



Pathways 

# *InTouch*

2021 FALL/WINTER NEWSLETTER



## MESSAGE FROM THE PRESIDENT:



Dear Readers,

There comes a time in many of our lives when we either take or are given the responsibility of caring for a seriously or terminally ill family member or friend. This can be a hard job, and unfortunately, it can be made even more challenging by our sometimes confusing and fragmented healthcare system.

Fortunately, with hospice and palliative care, there's an incredible resource that provides comfort, care, dignity, and respect to those coping with a serious or life-limiting illness and their families.

November is National Hospice and Palliative Care Month, and hospice and palliative care providers mark this month as a time of engagement and outreach.

At Pathways, we will be recognizing and celebrating the trained, expert professionals who provide these valuable services in our community. In addition, we'll be reaching out to help our community understand the care options that are available to them and their loved ones.

Hospice is unique in that it offers an interdisciplinary team approach to treatment that includes specialized medical care, comprehensive pain management and emotional and spiritual care. Caring for the whole person allows the team to address each patient's unique needs and challenges. In addition to caring for patients, hospice offers services for families and loved ones that provide emotional support and advice to help family members become confident caregivers and adjust to the future with grief support for up to a year.

Hospices are some of the best providers of community-based palliative care. Palliative care delivers expertise to improve quality of life and relief from pain. It can be provided at any time during an illness – during and after treatment, from diagnosis on.

The best time to learn about hospice or palliative care – and to make plans for the kind of care you or a loved one would want – is before you are faced with a medical crisis. One of the most frequent comments we hear from families is, "Why did we wait so long before calling hospice?"

We are committed to serve and deliver high-quality person-centered care to anyone who is facing a serious or life-limiting illness. We will provide physical, emotional, and spiritual support all while supporting your wishes and plan of care. We are here for you.

Please join me in recognizing National Hospice and Palliative Care Month this November and celebrating the truly selfless professionals who provide this vital care at a time when it is most needed.

Thank you for your ongoing support – and always reach out to Pathways if we can be of help and provide assistance and information. We can be reached at 970-663-3500 or <https://pathways-care.org/>

**Nate Lamkin, Pathways President**

## OUR SENIOR LEADERSHIP TEAM

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President

**Dr. Mike Towbin, MD**  
Medical Director Executive

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## CAPITAL CAMPAIGN UPDATE

As of October 15, the capital campaign is at \$2.146 million toward our goal of \$8 million for construction of the new Inpatient Care Center. And we are excited to announce that \$73,913 of \$100,000 Sethre Family Challenge has been raised. There is still time to have your gift to the Inpatient Care Center matched 50% by the Sethre Family Challenge. Gifts can be made at <http://weblink.donorperfect.com/CapitalCampaign2020> or by contacting Nate Lamkin, Pathways President, at [Nate.Lamkin@pathways-care.org](mailto:Nate.Lamkin@pathways-care.org) or 970-292-1078.

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## INPATIENT CARE CENTER UPDATE: RISING FROM THE GROUND!

The new Inpatient Care Center is rising from the ground! In the construction process, the initial ground and utility work usually seems slow, and progress is not as obvious to most people. Driving past the location for our new Inpatient Care Center this summer, it looked like a lot of dirt moving and not much progress to see. Now as we move into the fall, the foundation and underground utilities are in, and the walls are under construction.

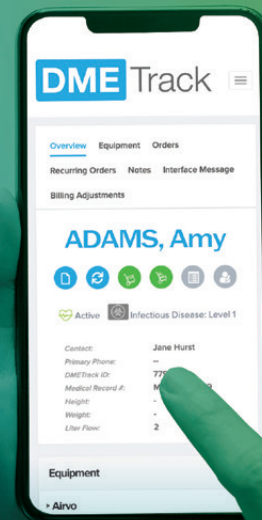
The first layer of asphalt for the driveway and parking lot is expected in mid-November, and we hope to be under a roof well before year's end. If you would like to watch our progress, please visit <https://pathways-care.org/capital-campaign/> and click on the button "Watch our Progress" to see the construction live.

With 12 beds and plenty of room for family and friends, the new Inpatient Care Center will allow us a welcoming and home-like setting for our patients who need hospital-level care for management of acute pain and other symptoms.

Another way to see the construction progress up close is to sign up for a Hard Hat Tour. Please contact Nate Lamkin, Pathways President, at [Nate.Lamkin@pathways-care.org](mailto:Nate.Lamkin@pathways-care.org) or 970-292-1078 to schedule a tour.

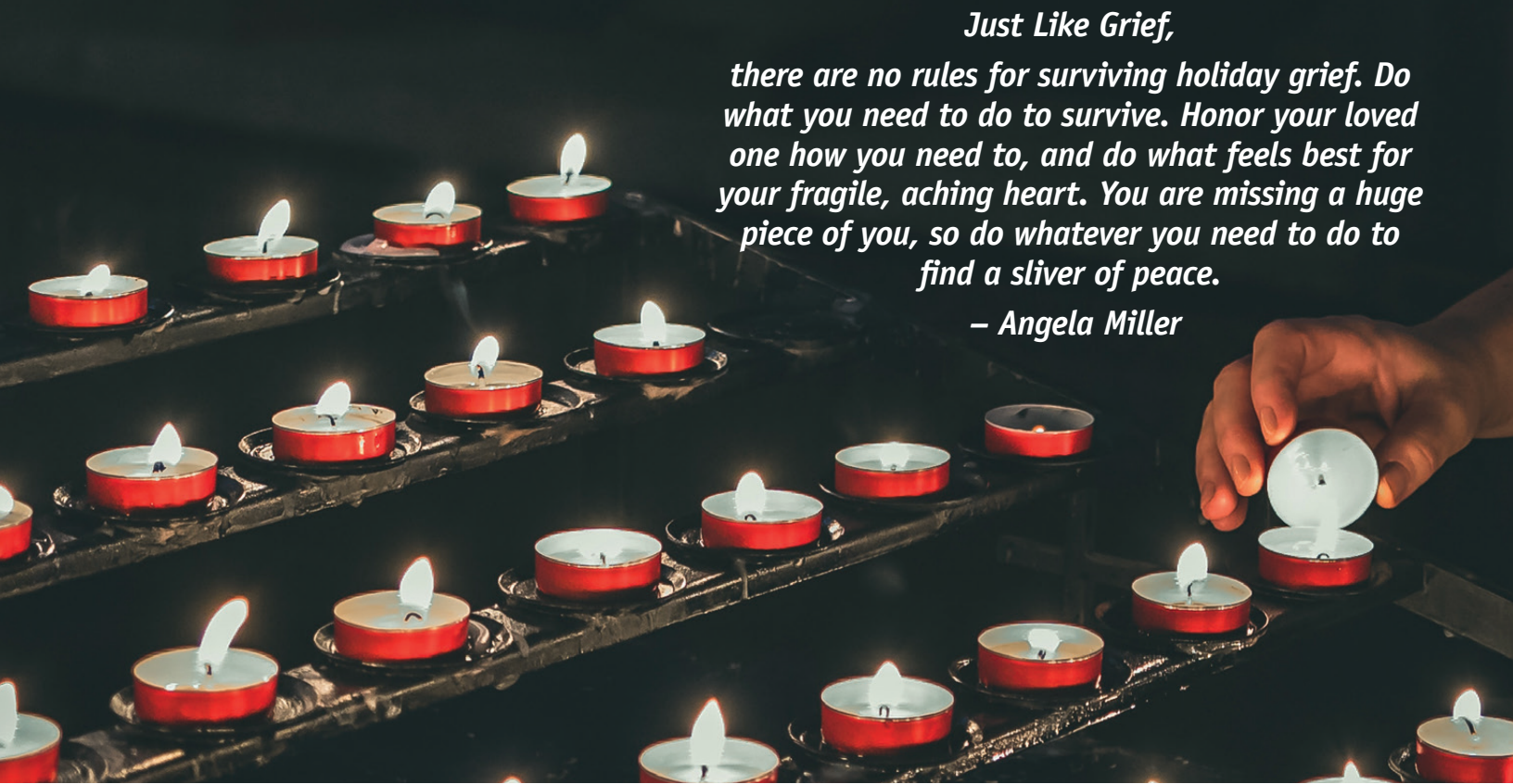


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*Just Like Grief,  
there are no rules for surviving holiday grief. Do  
what you need to do to survive. Honor your loved  
one how you need to, and do what feels best for  
your fragile, aching heart. You are missing a huge  
piece of you, so do whatever you need to do to  
find a sliver of peace.*

*– Angela Miller*

## SUGGESTIONS FOR HONORING AND REMEMBERING LOVED ONES DURING THE HOLIDAYS

The holiday season can be a challenging time for many – especially those who are grieving. Here are some tips for honoring and remembering loved ones during the holidays.

- Light a special candle to quietly include your loved one.
- Talk about your loved one – people are more likely to recognize the importance and need to remember them.
- Hang a stocking and encourage family members to place notes inside with their feelings or memories.
- Place a basket by a lit candle for people to place notes with their feelings or memories.
- Set a place for your loved one at the holiday dinner table and go around the table so everyone has the opportunity to share a memory.
- Buy your loved one a gift or buy yourself a gift from your loved one.
- Create a memory box and invite friends and family to contribute their memories of your loved one – this is a wonderful way to connect with others, remember, and discover things you didn't know about your loved one.
- Bring out a meaningful belonging – for example, a sweater draped along the back of a chair.
- Create a fall memorial centerpiece.
- Send out Thanksgiving cards (instead of Christmas cards) for the holidays. Ask your friends and family to send you back a card for Christmas and include photos and their memories of your loved one. This way you will look forward to receiving Christmas cards. You can include the address of a close family member who would also appreciate Christmas memory cards of their loved one.



## JANET SEVERANCE CELEBRATES 30 YEARS

Pathways grief counselor Janet Severance is celebrating 30 years of supporting Northern Colorado families in grief and loss counseling.

Janet earned a master's degree in social work from Colorado State University in 1991 and took her first job at Pathways, which was then Hospice of Larimer County. She has been serving our community ever since. Janet has worked with us in social work and bereavement and grew with us as we built a dedicated Grief and Loss Counseling Center and Children's Healing Garden.

Clients come to Pathways' Grief and Loss Counseling Center because of a death or serious illness in their family. Janet has worked with people of all ages over her career and facilitated retreats and support groups, but she developed a specialty in providing grief counseling for children, helping them cope with death and loss through play, talk, Sand Tray and other creative therapies.

Working in grief counseling gives an opportunity to build relationships with clients, and that's where she sees her biggest successes.

"It's so beautiful when there are these opportunities for grief support that this relationship has been established and they love coming here," Janet said. "They sense they belong here and that this is a place for them where they are understood and cared about."

Janet said the work has been an incredible opportunity to witness the growth and the resilience of people of all ages. Janet has also seen a lot of growth at Pathways over the past three decades. She developed her specialty working with children simply as the need arose, but she and other grief support staff have also worked with local school districts, businesses and organizations in grief-related training and support groups.

While the work environment has changed over the years — growing from an organization of about 20 to the organization it is today — Janet says the mission has always been the guiding force for herself and the organization.



**"THE MISSION AND WHAT  
WE ARE HERE TO DO MATTER."**

"The mission and what we are here to do matter. It is important. I have never faltered."

She credits her colleagues with helping her stay with Pathways over the years.

"This program is all about the team," Janet said. "We wouldn't be able to do the type of work that's been done here without that. The job is too demanding and difficult to do that in isolation. We carry the load together."



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## COLORADO GIVES DAY

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COLORADO  
GIVES  
DAY

December 7, 2021

Imagine a place that feels like home. It's comfortable, warm, and inviting, filled with love and support. This is no ordinary home, however. In this home, hospital-level care is available to relieve intense pain, or to manage other symptoms. And to provide compassionate, supportive care. In this place, family and close friends can gather to visit, offer comfort, and even spend the night.

Imagine no more. With your support this Colorado Gives Day, on Tuesday, December 7, this is becoming a reality as Pathways builds a 12-bed, stand-alone Inpatient Care Center to provide the highest level of care in a tranquil, beautiful space intentionally built for this purpose. One out of every four days during 2020, our six-bed leased Care Center at McKee Medical Center was full. With this new Inpatient Care Center, no longer will the words "hospice" and "waitlist" be spoken together here in Northern Colorado.

Schedule your Colorado Gives Day today at <https://coloradogives.org/pathways-care> and join in making the vision a reality!

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## Making a difference through design.

There is nothing better than bringing a powerful vision to life. The new Pathways Hospice is such a vision—a space that allows Pathways to deliver their quality care in their own facility for the first time. That's something the entire community can celebrate.



For more information about MOA, reach out to our Director of Healthcare Katie Vander Putten at [kvanderputten@moaarch.com](mailto:kvanderputten@moaarch.com).



MOA ARCHITECTURE  
CELEBRATING 40 YEARS OF GREAT DESIGN



## COOKIE BAKERS RECIPE

Over the years, our volunteers at our Care Center at McKee Medical Center have baked thousands of cookies for our patient families. This holiday season, share their recipe with your loved ones.

### CHOCOLATE CHIP OATMEAL COOKIES

#### INGREDIENTS

16 tablespoons (227g) unsalted butter, at room temperature  
1 cup (213g) light brown sugar, packed  
1/2 cup (99g) granulated sugar  
1 large egg, at room temperature  
1 large egg yolk, at room temperature  
1 tablespoon (14g) vanilla extract  
2 cups (241g) King Arthur Unbleached All-Purpose Flour  
1 cup (99g) quick-cooking or old-fashioned oats  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 teaspoon kosher salt or 3/4 teaspoon regular table salt  
3 cups (510g) semisweet chocolate chips

**PREP** 20 mins

**BAKE** 12 to 17 mins

**TOTAL** 34 mins

**YIELD** 20 to 100 cookies,  
depending on size



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**Connie Parke**  
Cataract Surgery

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## CHOCOLATE CHIP OATMEAL COOKIES cont'd

### DIRECTIONS

1. Preheat the oven to 325°. Line several cookie sheets with parchment paper, or slightly grease with non-stick vegetable oil spray.
2. Beat together the butter and sugars until smooth.
3. Beat in the egg, yolk, and vanilla.
4. Whisk together the flour, oats, baking powder, baking soda, and salt, and add to the butter mixture in the bowl.
5. Mix until everything is thoroughly incorporated. Scrape the bottom and sides of the bowl, and mix briefly.
6. Stir in the chocolate chips.
7. Decide what size cookies you want to make. A muffin scoop (1/4 cup) will make 20 large, palm-sized cookies. A tablespoon cookie scoop (4 teaspoons) will make 50 medium (2 3/4" to 3") cookies; and a teaspoon cookie scoop (2 teaspoons) will make 100 small (2 1/2") cookies.
8. Scoop the dough onto the prepared baking sheets, leaving about 1 1/2" to 2" between cookies.
9. Bake the cookies for 12 to 17 minutes, until they're a light golden brown, with slightly darker edges. Their middles may still look a tiny bit shiny; that's OK, they'll continue to bake as they cool on the pan.
10. Remove the cookies from the oven, and as soon as they're set enough to handle, transfer them to racks to cool.







## WINTER EVENTS

### WINTER MEMORIAL SERVICES

This winter, Pathways will host two memorial services, one in Greeley and the other in Fort Collins. The event in Greeley will take place in January, and the event in Fort Collins in February. Please check our website, <https://pathways-care.org>, for details.

### DECEMBER TOWN HALL

Join us on Thursday, December 2 at 6:30 p.m. for our second-annual end-of-year virtual town hall. During the event, you will learn about how our stand-alone, Inpatient Care Center will provide high quality, compassionate hospice care in a homelike setting. We will discuss the growing need in our community for this level of care and provide an update from our Grief & Loss Counseling Center. To register, visit <https://pathways-care.org/townhall>.

### GRIEF AND LOSS EVENTS

#### Coping through the Holidays |

Dec. 9 at 6 p.m.

#### Memorial Wreath Making and Activities |

Dec. 4 from 11 a.m. to 4 p.m.

Please check our events calendar at <https://pathways-care.org/upcoming-events> to see all events and our support group line-up. You can also contact us at 970-663-3500 or by email at [bereavement@pathwayscare.org](mailto:bereavement@pathwayscare.org).

### OUR MISSION

Honoring every moment of life, Pathways provides compassionate, excellent, comprehensive care for those who have an advanced medical condition and those who are grieving.

### OUR VISION

Pathways is committed to be the region's preferred provider of hospice services through excellent patient care in all settings and comprehensive grief support. We educate about end-of-life care, partner with caregivers, remain good financial stewards, grow to meet our community's needs, and strive to be an employer of choice.

### OUR VALUES

We honor life through compassion, respect, integrity, excellence and stewardship.

### CONTACT US

(970) 663-3500

[www.pathways-care.org](http://www.pathways-care.org)

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