



community Connections

Your impact at Castle Rock Adventist Hospital | Winter 2017

The Healing Power of Art

A special harpist made an impact on Sandra's healing experience.

Sometimes little things can make a big difference, and your generosity ensures that patients experience the little things that help bring healing.

By Sandra Dahl, Former Patient

I quickly realized there was something extra special about Castle Rock Adventist Hospital.

It's more than just the great food from Manna or the exceptional nurses and physicians. Those were important, especially as I was facing a health issue that required me to be an inpatient for several days.

During my hospitalization, the chaplain, David Martinez, came by to see me or sent someone from his office to visit every day. The consistency of the care extended with those visits brought encouragement at a time of need.

Chaplain Martinez also gave me a prayer shawl, which was very special. At first I thought it should be given to someone who would need it more, but he told me he'd chosen it just for me. The gift

of the shawl represented a unique occasion to appreciate receiving. To receive a gift of usefulness and beauty while in a time of illness and confinement was very meaningful.

I still use the shawl at home, it represents the blessing of care and compassion by the ministries at the hospital, and is a personal treasure!

Then one day Chris wheeled her harp into my room. She

shared briefly about the Healing Arts program at Castle Rock—a music and massage therapy offering available to any patient, simply because people give to support it—and offered to play. Of course, I was happy for some music.

As she played, I watched her fingers softly dancing across the strings, bringing the music to life. It was more than just a melody; it was as if she was sharing a piece of her heart with me.

She also knew just how to ask me about my comfort and needs without being intrusive or making me feel uncomfortable. In fact, I felt more at peace with her and with her harp music than I remember feeling for a long time.

She didn't just make my day a little better. That experience is an indelible memory that has made my *life* a little better. I still carry it with me today and can close my eyes and return to those moments of peace.

Yes, there's something special about Castle Rock Adventist Hospital. More than the beautiful

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Sandra is thankful to have such a special hospital here in the Castle Rock community.

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Introducing... **BUDDY**

Born: 11/3/2008

Breed: Standard Poodle

Hobbies: His favorite pastime is going for rides, especially in "his" pickup.

Buddy loves snuggling, snacking on asparagus, and sleeping in his people's bed. He is a sweet boy who enjoys making people feel better with a wag of his tail, and resting his chin in their hands. Buddy's life motto is "Wag more, bark less."

Buddy is just one of the special dogs who volunteers weekly with his person to cheer patients and their families. Angel Paws Therapy Dog Program is here at Castle Rock Adventist Hospital because of generous donors like you!

Youth Are Community

Young people are such an important part of the present and future of Castle Rock.

Your generosity coupled with the mission of Castle Rock Adventist Hospital reaches far beyond our doors into this community, where lives are being changed.

More than simply a community hospital, Castle Rock Adventist Hospital is truly a part of this community. Few things reflect this fact more clearly than our involvement with Ambassadors of Compassion (AOC).

AOC is a coach-led program created to equip youth with resiliency, hope, personal leadership skills, and critical life principles they need to navigate and succeed through life's inevitable challenges. With teenage suicide rates in Douglas County being so high, Castle Rock Adventist Hospital partnered with other community sponsors to ensure that every middle school student in Castle Rock benefits from the program.

Hospital Chaplain David Martinez has been closely involved with this program and served as a mentoring coach for a group of students.

He had 11 seventh graders in his group, and one of them was very quiet. He wouldn't engage with the coach or the other students, acting like he was uninterested.

The other students participated freely, opening up and sharing their thoughts and worries. But it wasn't until the group had met for eight or nine of their 12 sessions that this young man opened up.

As the oldest of his siblings, he'd been the one to step in to protect his mom from her alcoholic

husband's abuse. Of course, his father would then expend his wrath on the boy, leaving him hurting and hiding his pain from everyone around him.

The other kids listened and encouraged him, and this young man blossomed. By the end of the sessions, he was the one doing the most talking. His spirit had changed as he finally felt accepted for exactly who he was and in spite of the experiences that had shaped him. He was able to release the pain he was holding in, and there was a glow about the young man who had started off so distant and disconnected.

At the end, this boy wanted to be sure he stood by his coach. For the chaplain, that was so rewarding: "For a seventh-grader to want to hang out with an "old guy"—that meant a lot. This young man had touched my heart, and I know that I've touched his."

"This changed this kid's life—both now that he feels accepted and has a voice, but also for the long term. With all my heart, I believe this is an impact for life."

The hospital's support for AOC is just one of the ways Castle Rock Adventist Hospital is woven into this community in a special way. Thank you for being a part of the impact we make both on patients and families within our walls and community members throughout our city and beyond.

The Nature of Healing

A healing garden enhances the whole hospital.

As a former nurse, Judy Robinson wishes she'd had a healing garden for patients, and even her fellow employees, to visit.

The environment is such a key to healing and to patient experience, and a garden gives patients a great space to get outside of their rooms.

A healing garden takes that benefit further, providing a soothing place that's specifically designed for both inspiration and relaxation, according to Judy Robinson, Castle Rock resident and Foundation Impact Team (FIT) member.

Families who visit patients or are waiting for a loved one to undergo surgery can take advantage of a healing garden, to get a change of scenery and experience a slice of serenity that only fresh air and a calming landscape can bring.

Patients and families who enter Castle Rock Adventist Hospital are instantly able to see that the surroundings were very

intentionally designed for beauty and comfort, and soon, there will be a healing garden to further enhance that environment.

Another FIT member shares why the healing garden is so important to her family: "My husband went to another hospital after an accident, and he was clearly fading. We took him to

the garden in his wheelchair, and it was like witnessing a miracle. He brightened up and had more energy and motivation.

"I actually think it's part of the reason he made it—or at least recovered as quickly as he did. That's why it's so important to us to have a healing garden at our community hospital."



Renderings show the Children's Discovery area and accessible pathways.

Generous donors have come together and more are needed to enable Castle Rock Adventist Hospital to break ground on a healing garden this spring. Learn more about how you can partner with the healing garden project by honoring a loved one, volunteering, or giving: contact Valerie at 720-455-2534 or ValerieRoss@Centura.org

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lobby with its soaring aspen tree sculptures and more than the state-of-the-art equipment. It's people who truly care about you when you're there as a patient—people who see you as a person, with emotional, social, and spiritual needs, as well as the physical needs that brought you there.

When I tell my family about my experience here at my community hospital, they're amazed. And

when I've seen my mother in the hospital or rehabilitation facilities, there's a significant difference.

I'm so thankful to have Castle Rock Adventist Hospital and its caring providers, thoughtful chaplain team, and dedicated Healing Arts practitioners right here. Thank you so much for what you give to bring each special program to our community through this extraordinary hospital.



Healing Arts brings music, massage, and local art together to promote healing for the mind and spirit.

2016: YOUR IMPACT

\$558k  **171**
Total Gifts and Pledges Generous Donors



160

Volunteers



10

Therapy Dogs

Every Gift Helps!

Smallest gift
\$1



Largest gift
\$250k

Top 5 Funds

- | | |
|-----------------------|--------|
| 1. Healing Garden | \$398k |
| 2. Manna Fund | \$47k |
| 3. Greatest Needs | \$40k |
| 4. Healing Arts | \$28k |
| 5. Breast Care Center | \$21k |

THANK YOU

Tips for the Community

Your generosity at Manna Restaurant gave Christmas cheer to local children.

Every tip left by a satisfied customer is put in a Wellness Fund to support special community projects here in Castle Rock.



Castle Rock Police don superhero capes to help children shop for Christmas gifts.

When you enjoy a delicious meal at Castle Rock Adventist Hospital's Manna Restaurant, leaving a tip on your table is more than just a great way to say thank you.

It's a way to give back.

Manna's Wellness Fund is largely made up of tips from generous and satisfied patrons like you. Every month tips and other gifts are combined to make a special impact here in Castle Rock. And this Christmas, your tips did something extra special.

Your gifts were presented to the Heroes and Helpers Program through the Castle Rock Police Department. And through this program, you helped give 60 children in need a brighter



Manna Restaurant Chef Dan Skay and Hospital Chaplain David Martinez deliver funds for Heroes and Helpers to the Castle Rock Police Department.

Christmas and a chance to connect in a positive way with local law enforcement.

Thanks for helping give our officers a chance to pull out their superhero capes!

community
Connections

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