



Hello  
Everyone,

What an  
amazing  
journey it has  
been. We are  
located in  
our new

offices at 1570 Lee Hill Rd. #7 in  
Boulder. We have great visibility her  
on the corner of 28th and Lee Hill  
and our new signs will soon be up.  
Best of all we are paying rent to  
ourselves (symbolically), but really to  
the mortgage company.

We definitely haven't had much  
mountain time this summer as events  
have been pushing us hard and we are  
scurrying fast to keep upright over  
our feet. Mary's vision of assisting  
people in their dying process has  
gained momentum with the  
assistance of Boulder Community  
Hospital. Our new program called,  
No One Dies Alone (NODA), is  
beginning the recruitment and call  
for volunteers. The idea is to have  
volunteers sit with patients in the  
hospital who would otherwise die  
alone. While this is a volunteer  
program in the present, we hope,  
through Dignity Foundation, to  
provide compensation in the future.  
Cross your fingers! We are planning  
to expand this program throughout  
the county.

Recently, we were approached by the  
owners of an Elder Group Home  
located in Westminster to purchase  
this home. This residential home

with eight seniors created and  
operated based upon Buddhist  
principles is a model of loving and  
compassionate end of life care. We  
had previously been looking at  
implementing similar group homes  
based on the works of William  
Thomas, MD, which advocate his  
plan for "Green Houses". Dignity  
Care's new group home will include  
intimacy, pets, flora, and comfort to  
create a family atmosphere.

All the best and good cheer,



Mary and Ged

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## Announcements

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**December 6th, 2004**

9:30 to 11:30 am

at the Broomfield Senior Center  
**Everybody has a Story** - a joint  
event with Betsy Hedberg.

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**Support Group**

for family caregivers

@ Alterra Villas at The Atrium in  
Boulder. Beginning September  
22nd (Wednesday) from 7:00 to  
8:30pm. Please join us for this  
Monthly Support Group.

Call for details: 303.444.0200

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**Elder skiing!!!** Interested?

Call to inquire!

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**Volunteers needed**

for **No One Dies Alone**

Please call Jean Michael for details  
on the upcoming meeting at  
**303.828.3321**

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## Dignity Wellness

with Kat Hatcher

Dignity Wellness is pleased to  
announce *Body Alignment Technique*.  
Body Alignment Technique is a  
practical and simple system that  
accesses the body like a computer to  
identify and correct the energetic  
causes of imbalance in the body. This  
assists in restoring an experience of  
health and well being. Jeff Levin,  
nutritionist and healer developed this  
breakthrough approach during his  
thirty years of experience and research  
in vibrational healing. This practical  
and simple energy healing technique  
can be used for self care and the care  
of others. It is gentle yet powerful,  
enabling one to further his/her self  
empowerment and transformation.

Body Alignment Technique  
has been known to:

**BALANCE** the physical structure,  
organs, glands, body systems,  
meridians and chakras

**IMPROVE** digestion, assimilation  
and immune response

**RELIEVE** pain and fatigue effectively

**RELEASE** suppressed emotions,  
trauma, toxicity and stress

**INCREASE** vitality, self confidence,  
personal empowerment, and spiritual  
awareness

**ALIGN** the physical, emotional,  
mental and spiritual bodies.

Give Kat a call at Dignity Wellness to  
set up an appointment with you.

**303.485.8885**

## Call for Volunteers

Dignity Care, in conjunction with  
Boulder Community Hospital, is  
asking for volunteers to staff the

**No One Dies Alone** program.

Please call **303.444.4040** for details.