



Reminiscence Therapy Training



April 21, 10-2:30 PM
or
July 21, 10-2:30 PM
at

Hospice of Montezuma
512 N. Broadway
Cortez, CO 81321

Class size is limited.
Call 970-565-4400 to
reserve your spot today!

Reminiscence Therapy elicits memories from years ago which often remain detailed and intact. Recalling these memories can be immensely therapeutic, not to mention enjoyable. Reminiscence Therapy gives people the opportunity to meet and share these rich stories and experiences. It's very sociable and helps individuals to remember that they are still a real person. This can boost their self-esteem and help them make a valuable connection between the past and the present. It can also help them resolve and make sense of an event that's happened in their past. Join us in learning the skills to begin the conversation today.

Sponsored by:
C&G Healthcare Management &
Hospice of Montezuma

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The Gift of Reminiscing...

One early afternoon, I was visiting a friend. She encouraged me to sit and stay a while as she began a new painting. A simple blank canvas soon came to life with a scene of majestic mountains, coniferous trees, and an inviting trail scene. Just as the canvas erupted with beauty as she dipped her wet brush in a multitude of rich colors, her adventurous tales of growing up in the 1930's unfolded. The country was experiencing severe drought and endless dust storms. Her mother and father dreamed of better days ahead and pursued their interest of escaping the "Dust Bowl" by loading their belonging in a horse drawn wagon and their Ford Model B car to relocate to Colorado. A chicken or pig was strapped to the running boards of the car. These animals sometimes provided a home cooked meal during the family's lengthy and often remote and desolate travels. There were tales of roasting an occasional game hen along the road side and sitting under blankets to help keep the sand and dust out of their food while they ate, and told ghost stories and sang songs. Her father slowly drove the team of horses with the dairy cow tied to the wagon. Her mother and sometimes the children drove the car on ahead to look for water for the family and livestock. The children would often take time to gather discarded glass bottles en route and collect refunds at the next general store so that they could purchase and share a Dr. Pepper and Wax Lips...a treat that was readily savored and initiated sibling giggles. Her smile and rhythmic brush strokes demonstrated the joy of reliving those fond memories. This was a treasured moment shared among two friends.

Taking part in the lives of people can be so rewarding. It is amazing how fast technology transcends our culture. The beauty of a simple visit bears witness to exciting the imagination that brings our history to life. It creates a framework that makes facing difficult situations easier and promotes better listening skills. It instills values. We encourage community members to learn more by becoming a Hospice of Montezuma volunteer or pursuing skills in Reminiscence Training. You can be that friend that makes a difference! Tell us your story!

Wendy Weygandt
Executive Director