



# pathfinders

you never have to walk alone

## PATHFINDERS CLIENT SPOTLIGHT

Kayla is a 22-year-old mother to her beautiful 5-year-old daughter, Bellamia. Growing up in Carbondale, Kayla is a long-time local and remains very close to her family that lives nearby. Three years ago, Kayla and her twin sister were in a motor vehicle accident which left Kayla paralyzed from the waist down. After the accident, she spent three months in the hospital rehabilitating and she now works closely with Bridging Bionics for continued physical therapy.

Several years ago, Bridging Bionics and Pathfinders formed a unique partnership as a means of providing support for people who live with paralysis and neurological mobility challenges. When Kayla started her rehabilitation work with Bridging Bionics, it seemed like a natural fit to refer her to Pathfinders for mental and emotional support. Kayla says she “was finding it

hard to adjust to the new me and I was uncomfortable with my body.” At her lowest point, she found herself in a very bad mindset and feeling suicidal because she was struggling to adjust to her injury. Kayla shares that she discovered through that difficult passage that she had more to offer this world and her daughter, and wanted to become the best version of herself. Kayla says that the most important things during her healing journey have been the support she has received from her family, Bridging Bionics, Windwalkers, and Pathfinders. Kayla recently reflected on the meeting in which her and I first met. She shared with me that I helped her believe in herself again and supported her in regaining her power. She has found that having a counselor to open up to, without feeling like a burden, has been transformative and has not only given her the support she needed, but it has also provided her with a “cheerleader for living life fully.” In addition to her sessions with me, Kayla has also engaged in EMDR trauma therapy sessions with Pathfinders grief counselor, Jennifer Glynn. EMDR has enabled Kayla to face her fears and realize that they don’t control her. It has also taught her that she has the ability to manage her emotions and that her thoughts don’t have to become her reality, giving her more confidence as both a mother and a person.



Bellamia & Kayla

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# EXPANDING OUR COMMUNITY REACH

Well before the start of the pandemic and even more so now, there has been a growing demand in our valley for grief counseling services in Spanish. Since joining Pathfinders three years ago, I have had the opportunity to work with our Spanish speaking community, engaging with individuals and families from various backgrounds and ages to support them through their experiences of loss and grief, illnesses, and caregiving for a loved one. In my sessions with clients, we work on understanding the uniqueness in every person's own process, acceptance of the feelings, how to cope with them and ways in which they can help themselves through connection with others, spirituality, rituals, mindfulness and compassion as well as utilization of healthy and effective coping skills. Recently, a client shared with me that having someone to talk to and feel heard and supported has been a crucial part of her grief process, giving her hope and allowing her to recognize that she is not alone.

—*Delfina Huergo, Pathfinders Counselor*

## SUPPORTING PATHFINDERS IN THE NAME OF ART

If you know De De Brinkman, then you know that she is kind, giving, outrageous, and a ton of fun to be around. She can often be found around town in her forest green and white 76 Dodge pickup truck with a huge smile on her face and her small white dog, Ivy, in tow. For years De De has been a dedicated member of our Pathfinders Angels group, making meals for those in our valley dealing with cancer and other serious illnesses. When she is not volunteering in our community, De De spends her time embracing her creative side through her art. She is currently working on a series of pieces surrounding mummies that she photographed in Guanajuato, Mexico. De De is strongly connected to our local arts community and has a deep appreciation for all mediums of art, including photography, sculpture, painting, and multi-media. Several years ago, De De came up with the idea to celebrate the Pathfinders mission through a local art sale in which valley artists would donate a work of art to be displayed at an exhibition and sale benefitting Pathfinders. The event was a great success and a wonderful way to celebrate the arts community while giving to a great cause.



De De Brinkman

De De and her incredible team of volunteers and artists are at it again, organizing and planning the Second Annual Art Sale. This year's exhibition and sale, featuring more than 50 local artists, ceramicists, and photographers in the Roaring Fork Valley, will run from Thursday, December 9 through Saturday, December 11 at the CMC Aspen Art Gallery. De De could not put on this beautiful event without the indispensable work of Kathy Honea, K Cesark, Michael Bonds, Don Stubar, and Karl Wolfgang. She is extremely excited to share this year's sale with our community and looks forward to celebrating Pathfinders through art! For more information on the sale and exhibition hours, please visit the Pathfinders website.

—*Allison Daily, Executive Director*



# BELLAMIA AND KAYLA

## CONTINUED FROM PAGE 1

Kayla shares that since her accident, she has regained sight of what is truly important and what her role in life should be. Her daughter continues to be her main motivation for keeping on her healing journey and becoming the best version of herself. As a role model for her daughter, she knows the importance of emphasizing self-love and wellness. She says, "I have learned that I cannot pour from an empty cup. I have taken the steps to change my lifestyle and focus on my health and diet, making sure that what I put in my body is intentional and would serve a purpose to my health. I have had to learn to love myself." One of the most challenging aspects of her life after her accident was regaining independence as a mother. At first, she felt powerless and her biggest fear was, "who would want to play with someone in a wheelchair?" She truly felt like her purpose in life was torn from her. Kayla shares that eventually she became tired of feeling this way and took the steps to become the mom she never imagined she could be. She says this started with reaching out to Pathfinders. In thinking about her life now, Kayla says, "I am so happy and proud to say that I am now an independent mother for my precious Bellamia. We moved into an apartment that we have loved and are so grateful for and I have started my own business in permanent makeup and aesthetics. I want Bellamia to always remember her childhood filled with love. I want her to be inspired by me and take that inspiration into her daily life."

When asked what Kayla wanted people to know about her and her experience, she replied, "I want people to know that you are never 'broken'. There is light where there is life. Life can have its disadvantages and therefore make us feel hopeless, but I have found that the more I find the best version of myself, the more I want to keep going. It starts with reaching out."

—Robyn Hubbard, *Pathfinders Grief Counselor*

# THE EVOLUTION OF THE PATHFINDERS ANGELS PROGRAM



For 14 years I have had the honor and privilege to serve as the volunteer coordinator for the Pathfinders Angels program. I truly feel lucky to work with such a dynamic and dedicated group of volunteers who give their time to help those in our community that are coping with cancer and other debilitating illnesses. The Angels program was created on the heels of the formation of the Pathfinders organization. Allison Daily and I recognized that there was an immediate need to offer a helping hand to those that were not only struggling with cancer, but were facing other health concerns as well. We wanted to provide a service that could assist with meals and other small tasks, really anything to help lessen the burdens of daily life.

What started with a few committed individuals has grown to network of 96 dedicated volunteers. Although the needs of our clients are constantly changing, each week I put out the call for the meals that are needed and our volunteers swiftly respond, filling each available slot and delivering approximately 20 meals a week. Our clients continually express deep gratitude and appreciation for the volunteer meals, and for many of our clients receiving a meal and connecting with the volunteer who delivers it is the highlight of their day. One client recently shared his personal experience as a recipient of our meal services. He said, "we have been greatly helped by the wonderful Pathfinders volunteers bringing us excellent meals three nights per week. Some of the volunteers we already knew and some have become new friends and many have been regular meal contributors to us for the past two years. We are so thankful and their generosity is truly incredible and humbling."

The Pathfinders Angels program continues to be a strength of our organization. Our clients are so appreciative of the energy and love that goes into each meal and of course the weekly visits that come along with it. I am so humbled and grateful for the generosity and kindness extended by the Pathfinders Angels and I look forward to all the ways in which we can continue to serve our community through this program.

—Debbie Kreutzer, *Pathfinders Angels Program Coordinator*



# HEALING WITH ENERGY

Pathfinders is truly blessed this year with energy healer, Diana Lowe, joining our complimentary care team. Diana volunteers her time, offering her expertise as an energy healer to Pathfinders clients and counselors. Diana practices the Healing Touch modality, “a collection of standardized, noninvasive techniques that clear, energize, and balance the human and environmental energy fields.” Founded in 1989, Healing Touch has been used in hospitals, long-term care facilities, hospices, and spas. This therapy is both relaxing and nurturing, and has already made a big difference in the lives of many of our clients.



After a number of years as part-time residents, Diana and her husband, Gregg, decided to take the plunge and make Aspen their full-time residence. Settling in to her new community, Diana was interested in finding ways to give back and we were connected by a mutual friend who thought Diana's many years of training and practicing Healing Touch would be an excellent fit with the Pathfinders mission. Upon meeting Diana, I immediately knew how special she was and how amazing it would be for her to be able to share her gift with those in our community that are in need.

Diana was first introduced to Healing Touch therapy when her and Gregg were living in Germany for Gregg's job. Germany is very progressive and open to the naturopathic ways of health and thus she began learning about the use of homeopathic medicine, aromatherapy, herbal medicines, and crystals for healing. Admittedly, she was very cynical at first, but once she saw the effectiveness of holistic therapy it opened her mind in ways she never imagined. Diana's curiosity led her to take workshops focusing on the Healing Touch modality. Her connection to this form of therapy was also very personal as her mother and sister had both died of breast bone cancer, and Healing Touch has been utilized as a means of providing immune support for those living with this type of cancer. Once on the path to a career in holistic healing, Diana continued to deepen her training and truly found her passion in the realm of energy healing. While living in Santa Fe, she was drawn to working with pregnant women and found that Healing Touch greatly helped to support women who had physical and emotional issues during their pregnancy.

She also spent time engaging in Healing Touch work with cancer patients in Texas who were at end of life and utilized this modality to help them transition to death. Since moving to the Roaring Fork Valley, Diana has not only graciously offered her services to our clients that are coping with illness, grief, and loss, but she also recognizes the importance of giving back to our counselors for the work they are doing and has spent a significant amount of time performing Healing Touch on them as well. Diana is incredibly passionate about her work and her practice is founded on her ability to provide a place of safety, compassion, and nurturing. When talking about her work, Diana acknowledges that what you get out of a session with her can be different each time. Sometimes it can be “really strong and intense and other times it can be very gentle and nurturing.” It is all up to what guidance is being brought through, which then flows through her into her energy work with that individual. As an energy healer she is able to help others live fuller, more connected lives by releasing the burdens hidden deep inside. It is a powerful experience to work with Diana and she is truly masterful in her gift.

When she is not volunteering her time, you can find her exploring hiking trails, biking or walking with her dogs. Diana feels so blessed to be a new part of this gem of a community. She is truly in awe of her surroundings and it makes her heart sing when she realizes everything that Aspen and the greater Roaring Fork Community has to offer.

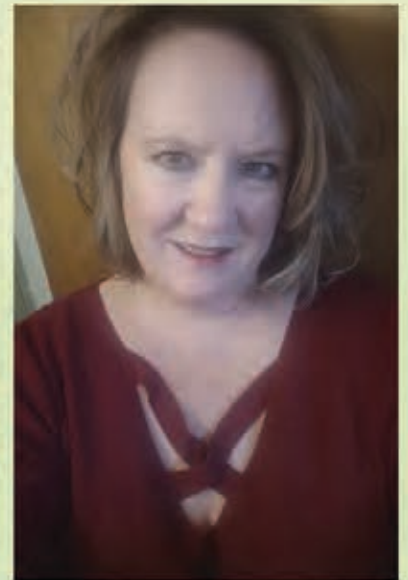


## SPOTLIGHT: JENNIFER GLYNN & THE POWER OF EMDR

Jennifer Glynn is a professional therapist and a beloved Pathfinders counselor of 10 years. She carries immense wisdom, a huge heart, and a vast well of experience in working with trauma and grief. Jennifer's practice centers mostly on trauma specifically in the areas of family crisis, grief, crime victims and complex PTSD. Jennifer is also trained in Eye Movement Desensitization and Reprocessing (EMDR), a highly effective and research proven trauma treatment modality. Over the last few years Jennifer has honed her skills in EMDR therapy, offering this technique to many of our Pathfinders clients. To best understand the inner workings of EMDR, Jennifer explains that it takes memories that elicit an extreme emotional response, that can often feel debilitating to the recipient of the memory or trigger, and "reprocesses" them so that the individual doesn't forget the memory, but rather can remember it as fact without having a crushing emotional reaction. During an EMDR session, the therapist provides the client with skills to process the memory and calm the nervous system, and then guides the client through the memory while activating both the thinking and feeling parts of the brain. In order to do this, therapists engage their clients in bilateral stimulation such as moving your eyes back and forth, holding buzzers that alternate between right and left hands, listening to alternating tones, and other modalities. While being stimulated, the client is directed, after careful preparation, to think of the upsetting memory or trigger while the therapist guides them. With EMDR, trauma processing is an inner exploration within the client that is supported by a strong container held by the therapist, along with bilateral brain stimulation that accompanies their inner journey.

Jennifer shares that EMDR is the gold standard for trauma therapy because it works to address specific traumatic memories both quickly and effectively. People like it and respond well to it because, unlike other trauma treatment modalities and general counseling, it doesn't require them to verbally share the story of their trauma narrative. Also, the skills learned in preparation for the processing are very useful in other areas of life. Jennifer is convinced that this form of therapy is the most impactful skill and modality she has ever learned! Jennifer's use of EMDR as a treatment modality for Pathfinders clients has been invaluable. In working with clients that are coping with grief, she has found that EMDR enables them to move through their difficult emotions in a safe and contained way. This not only allows the client to move forward with a sense of peace, but it also provides excellent tools that they can continue to utilize after the session. EMDR clients are able to safely process difficult memories while understanding that they don't have to forget, but they also don't have to constantly relive the painful emotions either. EMDR provides a place to store these memories, enabling the client to integrate them into their life in a healthful manner so that they are not operating as continual land mines getting in the way of living a productive and healthy life. Jennifer says that EMDR helps blend our cycles of self-doubt, regret, anger, and resentment. It then allows the client to process in a way that makes room for emotions, as well as the sadness of missing someone, to live alongside the desire to honor our loved one while moving forward.

EMDR is applicable for all types of grief, loss, chronic pain, illness, and caregiving because the first step in the use of this modality is for the client to establish resourcing skills which can be used and applied throughout a person's grief journey. These include the ability to restore presence in the face of triggers, the capacity to contain emotions in healthy ways, as well as the increasing ability to tolerate emotions without having to process deeply. These skills help people manage their emotional regulation between sessions, and as Jennifer resounds, "these are skills for life!" Jennifer says that to move forward with the trauma processing, people have to be ready to go more deeply into the healing – to be emotionally and physically available to process the trauma. The client and therapist work together to mindfully discern whether the client is ready and although Jennifer prefers to meet with her clients in person, she has been amazed that she has effectively been able to practice EMDR with clients virtually throughout the pandemic. When asked how EMDR has changed her relationship with therapy, especially when working with grief-specific clients, she says "that it has been a game changer for her because it is a tool that allows her and her clients to get to the bottom of core beliefs about the self and one's loss, and address them specifically." According to Jennifer, "everyone should do EMDR – it is a life-changing thing!"



—Robyn Hubbard, Pathfinders Grief Counselor




# UPCOMING PATHFINDERS EVENTS

**IN MEMORY OF ART DAILY**

## ART!

SECOND ANNUAL  
ART SALE TO  
BENEFIT PATHFINDERS



LINDA GIRVIN

**FEATURING  
LOCAL RFV  
ARTISANS**


**OPENING  
RECEPTION:**  
DECEMBER 9TH  
5-8PM

**EXHIBITION:**  
DECEMBER  
10TH & 11TH  
12-6PM



**CURATORS:**  
DeDe Brinkman  
& Kathy Honea  
**COORDINATOR:**  
K. Cesark

**The CMC Aspen Gallery**  
0255 SAGE WAY | ASPEN | 81611

*Proceeds directly benefit Pathfinders, a 501(c)(3) non-profit organization,  
and all contributions are tax-deductible.*

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[pathfindersforyou.org](http://pathfindersforyou.org)

**TWO WAYS TO SHARE**


**HELP SUPPORT PATHFINDERS VITAL  
ROLE IN THE ROARING FORK VALLEY**

## GIVING TUESDAY

**TUESDAY • NOVEMBER 30TH**

A global day of generosity for people around the world to come together to thank, help, give, show kindness, and share what they have.

**PLEASE DONATE:** [pathfindersforyou.org/givingtuesday](http://pathfindersforyou.org/givingtuesday)



**COMMUNITY FIRST  
FOUNDATION**

## COLORADO GIVES DAY

December 7, 2021


[ColoradoGivesDay.org](http://ColoradoGivesDay.org)



**GIVE WHERE YOU LIVE.**

Participating Colorado nonprofits  
earn a percentage of the fund.  
The more we raise,  
the more we receive.

**PLEASE DONATE:**  
[pathfindersforyou.org/coloradogives](http://pathfindersforyou.org/coloradogives)

**SCHEDULE YOUR DONATION NOW**

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