

LINES OF *Hope*

Fall/Winter 2019



WHAT'S INSIDE:

- HEALING AFTER TRAGEDY
- WHEN A FAMILY GRIEVES
- Q&A: A FOCUS ON PALLIATIVE CARE
- CARING CIRCLE GLOBAL PARTNERSHIP UPDATE



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COVER PHOTO

A family gets bigger while on their grief journey together



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BACK COVER

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CARING CIRCLE GRATEFUL FAMILIES GIVE BACK

From handwritten notes, monetary donations, volunteerism and advocacy, we are grateful for the support received from the families we encounter. When a loved one is on hospice care it touches the lives of many people: parents, siblings, grandparents, family, and friends. Caring Circle strives to bring compassion, care, and service not only to the individual, but also to their extended support network.

The grateful families program extends the legacy of a loved one in many meaningful ways.

No matter how you choose to give, we are grateful for your generosity that makes our work possible.

For more information on the many ways to say "thank you," call 269.429.7100 or visit caring-circle.org/grateful-families

This is an excellent hospice. The staff were all very caring, loving, informative and helpful. They made a very sad part of my life positive

Caring Circle gave me the gift of allowing my husband to die at home. For that I will always be grateful.

The Caring Circle team was fabulous. They felt like family.

Thank You.

I WILL ALWAYS BE GRATEFUL
FOR THE CARE AND SUPPORT THAT
CARING CIRCLE PROVIDED. BECAUSE
OF THEM MY MOM WAS ABLE TO
PASS PEACEFULLY AT HOME AND
I WAS ABLE TO BE PRESENT AND
PROVIDE CARE FOR HER.

Very best of care!!

MY DAD SAID THAT HE RECEIVED THE BEST CARE OF HIS LIFE FROM HOSPICE.
THANK YOU VERY MUCH
FOR MAKING HIS FINAL MONTHS THE BEST THEY COULD
BE FOR HIM.

Healing After Tragedy

In January of 2014, Angie Crabtree, mother of two young boys, got a call she never expected to receive. Her sister, her son's aunt, Cassie, was pronounced dead from an accidental overdose. "The words burned a hole in my heart, I couldn't breathe, I was stunned, and my mind was reeling," Angie said. Cassie was the mother of two boys, ages one-and-a-half and four, who now were without their mother.

Angie's two sons became four as her sister's boys blended into her family. Angie shared, "all my children were heavy with grief, Cassie was a huge positive part of all of our lives." The family was dealing, coping and moving through each day but in Angie's words, were not "thriving."

Angie had already known of the grief work that Lory's Place provided to the community, so she signed her boys up to start going to group nights at Lory's Place. While the children participated in their group setting, their adult counterparts, including Angie, met in another area in a group of their own.

Angie said, "my sons were on a healing journey and I was determined to do anything in my power to get the help they needed."

One group night, Angie loaded all the boys into the car to head to Lory's Place and the car wouldn't start. As she was panicking, her husband reassured her that the boys would be okay skipping one night, that it wasn't a big deal. Angie burst out, "they may be ok, but I won't be!" Angie said, "for the first time, I understood that to be the best for them I needed help with my own grief." She continued, that "Lory's Place is not just for kids, and it's important the adults in our community know this."

Lory's Place opened its doors 15 years ago to grieving community members of all ages. Every year, the number of people helped by Lory's Place grows and in 2019 Angie, along with nearly 40,000 other people had the courage to say, "I can't do it alone." Lory's Place is expanding its physical presence into the adjacent space next door to provide more resources and tailored support for the adults who walk through the doors.

Today, Angie's family is moving at a lightening pace. Some moments they continue their gut-wrenching mourning while others are filled with joy. Angie said, "our family has embraced our new normal and true healing is taking place." Recently, Angie was trained as a Lory's Place facilitator, a person who leads the support groups people attend at Lory's Place. Angie said, "in my role as a facilitator, I aspire to work with the overdose loss support group so that some good can come from my family's tragic loss."

"If Lory's Place didn't exist, I don't know how I would've helped my kids through this."

"Lory's Place has helped my entire family through this tragic experience and actually helped me process my grief from previous deaths that I didn't know I hadn't handled yet." Angie continued, "the fact that it's free to the community is amazing."

To walk through the doors of Lory's Place takes a lot of courage. Angie and nearly 40,000 other people who said, "I can't do it alone," asked for help. To ensure grief healing and education services remain available in our community you can help your grieving neighbors build a new normal with your donation today.

**Donate online at
lorysplace.org/angie**





"How Can You Work in Hospice Care?"

Shortly after program service specialist, Sheila Penrod, let a previous coworker know that she had accepted a job at Caring Circle, her coworker said, "but you're so nice, how can you work at a hospice?" Sheila shared her response and reflection on her time at Caring Circle so far.

"My response was that hospice isn't about dying, it is about living. Yes, hospice deals with dying, but it is more about quality of life and includes the whole family."

"I obtained my licensed practical nurse (LPN) degree in 2012 and had a difficult time finding the right nursing position for me. After struggling with finding the right job I found a non-clinical job at Andrews University. I worked in several positions with different responsibilities over the last few years and honestly never thought I would be working in the medical field again."

"As a program service specialist at Caring Circle I meet with individuals and their families to review the services available at Caring Circle. I travel to homes, hospitals, nursing facilities, and have even met a family at a McDonalds. If hospice is the right avenue of care, I review what is included in hospice services and then obtain signed consent forms. The most common response is relief and thankfulness that I have given the caregiver some extra help."

"There are difficult visits. I have discussed hospice with individuals and families who were not ready to hear the word hospice. Sometimes those who medically qualify for hospice are not ready to take that step and sometimes it's the family that isn't ready."

"Most of my visits are pleasant but that doesn't mean that they aren't tough. The different visits remind me that what I do is important and makes a difference. There are hectic visits, like when I get to a home and the person is crying in pain and we hurry to get them on services as fast as possible so they can get the care they need to find relief from their pain."

"There are inspiring visits, like one time when I met with a family and described everything that was included in the hospice care that Caring Circle could provide, and the person responded that I was describing heaven. The individual was so relieved to be able to get the help needed that it sounded like heaven to them and I got to be a part of that."

"I had a family member tell me that my job must be very difficult. I told them not really because individuals and their families are so relieved and thankful for the help they are signing up for that it comforts me to know that I was able to be a part in getting them the care they need as soon as possible."

"As a new team member at Caring Circle I often get asked if I still like my job. The answer is yes, because I am thankful to be part of a team that is helping people create meaningful moments by focusing on quality-of-life."

Hospice isn't
about dying
it is about
LIVING

When a Family Grieves

After a death, family members often deal with grief in different ways. Grief can draw families closer together. Sometimes, it can pull them apart.

No one can adequately prepare you for handling your grief, let alone a spouse or a child's grief. Learning about grief and how it affects your family can help you get through the difficult times together. It may even help your family grow stronger.

When you're grieving, you tend to be in a state of chaos.

Grief can:

- Challenge your beliefs
- Disrupt your routines
- Throw your life into turmoil

You can't predict how you will respond when someone you love dies. Reactions to a death depend on many factors, such as:

- How the person died
- If you have had other losses, and how you dealt with them
- The kind of relationship you had with the person

People will express grief in their own way. There are as many ways to grieve as there are people.

- Many tend to take an active approach to handling their grief. They may, for example, plant a tree or organize an event in honor of the person who has died.
- Others tend to feel more comfortable talking openly about their emotions and expressing emotions, such as crying.

What is important to remember is that there is no right way or timetable to grieve. Knowing that your parent, child, or spouse deals with grief differently than you do can help you understand and support one another during such a difficult time.

Suggested Reading

- *When Breath Becomes Air*, **Paul Kalanithi**
- *Being Mortal*, **Atul Gawande**
- *Driving Miss Norma: One Family's Journey Saying "Yes" to Living*, **Ramie Liddle**

Dealing with loss

These suggestions can help you and your family with your grief:

- Talk about the person who died and use the person's name
- Tell stories and express what the person meant to you
- Try to wait at least one year before making big decisions
- Make new friends and spend time with old ones
- Accept changes in family traditions; family roles may change
- Plan ahead for holidays, anniversaries and birthdays; these times might be more difficult for you and your family



Q&A

A Focus on Palliative Care

Living with a chronic life-limiting illness can be emotionally and physically draining. Palliative care is the management of symptoms to relieve suffering as well as to assist in understanding difficult treatment options. Early implementation of palliative care can increase quality of life and may be used in addition to curative care of an illness.

Is palliative care only pain management?

No. Palliative care is not only pain management. It is true that we help manage pain in those people with cancer or end stage peripheral vascular disease, however palliative care is much more than that. Palliative care helps people and their families understand their disease processes in order to help provide informed decision making.

Why have I not heard of palliative care before?

Though palliative care is a growing field, it is a relatively new specialty. Many people who have heard of it often think it is the same as hospice care, but it is not. Palliative medicine is a consulting service similar to cardiology or pulmonology.

Will I still see my primary care doctor?

Yes, palliative care specialists are providers you see in addition to your other specialists and primary care doctor.

How do I pay for palliative care?

Palliative care is covered by most insurances. There may be a copay if this is normal for your insurance.

How do I sign up to receive palliative care?

As palliative care is a specialty service, a referral is required. The referral can come from your primary care doctor or from a different specialist.

What does symptom management mean?

Palliative medicine often helps to manage symptoms such as pain, shortness of breath, nausea, and constipation when they are related to a chronic life-limiting illness such as cancer, chronic obstructive pulmonary disease (COPD), and congestive heart failure (CHF).

What are care conversations?

Care conversations are when we sit with a person and their family to get to know them and to help determine their goals for their health. As decision points come up, we try to help ensure that the decisions they are making align with their previously defined goals.



(L to R) Aimee Williams—palliative care coordinator; Diane Scott, LMSW; Emily Delmotte, NP; Tamara Gaishin, PA-C; McKenzie McClelland, NP; Caressa Eckley, DO—medical director palliative care; Rev Mary Shawl-Ranke—chaplain; and Jennifer King, LPN. Not Pictured: Lori Reeves—billing



Is there a difference between palliative care and a pain clinic?

Palliative medicine only treats pain associated with chronic life-limiting disease processes such as cancer and end stage/inoperable peripheral arterial disease. Palliative medicine does not typically manage chronic low back pain or pain associated with osteoarthritis. While we manage pain with topicals and oral medications, the pain clinic often uses procedural pain management such as epidurals and other injections.

What is the difference between palliative care and hospice care?

Palliative care can be provided throughout any part of the disease process including at the time of diagnosis of a life-limiting disease. Palliative medicine works alongside a patient's primary doctor and any specialists that they have. Palliative care can be combined with full aggressive or curative care.

Hospice care is a philosophy of care where patients and their families have chosen to pursue care focused on quality of life as opposed to curative care. Hospice generally takes over all of a patient's care and can work with their primary care provider or take over as their main provider.

Do I come to your office or do you come to my home/long term care facility/hospital?

This depends on your ability to travel. We often see people in their homes as well as in facilities or at our office on an outpatient basis. We try to see people where they are most comfortable having conversations about their overall health.

Our staff will be glad to talk with you, family members and caregivers, or to your health care providers about palliative care. For more information call 269.429.7100 or 800.457.1603

Caring Circle Establishes Hilda Banyon Compassion Fund

In honor of Caring Circle board member and long-time philanthropic supporter, Hilda Banyon, Caring Circle recently established the Hilda Banyon Compassion Fund in her honor. Community and memorial donations provided to the fund will support benevolent care for individuals at the Merlin and Carolyn Hanson Hospice Center in need of financial assistance.

During her more than 15 years on the Caring Circle board, Hilda has played a key role in raising funds to support the organization and in 2014 established a Taste Sensation Culinary Cook Off event which has raised over \$700,000 to date to provide financial assistance to those in need of care at the Merlin and Carolyn Hanson Hospice Center.

"Hilda's outstanding leadership as a long-term Caring Circle board member, as well as her passion and involvement with Lory's Place and the Hanson Hospice Center, has allowed our organization to expand and serve thousands of people in our community," said Melinda Graham, PhD, president, Caring Circle. "Our gratitude for her dedication and commitment cannot be overstated."

Grateful families, memorials gifts, and community donations can be made to Caring Circle for use in the Hilda Banyon Compassion Fund by visiting caring-circle.org or calling 269.429.7100



The Glue That Held Everything Together

Janice Mensinger, wife, mom, friend, and mentor is described as the glue that held everything together for those around her. Janice was first diagnosed with congestive heart failure at age 77. Her daughter Carol said, "Over the course of her condition, Mom took excellent care of herself, always did all the 'right' things as advised by her doctor."

Even with all her planning and extra care to do what her doctors advised, the disease would cause her defibrillator to shock her fragile heart twice. Carol explained that the most recent shock on August 15, 2017, pushed her mother to begin to prepare her family for the day she would no longer be with them.

Janice and her husband, Terry, celebrated their 60th wedding anniversary with their family on October 12, 2017. On that day Janice called for an official "family meeting" to discuss what everyone's thoughts were on her care, Five Wishes, do not resuscitate order (DNR), and eventual burial or cremation. Carol said, "my mom was always the planner; the more she planned, the more comfortable she was."

After three hospital stays in the beginning of 2018, and final diagnosis that her heart had declined drastically, Janice met with the palliative care team at the hospital. It became clear that it was hospice care that Mom needed, and the arrangements were made to move her home.

Carol recalled, "I don't really think Mom knew how quickly she would deteriorate. As her family, we certainly did not. The hospital bed was delivered after that first long, sleepless night. As a family, we took turns caring for her all day and all night."

Janice's Hospice at Home social worker, Amanda, realized the exhaustion and stress the fear for Janice's safety was having on the family. Carol said, "with Amanda in our living room surrounding Mom in her hospital bed, we shared with Mom our concerns and talked to her about getting care at a hospice facility." She continued, "I will never forget how wonderful Amanda was in explaining that we could now just be Mom's family—her husband, her children and grandchildren—we didn't need to be her caretakers."

Butterfly room number two at the Merlin and Carolyn Hanson Hospice Center became Janice and her family's new home. Carol said, "we slept with her in her private room, ate with her, listened to Cubs games on the radio, talked, prayed, and shared feelings, memories, laughter, and tears." She went on to say, "the staff opened their arms and hearts with amazing care and love for Mom."

As much planning as Janice and her family had done, they were overwhelmed with the fact of 24/7 care, and financially unprepared for what that meant. Carol said, "the reality of our family situation, I am sure, is one that is not uncommon to many families."



Their family had exhausted every means available to secure Medicaid, and when all avenues failed, they were literally 15 minutes away from having to move their Mom out of the Hanson Hospice Center. It was at that moment that the family received a phone call letting them know that their mom qualified for funds from the "Hanson Fund." Carol recalled that her brother said it best, "our family truly won the lottery that day."





With her family around her, holding her hands and surrounding her with love, Janice passed away on what Carol described as "a beautiful sunny Sunday morning." She continued, "later that evening a beautiful rainbow appeared over the Mensinger Vineyards, one final sign that Mom was now in her heavenly home."

Carol shared, "our family will be forever grateful to the Hanson Hospice Center and the wonderful staff who cared for Mom day and night. There are just no words to adequately say thank you."

66 The staff opened their arms and hearts with amazing care and love for Mom

The families we serve at Caring Circle become part of our families. Our loving and caring support does not end with a loved one's death but continues through grief healing and the journey toward finding your new normal. Your financial support ensures these programs will continue to provide compassionate, quality of life care and comfort to our families and neighbors facing their individual grief journeys.

Donate online at caring-circle.org/mensinger



Caring Circle's Global Partner "Our Lady's Hospice" Builds and Renovates Facilities with Donated Funds

Imagine living in a corrugated metal home with a dirt floor, no electricity, no running water, and doors and windows only covered with cloth or cardboard. In addition, suppose you had to cook all your meals on the ground in the backyard and rely on an outhouse. This is the normal daily experience for most of the ill patients served by Our Lady's Hospice outreach programs. Because of the primitive housing conditions, hospice services in this community are provided in an inpatient facility operated by Our Lady's Hospice and supported by Caring Circle.

New tile floors, a septic system, staff room expansion with lockers, library improvements, and renovation of the family visitation room for those who have died in hospice, have all been completed in the last nine months using \$5,000 in donations raised by Caring Circle's Global Partnership. The much needed upgrades are increasing the quality of life and care experiences of Our Lady's Hospice patients. Since its founding in 2005 by Sister Eileen O'Callaghan, the hospice program has been making dramatic changes in the medical care of the poor in their community. Our Lady's Hospice complex includes a freestanding brick hospice house that has nine beds and solar power for electricity and water. Residents of the hospice enjoy hot meals, soft hospital beds, a television in the day room and a peaceful sanitary environment for the last days of their life.



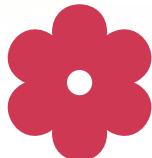
Caring Circle social worker Kunga Nyima, nurse Rischell Redman, spiritual care coordinator Julie Leahy, and aide resource Lori Trickett visited Our Lady's Hospice to get a first hand experience of their challenges in April of 2018. "Our staff was amazed and inspired by the work done by Our Lady's Hospice," recalled Kunga after returning from the trip. "We went there expecting to see a little hospice treating only a few patients but when we arrived, we discovered that Our Lady's Hospice was one of many services provided by the Daughter's of Charity in this community." In addition to hospice and palliative care services, they have a medical clinic, special needs classes for youth and adults, child daycare, and women's empowerment center. All together Our Lady's Hospice provides medical and educational services to 400 people in the community while also operating a nine-bed inpatient hospice residence.

The four following areas identified to help support their work include: a fund for those who cannot afford care, employee educational development, building improvements, and brochure development to help advertise services throughout Kenya.

To learn more about how you can help support the Global Partnership mission, visit
caring-circle.org/globalpartnership

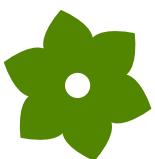
FLOWER POWER

Each week, fresh flowers are donated to the Caring Circle offices in Buchanan, South Haven, and St. Joseph by local businesses. These flowers are transformed into beautiful bouquets by Caring Circle volunteers from all over Southwest Michigan to help brighten the lives of those in hospice care.



"Following retirement from teaching, I was looking for an opportunity to help my community. My dear friend Joyce encouraged me to join the flower volunteer group at Caring Circle and I knew it was the outreach I wanted to take part in. Providing flower bouquets and spreading smiles to those who are facing challenging health issues brings me so much joy!"

~ Sandy Robards



"I feel very fortunate to have the privilege of working with such warm and wonderful staff at Caring Circle. Through the past years of doing what we love, our group of volunteers have also developed a special bond of sisterhood between us. We just feel blessed!"

~ Joyce Burchholtz



"I am a breast cancer survivor. Having been through a double mastectomy, chemotherapy, and radiation, I appreciated having the brightness of fresh flowers during my recoveries. This is a way for me to make that happen for others too and I hope that when I am in their position, someone will take the time to make it happen for me."

~ Debbie Bach



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 caring-circle.org/volunteer

WINTER COMMUNITY CALENDAR

GROUPS

SHADOW STEPPERS

Facilitated by a Caring Circle bereavement coordinator, this group is open to adults traveling through their grief journey. Take part in the healing process in a comforting, supportive environment. This is an open-ended group (you may start the group and end the group whenever you choose).

Monthly

Second Monday - 3:30 to 5 p.m.
Caring Circle, South Haven

Second Tuesday - 2:30 to 4 p.m.
Buchanan Senior Center
810 Rynearson Road
Buchanan

Third Wednesday - 3:30 to 5 p.m.
Caring Circle, St. Joseph



HOPE AND HEALING

This is an open-ended group facilitated by a Caring Circle bereavement coordinator that meets once a month. This group is open to any adult who is grieving a loss, whether newly bereaved or further along in the grief journey.

Fourth Tuesday

4:30 to 6 p.m.
Caring Circle, St. Joseph



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.

Winter/Spring

Tuesdays, now until April 30
10:30 a.m. Bethel Baptist Church
06701 Blue Star Highway
South Haven

Wednesdays, January 8 to April 29
3:30 p.m. F.C. Reed Middle School
10254 California Road
Bridgman

Summer/Fall

Tuesdays, May to October
10:30 a.m. Kids Corner Park
563 Monroe Boulevard
South Haven

Thursdays, May 7 to October 8
9:30 a.m. Bridgman Public Library
4460 Lake Street
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.

Winter Session

Tuesdays, January 7 to February 26
3:30 to 5 p.m.
Caring Circle, St. Joseph

Thursdays, January 9 to February 20

3:30 to 5 p.m.
Caring Circle, Niles/Buchanan

Fridays, January 10 to February 21

2:30 to 4 p.m.
Caring Circle, South Haven

Spring Session

Tuesdays, May 5 to June 16
3:30 to 5 p.m.
Caring Circle, St. Joseph

Thursdays, May 7 to June 18

3:30 to 5 p.m.
Caring Circle, Niles/Buchanan

Fridays, May 8 to June 19

2:30 to 4 p.m.
Caring Circle, South Haven

"REEL" GRIEF

A four-week bereavement support group utilizing depictions of grief featured in familiar movies and television shows. The group will cover a different aspect of grieving each week. Participants are encouraged to view these thought-provoking moments from grief-themed films/TV together with the opportunity to share their own grief experiences and struggles.

Thursdays, March 5 through 26

3:30 p.m. to 5 p.m.
Caring Circle, St. Joseph



To register for a Caring Circle group or for more information, contact 269.429.7100 or visit caring-circle.org/events



CARING FOR YOUR LOVED ONE

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

Monthly

Third Tuesday - 1 to 2 p.m.
Caring Circle, St. Joseph

First Wednesday - 1 to 2 p.m.
Buchanan Senior Center

CELEBRATION OF LIFE SERVICES

Our services honor patients and families served by the organization, as well as community members who have died in the previous year. These non-denominational programs are open to the public, with a time of fellowship at a reception following the service.

EVENTS

Thursday, April 16, 2020

6:30 p.m.
Community Room
Caring Circle, St. Joseph



RUN WALK ROCK

Join the fun! More than 1,400 children and adults, help raise money for Lory's Place in the annual 5K run, walk, and rocking chair marathon.

Saturday, May 15

Registration begins at 7 a.m.
Lory's Place



REFLECTIONS

There are many opportunities to support Lory's Place in this event through sponsorships, attending dinner, and donation auction items.

Friday, July 17

HOSPICE AT HOME BENEFIT

Enjoy an evening raising funds for local hospice and bereavement care services. Enjoy wine and beer tasting from local venues, heavy hors d'oeuvres, and live music in a beautiful lakeside setting.

Saturday, August 1

The home of Dan and Mary Nulty, along the South Beach bluff in South Haven

A huge thank you to all the individuals, organizations, and companies that donated to, or sponsored any of the Caring Circle or Lory's Place events in 2019! For more information about sponsors, or how to become a sponsor visit caring-circle.org

Holiday Shopping? Amazon Gives to Caring Circle

Each time you shop on Amazon, a portion of your purchase can be donated back to Caring Circle. Amazon smile makes it easy for you to shop online and help provide end-of-life care to friends and neighbors regardless of ability to pay.

Visit smile.amazon.com, sign in with your Amazon account, select Hospice at Home St Joseph from the list of nonprofit organizations and you're set!

**Support
Hospice At Home Inc.**

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

[Go to smile.amazon.com](https://smile.amazon.com)

amazon smile



of Lakeland

4025 Health Park Lane
St. Joseph, MI 49085



SHARED OFFICE SPACE ALLOWS FOR EXPANDED CARE

Lakeland Homecare is excited to announce a partnership with Caring Circle in South Haven that will help provide homecare services into more communities. Our skilled homecare nurses and home health aides work closely with physicians to ensure patients of all ages receive the care they need.

- Bathing and hygiene
- Catheter management
- Disease and treatment education
- Dressing changes
- IV management
- Medication assistance
- Transferring and positioning

With the addition of our South Haven office, we are expanding our services to:

- Allegan
- Bangor
- Bloomingdale
- Bravo
- Breedsville
- Fennville
- Gobles
- Kendall
- Pullman
- South Haven

Lakeland Homecare is accredited with commendation by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), the nation's most respected and stringent reviewer of health care. Lakeland Homecare of St. Joseph and Niles has been providing quality homecare services to most of Southwest Michigan since 1985.

For more information about Lakeland Homecare, call **269.985.4400** or visit **spectrumhealthlakeland.org/homecare**

