

Making memories

A mother and daughter journey through Hospice at Home

Laurie James, a 48-year-old mother, poses with her best friend, her daughter Amanda, as they enjoy a memory making day together



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Season of Giving

Being in the midst of the season of gratitude and giving, I am once again reminded of the many ways we are blessed at Hospice at Home. We are blessed with a team of people who touch thousands of lives every year through our Palliative Care, Hospice, Transitions, and Bereavement Programs. We are blessed by the support of hundreds of volunteers and donors and the partnerships of many other healthcare and service providers and organizations. Hospice at Home would not have been able to serve in the ways we do without our passionate staff, volunteers, and donors.

Navigating through chronic and serious illness, as well as through end of life and bereavement journeys, is considerably easier and substantially more meaningful when we share openly in a heartfelt way with those around us, and when we have partners in care who help assure our preferences and choices for care are honored. We are grateful for the individuals and families who invite us into their lives to be their partners in care, advocating for and honoring their care choices, during what is one of the most difficult, yet sacred, times. In fact, we consider it a privilege.

Partnering in care and honoring the healthcare choices of each individual and family is a commitment we take seriously at Hospice at Home. If you haven't yet had a conversation with those closest to you about what is important, should you become seriously ill or be at the end of life, I encourage you to give that gift to each other during this season of gratitude and giving.

Visit our website at www.hospiceathomecares.org for information on The Conversation Project and review the toolkit. We would be honored to help you have that conversation; answer questions you may have, and share the resources you'll need to put your wishes in writing. It is a gift that is precious and priceless.

With gratitude,



*Linda Beushausen, RN
President and CEO, Hospice at Home
Vice President of Life Transitions and
Advance Healthcare Planning,
Lakeland HealthCare*

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Hanson Hospice Center Brings Husband and Wife Together Again

Married and in love for years, the increasing care needs of Bob and Wilda forced the couple to live separately for months. Wilda arrived at the Merlin and Carolyn Hanson Hospice Center in a coma. Shortly after, she opened her eyes and began speaking. Her husband Bob, a hospice patient himself, decided to join his wife at the residence.

Bob's bright blue eyes lit up when he saw Wilda after so many months; he was so happy that he wanted to give her a kiss. With the help of his nurses and a lift machine, Bob was able to give his wife a kiss after months spent away from each other. At the Hanson Hospice Center, Bob and his wife were once again able to talk and spend precious time with one another.

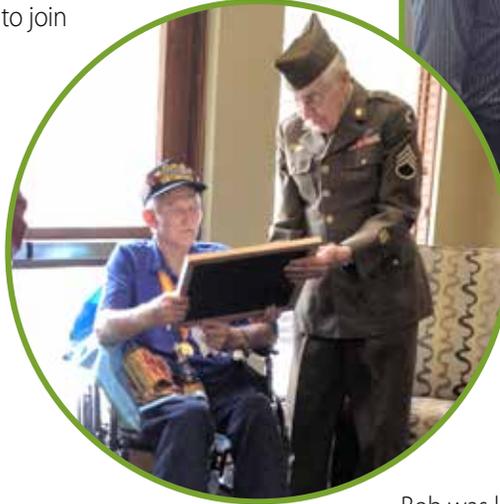
After a time, Wilda died peacefully, free of pain, and with dignity. Bob, surrounded by his friends at the Hanson Hospice Center, continued living.

Through our veteran appreciation program Bob was honored for his service and sacrifice for our country in the Korean War. After he received his recognition, a letter written by his wife ten years before her death was read out loud. In that love note she said that if she died before him, she hoped he would live on, continue to be happy, and that she would be waiting for him. The day that Bob was recognized for his service to this country happened to be Wilda's Birthday so everyone sang happy birthday and two young boys sang Amazing Grace in her honor, as notes from the grand piano lifted into the air.

A few weeks later Bob rapidly declined. In the final leg of his journey he was surrounded by caring friends, family and expert staff at the Hanson Hospice Center. The room was complete, filled with love, care, and people, the things that he cherished most.

Words of Hope & Healing

I cannot even find the words to define the comfort and love that your employees and volunteers brought us during this journey. They all blessed us richly.



Bob was living his wife's final wish and this moment happened because of your support. Helping families cope successfully with suffering, confusion, doubt, and fear is what Hospice at Home does.

Please return the enclosed reply card, or go online at www.hospiceathomecares.org and donate today to help make a difference – because of your support Hospice at Home is here to care for every person that needs us.

Your generosity eases pain and ensures people are not alone during challenging times. It supports individuals and families as well as grieving children and adults. Because of you, our neighbors and loved ones receive excellent care and comfort through Hospice at Home programs like our volunteer services, massage and pet therapy, and bereavement support.

The impact of your gift can be seen every day. The story of Bob and his wife, Wilda, who were reunited at the Merlin and Carolyn Hanson Hospice Center after several months living in separate long-term care facilities, is just one example.

With heartfelt appreciation of your support,

Linda Beushausen, RN
President and CEO, Hospice at Home, a Lakeland HealthCare Affiliate

You've helped us Provide 10 Years of Grief Support!

Over the last ten years, thousands of children, adults, and their families have been helped by the caring and compassionate support of donors like you. A Lory's Place participant shared her family's story so you can see how important your gift is in ensuring that Lory's Place services are here when they are needed.

Kathy Mowiser and her son Michael travel from northern Indiana two times a month for peer support groups at Lory's Place. Kathy wrote the following letter:

"Our story starts on a very sad note, but ends on a happy note.

On October 28, 2011 my husband Mo picked up my son Michael from school. On their way home my husband slumped over the steering wheel and they crashed into a telephone pole. The coroner said it was either a heart attack or a major stroke. My husband was 52 and my son was eight at the time. I was miles away visiting my brother.

Returning home I wanted to make sure my son was okay. He was doing well on the outside but was emotionally broken on the inside.

"My son had emotional problems for the first year after the accident. I wanted to get him the help he needed. A friend of mine told me about Lory's Place.

It's about a 45 minute drive but after reading the reviews on the internet I thought it couldn't hurt to try. The first time I went there I knew it was right for my son and I. Michael is not a big talker around his peers but Lory's Place helped him through the grieving process with different activities specifically for the children. They let them express their feelings without them realizing that they are. It helped him understand that there are other kids that have lost a parent and that he's not alone.

"At school it seemed like he was the only kid without a dad but at Lory's Place everyone was on the same page. Michael likes how he can express his feelings without having to talk about them. For me it really helped to talk about the whole tragedy and my new life afterwards. I love listening to other people knowing we are all going through the same thing. I was told recently that I was an inspiration to others, but when I first started at



Lory's Place I saw other people as an inspiration to me. Lory's Place has helped us to move on with our new life. When we lost Mo we lost our security blanket.

"Being at Lory's Place is like a safe haven for us. We miss Mo very much and try to talk about him as often as we can but we have learned to accept his death. We are a team now. We love Lory's Place and look forward to meeting up with everyone. My sister told me that she could see a huge difference in Michael from the time of the accident to now. I want to thank Lory's Place for helping my son and I when at first we didn't think there was a light at the end of the tunnel. The staff is always so friendly and always there when we need them."

The death of a loved one often leaves a family financially devastated and full of uncertainty. Please return the enclosed reply card, or go online at www.lorysplace.org today. Know that your gift will be reflected in the hearts that may continue to hurt, but also beat strong with courage, strength and hope.

Words of Hope & Healing

The best part about Lory's Place is the people and how much they care and the connections you make with others going through the grieving process. It just helps so much to not feel so alone.

The Community Supports Us and You Can Too

Hospice at Home and Lory's Place are blessed to have such great community support year after year. Your family, group or company can help make our services available to anyone in the community who needs them, and have a great time raising the funds in the process!

Car washes, rummage sales, lemonade stands, spaghetti dinners, golf outings—these are some of the many ways that

people, groups and organizations in our community help us continue our care. Proceeds from these events help us provide community programs and complimentary services at no charge.



Fashion with Compassion co-chairs (left to right): Allie Hughes (2015), Hannah Grall (2014), Jessica Foster (2014), and Abby Michaels (2015)

Over the past year, the following have helped raise funds for Hospice at Home and Lory's Place:

- Concours d'Elegance
- Fashion with Compassion; Kids Helping Kids
- Fit for Fall 5k
- The Ideal Place
- Sapling Fund

(more information on page 5)

We are happy to offer assistance to any organization or individual conducting a fundraiser to benefit our program services. If you are considering organizing a fundraising event, please contact us at (269) 429-7100 or (800) 717-3811



Why Volunteer? What are the benefits?

Hospice at Home volunteers provide important care to those facing life-limiting illness in our community. Whether it's companionship to the individual or support to family members and caregivers, the contributions of volunteers are essential to improving quality of life for people moving through the hospice journey.

Kathy Reinke, a Hospice at Home volunteer, shares her volunteer story here:

"When my mom passed away, everything happened so quickly; I wished I had the 'time' to simply enjoy being with her. I promised myself that when I was back on my feet I was going to help provide that 'time' to someone else. Hospice at Home offered me a path to fulfill that promise to myself.

"People who want to volunteer may shy away from Hospice, perhaps nervous of the word and the images it conjures up. They need to know that important 'little breaks' come in so many forms – a ride somewhere, grocery shopping, 'hanging out', fresh flowers, baked goods, yard work, a photo session. From volunteering, there is a true sense of feeling good. It is hard to explain, but when someone looks you in the eyes and just says, 'thank you' and you know they mean that from somewhere deep in their hearts, it is true satisfaction."

Benefits of Volunteering

Volunteering provides not only social, but health benefits as well. According to the Corporation of National and Community Service, those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.

Hospice at Home needs compassionate people to volunteer at the new Merlin and Carolyn Hanson Hospice Center in Stevensville as well as in all areas of southwest Michigan. No medical knowledge is required and all necessary training will be provided. Call (800) 717-3811 or visit www.hospiceathomecares.org for more information.



A Mother and Daughter Make Lasting Memories

In 2007, Laurie James, a 48-year-old mother of two, was diagnosed with Cystic Fibrosis (CF). The disease runs in her family; her brother died at age seven. Laurie said, "I can't complain, I've been married and I have two beautiful children. I know my purpose in life was to be a mom."

Laurie's difficulty breathing had gotten worse and she had become resistant to antibiotics that fight the infections that make her sick. After consulting with Hospice at Home, Laurie's doctor suggested that she be put on hospice service to help her be more comfortable. Laurie, having had family and friends use hospice services, was no stranger to what this meant.

The average life expectancy for CF patients is 37 years old. Laurie shared, "I am blessed for any day I am living, I can't complain, most people with CF don't get the opportunities I have." Laurie has a 26-year-old son who is married with children, and a 17-year-old daughter, Amanda, who is in her last year of high school. Laurie quoted Joan Rivers and said, "I was privileged enough to give birth to my best friend." Laurie continued, "We are just so close. We try to make memories, now, while we can, we cherish each other. It's a different perspective that we have, knowing that I am dying. You see life with different eyes."

Laurie described her first reaction to being told to consider hospice care: "At first when my doctor told me that I should consider hospice care, honestly, I felt like he was giving up on me. I've always been a realist, I can't make my lungs do something they are done doing."

She continued, "I was tired of being in a lot of pain and discomfort and that is what I stressed to my doctor from day one." Once Hospice at Home started providing care to Laurie and her family, Laurie quickly realized that she didn't know everything about hospice care. "It is different than I thought it was going to be, I didn't necessarily feel like I was dying." Laurie continued, "I've always heard of how wonderful and caring Hospice at Home staff are. It's such a compassionate group of people, you just don't normally see that extreme compassion in the medical field."

Laurie complimented the fact that her Hospice at Home care team has helped her the most by simply listening and being there for her. She said "they've been great counselors; I know that isn't their primary job, but they are amazing at it."

The Life is Precious Program of Hospice at Home helps to provide a special moment or lasting memory for the patient and their family. Laurie had mentioned to one of her care team members that her daughter needed senior pictures taken and that she didn't know how she was going to afford it. Her Hospice at Home care team took this need and ran with it. They arranged a day of pampering for Laurie and her daughter at a spa in New Buffalo. After getting

manicures, pedicures, haircuts, styles, and their make-up done, Amanda had her senior pictures taken by a photographer.

"It was a great memory-making day. My daughter exclaimed, 'Hospice at Home was great to do this for us, it provided me one of the greatest memories with my mom.'" Laurie continued, "I looked

at Amanda when she was getting her hair done, and it just hit me that she has grown into such a beautiful young lady."

Laurie describes hospice as a "godsend". "My biggest fear with starting hospice care was giving up my independence." Laurie continued, "Hospice at Home provides care so that you get to keep your dignity. The littlest things that you don't think would matter, they think of and provide."

"We are just so close. We try to make memories, now, while we can, we cherish each other. It's a different perspective that we have, knowing that I am dying, you see life in different eyes."

Laurie shared that she didn't know how she would have handled her daughter's questions and emotions if it weren't for the support that Hospice at Home provides. "The death of a parent can leave a child with a mess of emotions and feelings, but with the support of Hospice at Home I feel more comfortable." Laurie continued, "I feel good, knowing that there is follow up care for my family after I'm gone. My kids are my whole life, I am truly blessed."



If you would like to help make memories for families with loved ones in hospice care please return the enclosed reply card, or go online at www.hospiceathomecares.org and donate today.

Working Together for a Shared Future

The Sapling Fund

Matthew Gitlin launched The Sapling Fund when he was a sophomore at Lakeshore High School in Stevensville, Michigan. The fund was established to ensure that children in distress get the opportunity to transform their lives. The Sapling Fund brings

teen and community involvement together to help create awareness and funds to support child-focused non-profit organizations in our community. The Sapling Fund states that, "Like the development of a young sapling, we hope that both volunteers and those impacted by our efforts enjoy a brighter future, enhanced by their experiences with the program."



"Like the development of a young sapling, we hope that both volunteers and those impacted by our efforts enjoy a brighter future, enhanced by their experiences with the program."

The Sapling Fund is administered by the Berrien Community Foundation (BCF), a 501(c)(3) non-profit organization. All money raised through this fund benefits three local non-profits aimed to help children in situations of grief, poverty or sexual abuse: Lory's Place, Curious Kids' Endowment Fund, and the Children's Assessment Center.

Seeking to make a difference in the lives of children in need in our community, the Sapling Fund began its "Shared Future" campaign with a goal to raise \$100,000 by 2016 and to provide a community-wide fundraising outlet for teens. For more information about the Sapling Fund email saplingfund@hotmail.com or call (269) 429-7030.

Summer Camp Helps Grieving Children Thanks to You

Over the summer, children ages five to twelve participated in a unique summer bereavement camp at Concord Ridge Equestrian Center, offered by Lory's Place. Camp Lifetimes is a place where children meet others who are in a similar situation as theirs – grieving the death of someone they love.

At Camp Lifetimes – Healing with Horses, campers enjoyed a day full of horses and farm fun. They were taken on a tour of the barn and the stables at Concord Ridge, enjoyed interacting with many of the horses at the center, went on a horse-drawn ride around the farm, and learned a line dancing routine. Throughout the day, the children learned how horses are similar to people. They were taught about the need to have a routine in their lives, and the importance of practicing self-care, even in times of grief.

The campers ended the day sharing stories about their loved ones with the group, and enjoying a s'more with their parents. Your support made this day possible for the children. Thank you!



Words of Hope & Healing

The best part of Beach Writers was spending time with others who are going through the same things. It helped me be more open.

Caring for Yourself During the Holidays

“One person caring about another represents life’s greatest value.”

-- Jim Rohn, Author/Motivational Speaker

If you are caring for someone else, the extra activities of the holiday season can feel overwhelming. Taking the time to care for yourself during this busy and emotional time is an important part of caring for your loved one. Here are some self-care tips to help you navigate the holiday season.

First, let your family and friends know how you honestly feel. Your feelings are understandable and the people in your life are unable to help if they do not know how you feel. Trying to hide or suppress your feelings may lead to discomfort and confusion.

Next, remember to be gentle and kind with yourself. It’s alright to feel a range of emotions during the holidays. You may feel sad and happy within a few minutes’ time. Accepting that you may be on an emotional roller coaster rather than fighting it will decrease your stress and help you to be more honest with those around you.

Make sure that you are taking care of yourself physically when you are caring for someone else. The holidays can be a busy time, yet your physical health is very important. So that you are in the best condition to take care of your loved one, try to get enough sleep, eat properly, and move your body.

Importantly, remember to reach out to others. You may not want to burden others, but isolating yourself only increases your stress. Find ways to involve friends and family in your life. Many people want to help and just need suggestions from you on how they can help.

Finally, there is no right or wrong way to celebrate the holidays when you are caring for someone. Some things may change, while new or different ways may emerge. Try to enjoy what you can during this time together and let go of disappointment of what you cannot.



Leave Your Own Legacy

We don’t know what the future will bring; we do know that compassionate care will remain key to the well-being of our community. Many have already made plans to support the future of Hospice at Home through bequests and other future gifts – how will you leave your legacy?

We invite you to join us in continuing the tradition of Hospice at Home and Lory’s Place as you consider leaving your own legacy. We would be honored to meet with you and discuss the many opportunities.

Ways to Give:

Cash

Gifts are designated as restricted or unrestricted. Unrestricted gifts enable us to respond quickly and with flexibility to immediate needs and new opportunities. These funds help grow new programs and maintain other important initiatives. Restricted gifts will be used to support specific and designated projects. Endowment funds may also be created to preserve the long term impact of specific programs and services.

Securities

Gifts of appreciated securities provide immediate benefit to us and in many cases, are tax deductions for the donor. Capital gains taxes can be avoided and often the full-market value of appreciated securities can be deducted if they have been held for longer than 12 months.

Remember us in your will

By remembering us in a will, many people - some wealthy, some not - continue to make a difference in the lives of others. You can guarantee that the care we provide continues by including a gift in your will, or by designating us as the beneficiary of your IRA or another retirement account. We have a variety of options to fit every need.

If you’d like more information on how you can leave your own legacy, please contact Aaron Bradford at (269) 927-5142

Words of Hope & Healing

It was assuring to have hospice step in to care for mom at her end-of-life stage. Our family is grateful for the experience to comfort us.

Upcoming Events, Community Classes and Programs

Grief Healing and Support

Walking Group

Lace up your walking shoes for this group which provides a time to walk and talk at a relaxed pace, combining informal support with exercise. This is an open group and participants are not required to preregister or attend all sessions. This is an adult-only group.

Tuesdays, October 28 to April 28

4:00 p.m.
South Haven High School
600 Elkenburg, South Haven

Please call Karen Riffer-Reinert at (269) 637-3825 for more information.

Wednesdays, January 14 to April 29

3:30 p.m.
F.C. Reed Middle School
10254 California Road, Bridgman

Please call Jaime Hoover at (269) 429-7100 or Mary Nell Rosenboom at (269) 695-1099 for more information.

Guys-n-Grief

This social support group is designed specifically for men. The group provides a safe place for men to share conversation and encouragement about their grief journey with one another. Please call Jim Wilson, at (269) 983-2707 prior to attending.

Second Monday of every month

Noon
Biggby Coffee
111 Main Street, St. Joseph



Good Grief

This support group covers topics such as how to cope with loss, guilt, and regret; why you feel the way you do; and finding a sense of peace. Each seven-week session meets for 1 ½ hours of meaningful information and sharing.

Tuesdays, January 6 to February 17

3:30 to 5:00 p.m.
Hospice at Home
4025 Health Park Lane, St. Joseph

Thursdays, January 8 to February 19

2:30 to 4:00 p.m.
Hospice at Home
05055 Blue Star Highway, South Haven

Thursdays, January 8 to February 19

1:30 to 3:00 p.m.
Hospice at Home
4017 Chamberlain Road, Buchanan

Mondays, March 9 to April 20

3:30 to 5:00 p.m.
Hospice at Home
4025 Health Park Lane, St. Joseph

Shadow Steppers

Community members traveling through their grief journey are invited to take part in the healing process within this comforting and supportive environment. This 1 ½ hour group session can be attended whenever the individual feels it is needed, has no attendance requirements, and does not have an official start and end date.

Second Monday of every month

3:30 to 5:00 p.m.
Hospice at Home
05055 Blue Star Highway, South Haven

Second Tuesday of every month

2:30 to 4:00 p.m.
Buchanan Senior Center
810 Rynearson Road, Buchanan

Third Wednesday of every month

3:30 to 5:00 p.m.
Hospice at Home
4025 Health Park Lane, St. Joseph

Breakfast Group

Community members are invited to attend this grief support group which meets monthly over breakfast.

Third Monday of every month

10:30 a.m.
Country Kitchen
2487 South M 139, Benton Harbor

Words of Hope & Healing

Thank you for the tranquil, professional care and affinity provided by your staff to my mother.

Upcoming Events, Community Classes and Programs *continued*

Hope and Healing Group

This group is open to any adult who is grieving a loss, whether newly bereaved or further along in their grief journey.

Second Tuesday of every month

4:30 to 6:00 p.m.

Lakeland Medical Center, St. Joseph Frederic Upton Center Room 1
1243 Napier Avenue

Fourth Tuesday of every month

4:30 to 6:00 p.m.

Lakeland Medical Center, St. Joseph Community Room
1243 Napier Avenue



Special Events

Baking Spirits Bright

Biggy Coffee is this year's presenting sponsor for the annual Lory's Place Crew Cookie Walk. Choose your favorite festive cookies, dessert bars, and other delicious baked goods, fill up a box or two, and help raise funds to support the services provided by Lory's Place.

December 5

5:00 to 9:00 p.m.

Splash Photography Storefront
403 State Street, St. Joseph



Tips for Family Caregivers

If you're looking for extra support or extra caregiver advice, sign up for the free eNewsletter, "Tips for Family Caregivers." Here's a small sampling of the kind of information you'll find every month:

Is Dad taking his meds "as directed?"

A recent national survey suggests that every year nearly half of adults taking prescription medications for a chronic condition make errors in taking their meds. The most common problem areas:

- Memory: Forgetting to take a medication
- Organization: Failing to order a refill in time and running out of a drug
- Convenience: Being away from home and missing dose(s)
- Side effects: Experiencing unpleasant reactions
- Cost: Affording the drug

Holiday Wreaths Now on Sale!

Beautiful 24-inch douglas fir wreaths, decorated with red velvet bows and pinecones, are now available for purchase. These wreaths are a great way to decorate your home or office for the holidays while supporting your local hospice.

Gravesite easels for remembering a loved one during the holidays are available as well as wreath delivery upon request. The wreaths are available for pick up on weekdays between 9:00 a.m. and 5:00 p.m., from any Hospice at Home location.

(See back of this publication for locations)

Orders may be made over the phone, (269) 429-7100, or online at

www.hospiceathomecares.org/wreaths



Wreaths are \$25 each or \$100 for five

Save these 2015 Dates

Run, Walk, Rock

Saturday, May 16

More than 1,000 children and adults help raise money for Lory's Place in the annual 5k Run, 5k Walk, and Rocking Chair marathon!

Lory's Place Dinner and Auction

Friday, July 24

This event provides many opportunities for the community to support Lory's Place.

Hospice at Home Wine and Beer Tasting

Saturday, August 1

Sample local wines and beers on the South Beach bluff in South Haven, Michigan.

Concours d'Elegance

Saturday, August 8

Local car enthusiasts can view nearly 80 vintage vehicles and classic cars at this annual automobile exhibition.

Words of Hope & Healing

I have continued to work through my grief and accept that I will have good days and rough days. Coming to Lory's Place gives me hope.



Hospice at Home

Lakeland HealthCare Affiliate

4025 Health Park Lane
St. Joseph, MI 49085

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Serving our community from the following locations:

St. Joseph

4025 Health Park Lane
St. Joseph, MI 49085
(269) 429-7100
(800) 717-3811

South Haven

05055 Blue Star Highway
South Haven, MI 49090
(269) 637-3825
(800) 637-3820

Buchanan

4017 Chamberlain Road
Buchanan, MI 49107
(269) 695-1099
(800) 599-5758

Hanson Hospice Center

4382 Cleveland Avenue
Stevensville, MI 49127
(269) 429-7100
(800) 717-3811

Lory's Place

445 Upton Drive
St. Joseph, MI 49085
(269) 983-2707
(800) 717-3812

A funded partner of:



www.hospiceathomecares.org
www.lakelandhealth.org
www.lorysplace.org



Hospice at Home

Lakeland HealthCare Affiliate

Our purpose:

Serve our patients, families and communities with dedication and compassion. Deliver the best end of life care to help people experience peaceful, pain-free and sacred deaths within the context of their own lives. Guide our youth, adults and families through the grief process with timely and consistent availability.



Lory's Place

A Grief Healing and Education Center
of Hospice at Home,
a Lakeland HealthCare Affiliate

Our purpose:

To provide grief support services for grieving children, adults, and families.