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PRESS RELEASE
FOR IMMEDIATE RELEASE



Caregiver Programs in St. Joseph and Bridgman

Southwest, Michigan, February 14, 2007 - If you're a caregiver, you are not alone. A recent study by the National Alliance for Caregiving and AARP found that 44.4 million Americans age 18 or older are providing unpaid care to an adult.

Family Ties, a new free community program for caregivers begins Tuesday, February 20, at Hospice at Home, Inc. This program offers support to those caring for a loved one at home or in an extended care facility. Discussion topics will include coping with the many stresses of caregiving, the changing role in the family, finding a balance, and caring for yourself. Participants will gain valuable information and resources, as well as have an opportunity to learn from others experiences.

“Caregivers benefit from sharing their feelings with someone who is supportive and listens,” states Karen Alkema, Family Ties facilitator. “Our program can help caregivers feel less isolated and build strong bonds of mutual help and friendship. It can provide useful information that helps cope with the many demands of caregiving,” continues Alkema.

Family Ties will meet from 5:00 pm to 6:30 pm on the first and third Tuesdays of each month. The meetings will be held at Hospice at Home, Inc. at 4025 Health Park Lane, St. Joseph, on the third Tuesday of the month. It will be held at Jordan’s Nursing Home at 9935 Red Arrow Highway, Bridgman, on the first Tuesday of the month.

This group is open to all members of the community and is free of charge. People interested in attending, should call Hospice at Home, Inc. at 269-429-7100 or 1-800-717-3811 to let the staff know that you are planning to attend the program.

Hospice at Home, Inc. and South Haven Area Hospice provide holistic quality care for individuals with life-limiting illness and their families in Berrien, Cass, Van Buren and Allegan Counties. The care is coordinated by a team of physicians, nurses, aides, social workers, spiritual care counselors, bereavement coordinators, and trained volunteers. Hospice at Home, Inc. also cares for families at Lory's Place, a bereavement and education center that builds hope and strength for every grieving family.

For more information about Family Ties or hospice care contact Hospice at Home, Inc. at 269-429-7100 in St. Joseph, 269-695-1099 in Buchanan, 269-637-3825 in South Haven, or toll-free at 800-717-3811; or go to www.hospiceathome.org.