

# Healthy Event Happenings

## Landscape Worth Training For

By Christi Griffith

Fall. The changing of seasons signals the time of year when life in Moab enjoys cooler temperatures, autumn foliage, and the beginning of crisp evenings. It's a good time to take a deep breath and get out into the desert or the mountains. At the Moab Century Tour, you can do both! Road cyclists from around the country relish in the amazing landscapes Moab has to offer September 21-22 at the fifteenth annual cycling event. From gaining elevation into the La Sal Mountains and Dead Horse Point State Park to carving down red rock canyons and finishing along the Colorado River, this event has landscape worth training for!



Jessie and Carrie Walsh

You'll appreciate the grand scale of this place once you've ventured far from town under your own 'skinny' power down byways known only to a lucky few. Your mind naturally slows down to enjoy the sights, and in the slowing down, you'll unwind a little. This shift in perspective from the fast pace of our modern lives soaks in slowly and happens best when it's cool enough to be present in the desert comfortably and enjoyed with close friends.

Diane Dispain wrote "What is more fun than riding a road bike in such an amazing area! You get to see the beautiful scenery, stop and take pictures whenever, and be treated to a great snack and lunches! Moab is a perfect place! I'm not a SERIOUS rider, but ride and my own slow speed and enjoy being there. I've been 3 times and ready to go to my 4th."

The Moab Century Tour is the fall road cycling event



Cyclist at Moab Century Tour's La Sal Loop Road

Skinny Tire Events organizer Mark Griffith founded after losing his older brother to cancer. Along with the spring Skinny Tire Festival, the events have been organized to support the fight against cancer, creating an experience where survivorship and research toward a cure is the focus. Every participant contributes to the Moab Healthcare Foundation/Cancer Treatment Center and many groups use the events to fundraise for cancer survivorship programs in their own communities.

Jessie Walsh, Moab local and registered nurse at the Moab Regional Hospital says "I feel so fortunate to have this event right here at home. It draws my friends and family from near and far. We ride miles and miles through beautiful, awe-inspiring red rock country with lots of support and great food!!! The impact of the event reaches far beyond the participants. As a nurse at the hospital I am privileged to see daily how this one event directly effects our local community. The money raised allows our people, who are already suffering, to stay home to receive their chemotherapy treatments, instead of traveling for miles while burdened by their cancer diagnosis", adds Jessie.

Whatever your reason for coming to the Moab area this fall or spring, be it the physical challenge of a bike ride or the chance to make a difference against cancer, let yourself relax into the beauty and be restored. For more information visit [skinnytireevents.com](http://skinnytireevents.com).

And be sure to mention you read about the Moab Century Tour in *Moab happenings*.

## Peace Run Comes To Moab

Where do you find peace?

For many of us living in Moab, simply looking up at our beautiful red rock landscape can bring us serenity. Others experience contentment through sports, particularly those that require rhythmic repetition such as running, paddling, cycling, hiking and swimming. Focused breathing and meditation are also gateways into stillness.

However, I encountered peace, specifically the Peace Run team, in a most unusual setting—at a car service garage in Pagosa Springs, CO. Taking its name from the founder, Sri Chinmoy, a spiritual leader, The Sri Chinmoy Oneness-Home Peace Run, is a global torch relay run held every other year throughout the world.

Started in 1987, the goal of the Peace Run is to encourage those people who have hopes and dreams for a more peaceful



and more positive world. The philosophy is that we are more alike than we are different as one human family and that we can work together to bring about positive change in our world.

While running, the teams meet with schools, community groups, political and religious leaders, world leaders and other people to share the simple message of peace and friendship. Peace Run has been embraced by millions of people including three popes, Mother Teresa, Mikhail Gorbachev, the Dalai Lama, countless presidents and Prime Ministers and millions of school children. During the 'off years', visits are made to specially chosen regions and cities.



The US Peace Run traverses the entire country, starting and ending in New York. It was during the run last May that I crossed paths with the team. As the team was traveling north to Durango, I was on my way south to New Mexico. Encountering car problems at the same time, in the same place, I met several members of the women's team including the North America Director, Harita Davies.

Following our brief meeting in Colorado we kept in touch. This March I was invited to join the team to attend a four-day Peace Run event in San Diego. While there, we shared the Peace Run with ten schools and thousands of young people. The reception was amazing. I was deeply touched by the children's songs, musical presentations, skits, art work and speeches. Their sincere desire for peace was inspiring.

To bring things closer to home, I invited the Peace Run team to visit Moab. Teammates from New Zealand, Japan, Austria and the US will be here September 15th-17th. During that time, the team has several events planned including school visits and a run/hike to Delicate Arch on Sunday September 15 @ 11 am.

The public is welcome to join the team for this event. Additionally, the team will be giving a short presentation that is open to the public at the Arches Visitor's Center at 9:30 am on Sunday. Both events will offer community members an opportunity to hold the torch and make a wish for peace.

I realized that in spite of the challenges we face in our world, we will be okay. The young people hold a hope for the future that many of us have forgotten in this turbulent time we live in. All I had to do was look into the face of a child holding a torch for peace.

## Grand County Hospice Recognized as a We Honor Veterans Partner

By Jessica Kisiel

It may surprise many people to learn that 25 percent of those who die every year in the U.S. are Veterans. To help provide care and support that reflect the important contributions made by these men and women, Grand County Hospice has become a national partner of *We Honor Veterans*, a pioneering campaign developed by National Hospice and Palliative Care Organization in collaboration with the Department of Veterans Affairs.

As a *We Honor Veterans* partner, Grand County Hospice will implement ongoing Veteran-centered education for their staff and volunteers to help improve the care they provide to the Veterans they proudly serve. The nation is seeing many of the Veterans who served in World War II and Korea pass away—and the number of deaths of Vietnam Veterans is beginning to rise.

The *We Honor Veterans* campaign provides tiered recognition to organizations that demonstrate a systematic commitment to improving care for Veterans. "Partners" can assess their ability to serve Veterans and, using resources provided as part of the campaign, integrate best practices for providing end-of-life care to Veterans into their organization. By recognizing the unique needs of our nation's Veterans who are facing a life-limiting illness, Grand County Hospice is better able to accompany and guide Veterans and their families toward a more peaceful ending. And in cases where there might be some specific needs related to the Veteran's military service, combat experience or other traumatic events, Grand County Hospice will find tools to help support those they are caring for.

"We thank Grand County Hospice for partnering in the *We Honor Veterans* program," says NHPCO President & CEO Edo Banach. "*We Honor Veterans* partners are committed to providing quality Veteran-centric care to the

Veteran patients they serve. They understand how a Veteran's military service, combat experience or other traumatic events, could impact their end-of-life experience."

The resources of *We Honor Veterans* focus on respectful inquiry, compassionate listening, and grateful acknowledgment, coupled with Veteran-centric education of health care staff caring for Veterans. "VA shares a common goal with our nation's hospices, and that is to provide the best possible care specifically tailored for Veterans, meeting their goals of care in their preferred setting. As we focus on working together and unite our services and skills, *We Honor Veterans* will channel our



combined strengths directly to Veterans - wherever they are receiving care," added Banach.

To start things off right, Grand County Hospice hosted a regional training delivered by the VA Western Colorado Health Care System, addressing the end-of-life care needs of the Vietnam Veteran. Mary Jo Hughes, Hospice and Palliative Care Program Manager, Dr. Terrance Coombs, Palliative Care Psychologist and Charles



Grimsley, VA Chaplain, provided the training specific to PTSD, Moral Injury and Suicide. Local organization representatives in attendance were from Moab Regional Hospital, Canyonlands Care Center and Community Nursing Services.

To learn more about Grand County Hospice or to support our local, community-driven mission through a donation, please contact Jessica Walsh at (435)719-3772.