

### 2 Lines of Hope - Caring Circle

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Throughout the day campers participate in activities focused around the importance of life. Although every living creature has a beginning and end, it is the time in-between that matters the most. This fun-filled day includes activities at Sarett Nature Center and Circle "C" Stable. Transportation is provided by Lory's Place.

encouragement to continue to work through their grief.

Camp is provided at no cost and is available to children ages 5 to 14 years old (students entering kindergarten through eighth grade)

Drop off and pick up will be at Lory's Place, 445 Upton Drive, St. Joseph, MI 49085

Drop off and registration: 9:00 a.m. | Pick up: 5:00 p.m.

Parents are welcome to attend a closing ceremony at Lory's Place from 4:30 to 5:00 p.m.

The deadline for registration is **June 13** 

will take place on

Wednesday, June 20

from 9:00 a.m.

to 5:00 p.m.

To register your child, visit www.lorysplace.org

### 4 Lines of Hope - Caring Circle

## It always seems too early, until it's too late.

We encourage everyone, at any age, to identify a person who will advocate your healthcare wishes if you are unable to. If you are in an accident or have an unexpected illness that leaves you unable to talk about your wishes, who will speak for you?



## What is an Advance Directive?

An advance directive is a document that allows you to give specific written instructions for your future medical treatment preferences and define what "living well" means to you. This also includes a section where you can designate a Durable Power of Attorney for Health Care, a person who will be guiding your care according to your advance directive if you are unable to speak for yourself.



## How to Get Started

If you feel like you are ready to begin the conversation on advance care planning, below are tips to get started:

# Understand what's important to you Make a list of the three most important things you want those close to you to know about your wishes for end-of-life care.

### • Designate a patient advocate

Consider who you want to make your medical care decisions if you could not speak for yourself and set a time to talk to that person and others close to you about your wishes.

### • Ask specific questions

Make a list of detailed questions about treatments or terms you'd like to discuss with your medical provider.

# Attend a community session or one-on-one facilitated meeting

Consider requesting a group conversation session or schedule an advance care planning conversation with a facilitator.

### • Keep your wishes updated

If you already have an advance directive, review it to make sure it fits with your current wishes.



# Raising Awareness During National Healthcare Decisions Day

MONDAY, APRIL 16

National Healthcare Decisions Day aims to help people across the country understand the value of advance care planning. It was created to inspire, educate, and empower the public to express their wishes regarding health care so providers and facilities can honor your requests, whatever they may be. This program is leading the effort to highlight the importance of advance care planning, an effort that has culminated in the formal designation of April 16 as National Healthcare Decisions Day, and April 16 through 20 as National Healthcare Decisions Week.

Join **Speak for Yourself, Plan Your Care**, southwest Michigan's advance care planning program, for free community sessions where facilitators will guide you through advance care planning and answer the tough questions associated with end-of-life care.

### **Thursday, April 19**

10:00 to 11:30 a.m.

Lincoln Senior Center
3271 Lincoln Avenue, St. Joseph

# Monday, April 16\* 5:00 to 6:30 p.m.

Niles District Library
620 E. Main Street

# Tuesday, April 24\* 6:00 to 8:00 p.m.

Berrien Springs Library
215 W. Union Street

\*These sessions will also include a film screening and discussion of PBS FRONTLINE film Being Mortal.

### What is a Facilitator?

Facilitators are people who are trained to help you identify what is important to you, help you make decisions about your future health care wishes, and help you put your plan in writing. They are skilled to help you clarify your personal values, beliefs and preferences for end of life care. During a facilitated conversation, each meeting moves at your own pace, and there is no pressure to influence your treatment preferences.

### How to Set Up a Facilitated Conversation



ACP@LakelandHealth.org



Julie Griffin, Advance Care Planning Coordinator at (269) 983-8166

# Stephanie Kohler Announced as Lory's Place Director

The first time Stephanie Kohler walked into Lory's Place in 2004, it was as a participant dealing with her own significant grief. This year she enters the building as director.

Stephanie's connection to Lory's Place is deeply personal. In the span of 18 months, her infant son, Simon; husband, Matthew; and father, Leo, all died. Stephanie was left with two young sons, Jacob and Noah.



It has been an absolute blessing to witness the impact and success of Lory's Place since the beginning. I have seen it through the eyes of participant after my own significant loss, volunteer, and staff member for over ten years.

"The deaths of my family members brought me to Lory's Place," said Stephanie. "The healing my sons and I received in so many ways kept me here."

Her own family's experience as participants led her to attend facilitator training and become an active volunteer. Discovering a new passion to support others in their grief journey, Stephanie earned a bachelor's degree in general studies with a communications concentration and a certificate in thanatology from the National Center for Death Education at Mt. Ida College. She joined the Lory's Place staff in 2007 as a family services coordinator and later as a family services coordinator leader.

"There is much more work to do and I am happy to be a part of it," said Stephanie. "We will continue working diligently to educate communities about how to support others who are grieving, and to find community partners who believe as we do, that every person deserves every opportunity to tell their story."

To learn more about Stephanie's work and the impact Lory's Place has on the community, visit **www.lorysplace.org** 



# Lory's Place Peer Support Group Expansion

There are as many ways to grieve as there are people, and it may be difficult to know where to begin the grief healing journey. Lory's Place offers outreach programs providing grief support to schools and organizations in our community. Greater than any advice, education, or information we can give to children who are grieving is to offer them the opportunity to connect with others going through a similar experience.

"Group has helped me by seeing others like myself going through similar situations and hearing how they feel and grieve. I can talk about the feelings that I don't talk about with anyone else."

- Peer Support Group Participant

Through the generosity of the St. Joseph-Benton Harbor Rotary Club Foundation, a \$10,000 grant was awarded to expand Lory's Place outreach to community agencies in the Benton Harbor area. The growth of the peer support groups will not only provide support to many hurting children and adults, but will help establish partnerships and friendships among organizations.

The Readiness Center, the Catholic Community Center, and the Boys and Girls Club of Benton Harbor have partnered with Lory's Place to offer educational opportunities and grief support to many of their clients. Every month professional bereavement staff or trained volunteer facilitators meet with members at each agency to offer a peer support group. These groups allow participants to focus on their grief, in a space that is familiar and comfortable. Students are able to connect with others who have suffered similar loss and offer an opportunity for healing. When children have the opportunity to interact with one another, they feel less alone.

To learn more about the peer support groups provided by Lory's Place, visit www.lorysplace.org/grief-support



## Caring Circle Programs Receive \$10,000 Grant

For the past decade, The Pokagon Fund, created by an agreement between the City of New Buffalo, New Buffalo Township, and the Pokagon Band of Potawatomi citizens, has supported community programs that have helped transform

the lives of southwest Michigan residents. This \$10,000 grant will support Caring Circle's Transitions and Lory's Place programs, which provide professional and volunteer services without charge to patients, families, and participants.

Caring Circle's Transitions program
is directly impacted by the Pokagon
Fund. Services are offered to local
residents coping with advanced
progressive conditions – both during
and after the completion of medical
treatments, and are focused on
treating the condition. It is a support
system for patients and their family,
to provide information and referrals to personalize care

during the time of transitions.

bills or purchasing medications."

"Transitions is a free community service program offered by Caring Circle. We provide assistance with equipment, medication aid, applying for Medicaid, and setting up in-home care," said Brandi Edge, Transitions Program Coordinator. "Many people we serve are living on Social Security benefits and often have to choose between paying Kathleen Steinborn has seen the benefits of Transitions firsthand. She was in constant pain, with horrible tremors and headaches. She was recommended to see a neurologist but struggled to find funds to pay for the visit.

"Without the Transitions program I'd be completely on my own. I probably wouldn't be going to a doctor."

べ Kathleen Steinborn "I had no insurance whatsoever. I had a stroke and was hospitalized," said Kathleen. "That's when I got in touch with Brandi. I needed insurance because I had to find out what was going on with my health."

Through the Transitions program,
Kathleen is able to receive assistance
managing her illness. Brandi has
helped Kathleen to complete a
Medicaid application and guide
her through the process of medical
insurance. In addition, she regularly
schedules physician visits and refers
in-home care services.



To learn more about The Pokagon Fund's impact on Caring Circle services, visit www.caring-circle.org/pokagon-fund





Caring Circle registered nurse, Carol Jakubs, RN, has been providing compassionate care to the residents of southwest Michigan for over 36 years

### Have you experienced hospice care firsthand?

In 1981 my mother was dying of cancer. She was very restricted by machines and uncomfortable being in the hospital. I knew there was a better way. Just a few months later, a Berrien county group began a plan to pilot a hospice program in southwest Michigan. I ran to be involved!

### How did you become involved in hospice care?

I learned two fellow nurses, Jane Gast and Carol Starks, had a friend who was dying and wished to remain at home rather than die in a hospital. These ladies researched, planned, and organized a better way to provide care and support to patients and their families during end-of-life care. After learning more about the volunteer organization and its mission, I knew this was my calling.

I attended the second volunteer training class. Through this training I became one of two volunteer nurses working alongside Jane and Carol. I also worked closely with volunteer Medical Director, Kathleen Andries, MD, who currently works as the Associate Medical Director at Hospice at Home.

### What drew you to this position?

I believe that everyone should have compassionate care during their life and the days leading up to death. As a nurse, I knew I could provide compassionate medical care. As someone who experienced the death of a loved one, I knew I could also provide emotional support during a difficult time.

### What is your favorite part of your job?

I enjoy speaking with patients, learning what is most important to them, and how I can best support them. I have a keen sense of what our patients and families need – I talk with them to make certain we are meeting their needs.

# What words of advice would you give someone who is struggling with the decision of beginning hospice care?

I would tell patients and families who are walking a journey of serious illness that they do not need to be alone or confused. Our hospice team can help. Hospice care is there to make life easier for everyone in the family, and help you live the best quality of life possible.





### What one memory or moment during your career stands out to you?

Sadie was my first hospice patient and my first hospice death experience. She had been diagnosed with cancer and wanted to be at home with her family. Her daughter had called me to check on her mother. When I arrived it was apparent that she was near death. The family gathered beside her bed and I took a place on the floor in the hallway, staying close, but allowing the family to be near Sadie. Together we waited.

Sadie had a peaceful death with her daughter by her side, holding her hand and sharing that moment. It was emotional, but beautiful. I knew my presence was appreciated and I felt such a sense of pride in helping this family through their journey. I continued to see the patient's daughter for bereavement support. I will never forget this family.



I would like to see patients and families receive care for more than just the days leading up to end-of-life. Hospice care provides a special service unlike any other. We are a team looking to support each patient and family with comfort and care that may not be offered at a hospital. We can provide help for a much longer period of time – making the time they have left beautiful, memorable, and as comfortable as possible.

### What would you tell someone considering volunteer work?

I would tell those who might want to work in hospice that it is not only rewarding, but gives you real purpose in life. Helping patients and their families is my life work and I am so proud to be able to provide this service in our community.



Spring is the perfect time to reevaluate your caregiving routine and determine where changes can be made. These tips can be helpful:

- 1. Evaluate your current schedule: Review your daily caregiving tasks and determine what activities you enjoy or feel to be a necessity as well as those activities you wish that you could change or adjust. This will give you a more complete view of how you are spending your time and where changes can be made.
- 2. Simplify your care routine: Upon review, you may find parts of your day where you can consolidate aspects of your loved one's care to simplify tasks or problem solve better ways to deliver care. Simplifying your care routine can give you more time in the day to complete other tasks or to give yourself a break.
- **3. Care for your own health needs:** When caring for a loved one we often lose sight of our own health needs. The spring is a perfect time to review any necessary medical appointments or tests that you may be avoiding.
- **4. Give yourself a break:** With warm weather and longer days in store, it's the perfect opportunity to spend time outside. Fresh air and sunlight help a great deal with elevating mood, increasing energy, and improving the quality of your sleep. Add time in your schedule to take a walk, garden, or spend time at a local park.
- **5. Seek additional support when necessary:** You may also realize upon reviewing your schedule that your loved one's care needs have increased over time. Seeking additional support from family, friends, or professionals can be helpful in meeting the needs of your loved one while allowing you the ability to care for yourself and prevent caregiver fatigue.

For additional support or advice, sign up for the free eNewsletter, "Tips for Family Caregivers" by emailing info@caring-circle.org

### **Attend Our Caregiving Support Group**

This support group provides individuals who are caring for a loved one an opportunity to talk with others who are experiencing the same challenges that many caregivers face.

### Third Tuesday of every month

1:00 to 2:00 p.m.

Caring Circle Board Room - 4025 Health Park Lane, St. Joseph

### First Wednesday of every month

1:00 to 2:30 p.m.

Buchanan Area Senior Center - 810 Rynearson St., Buchanan





## Compassionate Care Across Borders

Join Caring Circle for a silent art auction, film screening, and fundraiser supporting a global partnership in hospice care. Funds raised support supplies and travel to help improve access to hospice and palliative care where the need is great and the resources are few.

Caring Circle joined the Global Partnership to provide hospice care training and support to countries in need. Members of our Caring Circle team will discuss their recent journey to sister center, Our Lady's Hospice of Kenya, at silent art auction, film screening, and fundraising event on May 17.

During the event, staff will present the documentary, *Okuyamba*, the Lugandan word meaning "to help." The film illustrates the mission shared by a small band of palliative care and hospice nurses in East Africa who care for patients dying in the rural villages of Uganda.

As part of this alliance, the staff member exchange program provides learning opportunities for both hospice facilities. Caring Circle staff will share their expertise and assist in the professional development and growth of staff and services at Our Lady's Hospice.

For more information on Caring Circle's Global Partnership, visit www.caring-circle.org/global-partnership

### Join Us!

Thursday, May 17 - 5:30 to 7:30 p.m.

Caring Circle, St. Joseph

\$10 suggested donation

Refreshments and appetizers will be served during the event

Please RSVP to Rachel Arent, (269) 429-7100 or rarent1@caring-circle.org by May 3



## Caring Circle Grateful Families Give Back

Caring Circle strives to bring compassionate care and service not only to the patient, but also to their network of support. The care that we provide to patients touches the lives of many people: parents, siblings, extended family, and friends.

Grateful families extend the legacy of a loved one in many meaningful ways. From handwritten notes, monetary donations, volunteerism, and advocacy, we are grateful for each token of support received from the families we encounter.

Nathan Rohrer and his daughters, Madeleine and Hannah, chose to honor beloved wife and mother, Lori, and her wish for one simple comfort. While Lori was at the Merlin and Carolyn Hanson Hospice Center, medical-grade soft ice helped to alleviate discomfort, distract and curb her pain.

After Lori's passing Nathan contacted the staff at Caring Circle with a donation including a matching gift from his employer to purchase a medical-grade ice dispenser.

The family's generosity and matching gift allowed for the purchase of two dispensers, enough for both Hanson Hospice Center family rooms. These icemakers are located just steps from patient suites and have become a wonderful addition to help create a more comfortable stay for many patients.

No matter how anyone chooses to give, we are grateful for the generosity that makes our work possible.

For more information on the many ways to say "thank you," visit www.caring-circle.org/grateful-families





Join us for the 13th annual Wine and Beer Tasting Benefit, Embracing Hospice at Home, on **Saturday, August 4**. Spend an evening supporting local hospice care services at the home of Dan and Mary Nulty on Lake Bluff in South Haven. Enjoy local wineries and breweries, live music by John Rush, and a beautiful lakeside setting.

Tickets are \$50 each, and will be available for purchase in June.

For event details and information on how you can support this benefit, visit www.caring-circle.org/EmbracingHAH







# A Taste Sensation Culinary Cook-Off

Join us **Friday, October 5**, for the fourth annual A Taste Sensation Culinary Cook-Off benefiting the Merlin and Carolyn Hanson Hospice Center. Spend the evening at LakeHouse Restaurant and Bar in St. Joseph where you'll have the opportunity to bid on an exciting selection of live auction items and view a live cooking competition by teams of local celebrity and VIP chefs.

For more information on this remarkable event, visit www.caring-circle.org/taste-sensation



# Reasons to Register for the 14<sup>th</sup> Annual Run, Walk, Rock to Benefit Lory's Place

Support your local community

Since the opening of Lory's Place bereavement programs in 2004 we have been honored to support over 33,500 children and adults, all at no charge. Your participation at Run, Walk, Rock helps to make this possible!

2

Spend the morning enjoying a beautiful view

The course will take runners and walkers through the Edgewater Development in St. Joseph. Race beside sailboats in the marina, along the river, past Lake Michigan and its sandy beaches, down the historical brick streets of Ridgeway, and into parts of the city's newest developments.

3

Run alongside friends and family

This year families or groups of four or more will receive \$5 off each registration until May 17. Are you looking to get your coworkers involved? Discounted registration pricing is also available for corporate groups of 15 or more. Whether you run, walk, or watch comfortably from a rocking chair this event is fun for everyone.

4

Show off your skills

This event is chip-timed for all runners and walkers. Awards are given out for all age categories ranging from eight and under, to 85 and over. The overall first place male and female walkers and runners will receive a rocking chair and an engraved plate.

5

Support local schools

Students, teachers, staff, and administrators are invited to represent their school in either the 5K walk or run. The school that has the most participants will receive the "Champions for Children" traveling trophy and a \$500 check on behalf of Honor Credit Union.











Don't miss out on all the fun on Saturday, May 19!

Run, Walk, Rock 2018 is presented by the McLoughlin Family Foundation.

Every year we are honored and grateful for the community's support of this wonderful event.

The children, adults, and families who are part of Lory's Place join us in expressing their deepest gratitude for the support of our grief healing mission.

To register or for more information, visit www.lorysplace.org/RWR or call (269) 983-2707

# Calendar of Events

### ADVANCE CARE PLANNING INFORMATIVE PRESENTATION

Thursday, April 19 - 10:30 to 11:30 a.m. • Lincoln Senior Center, 3271 Lincoln Avenue, St. Joseph

### ADVANCE CARE PLANNING & FILM SCREENING, BEING MORTAL

Monday, April 16 - 5:00 to 6:30 p.m. • Niles District Library, 620 E. Main Street

Tuesday, April 24 - 6:30 to 8:00 p.m. • Berrien Springs Community Library, 215 W. Union Street

### **CELEBRATION OF LIFE SERVICES**

Tuesday, April 10 - 6:30 p.m. ◆ Peace Evangelical Lutheran Church, 06321 Blue Star Hwy., South Haven

**Thursday, April 12** - 6:30 p.m. • Caring Circle, St. Joseph

Monday, April 16 - 6:30 p.m. • Summit Church, 1700 W. River Rd., Niles

# May

### GLOBAL PARTNERSHIP FUNDRAISER & FILM SCREENING, OKUYAMBA

Thursday, May 17 - 5:30 to 7:30 p.m. • Caring Circle, St. Joseph

### RUN WALK ROCK SUPPORTING LORY'S PLACE

Saturday, May 19 - Registration: 7:00 to 8:15 a.m. | Race Times: 8:30 a.m. ◆ Lory's Place

## June

### **CAMP LIFETIMES**

Wednesday, June 20 - 9:00 a.m. to 5:00 p.m. • Lory's Place

# July

### LORY'S PLACE REFLECTIONS DINNER AND AUCTION

Friday, July 13 - 5:30 p.m. • Shadowland Ballroom on Silver Beach, 333 Broad Street, St. Joseph



### EMBRACING HOSPICE AT HOME WINE AND BEER TASTING EVENT

Saturday, August 4 - 6:00 to 9:00 p.m. ◆ Nulty Home, Beach Bluff, 456 Monroe Boulevard, South Haven

## Idaber

### A TASTE SENSATION: CULINARY COOK-OFF

Friday, October 5 - 5:30 p.m. • LakeHouse Restaurant & Bar, 3029 Lakeshore Drive, St. Joseph

# Groups

To register for a Caring Circle group or for more information, contact (269) 429-7100 or visit www.caring-circle.org/events

### **SHADOW STEPPERS**

Facilitated by a Caring Circle Bereavement Coordinator, this group is open to any adult who is grieving a loss, whether newly bereaved or further along in the grief journey.

# Second Monday of every month 3:30 to 5:00 p.m.

Caring Circle, South Haven

# Second Tuesday of every month 2:30 to 4:00 p.m.

Buchanan Senior Center 810 Rynearson Rd., Buchanan

### Second and Fourth Tuesday of every month

(Hope & Healing)

4:30 to 6:00 p.m.

Lakeland Medical Center, Community Room

# Third Wednesday of every month 3:30 to 5:00 p.m.

Caring Circle, St. Joseph

### CARING FOR YOUR LOVED ONE

This support group provides individuals who are caring for a loved one an opportunity to talk with others who are experiencing the same challenges that many caregivers face.

# Third Tuesday of every month 1:00 to 2:00 p.m.

Caring Circle, St. Joseph

# First Wednesday of every month 1:00 to 2:03 p.m.

Buchanan Senior Center 810 Rynearson Rd., Buchanan

# You shop. Amazon gives to Caring Circle.

Did you know while shopping on Amazon a portion of your purchase can be donated back to Caring Circle? Amazon Smile is making it easy for you to shop online and help end-of-life care in southwest Michigan at the same time.

Each time you shop on amazon.com, log in through Amazon Smile to donate 0.5 percent of your eligible Amazon Smile purchase total to Caring Circle. All it will cost you is a few clicks. Visit smile.amazon.com, sign in with your Amazon.com account, select Hospice at Home, Inc., from the list of nonprofit organizations, and you're done.

Visit smile.amazon.com for all the details.

### Support Hospice At Home Inc.

When you shop at **smile.amazon.com**, Amazon donates.

Go to smile.amazon.com

amazonsmile



# Join the Caring Circle Volunteer Team

## Support your community and make a difference

Caring Circle is seeking compassionate people to volunteer and help make a difference in the lives of clients and their families. No medical knowledge is required, and all necessary training will be provided by Caring Circle.

Volunteer opportunities range from friendly visits, pet therapy, meal preparation, and many other roles that match your interests and talents. For more information on Caring Circle's volunteer program call (269) 429-7100 or visit www.caring-circle.org/volunteer

If you are interested in receiving Lines of Hope two times per year, email info@caring-circle.org and we will add you to our mailing list.

### WALKING GROUPS

Lace up your walking shoes! Join Caring Circle staff and friends for an adult walking group. Participants are not required to pre-register or attend weekly.

### Tuesdays, May 1 to October 9 10:00 a.m.

Kids Corner Park 563 Monroe Blvd., South Haven

### Thursdays, May 3 to October 11 9:30 a.m.

Bridgman Public Library 4460 Lake St., Bridgman

### **GOOD GRIEF**

This seven-week group series covers topics such as why you feel the way you do; how to cope with loss, guilt and regret; and finding a sense of peace.

Tuesdays, May 1 to June 12 3:30 to 5:00 p.m.

Caring Circle, St. Joseph

Thursdays, May 3 to June 14 3:30 to 5:00 p.m.

Caring Circle, Buchanan

Fridays, May 4 to June 15 2:00 to 3:30 p.m.

Caring Circle, South Haven

### WRITE OUT OUR GRIEF

This is a writing opportunity for adults who are coping with a loss. It will take place in a nonjudgmental, supportive environment. No experience necessary and you will be encouraged to share; however, all sharing is optional.

Wednesdays, June 6 to 20 2:00 to 4:00 p.m.

Caring Circle, St. Joseph





NON-PROFIT ORGANIZATION U.S. POSTAGE PAID ST JOSEPH MI PERMIT NO 1



### We're right here with you!

Hospice at Home, now part of Caring Circle, has been a part of this community for almost 40 years. We serve our neighbors directly from four convenient locations in South Haven, St. Joseph, Stevensville, and Buchanan, and work as a team with Lory's Place, also located in St. Joseph.

### Why is this important?

It is important because at Caring Circle we specialize in pain and symptom management, bereavement, and community crises. When someone is in pain, whether it's physical, emotional, or spiritual, we want to reach that person as soon as possible to help them navigate through it. With a total of five locations to serve southwest Michigan, we can quickly provide support for people in need, minimizing any wait time.

Being immersed in the community is important because we know and care for each other. We cheer for neighbors' children at soccer games, and check on our friends' homes and elderly parents. Caring Circle is honored to serve this community, and be invited into your lives during these meaningful times. We will continue our support, building on the foundation of Hospice at Home and Lory's Place for many years to come!

# 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 www.lorysplace.org

### www.caring-circle.org

