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COMPLETE

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Page 1

**Q1** Name of your organization.

Pathfinders

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**Q2** Grant #

not sure

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**Q3** Grant Period

2013-2014

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**Q4** Location of your organization

City	Aspen, Carbondale, Glenwood Springs and Rifle
State	Colorado

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**Q5** Name and Title of person completing evaluation.

Allison Daily, Executive Director

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**Q6** Phone Number:

970-379-5276

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**Q7** Email address.

allison@pathfindersforcancer.org

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Page 2: Key Outcomes and Results

**Q8** Total number of clients served through this grant funding:

29

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**Q9** Describe the project's key outcomes and results based on the goals and objectives. Use the following format: State the Goal: State Objective 1: Describe the Activities, Results and Outcomes for Objective 1: State Objective 2 (if applicable): Describe the Activities, Results and Outcomes for Objective 2: State Objective 3 (if applicable): Describe the Activities, Results and Outcomes for Objective 3:

The purpose of the grant was to expand our grief and loss program in Pathfinders. Our specific idea was to have a farther reach to the Hispanic and elderly communities in the area of grief and loss. We were able to serve these communities with key people and organizations help.

The Hispanic community was reached through our Spanish-speaking interpreter, Rosie Wheeler. She was able to go into the churches and reach out and let our services be known. The Catholic Charities in Glenwood Springs is now referring individuals with loss that speak Spanish to our counseling services.

The elderly community was reached through the Senior Services in our valley. The Senior Center in Aspen, the Pitkin County Senior Services and the Senior Matters program in Carbondale, Colorado have all called upon us to come in and give talks, lead guided meditations, talks about how the loss of friends, eye sight, physical abilities etc can affect us emotionally, spiritually and in how we relate in the world.

For the seniors as well as for all ages we have used a curriculum of tools called: Grief and Honor. The curriculum provides a series of tools (to be done in a weekly group) that encourage processing each person's grief as well as giving suggestions of how to take that grief and turn it into an honoring of the person/s the person lost to death.

We have provided individual counseling as well as groups to the seniors, Hispanic community and all ages in our community. Some of this grief is associated with cancer and illness, other support centers around suicide and accidents.

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**Q10** Please describe any challenges/obstacles the organization encountered (if any) in attaining goals & objectives.

The main challenge has been finding other quality counselors to help with the grief work. It takes a unique person/counselor to hold a space and allow a person to grieve and to allow them to work through all of their feelings. While I was the main grief counselor, I knew I needed support as I couldn't handle all of it. Now Pathfinders has two other counselors that work up and down our valley and are specialized with grief work.

We have grown a lot over the past few years. Part of that is because there seems to be a lot of tragedy and loss. Another part of that is that people who have used our services have told others and so we are more well known.

The challenge I have had as the Executive Director is that we grow as an organization in an authentic way and that we help people always from the right place in our hearts. I was concerned we might grow too fast and not be able to handle that growth, so during the 2014 year I set specific goals and ideas about how to grow in a way that helped our community and didn't over tax us as the "workers." I feel these objectives have been met and that while we are continuing to grow and reach out in our community, we now have the teamwork and right people to assist in this process.

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**Q11** How did you overcome and/or address the challenges and obstacles?

The main thing we did was hire another counselor that specialized in grief and then we also did some grief specific training with all of our counselors. We created a strong team of people to really support this non-profit.

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**Q12** Describe any unintended positive outcomes as a result of the efforts supported by this grant.

One of the hard aspects of grief is that you never know when death is going to happen....and no one ever wants it to happen. When I applied for this grant, I knew we would use these monies in an important way, but I could have never guessed at how important it would be.

One of the positive outcomes that I could never have foreseen was the extent to which we would show up for our community and how much we would work side by side with other non-profits and organizations in our valley.

It may sound silly, but staying true to our mission and not trying to be something we are not has been an important goal. With your funds we were able to do just that....spend our time helping others and not having to raise that much more money to fund our budget.

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**Q13** Briefly describe the impact this grant has had on the organization and community served.

Between the end of 2013-2014 we served over 75 residents as either patients or caregivers or loved ones. We provided meals to cancer patients and their families while they were going through treatment, we provided counseling and medical navigation services for caregivers and patients, we counseled many through their grief and loss and enabled their mental health to be a little bit better by processing their grief as opposed to stuffing it down inside.

This grant enabled to be "a safe place" to many people struggling or suffering with disease or loss.

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Page 3: Budget

**Q14** Please provide a budget expenditure report of the approved line items. Include a brief narrative on how the funds were used to fulfill grant objectives.

Funds were spent to provide individual counseling. Each counselor is paid \$75/hour for their services. Often times when working with seniors the time a counselor spends with the client takes much longer as they need extra care. For example, two of the clients we worked with that were seniors had lost their pets. At the later stages of life (and all stages for that matter) pets mean more to the senior than anyone can imagine. They are their company. In doing grief work with a senior citizen struggling with losing their cat, it brings up all of the loss in their life and all of the past feelings they have had. Part of the time the counselor is at their home they are helping them process, some of the time it is looking at pictures and hearing stories. All of these things are invaluable to them and part of their grief. We provide up to three free sessions and after that we ask that they participate in the counseling by paying a co-py from \$1 on up depending upon what they are able. Most of the time our clients can afford very little--which is why your grant money is so important to us and these people.

Also, we reimburse the counselors for their travel gas to and from the client. We have people who live farther out. Your grant money helps us to provide this.

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Page 4: Success Stories

**Q15** Please relate a success story:

One of the seniors we helped had cancer and had been going through treatment for years. She was lonely, alone and had some psychological issues like OCD and other issues that affected her life. She would let very few people into her house and life. When volunteers would drop off meals for her they had to leave them at her doorstep. If she wanted to see people, she would open the door. She lived in an apartment complex in Carbondale, Colorado that was run down and so often she would take the meals we provided and share them with her neighbors that couldn't afford food. She also had a beloved cat that our volunteers would drop off kitty litter and toys to at her doorstep.

We provided food and counseling when she would allow it for about two years. When her cancer progressed she made the decision to stop treatment. She allowed a young woman who was interning with us (whom she had connected to) to come in and allow her to get her affairs in order. This intern, Jessie, helped her compose a letter of thanks to Pathfinders and our volunteers for all they had done to help her. When she died we knew we had made a difference.

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**Q16** Please relate a success story here:

A Hispanic family in the Silt, Colorado area lost their 8 year old son to cancer. We got a call from the school counselor saying that the older brother was struggling from depression over the loss of his brother. Our interpreter went to the home with our counselor. As it turns out, culturally it was important not to talk about the loss and for the son to not show emotion as that was a sign of weakness. With just a few sessions, the boy was able to get his emotions out without his father seeing and it helped unload a lot of sadness. We were not able to continue to see the boy for long because of the cultural stigma of the family but we did give this boy a chance to realize it was brave to open up and cry and that he didn't have to stuff his sadness.

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**Q17** Please relate a success story here:

I got a call from a young woman who asked if I could see her and two of her friends that day. I met them at the office and they proceeded to share a horrific story of their roommate who had committed suicide the night before right in front of them. These three kids in their 20's were able to sit with me and tell me their story and process all that had happened without holding back. My own brother committed suicide so I knew exactly what they needed. We sat on the floor of my office with them and their two dogs and they just cried and yelled and felt. I saw those kids and a few other people affected by that suicide over the course of 2014 as they struggled to make sense of what had happened and to figure out what ways in which they could make changes in their own lives in order to honor their friend.

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Page 5: Organizational Information

**Q18** Which category best describes the organization. Please choose only one.

Other (please specify):  
Counseling and volunteer support

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**Q19** What is the organization's primary program area of interest?

**Health & Human Services**

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S.L. Gimbel Foundation Fund

<b>Q20</b> Percentage of clients served through grant in each ethnic group category. Total must equal 100%	African American	1
	Asian/Pacific Islander	0
	Caucasian	50
	Native American	0
	Hispanic Latino	25
	All Ethnicities	0
	Other	25

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<b>Q21</b> Approximate percentage of clients served from grant funds in each age category.	Children Birth-05 years of age	0
	Children ages 06-12 years of age	10
	Youth ages 13-18	5
	Young Adults (18-24)	25
	Adults	30
	Senior Citizens	30

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<b>Q22</b> Approximate percentage of clients served with disabilities from grant funds.	No clients served with disabilities	50
	Physically Disabled	10
	Blind & Vision Impaired	10
	Deaf & Hearing Impaired	10
	Mentally/Emotionally Disabled	20

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<b>Q23</b> Approximate percentage of clients served in each economic group.	At/Below Poverty Level	25
	Homeless/Indigent	1
	Migrant Worker	25
	Working Poor	40

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<b>Q24</b> Approximate percentage of clients served from grant funds in each population category.	Single Adults	20
	Families	20
	Single Parent Families	5
	Ethnic Minority	25
	Military	5
	Students	2
	Elderly	30

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