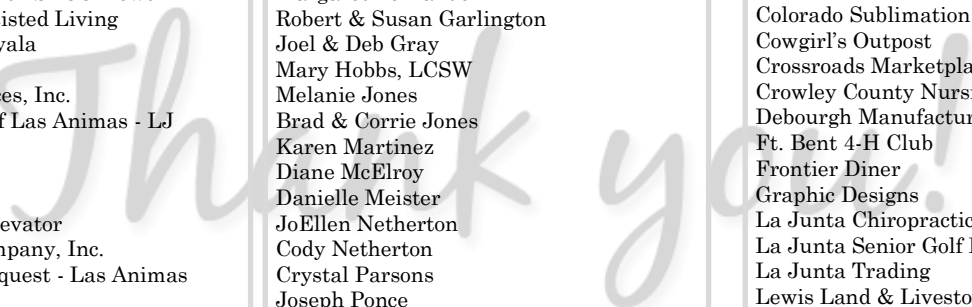
Thaxtons Market
The Colorado Bank & Trust Co
The State Bank - La Junta
Tim Trujillo Insurance Agency
Val - U - Med Pharmacy - Las Animas
Wallace Oil Company
Woman's Civic Club

Non-monetary Donations

Anonymous
Pablo Bailon
Nick Bailon
Marty Canfield
Mary Castaneda
Tara Castaneda
Kathleen Cox
Carol Eveatt
Margaret Fernandez
Robert & Susan Garlington
Joel & Deb Gray
Mary Hobbs, LCSW
Melanie Jones
Brad & Corrie Jones
Karen Martinez
Diane McElroy
Danielle Meister
JoEllen Netherton
Cody Netherton
Crystal Parsons
Joseph Ponce
Lawrence Ramirez
Randy Ray
Caitlin Reed
Robin Reed
Steven & Linda Reeves
Janell Roberts
Guadalupe Sanchez
Maria Sanchez

Don & Karlene Scofield
Terry & Mary Ann Spangler
Paul Spano
Rosalia Valdez
Patricia Vialpando
Yolonda Vialpando
Mike & Teresa Wadleigh
Jim Walter
Paul T. Yoder, MD

Antiques and What Not's - Missy & John
Arkansas Valley Pregnancy Center
Avante Styling & Tanning Salon
Avery Marie Photography
Big D's Liquor Mart
Big R Stores
City of La Junta
Coffee Holding Co Inc
Colorado Bank & Trust
Colorado Sublimation Printing
Cowgirl's Outpost
Crossroads Marketplace
Crowley County Nursing Center
Debourgh Manufacturing
Ft. Bent 4-H Club
Frontier Diner
Graphic Designs
La Junta Chiropractic Center
La Junta Senior Golf League
La Junta Trading
Lewis Land & Livestock - Alan & Debra
Martin Pipe & Steel
Rocky Ford Discount Tire
Sawdust by Design
Sign & Designs
Walmart - La Junta
Walsenburg Golf Club










WEEKLY EVERY THURSDAY @ 10:30AM
LA JUNTA SENIOR CENTER
102 E. 2ND ST, LA JUNTA
QUESTIONS CALL 719-384-8827
SPONSORED BY:






Arkansas Valley Hospice, Inc.
HOMEGROWN & DEEP ROOTED



Memorial, Grants, and Donations

Reflects receipts from 08/01/2022 thru 10/31/2022

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

Peggy Allen

Barbara Dutton

Alvin Bender

Roger & Mary Jane Maddux
Terrance & M. Spangler
Jana Hartless

Billy Boggs

Donny & Diana Hansen

Allen Cutsforth

Edward & Patricia Blasi
Patricia Cutsforth
John & Sandie Dell
Janet & Larry Downs
Paula & Jeffrey Miller
Joan Fraser Proctor

Bill Deal

Claudia Conley

Pat Drange

Dianne Willhoite

Eldon Gierhan

Claudia Conley
Debra & Grant Elliott
Evan & Patricia Gamboa
Joel & Debra Gray
Donny & Diana Hansen
Dave & Janet Hill
Lyle & Beverly Lough
Roger & Mary Jane Maddux
Rodney & Valerie McKinney
Karyl & Lorenz Sutherland
Dianne Willhoite
The Colorado Bank & Trust Co

Heath Grantham

Donny & Diana Hansen

Greg Grenard

Claudia Conley

Bill Karney

Donny & Diana Hansen
Dianne Willhoite

Bill Knight

ES & JD Rogge

John Horber

Mrs. John Horber III & Elizabeth Spady

Lois Jackson

Claudia Conley

Fred Justice

Jean Justice

Johnny Lopez

Mrs. John Horber III & Elizabeth Spady

Marilyn Mast

Dianne Willhoite

Darlene Moench

Anonymous

Judy Miller

Donny & Diana Hansen

Don Murray

Dianne Willhoite

Rose Murray

Dianne Willhoite

Lloyd Mueller

Dianne Willhoite

Judy Mueller

Dianne Mueller

Clifford Patton

Donny & Diana Hansen

Burch Ritter

Dianne Willhoite

Joy Thayer

Mrs. John Horber III & Elizabeth Spady

Jerry Willhoite

Dianne Willhoite

Ralph Willhoite

Dianne Willhoite

Regina Willhoite

Dianne Willhoite

Mary Yoder

Dave & Janet Hill
ES & JD Rogge
The Colorado Bank & Trust Co.

Donations

Anonymous
Zach Atkins
Mike Bauserman
Ross & Janette Bender
Rick Blackford
Paul Blasi
Fred Boettcher
Jay Bollacker
Jay Bollacker
Bernice Carlork
Tara Castaneda
Cassie Campos
JC & Jennifer Carrica
Joe Carson
Charlie Carson
John Carson
Joseph Carson
Rachel Carter
Brian Chavez
Vance Cole
Jan Dutton
Dave Dutton
D.K. & L.K. Gallegos
Dan Gallegos
Caylan Garcia
Jason Garcia
Rich Geist
Robert & Teresa Gleason
Shane Goode
Larry Herrera
Rich Hosea
Devin John
Brad & Corrie Jones
Melanie Jones
Bo Karney
Lexie Kortz
Rodley Lastrilla
Chris Lee
John Lee
Marty Lee
Matt Lobato
Bill & Nancy Long
Cody Long
Matt Lucero
Rita Martinez
Wilson Martinez
Royce Miell
Junior Miller
Charlie Mitchell
Duke Mitchell
Ross Netherton
Nic Netherton
Mackie O'Neal
Matt Perea
Chad Rangel
Joanie Ramirez
Lawrence Ramirez
P & S Roman
Paul Roman



Annastasia Fritz, RN



Qwien Liao, LPN



Mary Hobbs, LCSW



Please Join Us For Our Business After Hours/Open House



November 4, 2022

5:30pm

531 Lewis Ave.

719-384-8827

La Junta, CO 81050

Public is welcome!



November is National Hospice & Palliative Care Month

Memorial Golf Tournament Winners!



MARTY LEE'S TEAM



DAWN PATROL



PRO DIAMOND TEAM

Wish List

- * Polyester Fiber Fill (stuffing for memory bears) —we have the pattern, if you like to sew.
- * Christmas Tree Toppers—For our memory trees.
- * Wired Ribbon for our memory tree bows (gold/silver/blue/red)
- * Twin Sheets (fitted & flat)
- * Clorox/Lysol Wipes
- * 0.35 oz Burt's Bees Lip Balm
- * 4 oz Baby Powder
- * Liqui - Tears Eye Drops

Volunteering can be a

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

- Patient care activities
- Administrative support
- Fundraising/Marketing
- Grief support
- Veteran's Program
- Community outreach
- Special Projects



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

Mending Hearts Support Group

Monthly every 4th Tuesday

10:00am-11:00am

Come together in a community as we journey the pathway of grief and loss. Talk and encourage one another to mend hearts with Steve Hicks, Bereavement Coordinator

Sessions will continue monthly every 4th Tuesday at 10 am. Sessions will be held at Arkansas Valley Hospice Inc, 531 Lewis Avenue, La Junta. Private sessions are available, please call (719) 384-8827 to speak with someone. You are not alone, there are resources in your community available to you. Join us as we share in our journey!



Grief and the Holidays

The holidays are often thought of as a joyful time of the year, filled with the sights, sounds, and traditions often associated with seasonal cheer. If you are coping with the death of a family member or other loved one, the holidays can be a difficult time.

The holiday season may be full of reminders of the loss in your life. And it is not just recent losses that can cause you distress. During the holidays, feelings of grief can seem fresh, even if a loved one died years ago.

At a time of year when many people feel compelled to follow holiday traditions, letting yourself do something different can be helpful. Some people find it comforting to be with family and friends, emphasizing the familiar. Others may wish to avoid old traditions and try something new.

Hospice professionals, who help families cope with loss throughout the year, offer some tips for coping with grief during the holidays:

- **Plan for the approaching holidays.** Recognize that the holidays might be a difficult time for you. The stress may affect you emotionally, mentally, and physically. This is a normal reaction. Be prepared and gentle with yourself.
- **Be aware that the holidays will not be the same.** Expecting everything to seem the same might lead to disappointment. Doing things differently acknowledges the change in your life but still offers continuity with the past.
- **Be careful not to isolate yourself.** It is important to take quiet, reflective time for yourself but also allow yourself the support offered from friends and family. If you cannot be together in person, telephone calls, Zoom or Skype calls can be a way to stay in touch.
- **The holidays may affect other family members.** Talk over your plans and share your feelings. Respect others' choices and needs.
- **Avoid additional stress.** Decide what you really want to do over the holiday season and give yourself permission to avoid things you don't want to do.

If your friend or loved one is experiencing grief during the holidays, consider these tips:

- **Be willing to listen to a friend who is grieving.** Active listening from friends and family is an important step to helping some cope with grief and heal. And never tell someone that he or she should get "over it." Instead, give the person hope that, eventually, he or she will enjoy the holidays again.
- **Follow up after the holidays to check in.** Given the activity of the season, some people may make it through the holidays without any concerns, but they might find the post-holiday period to be more difficult. Checking in with some who is grieving after the holidays to see how he or she may be doing is helpful.

<https://www.caringinfo.org/planning/grief-and-loss/grief-and-the-holidays/>



To learn more about grief and loss or about hospice and palliative care, contact Arkansas Valley Hospice at 531 Lewis Ave. La Junta, call (719) 384-8827, or visit our website www.arkvalleyhospice.org. The holidays are a time to remember friends, neighbors, loved ones, and a time when we most deeply feel the loss of those dearest to us. The annual Arkansas Valley Hospice Memory Tree Program will once again provide an opportunity for you to remember your loved ones while providing support for your local Arkansas Valley Hospice organization. Memory ornaments and bows will be personalized with a vellum name tag containing the name of your loved one.

Arkansas Valley Hospice Christmas Memory Trees

The holiday season is once again upon us. This is a perfect time to remember friends, neighbors and loved ones, and also a time when we most deeply feel the losses of those dearest to us. The annual AVH Memory Tree program will once again provide an opportunity for you to remember your loved ones while providing support for your local Arkansas Valley Hospice organization.



Designed by: Bob Fowler

ORNAMENT TYPE AND SITE LOCATIONS:

Wooden Ornament \$25 Gold \$20 Silver \$15 Blue \$10 Red \$5. Red/White/Blue (Veteran) \$12 Locations: Fowler, Manzanola, Olney Springs, Ordway, Las Animas, Cheraw, La Junta, Swink, Rocky Ford, LJ Courthouse (Veteran)



Purchaser Name: _____ Phone Number: _____ Date: _____

Address: _____ Payment Type: Credit Card Cash Check

In Memory of	Tree Location	Ribbon/Ornament	Amount
Name: _____	_____	_____	_____
Name: _____	_____	_____	_____
Name: _____	_____	_____	_____
Name: _____	_____	_____	_____
Name: _____	_____	_____	_____
Name: _____	_____	_____	_____
Name: _____	_____	_____	_____
Name: _____	_____	_____	_____
Comments: _____			TOTAL: _____

Please call 384-8827 to place your order with a credit card by phone.

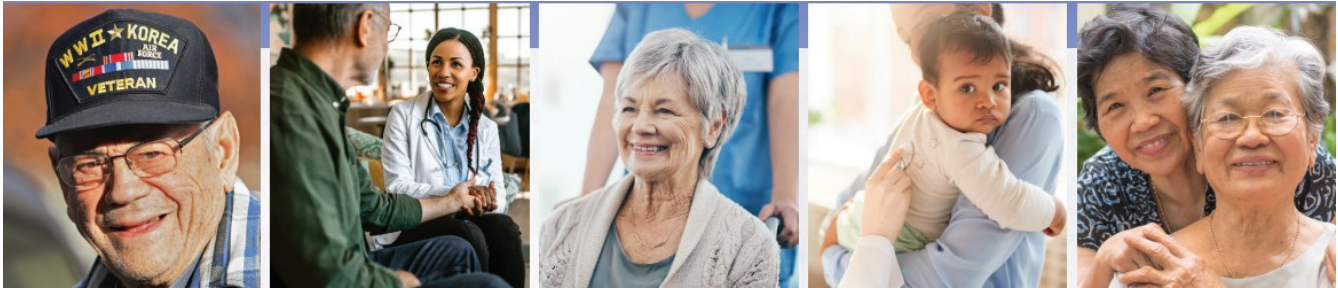


ADD TO YOUR COLLECTION! Past wooden ornaments for sale: 2015, 2016, 2018, 2019, 2020, 2021
Only \$10.00





MEETING YOU WHERE YOU ARE.



NATIONAL HOSPICE AND PALLIATIVE CARE MONTH

Live life on your own terms with the help of hospice and palliative care.

The right care at the right time is important. Hospice offers you and your loved ones supportive care when a cure isn't possible. Palliative care brings pain and symptom management earlier in the course of your serious illness. Both types of care provide solutions beyond the walls of the hospital. These wrap-around services are covered by Medicare, Medicaid, and most private plans.



We are here for you.
CaringInfo.org



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Fax: 384-2045
www.arkvalleyhospice.org