



**For Immediate Release**

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## **Hospice of Michigan to Host Coping with the Holidays Program**

**Detroit, November 16, 2015** – Hospice of Michigan will present a series of Coping with the Holidays events, a free community outreach program that provides the bereaved with tips to deal with grief during a time when most are happy and expressing joy.

“For those who have experienced the loss of a loved one, the holidays often elicit emotions of grief and sadness,” said Karen Monts, director of grief support services at Hospice of Michigan. “Though it may be a difficult time for those grieving, it can also be a wonderful time to remember a loved one’s memory. Our program is designed to give the bereaved the tools they need to once again enjoy this special time of year.”

HOM’s Coping with the Holidays program teaches that the holidays may be challenging but there are techniques to help handle grief and find comfort, such as:

- Planning ahead. Bereaved individuals who seem to have the most difficulty with the holidays are often those who have given little thought to the emotional challenges they will encounter.
- Accepting your limitations. Family and social pressures, in combination with decision-making challenges, can be overwhelming. Choose a few issues to deal with and limit the number of decisions you need to make so they won’t overwhelm you.
- Taking care of yourself. Exercising, eating a proper and balanced diet and getting the proper amount of rest are critical. Avoid the temptation of excessive alcohol.
- Lowering expectations. Go easy on yourself and try not to overextend in order to reduce overall stress.

Events will be held:

- Thursday, Oct. 22 at St. Thomas the Apostle, 2750 Burton St. SE, from 3:30 to 5 p.m.
- Wednesday, Oct. 28 at the HOM West Branch office, 2494 I-75 Business Loop, Ste. 3, from 1 to 2:30 p.m.
- Tuesday, Nov. 3 at the HOM Bloomfield Hills office, 43097 Woodward Ave., from 6 to 7:30 p.m.
- Wednesday, Nov. 4 at the HOM Cadillac office, 932 N. Mitchell St., from 1 to 3 p.m.
- Wednesday, Nov. 11 in Brighton at Wellbridge of Brighton, 2200 Dorr Road, from 2 to 3:30 p.m.
- Thursday, Nov. 12 at the HOM Alpena office, 112 W. Chisholm St., from 5:30 to 7 p.m.
- Tuesday, Nov. 17 at the HOM Fremont office, 33 W. Main St., from 1 to 3 p.m.
- Tuesday, Nov. 17 in Wayne at New Hope Church, 3640 Michigan Ave., from 6:30 to 8 p.m.

- Thursday, Nov. 19 in Clinton Township at the HOM Macomb office, 39531 Garfield Road, from 1:30 to 3 p.m.
- Tuesday, Dec. 1 at the HOM Bloomfield Hills office, 43097 Woodward Ave., from 6 to 7:30 p.m.
- Tuesday, Dec. 2 in Gaylord at The Brook of Gaylord, 900 Hayes Road, from 1 to 2:30 p.m.
- Friday, Dec. 4 at the HOM Big Rapids office, 400 Perry St., from 1 to 3 p.m.
- Tuesday, Dec. 8 in Clinton Township at the HOM Macomb office, 39531 Garfield Road, from 6 to 7:30 p.m.
- Tuesday, Dec. 8 at Fife Lake Public Library, 77 Lakecrest Ave., from noon to 1:30 p.m.
- Wednesday, Dec. 9 at the HOM Ludington office, 5177 W. U.S. 10, Ste. 2, from 1 to 2:30 p.m.
- Wednesday, Dec. 9 at HOM's Traverse City office, 10850 E. Traverse Hwy, Suite 115, from noon to 1 p.m.
- Thursday, Dec. 10 at the HOM Detroit office, 400 Mack Ave., from 1 to 3 p.m.

The Coping with the Holidays program is open to all those dealing with grief, whether a loved one died recently or decades ago. Participants are invited to enjoy refreshments and listen as grief experts discuss holiday coping techniques such as planning ahead, accepting limitations and finding someone who will listen.

To register, contact Hospice of Michigan at 888.247.5701.

#### **About Hospice of Michigan**

A nationally recognized leader in end-of-life care, Hospice of Michigan is the original – and largest – hospice in the state. The non-profit cares for more than 1,700 patients each day, raising more than \$4 million each year to cover the cost of care for the uninsured and underinsured. HOM offers a broad range of services to enhance the quality of life at the end of life, including At Home Support™, our advanced illness management program, community-based palliative care and pediatric care programs. HOM provides grief support and counseling, caregiver education and support, and education programs for physicians and healthcare professionals through its research, training and education arm, the Hospice of Michigan Institute. For more information, call 888.247.5701 or visit [www.hom.org](http://www.hom.org).

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