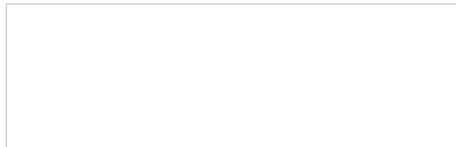




531 Lewis Avenue
La Junta, CO 81050



SAVE THE DATE

***3rd Annual
Memorial Golf Tournament***

September 17, 2022

Location: Rocky Ford Golf Course

Time: 8:00 am

***See Page 6 for registration & other
ways to win!***



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

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.

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

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

Companion Care Providers

Rebecca Ritter Respite / Homemaker Provider
 Antoinette Martinez Respite / Homemaker Provider

Volunteers

Anita Bloom Administrative
 Karen Brubaker Bereavement
 Frances Castaneda Fundraising/Administrative
 Elizabeth Domsten Companionship
 Pat Gamboa Bereavement
 Dorean Gierhan Fundraising/Administrative
 Kristi Hartless Fundraising
 Buck Johnson Maintenance
 Antoinette Martinez Administrative
 Janet McGaughey Companionship
 Jill Rogge Companionship/Administrative
 Terry Smalling Bereavement/Veteran Volunteer
 Rosalia Valdez Bereavement/Fundraising/Administrative

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

THANK YOU SUPPORTERS!

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

Hospice Care

Hospice care focuses on quality of life when a cure is no longer possible, or the burdens of treatment outweigh the benefits. Hospice care is not just for cancer or for older people; it is for any serious illness at any age. Hospice care is an interdisciplinary team-oriented approach to expert medical care, pain management, and emotional and spiritual support expressly tailored to the patient's and family/inner circle's wishes and needs.



Understanding the Medicare hospice 6-month requirement

Some people think that their doctor's suggestion to consider hospice means that death is very near. That is not always the case at all. People often don't begin hospice care soon enough to take full advantage of the help it offers.

In the U.S., people enrolled in [Medicare](#) can receive hospice care if their doctor thinks they have less than 6 months to live should their disease take its usual course. Doctors have a hard time predicting how long a person will live. Health often declines slowly, and some people might need a lot of help with daily living for more than six months before they die.

Talk with your doctor if you think a hospice program might be helpful.



Respite care is a benefit from hospice for caregivers

For patients being cared for at home, some hospice services offer respite care to allow friends and family some time away from [caregiving](#). Respite care can be given in up to 5-day periods of time, during which the patient is cared for either in the hospice facility or in beds that are set aside in nursing homes or hospitals. Families can plan a mini-vacation, go to special events, or simply get much-needed rest at home while having peace of mind. Respite care is also appropriate when a patient's medical condition warrants a short-term inpatient stay for pain or other symptoms that cannot be managed at home.

[Medicare benefits pay](#) for patient transport and up to five consecutive days of inpatient care at a Medicare-approved nursing facility or hospital. You can get respite care more than once, but only on an occasional basis. Medicare guidelines allow for more than one respite occurrence, with each respite lasting no more than five days in a row. The five-days of respite include the day of admission, but not the day of discharge.



NHPCO

National Hospice and Palliative
Care Organization

3rd Annual Memorial Golf Tournament



Rocky Ford Golf Club
18 Hole - 4 Person Scramble
September 17, 2022
Start Time: 8:00 a.m.



Entry Fee: \$250.00/team Payment Method: Cash Check PayPal

(PLEASE MAKE CHECKS PAYABLE TO ARKANSAS VALLEY HOSPICE NOTE: MEMORIAL GOLF TOURNAMENT)

Mail Checks / Registration Form to: Arkansas Valley Hospice
P.O. Box 408
La Junta, CO 81050

PayPal payments: Can be made via Arkansas Valley Hospice, Inc Website at:

arkvalleyhospice.org

Reference: Memorial Golf Tournament

If payment is made via PayPal please send entry form to Arkansas Valley Hospice address above.

Tournament Registration

Team/Company Name _____
(4 Person Scramble \$250.00 per team)

Player Name _____ Player Name _____

Phone: _____ Phone: _____

Email: _____ Email: _____



Player Name _____ Player Name _____

Phone: _____ Phone: _____

Email: _____ Email: _____

Tax Deductible

Memorial, Grants, and Donations Continued...

Reflects receipts from 5/01/2022 thru 7/30/2022

Edeth "Sugar" Sun

Joseph & Hazel Aube

Cora Mae Vandetti

Alvin & Mary Bender

Paul Wanda

Donny & Diana Hansen

Van Williams

The Emil & Jill Rogge Living Trust

Betty Wood

Chris & Kim Brening

Leonard Yergert

Alvin & Mary Bender

DONATIONS

Eugene & Elizabeth Domsten
Our Lady of Guadalupe/St. Patrick Parish
La Junta Livestock Commission, Inc
Roger & Della Merwin
Kathleen Tomlin
Cody Long
Don & Karlene Scofield
Helen Moench
Donny & Diana Hansen
Donna & George Gruber
Larry & Merlene Ellison
Calico Accounting, LLC
Gregory Smith
Donald & Janice Pennington

RANCHERS FOR HOSPICE

Tracy & Sherri White
Greg Smith
Ralph & Russell
Kelly Bader
Richard & Joanna Simmons
Tom Brubaker
Mona Fasth
Starla & Brad Johnson
Andrew Fasth
Jon & Christol Saunders
Curtis & Susan Russell
Bill & Debbie Gray
Leon Leonard
Netherton Inc.
Hansen Cattle, Inc
Gail & Millie Allen
Garth & Barbara Thimgan
Darrell Wollert
Mike & Ellen Froman
Davidson Ranchers
Bob Davidson
Miner Blackford
Rich & Joanna Simmons
Reflected R Ranch
Larry Siegfried
Gary & Charmagne Fillmore
Nancy Wright

Round Ranches
Winters Cattle Co.
Clayton Howe
La Junta Trading
WW Feed & Supply INC

CALF AUCTION

Dr. Paul T. Yoder
La Junta Livestock Commission, Inc
Dan & Sandy Lytle
Hansen Cattle
Jace & Leslie Honey
B&L Livestock Gavin Borland
Danielle Neuschwanger
First National Bank La Animas
Sam & Grace Wilson
Brian & Cassie Elder
Keo Honey
Melanie Jones
Cade & Teresa Walz
WE Trucking
Brian Elder
William Wilson Jr
Valley Cowboy Church
Austin & Melissa Kuhn
Gail & Millie Allen
The State Bank
The Colorado Bank & Trust Company
La Junta Trading Company
Taylor Accounting & Tax Service
Casey Everett
Brown Brothers Inc
Glen Brown
Charles Brown
Garth Thimgan
Brooks Farms
Bill & Patty Brooks
Glen & Kathy Brown
Broce's Well Service
E.R (Buck) McCleary
Jack & Sylvia McComber
Pedro & Stella Isais
Roy Armstrong
Barney & Linda Burch
Rick Chambers
Lewis Land & Livestock Alan & Debra Lewis
Pipeyard
Trenton & Lindy Sharon
Jared & Leslie Bruna
Fred Darnell
Gary Fellhauer
Doug & Rhonda Entenman
Gary Kerr
Carolyn Smith
Cody Ridennoure
Merle & Sandra Singer
Jim & Debbie Crowder
Mike Pharr
Eugene Fellhauer
David & Jeannie Carlile
Jim & Holly McCuiston
Mary Walter
Gail Uhernik
Thunder Media

Mauch Farms
John & Tiffany Canaday
Garrett & Maxine Russell
Waggoner Ranch
Kent & Paulette Waggoner
Tyler & Lindsey Graham
Janet Honey
T.L.C. Veterinary Clinic
Emick Farms Inc
Ordway Cattle Feeders, LP
Douglas Thacker
Bill & Michelle Clifton
Griffin & Sons
Roger & Pat Schalla
ABC Title & Closing Services LLC
Erickson Cattle Company
Ranchers Supply of La Junta, LLC
Jordon & Dove King
Hope Cattle CO
Riley & Spencer Brown
Missy Allen
John Rusher
Harold Yoder
Absolute Automotive
Bill & Jean Turner
Copper Kitchen
John Shannon Family

NONMONETARY DONATIONS

WW Feeds
Debourgh Manufacturing Co.
Rocky Ford Grand Theatre
Hollar Seeds
Casa del Sol
Cheraw FBLA
Colorado Sublimation Printing
Martin Pipe & Steel
Mike & Teresa Wadleigh
SECO NEWS
Crowley County Nursing Center
Southeast Health Group
Terry & Mary Ann Spangler
Rachel Carter
Tara Castaneda
Charlie Carson
La Junta Livestock Commission, Inc
Catherine Ramirez
JoEllen Netherton
Kathleen Cox
Steve Friedenburger
Denise Ortiz
Joel & Deb Gray
Roy & Marva Fritch
Larry Cunningham
Peggy Powell
Community Thrift Shop
Deann Johnson
Rosalia Valdez
Anita Potter
Frances Castaneda
La Junta Trading
Antiques & What Nots
Russell Young
Carol Everett

Memorial, Grants, and Donations

Reflects receipts from 5/01/2022 thru 7/30/2022

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

Peggy Allen

Roy & Beverly Armstrong

Nash Ayala

Roy & Beverly Armstrong

Billy Ray Boggs

Keith & Sue Waggoner

Roy Armstrong

Bill Burrell

Judy Turpin

Shirley Burrell

Judy Turpin

Delores Cox

Roy Armstrong

Roxie Deal

Allie Brown

David DiRezza

Joselyn Dixon

Pauline Fisher

Alvin & Mary Bender

Dwight Gardner

Roy & Beverly Armstrong

Heath Grantham

Patty Honey Mosher

Erma Grantham

Roy & Beverly Armstrong

Greg Grenard

Roy & Beverly Armstrong

Eldon Gierhan

Tom & Karen Brubaker

Linda Eileen Rhodes

Roy Armstrong

Alvin & Mary Bender

Robert W. Smith

Jerald & Meredith Bradfield

Catherine Ramirez

Treva Haney

Donna Davis

M.J. Hill

Beverly Grasmick

Dr. William Holm

Richard & Susan Holm

Dennis Trujillo

Anonymous

David L. Horn

Joseph & Hazel Aube

Edeth "Sugar" Sun

Joseph & Hazel Aube

Russ Horn

Joseph & Hazel Aube

Lois D. Jackson

Rusty Jackson

Bill Karney

Terry & Mary Ann Spangler

Roy Armstrong

Norma Lloyd

Roy Armstrong

Gene Long

Janet McGaughy

Roy Armstrong

Cody Long

Sharon Markus

Roy Armstrong

Marry Martson

Roy Armstrong

Marilyn Mast

Keith & Pamela Ritter

Gierhan Family

Marilyn Mast Estate

Della Merwin

Evan & Pat Gamboa

Harrison McCune

Roy & Beverly Armstrong

Bill Miller

Bill & Nancy Long

Judy Miller

Alvin & Mary Bender

Darlene Moench

Catherine Ramirez

Fern Morlan

Roy & Beverly Armstrong

Cody Clark Ranch

Joseph & Karen Vigil

James & Merlene Klinkerman

Larry & Gayle Gardner

Charles Raymond Moore

Sara Harper

Delbert Norris

Ronnie Hoss

Clifford "Kip" Patton

Anna Jean Green

Dick & Loretta Sharon

Loretta Paolucci

Mark & Cynthia Paolucci

Tom Piquette

W.C Or N. Piquette

Bud Quick

Karen & Tom Brubaker

Elenor Quick

Karen & Tom Brubaker

Kay Ricken

Doug & Missy Ricken

Ali Ricken

Burch Ritter

Keith & Pamela Ritter

Gierhan Family

Marilyn Mast Estate

Evan & Pat Gamboa

Loretta Schwartz

Joseph & Hazel Aube

Cindy Shepherd

The Emil & Jill Rogge Living Trust

Vern Starns

Sharon Starns

**AVH IS OFFERING
A FREE 6 WEEK GRIEF WORKSHOP**

**When: Every Sunday
Starting: Sept. 11 – Oct. 16, 2022**

Time: 5:30pm to 7:00pm

**Where: Arkansas Valley Hospice
531 Lewis Ave. La Junta
719-384-8827**



**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!



Join us for a special Flag Folding Ceremony with the American Legion Post 9 presenting the 13 folds.

You're Invited!

Flag Folding Ceremony

August 12, 2022

12:00 PM

ARKANSAS VALLEY HOSPICE

531 LEWIS AVE. LA JUNTA

HOT DOGS & REFRESHMENTS

will be served following the ceremony



IN LOVING Memory

Of our dear friends Eldon Gierhan and Darlene Moench
who dedicated their time as a
volunteer, and supporter.
You will forever be missed!



Volunteering with Hospice and its Benefits

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!**



Show your support with:

AmazonSmile

ESTATE PLANNING

IRA'S AND RETIREMENT PLAN

VOLUNTEER

LIKE US ON FACEBOOK

MEMORY LEAF

IN MEMORIUM

IN KIND DONATIONS

SUBSCRIBE TO OUR NEWSLETTER





Supporting a Grieving Caregiver

Death and grief are going to touch everyone at some point in life; this is part of living. However, if you or someone you know has been a family caregiver, the stress and emotions that come when the person who was being cared for dies can be particularly challenging.

To support a caregiver who is grieving, ask how you can best help and listen for what they seem to need. Express your concern for how the illness is affecting them personally. Be willing to listen, to learn, and to look for ways in which you can support and be helpful.



Even if you have been a caregiver yourself, don't say you know what they are going through. Empathize by saying, "I am so very sorry," but don't say you understand. Each situation is unique and each person responds in ways that are uniquely their own. Even though you may have been a caregiver yourself, you cannot understand this situation from this person's perspective.

When caregiving ends, it is normal to feel both bereaved and relieved, but caregivers often feel guilty about any feelings of relief they may experience. Remind them that these feelings are normal and common. Caring for a loved one can be exhausting work, but when caregiving ends, time often seems endless. Offer to help grieving caregivers fill their day with meaningful activities. Help them get back into life at a pace that is acceptable to them. Caregivers often haven't had enough sleep, nor have they eaten well, so encourage a grieving caregiver to obtain adequate rest and nutrition.

One of the best ways to support anyone who is grieving is to be with them; this can be particularly important when someone who has been a caregiver is grieving the loss of a person they cared for.

Your local community hospice can be a source of information to help you or a loved one cope with grief and loss or to find other community resources that may be helpful. You can find a local community hospice at NHPCO.org.



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