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PRESS RELEASE
FOR IMMEDIATE RELEASE



Hospice at Home Offers Holiday Blues Programs

Southwest, Michigan, October 16, 2008 - For many people the Thanksgiving and Holiday Season is a time of festivities and celebrations. They look forward to the colors and sounds, the traditions of the sharing of food with family and friends. But for a person who is grieving the death of someone close to them, the holidays can be a time of great anxiety and feeling out of sync with the rest of the world.

The Holiday Blues Bereavement Education and Sharing program is for the grieving person to gain knowledge and renewed strength to walk through grief to a greater sense of wholeness. Holiday Blues covers topics such as why you feel the way you do; how to cope with memories during the holidays, and how to plan for them in the future. This program is offered by Hospice at Home at no charge and is available to anyone in the community at the beginning of each holiday season. The session meets for one hour and thirty minutes of meaningful information and sharing.

The Holiday Blues program is offered at the following dates, times, and locations. Hospice at Home requests that those attending call to reserve a seat.

St. Joseph – Hospice at Home Office

Tuesday, November 18

1:00 and 5:00 pm (two sessions)

Contact Karen Alkema

at (269) 429-7100

South Haven – Hospice at Home Office

Tuesday, November 18

5:00 pm

Contact Karen Riffer-Reinert

at (269) 637-3825

Niles/Buchanan – Hospice at Home Office

Thursday, November 13

3:30 pm

Contact Beryl Johnson

at (269) 695-1099

Other community bereavement services offered through Hospice at Home and Lory's Place include regularly scheduled age-appropriate support group sessions that allow children and adults to interact with peers who have suffered similar loss. Groups for children and adults who are anticipating a loss or who have experienced a loss through pregnancy are also available, as well as educational and workplace grief programs. All community bereavement services are provided free of charge thanks to local community contributions.

Hospice at Home is the non-profit community hospice focusing on the patient and family regardless of the patients' diagnosis, treatment choices, life expectancy, or ability to pay. It provides quality care to people adjusting to living with a serious illness, to people facing death, to people anticipating the death of a loved one, or to people healing their grief after the death of a loved one. Hospice at Home places an emphasis on the emotional, social, and spiritual needs of those whom need care and those receiving support services. Serving Berrien, Cass, Van Buren, and Allegan Counties, the care is coordinated by a team of physicians, nurses, home health aides, social workers, spiritual care counselors, bereavement coordinators, and trained volunteers. Extending this care, Lory's

Place, a bereavement and education center that builds hope and strength for every grieving family, is available to anyone in Southwest Michigan or Northern Indiana.

For more information contact Hospice at Home at 269-429-7100 or 1-800-717-3811, or go to www.hospiceathomecares.org. or contact Lory's Place at 269-983-2707 or 1-800-717-3812, or go to www.lorysplace.org.

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