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PRESS RELEASE
FOR IMMEDIATE RELEASE



New Guys-n-Grief and Holiday Blues Programs

(Southwest, Michigan) October 5, 2009 – Are you a man who is grieving the death of someone in your life recently or long ago? Grief is an experience in life like no other. People live out the process of grief as uniquely as their own being. Grief is a time of need where support can offer comfort that goes beyond words. It claims no gender because ***Guys do Grieve.***

Through sharing concern and support for one another, we often find the courage, patience and compassion to grieve in our own way and at our own pace. Grief can be a point of connection and we invite men of all ages to become a part of Guys–n-Grief, a Grief and Social Support Group of Hospice at Home and Lory's Place. Men, come share conversation and encouragement as you adjust to life's "new normal."

The monthly groups are being offered at four locations:

- 1st Tuesday of each month from 10:00 -11:00 AM at Lory's Place, 445 Upton Drive, St. Joseph
- 1st Tuesday of each month from 10:00 -11:00 AM at the South Haven Hospice at Home Office, 05055 Blue Star Highway, South Haven
- 4th Wednesday of the month from 10:00 – 11:00 AM at the River Valley Senior Center, 13321 Red Arrow Highway, Sawyer
- 4th Thursday of the month from 4:00 – 5:00 PM at the Buchanan Hospice at Home Office, 4017 Chamberlain, Buchanan

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 17 at noon

Contact DJ Hosbein

at (269) 429-7100

South Haven – Hospice at Home Office

Tuesday, November 17 at noon

Contact Karen Riffer-Reinert

at (269) 637-3825

Niles/Buchanan – Hospice at Home Office

Tuesday, November 17 at noon

Contact Karen Alkema

at (269) 695-1099

Lory's Place

Monday, November 16 at 5 pm

Contact Trisha Pickett
at (269) 983-2707

Hospice at Home also offers ongoing groups that meet during the evening for adults and children at Lory's Place Grief Healing and Education Center. The groups 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. New this year is a suicide loss support group. 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, or ability to pay. It provides quality care to people adjusting to living with a serious illness, facing death, anticipating the death of a loved one, or 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 who 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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