

LINES OF

Hope



What's inside:

- A tradition of caring—Caring Circle celebrates 40 year anniversary
- Care throughout the night
- The power and impact of your donation



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A tradition of care...

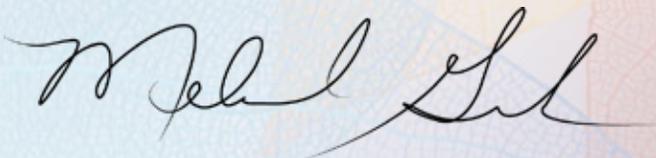
It is an honor and privilege to celebrate over 40 years serving our communities with high-quality, supportive care. Over the years, we have expanded hospice care to more individuals in need; added a community-based palliative care program as well as a hospital palliative care plan; and initiated a transitions program for people who need connections and support from community-based services.

Lory's Place has continued to support more children, adults, and families in a variety of settings. In 2013, we opened the Merlin and Carolyn Hanson Hospice Center for people who could benefit from dedicated hospice care outside of their home. Finally, our HouseCalls program provides home-based primary care when it is challenging to go to the physician's office. These services have created the circle of care that our name, Caring Circle, represents.

Throughout the COVID-19 pandemic, we continue to provide care in all settings. Early on, our team had to quickly adapt to new safety standards and precautions, obtain scarce personal protective equipment, and support individuals with COVID-19 in their homes, facilities, and the hospital. We learned how important it is to teach our families what they can do for their loved ones, be available 24/7 for questions and needs, and to always uphold the dignity of the people we care for.

We missed not having our traditional annual fundraising events such as the South Haven Wine and Beer Tasting and the Hanson Hospice Center event. Our need for benevolent funds has increased during the pandemic, yet our ability to traditionally fundraise has changed. Your financial support is vital to funding benevolent care and allows us to continue valuable programs for veterans, those grieving and personal volunteer services.

Our community has always been generous and committed to take care of our friends, family, and neighbors. Thank you for your dedication and support. I look forward to continuing our tradition of care together.



Melinda M. Gruber, PhD, MBA, CNA
Interim President, Spectrum Health Lakeland Foundation
President, Caring Circle
Vice President, Continued Care Services,
Spectrum Health Lakeland



More room to heal

Painted, furnished, and prepared for adult participants, the expanded space at Lory's Place saw its first support group this year. Thanks to the generosity of several key donors and those in our community, this is now a reality. We are open and providing grief healing to many.

To learn more about Lory's Place programming, please visit lorysplace.org or call **269.983.2707**



How will I get through the holidays?

No matter how long it has been after experiencing a death, the holiday season can feel overwhelming. Giving special attention to your grief is very important and the suggestions below can be helpful as you navigate your way.

Accept that it may be a painful time and plan ahead: If you know that a particular holiday will be harder than others, plan to take time to go easy on yourself. Planning gives you some control over how you want and need these days to look and feel.

Allow yourself to feel your emotions and express your feelings: Grief comes with a variety of feelings, all valid and normal. It is important to find or create a safe space to express all that is inside. Cry long and hard or not at all. Talk, write, craft, pray, exercise, listen to music, or play.

Take care physically too: We often forget the connection between our physical and emotional health. Eat and drink as healthfully as possible. Get some exercise and plenty of rest. Even small steps are progress!

It's okay to let go of past traditions: The holidays are often full of traditions shared and memories with the person who died. You can choose to embrace those times, but it's also okay to create new memories or traditions, even if just for a year or two.

Honor and remember: Getting through these difficult days are sometimes easier if we allow ourselves to remember and honor our person, who they were, and what they meant to us.

- Do something for someone else
- Give to a charity they believed in
- Light a candle
- Listen to music they loved
- Run/walk a 5k in their honor
- Set a place at the table
- Wear an article of their clothing

Allow others to walk this journey with you:

Grieving someone can leave us feeling alone and, especially now, isolated. Reach out to others and seek your network of people who bring you comfort and allow you to be authentic.

If you would like more resources as you grieve, please call Lory's Place at **269.983.2707** or visit lorysplace.org



GRIEF NINJA WARRIOR

On a beautiful morning in August, children gathered at Lory's Place for our annual Camp Lifetimes, this year focusing on their inner grief ninja warrior. An opening ceremony gave participants the chance to share about the person in their life who had died while placing their photo on a display board for the day.

The importance of mindfulness, calm, and focus in grieving and stressful situations were taught as campers were led through a belly breathing exercise. They were then introduced to the grief ninja warrior skills that help them to care for themselves and others who are grieving.

- Agility and flexibility to adapt to daily life without their person.
- Mindfulness to be in the present while learning from the past.
- Zen-like calm to prepare for big grief feelings.

Campers then took some time to write out their strengths when working through their grief. With the help of their adult group leaders, kids identified many strengths such as cooking, drawing, being kind, taking care of animals, and having and being a friend. Using these strengths, they decorated their own shields with markers, along with the names of people who love and support them, some of their favorite activities, and some amazing artwork!

Ninja skills in action at Power in Motion Gymnastics, Dance, & Cheer

Power in Motion instructors led participants through various physical ninja activities. The group was taken through a ninja course where they were taught how to complete a variety of physical challenges. Participants ran, leapt, tumbled, somersaulted, and soared until they were literally exhausted. This opportunity to overcome challenges while being so physically active was an ideal way for the participants to use their best ninja grief skill of all – play.

A time for reflection

Upon returning to Lory's Place campers were joined by parents, guardians, and siblings for a closing ceremony. Campers took turns retrieving their picture of the person who died and received a ninja warrior belt and headband. Wrapping up camp, participants left more prepared to use their ninja grief warrior skills to process and express feelings of grief and healing.

A huge thank you to The Heart of Cook for the grant that made our 2021 Camp Lifetimes possible and to Soulard's Bakery for the beautiful ninja warrior cookies each participant got to take home with them.



We Honor Veterans Level 5 partnership

Caring Circle is now certified as a Level 5 Partner in the National Hospice and Palliative Care Organization's (NHPCO) We Honor Veterans program. At this level, Caring Circle has reached the highest rank possible in the program and is now considered a mentor program. This means we have committed to make ourselves available to support other organizations throughout the country as they work to enhance their own programs.

It takes a special organization with many people who are actively engaged and willing to work together to reach this level and offer these services. We are so grateful for the countless champions for veteran care spanning across all disciplines and departments at Caring Circle who make quality veteran care a priority in their everyday work.

Welcome home Vietnam veterans

Most people are familiar with the celebrations that happen when service members come home from deployment. Due to the political and social climate of the time surrounding the Vietnam war, Vietnam veterans were never given this type of tribute or thanks when they returned home.

On Monday, March 29, Caring Circle staff and volunteers, led by our We Honor Veterans program, had the pleasure of honoring Vietnam veteran hospice patients with a ceremony in honor of National Vietnam War Veterans Day.

A total of 11 Vietnam veterans were provided with a welcome home ceremony at their homes. They received welcome home Vietnam veteran beads, a special declaration, and a veteran star from their hospice team. Team members held welcome home signs, cheered, and helped give them the welcome home celebration they never received.



What does spiritual care look like for those in hospice?

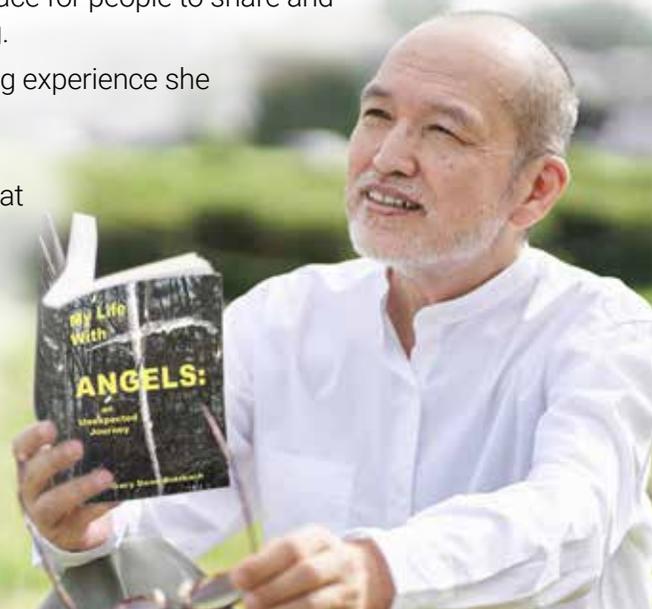
When an individual receives hospice services, they are met with a team of providers who help with every aspect of care—emotional, physical, and spiritual. Spiritual care coordinators at Caring Circle are able to provide a unique listening experience and supportive presence.

People who receive spiritual care come from all walks of life; some attend religious services regularly, others may be questioning their beliefs, while some may not believe at all. A spiritual care coordinator follows the lead of those they serve, providing individualized support.

Some visits involve music and creative activities, while others provide space for people to share and honor their memories of life's journey which can lead to profound healing.

Julie Leahy, spiritual care coordinator at Caring Circle shared the following experience she had with a person using spiritual care services:

"I went to Stephanie and Gary's home while Stephanie was on palliative care to help them with their advanced care planning. Gary was excited that I was a chaplain and wanted to share his experiences with angels. He had written and published a book, "My Life with Angels: an Unexpected Journey." A few years later, Gary died unexpectedly, and shortly after, his wife became a hospice patient. The story came full circle when I was the one who was able to provide spiritual care for her. Stephanie was grieving the loss of her husband and shared that it was a comfort to see me again since I previously met her spouse, Gary."



Care throughout the night

From a very young age Verna McGruder, RN knew she wanted to be a nurse. Even as a seven year old she remembers writing in her journal, "I'm going to be a nurse!"

Growing up in an environment filled with uncertainties, Verna looked up to her aunt who was a licensed practical nurse and saw her as an inspiration. Thirty-three years later, the Benton Harbor resident is now an on-call, after hours nurse at Caring Circle of Spectrum Health Lakeland. Caring Circle provides 24/7 hospice care and Verna makes sure that from 8 p.m. to 8 a.m. anyone who needs care will receive it. While she can't imagine working anywhere else, there was a time Verna didn't fully understand what hospice care was.

Being present with families and individuals in hospice care during such a critical time is a privilege. I help educate and provide comfort to those in hospice care along with their loved ones, and give them the attention and care needed in that moment—it is truly a blessing.

Over five years ago, Verna was working in a local nursing home alongside hospice team members from Caring Circle who provided specialized care. Verna recalls consulting with a hospice nurse on one of her patients who wasn't eating. The nurse gently explained, "This person is not dying because he isn't eating, they're not eating because they're dying." That one phrase completely changed how Verna viewed hospice care.

Verna worked her way through a career in nursing, beginning as a certified nurse assistant, then becoming a licensed practical nurse, a registered nurse, and now has a bachelor's degree in nursing. "Never in a million years did I think I would be a hospice nurse," said Verna. "I have held a number of different roles in nursing homes and since coming to Caring Circle I realized hospice was my true passion."

Verna started at Caring Circle part-time and immediately fell in love with the work.

Even while the COVID-19 pandemic has brought new challenges to the way we provide care, Verna is grateful to do what she does as a hospice nurse and wouldn't want to do anything else. "I just love what I do," said Verna.

A family in crisis

In the early hours of the morning, Verna got a call that someone on hospice care was in a lot of pain and that the medical interventions tried so far hadn't provided relief. Verna arrived, assessed the situation, and decided to give the patient comfort with a technique she had learned in her many years in the nursing field.

Verna was able to help fix the issue that was causing the pain and the discomfort and tension in the room immediately lifted. The daughter ran to Verna, hugged her tight, and started crying and thanking her for what she had just done. Verna finished her visit and right before she got in the car, the daughter's husband ran out and hugged and thanked her for providing so much relief, not only for his wife's mother, but also for his distraught wife who took the weight of the pain on herself.



In 2021, your kindness and generosity provided:

69

DAYS of hospice care for uninsured community members

600+

advance care planning
CONVERSATIONS

2,145

community members participated in 143
GROUP DAYS

432

STUDENTS reached through 70 Lory's Place school groups

366 DAYS

of **BENEVOLENT CARE** at the Merlin and Carolyn Hanson Hospice Center

1,300+

COVID-19 VACCINATIONS administered to community members in their homes



The **POWER** and **IMPACT** of your donation

We are grateful to give our love and care to our community members, regardless of ability to pay. This year, we need your financial support to continue providing essential help and local services to our neighbors and friends in need.

Community outreach

- Caring Circle had a booth every Wednesday at the Benton Harbor farmers market, having a total of 166 community conversations about available services and programs.
- Caring Circle was able to share information with over 150 people by participating in the South Haven Blueberry festival.
- An open house for Caring Circle in Niles allowed for over 40 connections with community members.
- Lory's Place provided grief support for over 450 Benton Harbor community members.

COVID-19 vaccinations to community members in their homes

- Over 1,300 COVID-19 vaccinations were administered to community members in their homes
- Retired, volunteer, and working nurses dedicated their time and skills to ensure community members had the opportunity to be vaccinated.
- Our teams worked together to coordinate, schedule, stock, and administer vaccinations throughout Southwest Michigan.
- Caring Circle partnered with community agencies including Program of All-Inclusive Care for the Elderly (PACE), Area Agency on Aging (AAA), Meals on Wheels, and the Berrien County Health Department to administer vaccinations to additional at-risk populations.

Expanded grief healing

- The Lory's Place expansion allows community members opportunities to engage in activities that encourage healthy mourning and socialization such as:
 - Book club
 - Cooking for one
 - Grief expressions: Spoken word
 - Reel grief

Lory's Place virtual support

- 12 monthly virtual support emails sent resulting in 504 emails opened
- 222 virtual support landing page views
- 14,157 social media followers with 45,591 interactions (likes, reactions, and shares)

Physician residency program

- 11 residents in 2021 rotation
- Focused on caring for hospice, palliative, and HouseCalls patients

Looking ahead at 2022

Thank you for the many ways you continue to support this important work as we serve and care for those in need in our community.



Healing years and decades after loss

In 1977, at age 24, Catherine West experienced the death of her five-month-old daughter. Her daughter was born with a heart defect.

Catherine shared that the loss itself was traumatic, and coupled with being young and not having experienced the death of anyone close to her before, it was difficult for her to understand why this could happen.

Eight years ago, Catherine experienced the loss of another child. Her adult son died of an accidental overdose at 33 years old. Years later, Catherine began seeing a therapist who referred her to Lory's Place. Catherine shared the following about her journey:

"It's hard for people to understand the importance of somewhere like Lory's Place until they have lost someone close to them. All of us will lose someone we love at some point in our lives and Lory's Place is there to help survivors work through their grief and foster emotional health not only for the participants, but their families and support networks as well.

You feel so alone when you lose someone, you don't feel like you are the same as other people."

With the community at Lory's Place, you know everyone there DOES understand, and they aren't different, they are just like you. You are not alone.

- Catherine

The importance of independence

Caring Circle has been such a blessing for our family. As all of us deal with the inevitable fact of our loved one's aging, we were continuously challenged to support our dad. Appointments and medications, as well as emotional, faith-based, and time demands, were challenging for us. Once our dad enrolled in the Caring Circle hospice program, all of us felt such a relief.

The team from Caring Circle came in and explained all the services available to us. We are taking advantage of the services that we need now, knowing that additional help is available if needed.

Our dad's attitude has improved dramatically. He has more confidence in his ability to remain independent in his own home. The entire staff has welcomed him as family. We feel confident that when we are not available, he is well taken care of.

Respectfully,

Rich and Katie

As you spend time with family this holiday season, we hope you will take a moment to reflect on how the work of Caring Circle supports our community and is able to create lasting memories for those in our care.

To make a donation, please visit caring-circle.org/help or lorysplace.org/help



Caring Circle in the community

While restrictions were lessened and, in some cases, lifted, this year still did not look the same as others. As some in-person activities resumed with safety measures in place, Caring Circle was honored to be involved in community events and gatherings to educate and share information about our resources and services that help improve quality of life.

Benton Harbor Farmers Market

Each week, Caring Circle team members and volunteers staffed a booth at the Benton Harbor Farmers Market over the summer. Community members had the chance to stop by the booth, get information on Caring Circle services, and talk with team members about specific situations and program offerings. Not only did this prove to be a way to meet the community where they were at, but it also bridged community connections and resources.

Niles office ribbon cutting

Caring Circle hosted a ribbon cutting for a new shared office space in Niles with Spectrum Health Lakeland Homecare. Held entirely outside with social distancing precautions, community members and area businesses attended and heard from leadership and team members about the services available at Caring Circle.

South Haven Blueberry Festival

South Haven Caring Circle team members assembled and entered a float in the “standstill” parade at the 2021 National Blueberry Festival in South Haven. While participating in the festive event, team members shared information about services and programs Caring Circle provides to the South Haven community.

Garden Walk Fundraiser

Caring Circle took part in The South Haven Garden Club’s annual Garden Walk fundraiser in July. A portion of proceeds from this event helps to fund the hospice flower program and the club’s weekly contribution of flowers. Caring Circle had a booth at this year’s event, sharing photos of bouquets the club created over the last year as well as information about Caring Circle resources and services.

Caring Circle is grateful to be part of so many wonderful, connected, and resourceful communities. If your event would benefit from having a Caring Circle team member share information and resources, please reach out to us at 269.429.7100.



Spotlight on Hanson Hospice Center intern: Unique Lewis

The GROWTH (Guided Real World Orientation and Work Training at the Hospital) internship program has completed its second year at Spectrum Health Lakeland. The program emphasizes mentorship, professional competency and training, and health care career exploration. It also aims to respond to the shortage of Black and Hispanic/Latinx associates in clinical and nonclinical staffing by creating a career pipeline between Benton Harbor area youth and Spectrum Health Lakeland.

Unique Lewis is a recent high school graduate and GROWTH intern, who spent time at the Merlin and Carolyn Hanson Hospice Center. Unique shared that while she was at first anxious about being at the hospice center, after only a short amount of time, she realized hospice wasn't just about death. It was also about living and quality of life.

"I learned so much," said Unique. "It's not just that the people at the Hanson Hospice Center are at their end of life; they're grateful for what they have done and what they have experienced throughout their life."



The team at the Hanson Hospice Center was so sweet and kind. They taught me how to enter a patient's room, how to help, how to comfort them, and just how to be there.

Give the gift of time, become a volunteer

Caring Circle is seeking compassionate people to volunteer and help make a difference in the lives of those using our services. No medical knowledge is required, and all necessary training will be provided by Caring Circle.

There are many different volunteer opportunities including patient respite visits, pet therapy, event support, and other roles that can be matched to your interests and talents.

For more information on Caring Circle's volunteer program, call **269.429.7100** or visit **caring-circle.org/volunteer**



A celebration of life

Ann and Robert Lemon both received hospice care through Caring Circle. Their family shared what an immense blessing it was for their parents to have this type of specialty care and support at the end of their lives.

When Ann was not able to stay in her home any longer, she moved into the Merlin and Carolyn Hanson Hospice Center. She enjoyed spending time in the great room listening to the piano and watching the fish swim around in the saltwater tank. Her husband Robert would visit often, and team members at the Hanson Hospice Center shared how the Lemons made everyone at the facility feel like family. After Ann died, her family even held her memorial service at the Hanson Hospice Center because it had become such a meaningful place for them.

Robert started with home hospice care and eventually moved to the Hanson Hospice Center himself. He enjoyed many of the same comforts as Ann and greatly appreciated the skill and compassion of the staff. Robert died just a few months after the celebration of Ann's life. The staff recalled how it was a true honor to share the Lemons' journey.



When you can 'simply love' instead of doing it all

Rosalie Plechaty and her mother, Marjorie Belokin, both knew Marjorie's condition was terminal. When they could no longer manage her care at home, the Caring Circle hospice team in South Haven stepped in to help.

"Caring Circle will always hold a special place in my heart for many reasons. Losing my mother was harder than I thought it would be. I knew her disease was terminal. She knew her disease was terminal. Knowing is one thing—experiencing it was another.

You can pretend it's not as difficult as it seems for a while; how hard it is for someone you love dearly to begin to fail, how hard they are trying to cover it up so they don't worry you, how hard they want to hang on to their dignity and privacy. And then suddenly, you can't. This is where Caring Circle steps in.



I still cry as I write this. She thanked them every time they came, sometimes at a drop of a hat, and then, at that the very end, they were there for us both. I simply could not have done that scary and heart-breaking time without them."

They took care of her physically, medically, spiritually, and mentally, so that I could simply love her and spend what little time we had left. Caring Circle gave her the dignity she deserved. You won't know until you experience this yourself, but believe me, you will need them and appreciate them as much as I do.

- Rosalie Plechaty

Consider making a donation today, your generosity helps make it possible for community members to receive care regardless of ability to pay. Make your donation at caring-circle.org/donate

Community partners in primary care

HouseCalls helps to connect people who struggle to get out of their home for appointments with health care. Bringing the care directly to patients helps ease the burden and risk of leaving their home. With the advantage of coming into a patient's home space, HouseCalls can identify challenges and personal needs the patient or family may have:

- Additional caregivers or support for patients in the home
- Assistance with groceries or meals
- Assistance with paying for utilities
- Services for mental health or substance use treatment
- Durable medical equipment at an affordable cost

Through multiple partnerships in the community, HouseCalls has found greater success in collaboration for the benefit of patients and families. These agencies each provide unique aspects of care within a specialty to treat all aspects of a person's life.

Over the past year, HouseCalls and Area Agency on Aging have formed a partnership to link adults with the medical and community-based care. This alliance has allowed for interventions to be created where complex care needs, social determinants of health, and caregiver needs are all addressed and managed through close

communication and collaboration. Recent studies show that at least 20% of a person's overall health is attributed to the social and physical environment around them. Accounting for social conditions that a person lives in is critical to improving both primary prevention and treatment of acute and chronic illnesses.

For more information, call **269.985.4467**



Sensory stimulation for dementia

Licensed medical social worker, Kunga Nyima Drotos, MSW, leads a sensory stimulation group designed for people suffering from moderate to severe dementia; people who are often mute, unable to walk or feed themselves; or those near the end of life. The goal of this group is to increase participants' feelings of social support.

The group facilitator provides stimulus to engage participants in seven sensory areas:

- Movement
- Smell
- Taste
- Touch
- Sight
- Sound
- Thought

A variety of activities are used in each group meeting, including looking at pictures, smelling and tasting different foods, receiving massages, holding objects, singing, listening to music, coloring, dancing, playing games, and simply just reminiscing on life.

The volunteers provide pictures, music, and other props to engage the group around a theme selected in collaboration with the facility staff. Group themes are selected to help orient residents to the time of year, season, holiday, and other significant events.

For more information on this group, please call Caring Circle at **269.429.7100**.



Events, community classes and programs

South Haven grief support group

All adults who are traveling through their grief journey are invited to take part in the healing process of this open-ended monthly bereavement group. The group is offered at no charge. RSVP by calling **269.637.3825**.

Second Thursday of each month
1 p.m. to 2 p.m.
Caring Circle, 05055 Blue Star Highway, South Haven

“Reel” grief

This ongoing bereavement support group utilizes depictions of grief featured in familiar movies and television shows. 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. Contact Andy Thompson at **269.429.7100** for more information or to RSVP.

First and third Tuesdays of the month
3:30 p.m. to 5 p.m.
Lory's Place, 445 Upton Drive, St. Joseph

YMCA Niles-Buchanan grief support

Adults who have experienced the death of someone significant are invited to take part in the healing process within this comforting and supportive environment. This is an open-ended group, offered free of charge. RSVP by calling **269.983.2707** if you plan to attend as space is limited.

Second Wednesday of each month
12 p.m. to 1 p.m.
Niles-Buchanan YMCA, 905 North Front Street, Niles

Just coffee

When you are grieving it can be tough getting out and socializing again. Perhaps those precious moments in the morning once shared with your person are difficult to get through. Having a familiar, comfortable place to go can help ease the transition. Join others like you at Lory's Place twice a month for coffee and conversations.

Second Friday of each month
9 a.m. to 11 a.m.
Lory's Place, 445 Upton Drive, St. Joseph

Good grief

“Good grief” 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. Each seven-week session meets for one hour and thirty minutes of meaningful information and sharing. RSVP at **269.429.7100**.

Tuesdays, January 11 to February 22
3 p.m. to 4:30 p.m.
Caring Circle, 4025 Health Park Lane, St. Joseph

Wednesdays, January 12 to February 23
12:30 p.m. to 2 p.m.
Caring Circle, 05055 Blue Star Highway, South Haven

Thursdays, January 13 to February 24
3 p.m. to 4:30 p.m.
Caring Circle, 60 N. St. Joseph Avenue, Suite 120, Niles

Book club

Book choices will be announced two months prior to each date. All book club meetings will be held at Lory's Place at 445 Upton Drive in St. Joseph. Call **269.983.2707** to find out what the upcoming book is and to reserve your spot.

Monday, January 17 - 5 p.m. to 6:30 p.m.

Monday, March 14 - 5 p.m. to 6:30 p.m.

Monday, May 16 - 5 p.m. to 6:30 p.m.

Celebration of life

Established to honor patients and families served by Caring Circle, as well as community members who have died in the previous year, this non-denominational program is open to the public. There will be a reception following the service with a time of fellowship. RSVP by calling **269.983.2707**.

Thursday, April 28 - 6:30 p.m.
Caring Circle, 4025 Health Park Lane, St. Joseph

Spoken word: grief expressions

A night of creative grief expressions shared through poetry, song, or readings. Call Denise Thomas at Lory's Place at **269.983.2707** to RSVP.

Monday, April 25 - 5:30 p.m. to 7 p.m.
Lory's Place, 445 Upton Drive, St. Joseph



Like us on Facebook | facebook.com/mycaringcircle • facebook.com/lorysplace

Caring Circle welcomes new providers

Over the last year, Caring Circle has welcomed several new providers to the team. We are excited for the added experience, support, and compassion these providers will bring.



Abena Amponsah, NP came to Caring Circle with over 17 years of experience in healthcare. She graduated from Lewis University with her Masters of Science in Nursing (MSN) specializing as a Family Medicine Nurse Practitioner.

"I believe in the concept of 'no man left behind' and 'I am my brother's keeper,' Caring Circle is the epitome of this belief system. They help bridge one of the major gaps in the healthcare system; which is limited access to care for vulnerable populations with extensive healthcare needs."



Patrick Beaumier, MD practiced anesthesia, acute pain management and critical care medicine in Grand Rapids for nearly twenty years before transitioning to hospice medicine in 2015. Dr. Beaumier graduated from the University of North Dakota School of Medicine and completed his anesthesia residency at the University of Texas Health Science Center in San Antonio.

"My life journey has evolved to the point where I have come to prioritize patient autonomy and physician empathy for my fellow humans and their families as they navigate their way through some of the most challenging moments of their lives."



Lori Dotson, MD joins Caring Circle with over 30 years of clinical experience. Dr. Dotson graduated from the University of Illinois College of Medicine and is board-certified in both internal and integrative medicine.

"Working at Caring Circle allows me to provide meaningful quality of life care with a patient centered focus. It is a genuine pleasure to work with a team of health professionals also dedicated to providing the highest level of compassionate care."

Help for family caregivers

Caring for a family member doesn't look the same from one family or situation to the next. You may feel that all the work you are doing is normal for what a loving daughter, son, or partner would do. Providing care to your loved one is important, so is caring for yourself. This is why Caring Circle provides a monthly e-newsletter, free of charge with articles like:

Depression after a scary diagnosis

If the person you care for has a life-threatening illness, you might think it's only natural for them to feel down. It is not uncommon for someone with cancer or a similarly scary diagnosis to become depressed. Effective treatment makes for better quality of life. It can also improve other symptoms, such as pain and insomnia.

Not all socks are created equal

Older adults with edema (swollen legs), varicose veins, or deep vein thrombosis find that compression socks ease discomfort and can even prevent problems. This is especially true if your relative spends a lot of time sitting.

SIGN UP TODAY!

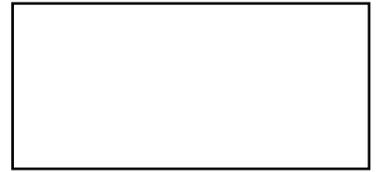
If you would like to receive this free monthly e-newsletter, with caregiving resources, tips, educational opportunities, and inspiration visit, caring-circle.org/familycaregiver and enter your email address





of Spectrum Health Lakeland

4025 Health Park Lane
St. Joseph, MI 49085



Who will speak for you?

Sometimes the unexpected happens—including medical emergencies when you can't speak for yourself.

Name your advocate

If you're over 18, it's important to name someone you trust to speak for you in a medical emergency. Completing an advance directive helps you get a plan in writing and share it with your family and healthcare providers. By having this conversation now, you are empowering loved ones to make decisions on your behalf.

For more information, call **269.983.8166**
or visit **spectrumhealthlakeland.org/acp**

