

HOPE

Lines of Hope

Summer 2015

Take a Look Inside Lory's Place

Lory's Place has launched a newly designed website with information on programs, services, locations, and education opportunities.



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Neighbors Caring for Neighbors

Hospice at Home was formed by people in our community nearly 35 years ago. These men and women wanted to have a way to care for their friends, family, and neighbors in their homes. Over the years, we have grown to employ over 150 people, 300 volunteers, and 25 pets. Donations and support come from thousands of individuals, families, companies and service clubs. I like to think of our work as neighbors caring for neighbors.

As a local non-profit organization, we are grateful for the countless neighbors, past and present, who have enriched our lives. Our goal is to be the organization who is always there with a helping hand. As you look through these pages, I hope you feel the love of many neighbors who serve as Board members or volunteers, supporters who participate in events to raise funds and awareness, and individuals who are sharing stories of our care.

Our many summer events draw neighbors together to discover what a treasure we have created in southwest Michigan. We have done this as a community and your ongoing dedication to each other allows us to continually find new ways to provide support. Like offering a hand to a neighbor who needs it, we offer support to those caring for a loved one, guidance during difficult times, and a listening ear to people who need it.

I hope you will join me in thinking of us as neighbors in a community that you are proud to call home. Please consider sharing the stories you read in this publication with others to encourage them to reach out to us if they would like to learn more about our programs or would like to be involved with our mission.



Melinda Graham

A handwritten signature in dark ink, appearing to read 'Melinda Graham', written in a cursive style.

President and CEO

Hospice at Home, a Lakeland Health Affiliate

Ride Your Bike and Raise Funds for Hospice Care

Last year Dawn Spoon, a Hospice at Home Registered Nurse, made it her mission to do a bike ride along the coast of Lake Michigan to raise funds and awareness for hospice care. News spread fast, others were quick to join in, and over \$10,000 was raised. Now in its second year, the Tour de Mitt, a Bike Ride for Hospice, has plans to engage even more bicycle enthusiasts, community members, and hospice organizations.

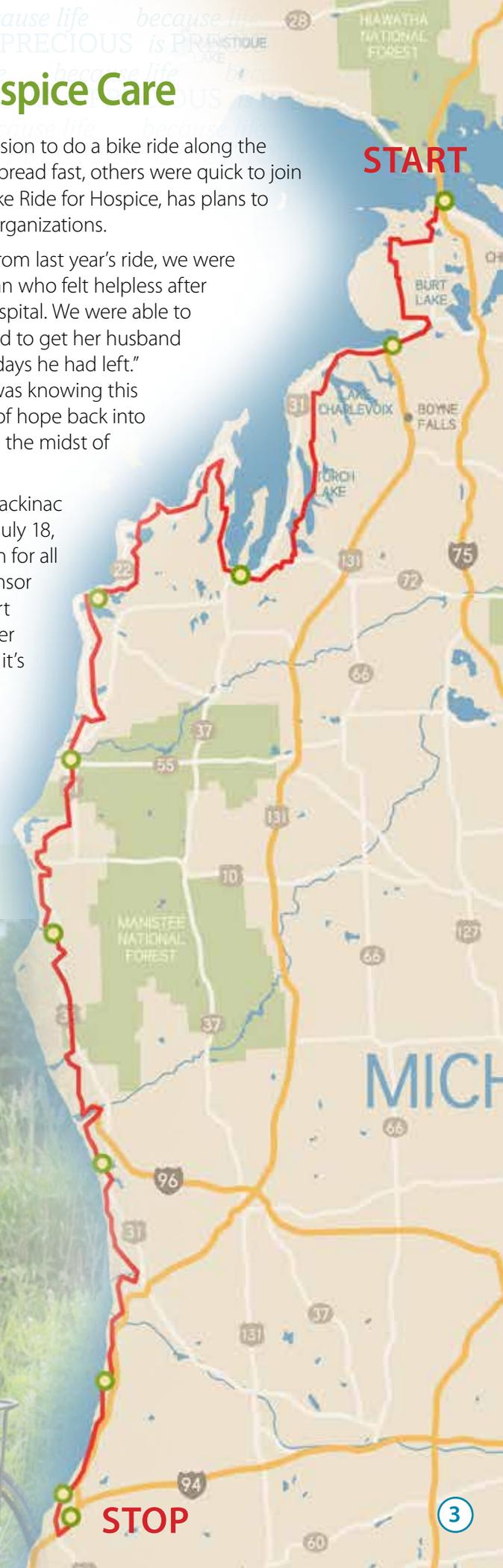


Dawn shared, "Thanks to the money raised from last year's ride, we were able to provide a few days of care to a woman who felt helpless after her husband was to be released from the hospital. We were able to give them comfort by using the money raised to get her husband into the Hanson Hospice Center for the few days he had left." She continued, "The rewarding part for me was knowing this small gesture was able to bring a great deal of hope back into the hearts of both the patient and his wife in the midst of a very difficult situation."

The 2015 Tour de Mitt begins on July 11 in Mackinac City and will end in St. Joseph, Michigan on July 18, a distance of over 400 miles! Bikers can join in for all or part of the journey, and/or become a sponsor to help people get the care they need. Expert cyclists, amateurs, all are welcome – no matter what the level of expertise. This is not a race; it's meant to be a fun ride.

If you are unable to ride, you can still support those in need of hospice care by donating on behalf of the event or sharing information about this event with friends. Hospice care is not about death, it's about life, and spending the moments we have together well. All money raised from this ride will benefit people in need of hospice care.

To register for the ride, become a donor, or for more information, go to www.hospiceathomecares.org/tourdemitt



START

STOP

Going “Home” and Building Memories

Bob Corwin made a living buying houses, renovating them and selling them, or “flipping” as those in the business call it. Bob had to curb this when he became ill. Once on hospice care, Bob was able to relive his “flipping” days by talking to his care team regularly about the houses he had brought back to life. One house in particular was not too far from his current home. Bob’s in-laws had owned this house before Bob himself had lived in it for over 40 years collectively, the home had been in the family for over 60 years.

The house that Bob was referring to now belonged to the daughter and son-in-law of Hospice at Home aide Lori Trickett, who had purchased it a few years prior and spent a year renovating it so that when they married, they could move in.

Bob and his hospice aide, Amanda, talked often about how much the home had been renovated and how beautiful it was now. Bob would tell her stories of how he had the pool installed, about the neighbors, and more; all happy memories for Bob. He mentioned that he would love to see the home again.



Chelsea and Mina Eskander, the current owners, were delighted to invite Bob to see the home and give him a tour. Chelsea, holding a degree in history, was especially happy to indulge Bob and was ecstatic to hear the history of her home.

The much-anticipated day that Bob was set to tour his old home was dreary and gloomy, but Bob’s smile lit up the room. Bob brought along his two daughters who had come from the hospital as newborns to the same house.

Everyone gushed over the lovely job Chelsea and Mina had done remodeling. Bob talked about the fireplace that was rebuilt with bricks from the original Beeson farmhouse which was over 100 years old. His daughters told a story of a heating vent in the kitchen they would stand over in cold weather. Bob told Chelsea that the shelves in the dining room were built by his son-in-law. He even was able to carefully go upstairs and see the new bathroom that once was an old closet.

Bob stayed for about two hours, chatted with everyone, and was extremely grateful to see his old home one more time.

Helen White Angel of Service Award

Hospice at Home in South Haven recently honored volunteers at a Friends of Hospice luncheon. Over 20 volunteers were honored for their time, care, and compassion. At the luncheon, the Helen White Angel of Service Award was presented to Kelley James-Jura.

The Helen White Angel of Service Award was established by the South Haven Area Hospice Foundation Board to recognize individuals who show exemplary service in the area of volunteering. Helen White was one of South Haven Area Hospice’s founding board members and devoted many hours of service during her time with hospice. Helen was honored and recognized when she retired in 2004 with the establishment of this award in her name.

The 2015 Helen White Angel of Service Award winner, Kelley James-Jura, has been a volunteer at Hospice at Home for the past seven years. “She is very compassionate and dedicated and is always willing to help, even with her busy schedule,”

explained Melinda Graham, CEO of Hospice at Home. “She has such a warm and caring heart that she willingly shares with everyone she meets.”

Kelley has volunteered with patients, providing respite, companionship and creating life reviews. She also helps with our memorial services and is a very active member of the planning committee for Hospice at Home’s Wine and Beer Tasting event. Melinda shared, “Her support has helped our patients, their families, and our organization tremendously and we could not thank her enough for all that she does. Kelley is a beautiful soul who truly cares about others.”

Hospice at Home volunteers offer warm hearts, listening ears, and compassion to patients and their families.

For more information on becoming a volunteer call (269) 429-7100 or visit www.hospiceathomecares.org



Kelley volunteering at the Wine and Beer Tasting benefit

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This group gave me a place to share the emotions I was feeling. I’m not comfortable sharing that with anyone else.

Enhancing Hospice Care

Pain keeps people from doing things they enjoy. It can prevent people from talking and spending time with others. It can affect a person's mood and ability to think. And pain can make it hard to eat and sleep, which can make other symptoms worse. Pain causes distress and suffering for people and their loved ones.

Pain can be relieved with medication, but there are other ways to alleviate pain which can be used in combination with other approaches. Hospice at Home provides additional support services that can help lessen emotional and physical pain, including:

Aroma Therapy, a powerful tool to bring peace and comfort to both the patient and caregiver. Creating a calm, stress-free environment is especially important.

Bereavement Services, offered before and after someone dies. Services include support groups, individual sessions, and grief healing activities, such as:

- Memory Stones
- Memory Pillows
- Mandala Art
- Writing Program

Massage Therapy, providing increased mental and physical relaxation, improved circulation, pain relief, and improvement in quality of sleep.

Pet Therapy, volunteers bring certified dogs into patient homes and provide comfort and a sense of well-being with the presence of the loving animals.

For more information on hospice care and additional support services call (269) 429-7100, (800) 717-3811, or visit www.hospiceathomecares.org



Leave Your Own Legacy

You have options when giving a planned gift:

Cash

Cash gifts (currency, check, credit card, payroll deduction, money order, or bank draft) can be designated as restricted or unrestricted. Unrestricted gifts enable us to respond quickly and with flexibility to immediate needs and new opportunities. Restricted gifts will be used to support specific and designated projects and/or services.

Stock

Gifts of appreciated securities provide immediate benefit and in many cases are tax deductible for you as a 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.

Expectancies

Include a gift in your will or designate Hospice at Home or Lory's Place as the beneficiary of your IRA or another retirement account.

Deferred Gifts

These are irrevocable transfers of cash or property not available for use until sometime in the future. The most common types of deferred gift arrangements are charitable gift annuities and charitable remainder trusts, both offer income to the donor or a beneficiary designated by the donor. Named endowment funds may also be created to preserve the long-term impact of specific programs and services.

We would be honored to meet with you and discuss the lasting positive impact your planned gift can have for others. For more information on how you can leave your own legacy, please contact Aaron Bradford at (269) 927-5142

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It was a blessing to have hospice at such a sad time. Everyone (either by phone or in person) was very gentle and caring towards my husband and me.

Lory's Place Run, Walk, Rock

What started as a rainy day, dried up and made way for nearly 1,300 people to run or walk in the 2015 Run, Walk, Rock fundraiser for Lory's Place. This 5k event raised over \$50,000 for the grief healing and education programs of Lory's Place, and was presented by the McLoughlin Family Foundation. In addition to all of the runners and walkers, more than 60 sponsors and 50 volunteers helped make this event the success it was.

Mark your calendars for next year's event scheduled for May 21, 2016.

Thank you Sponsors!

Presenting Sponsor

The McLoughlin Family Foundation

Ultra Runner

Active for Andy! – The Weber Family
Competitive-Edge
In Memory of Brian, Mitchell and
Abby Pietenpol

Marathoner

Pat Forbes
Logistick

Front Runner

Honor Credit Union

Trail Racer

James and Ann Alderink
JC and Nancy Anderson
James and Judith Czanko
Dr. Kasewurm's Professional Hearing
Services
FairmountSanrol
Great Lakes Sports Medicine &
Concussion Clinic
Integrity Structural Engineering
Kai Steele Dentistry
William and Jane Marohn
Starks Family Funeral Homes and
Cremation Services

Road Runner

Abonmarche
B&L Information Systems, Inc.
Biggby Coffee
Christine Borah
Edgewater Bank
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Paul and Rose Suchovsky Charitable Trust
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Silver Beach Pizza
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Special Thanks

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Pride the Portable Toilet Co.

Media Sponsor

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Before Lory's Place group I didn't feel like anyone understood what I was feeling and going through. After coming here I've learned how to deal with all my different feelings and know that I am normal.

New Look for Lory's Place Website

Lory's Place has launched a newly designed website, located at www.lorysplace.org. With more than 100 pages of helpful information, the website covers the programs, services, locations, and education opportunities available through Lory's Place.

The improvements include multiple features to increase the ease of navigation around the site, making it simpler than ever to find the information you are seeking. The site is now responsive, which allows it to automatically resize to any device — a mobile phone, tablet, laptop, or desktop computer — making it easier to view.

Providing access to bereavement and grief healing resources for an even broader array of people, the new website can be translated to another language with the click of a button. In addition, the site's new search tools now display content based on how applicable it is to a visitor's request, rather than alphabetically.

Upcoming classes, groups, and programs are easier to find and search with the new events section. You are able to look for events by date or keyword, improving access to the resources Lory's Place provides.



Check it out at
www.lorysplace.org



Local Youth Receive Memorial Scholarship

This year's recipients of the \$1,000 Lighthouse Scholarship are Connor Ashley and Luis Vargas. The Lighthouse Scholarship recognizes local youth who are in financial need and have experienced the death of a parent. Qualifying recipients are graduating high school seniors pursuing a college education.

Connor lives in Baroda, Michigan, and is graduating from Lakeshore High School. This fall he plans to attend Wayne State University to study Political Science. "This scholarship means not only financial security for me and my family, but a reminder of the fact that this community has an organization like Lory's Place that cares for others especially in their darkest times," shared Connor.

Luis lives in South Haven, Michigan, and is graduating from South Haven High School. He plans on attending Western Michigan University to study Chemical Engineering.

The Richard Beckrow Memorial Scholarship was established in 2005 by Dr. Jason and Mrs. Kathryn Beckrow in memory of Jason's father, Richard Beckrow, who died at the age of 41 as the result of an automobile accident. Recently, the scholarship was renamed to honor the life and memory of Matt Mannino, a dear friend of Dr. Jason and Kate Beckrow, who died in 2012. Matt was diagnosed with a rare malignancy of the thymus gland in 2004 and bravely battled cancer for seven years.



"Lory's Place does so much for so many. I hope my story and the part Lory's Place has played in it, can convince others to help support such a crucial organization in our area."

Connor Ashley



"This scholarship means added chances for success, a success I will achieve for my father who passed away when I was three."

Luis Vargas

The Importance of a Smile

In June of 2013, Eileen Kozlowski – an 86-year-old Niles resident – was diagnosed with a kidney infection. This, alongside her dementia and heart issues, brought her into the hospital. While there, her condition worsened, and her family was called.

Kris Parge, Eileen’s daughter, flew in from California and was able to see her mother the next morning. Kris remembers how her mom smiled and seemed to enjoy her company. The next day, Kris and her brother brought photo albums, in an attempt to cheer up their mother, but when they arrived, they found that their mother’s right side was paralyzed. Eileen had suffered a stroke.

Hospice at Home came into the hospital and talked about care options with Kris and Eileen, and Eileen was transferred home on hospice care. Kris was extremely grateful for the numerous care team members who were cheerful and did everything they could to help. They made sure that Kris knew what to expect, as well as making sure that all of her mother’s needs were met. Though Eileen’s condition made it difficult for her to eat, Kris talks of the patience and kindness of the woman who helped with her mother’s meals.

When recalling the support of the hospice care team, Kris could only conclude, “they must be angels,” judging by the way they cared for and looked after her mother Eileen.



On July 12, 2014, Eileen passed away. Her family was able to be near her until the very end, and the care provided ensured that Eileen was as comfortable as possible. After she passed, Kris recalls, a woman from her mother’s care team sat down with the family and just talked with them. They did not focus on the death or the pain, but rather shared the joys that Eileen had brought everyone and the happy memories they all kept.

“It was one of the hardest things we’ve had to go through,” Kris said. “The people who do this are something special.” She feels fortunate that her family were able to have a health system that made everything as easy as could be expected given the circumstances.

“

We were fortunate to have had care at home. It allowed us to stay together and continue to share our lives in as much comfort as was possible.

Kris saw her mother laugh on several occasions because of her Hospice at Home care team, and insisted, “Getting her to laugh was important.” Eileen was a nurse for many years; good care was something she provided every day. Hospice at Home was more than happy to return the favor, especially when it came to the little things like keeping a smile on her mother’s face.



Are you a member of a faith community, service club, or community group?

Hospice at Home offers free educational presentations on caregiving, planning for health care, pain management, grief healing or many other topics. Presentation subjects include:

- Alzheimer’s/dementia
- Benevolent touch
- Caring for people with developmental disabilities
- Community resources
- Compassion fatigue
- End-of-life care
- Grief and loss
- Kids and grief
- Massage and aromatherapy for comfort
- Non-pharmaceutical pain management
- Preventing falls
- Relationship challenges and opportunities related to end-of-life

We’re also willing to develop classes with you if there are other topics you’re interested in. For information on setting up a workshop or presentation with your group, call (269) 429-7100



What is Palliative Care?

Palliative care is a way to improve quality of life for someone who is being treated for a serious illness. It focuses on easing symptoms that cause suffering. Patients and their loved ones are not only given physical relief, but emotional and spiritual support as well. Palliative care is given at the same time as regular medical care; active treatment for the person's illness does not stop.



Christopher Strayhorn, MD, Medical Director of Palliative Medicine and Supportive Care at Lakeland Health, explains, "Palliative care and hospice often get confused. Palliative care is not hospice, it is a specialty that takes care of very seriously ill people with complex medical problems.

It focuses on pain and symptom management, and is about the families and relieving symptom burden."

Palliative care is not care provided by one person — it takes a whole team. To get the most of palliative care, the care team has their roles, but both the patient and loved ones have a role as well, and what's important to them is what drives the plan of care.

If you, your caregiver, family or physician have additional questions about palliative care, please call us at (269) 429-7100 or (800) 717-3811

Palliative care helps the patient and their loved ones cope with an illness and its effects. The goals of palliative care include:

- **Easing of symptoms that cause distress.** These may include pain, anxiety, nausea, or breathing problems, and more. They may affect a person's ability to eat, be active, or spend time with others. Medications and other methods are used. This gives a patient a better quality of life while the illness is being treated.
- **Coordinating care.** This helps ensure that each care provider is aware of the goals of care. Communication is done on a regular basis among all team members to ensure that the patient's goals are met.
- **Meeting emotional and spiritual needs.** The care team helps both the patient and family cope with stress, depression, anxiety, and other issues. They can set up meetings with a counselor or spiritual advisor as desired.
- **Giving information and helping with decisions.** Care providers can help a patient and their family get the information they need. They can also help explain options when decisions need to be made.
- **Helping create an advance care plan.** This is a series of legal documents that note a person's wishes for their future health care. It helps ensure that if someone can't speak for themselves, their wishes can still be carried out.



Upcoming Events, Community Classes and Programs

Ongoing grief support groups can be found on the Lory's Place website at www.lorysplace.org

Events

Fashion with Compassion, Kids Helping Kids to Benefit Lory's Place

This back-to-school fashion show is organized and directed by students from St. Joseph High School. Youth from area schools will showcase apparel and lead a silent auction featuring items donated by local businesses and teen services. Call (269) 983-2707 for more information.

Sunday, July 19

6:00 p.m.

Veranda at the Whitcomb
509 Ship Street, St. Joseph

Lory's Place Reflections Dinner and Auction

There are many opportunities to support Lory's Place in this event through sponsorships or donating auction items. For more information, visit www.lorysplace.org or call (269) 983-2707

Friday, July 24

Shadowland Ballroom
333 Broad Street, St. Joseph

Lake Bluff Concours d'Elegance of southwest Michigan

11th Annual Vintage Automobile Exhibition

Local car enthusiasts can view nearly 80 vintage vehicles and classic cars at this annual automobile exhibition. Held on the St. Joseph bluff overlooking Lake Michigan, proceeds will support the Merlin and Carolyn Hanson Hospice Center. Admission is \$5 per person or \$2 per student. Tickets can be purchased at the event; for more information, call (269) 429-7100

Saturday, August 8

10:00 a.m. to 4:00 p.m.

Lake Bluff Park, St. Joseph

Caregiving Support

Caring for Your Loved One

Caring for a loved one can be a rewarding and fulfilling experience. At times it can also be overwhelming, challenging, or lonely. This support group provides individuals who are caring for a loved one an opportunity to talk with others who are experiencing the same joys and challenges that caregivers face, learn to problem solve difficult situations, to develop new ways to cope with the demands of caregiving, to give and receive encouragement, and to be empowered and strengthened as a caregiver. Please contact Stephanie Kostizen at (269) 429-7100 to register or for more information.

Third Tuesday of Every Month

3:30 to 4:30 p.m.

Hospice at Home, Buchanan

Third Tuesday of Every Month

1:00 to 2:00 p.m.

Hospice at Home

4025 Health Park Lane, St. Joseph

Grief Healing

Memory Pillows

Creating a memory pillow is a great way to preserve the memories of loved ones. Participants will use special material and/or personal effects of loved ones to create their own unique memory pillow. Participants will need to bring a large piece of clean and ironed material (such as a shirt, dress, sheet, or pillow case) as well as small memory items to place in or sew onto the pillow. All other materials will be provided. This is a three-session program. Please register by calling Karen Riffer-Reinert, Bereavement Coordinator, at (269) 637-3825.

Mondays, July 20, 27, and August 3

3:30 to 5:00 p.m.

Hospice at Home, South Haven

05055 Blue Star Highway

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It is wonderful that this group meets and is a safe place where we can talk to others who have experienced what we have and share common emotions, tears, and support.



Toasting Hospice at Home

Tickets are now available for the tenth annual Hospice at Home Wine & Beer Tasting benefit. During the event, guests may sample local wines and beers, enjoy heavy hors d'oeuvres by Phoenix Street Catering and Restaurant, and live entertainment by Bagatini's Artistic Jazz in a beautiful lakeside setting.

The evening's spectacular views are courtesy of homeowners Dan and Mary Nulty, who graciously host the fundraiser on the grounds of their remarkable Queen Anne Victorian home located on the bluff of South Beach in South Haven.

Saturday, August 1

6:00 to 9:00 p.m.

South Beach Bluff

Nulty Home

456 Monroe Boulevard

South Haven

Event tickets are \$50 per person in advance or \$60 the day of the event. Price of admission includes a commemorative tasting glass and tastings.

For more information about this event or to get tickets, call (269) 637-3825 or visit www.hospiceathomecares.org

Tickets are available for purchase at:

Hospice at Home

05055 Blue Star Highway, South Haven

Hospice at Home

4025 Health Park Lane, St. Joseph

South Haven Visitors Bureau

546 Phoenix Street, South Haven

Wolverine Hardware

530 Huron Street, South Haven

New this year!
Valet Parking
Donations accepted



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:

Stress or burnout?

Most of us know it when we're stressed. We talk about it, and we talk about needing to do something about it...when we have the time. But we might not be aware when we reach the point of burnout.

Change is needed immediately before burnout undermines your health and your ability to provide appropriate care for your loved one, watch for these symptoms:

- Doing less and less and still feeling exhausted.
- Emotionally dull and hopeless, feeling there's no point in making an effort at anything because nothing ever changes.
- Frequently physically ill, catching every cold that comes around.
- Withdrawing from friends and activities and often over consuming food, alcohol, tobacco, etc.

To subscribe for "Tips for Family Caregivers," email Lenee Svorec, Communications Specialist, at lsvorec@lakelandhealth.org



What a wonderful service you offer to our community. You were warm and caring, you listened, and you were thorough. It was a pleasure knowing you.



Hospice at Home

Lakeland Health Affiliate

4025 Health Park Lane
St. Joseph, MI 49085

NON-PROFIT ORGANIZATION
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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

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



Hospice at Home

Lakeland Health 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 Health Affiliate

Our purpose:

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