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## **PRESS RELEASE**

**FOR IMMEDIATE RELEASE**



## Caregiving and Anger Community Program

(South Haven, Michigan) September 17, 2007 - Hospice at Home/South Haven Area Hospice together with South Haven Area Senior Services is providing an educational program for caregivers. The free program focuses on Caregiving and Anger and takes place on Tuesday, September 25 from 5:30 – 7:00 pm, at the Warren Senior Center, 540 Williams Street, in South Haven.

Being a caregiver can be rewarding but also can be frustrating. There can be many round-the-clock demands of caring for an older family member. From making sure all medicines are prepared and appointments are made to finding and coordinating the needed resources to dealing with all the daily caregiving needs. These pressures can end up taking a toll on the caregiver's body and mind. "Feeling anger is a normal response to the many frustrations of caregiving," states co-facilitator Terri Dotson from Hospice at Home. "You may feel anger because nothing you do seems to be enough, your loved one doesn't seem appreciative or maybe doesn't even recognize you, you feel that you're the only one who's helping, and/or you don't know what to do and can't change the circumstances of your loved one's health," continues Dotson.

During this program, caregivers will discuss ways to recognize and accept their feelings. They will learn to define limits on what they can do and how to find resources for respite care. Caregivers will be provided with understanding and tools they can use to continue their job as a caregiver.

Hospice at Home/South Haven Area Hospice 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 disease through the Palliative Care program, to people facing life-limiting illness, to people anticipating the death of a loved one, or to people healing their grief after the death of someone significant. Hospice at Home places an emphasis on the emotional, social, and spiritual needs of those needing 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 about the Caregiving and Anger Community Program or hospice care contact Terri Dotson at 269-637-3825 or 1-800-637-3820; or go to [www.hospiceathomecares.org](http://www.hospiceathomecares.org).

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