



Expert care,
centered on you.



A member of NorthStar Care Community

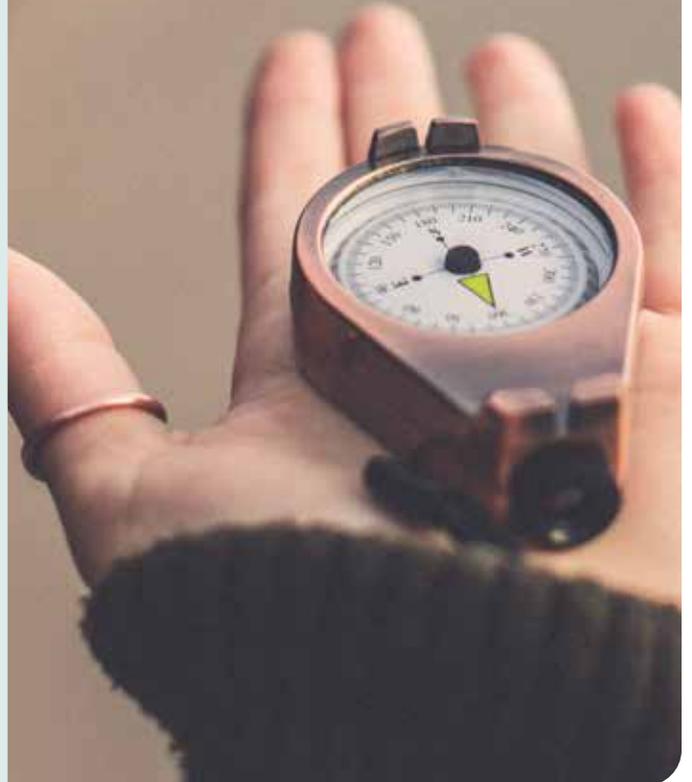


A full range of care centered on you

- Living with a serious illness is filled with challenges. Your needs will change along the way – sometimes drastically. But you don't have to face these challenges alone. Centrica™ Care Navigators will keep you and your family at the center of our expert care. We focus on you as a whole person – not just your illness or disease – and surround you with a circle of care and compassion for your body, mind and spirit.

Guiding you on the path you choose

You can count on Centrica Care Navigators to walk with you throughout your entire journey of serious illness, guiding and supporting you on the path you choose. The healthcare system can be complex and confusing, and it can be difficult to know which way to turn. With the region's most comprehensive and experienced care team founded in 1981, Centrica will meet you wherever you are on your journey and help guide you to the right care at the right time. Our expertise also enables us to anticipate what lies ahead and plan for what comes next. We always will honor your preferences, goals and wishes – so you can live your life in the way you find the most fulfilling.





- Our social workers support you and your family
- Our chaplains provide emotional and spiritual support
- Our hospice aides help you with personal care
- Our trained volunteers offer companionship, household help and more
- Our grief counselors provide support to your family

Hospice care is a healthcare benefit.



Expert care and comfort for life's final months

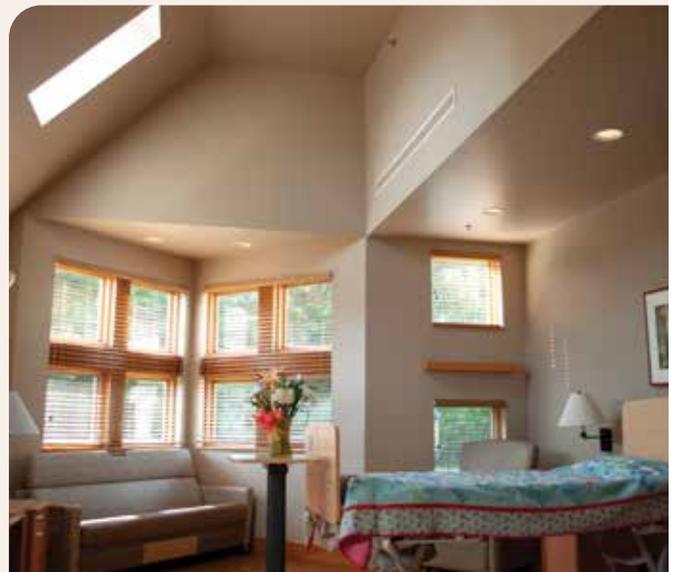
When your medical team says no more can be done to cure your illness, there's much more Centrica™ Hospice Care can do to improve your comfort and ability to live the remaining months as fully as possible. The sooner we begin care for you and your family, the more we will be able to support you as you wish.

Our team expertly manages your symptoms, including physical and emotional pain. We care for you wherever you call home with regularly scheduled visits and phone support 24/7.

Centrica Hospice Care also trains your family members to be more capable and confident caregivers, and even delivers appropriate medical equipment and medications to your home.

Our highly trained hospice staff works with you and your family to address all your needs and to make the most of your time together.

- Our physicians work with your attending physician or we can fully direct your personalized care plan
- Our registered nurses are experts in pain and symptom control



CENTRICA ROSE ARBOR PLACE

5473 Croyden Avenue, Kalamazoo, MI 49009

At times during a serious illness, staying at home may not be the best choice. When complex conditions require constant care, Centrica Rose Arbor Place provide the comforts of home for patients and families – plus the expert management of symptoms by physicians, registered nurses, nurse practitioners, counselors and others, 24 hours a day.



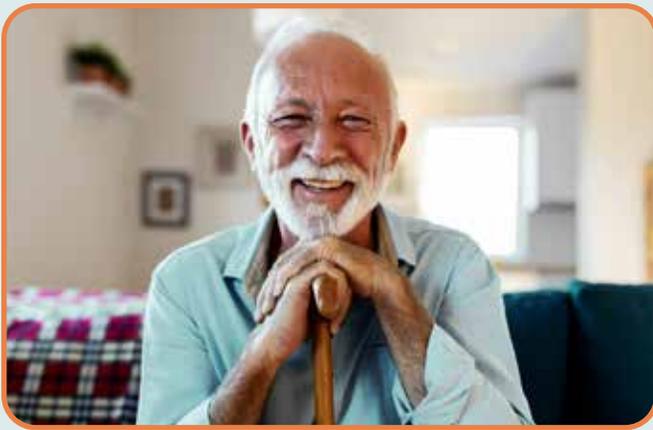
Support for your personal grief journey

All of us will experience grief in our lifetime. None of us will experience it exactly the same way. Grief is a personal journey, but not one you must travel alone. Centrica Grief Support offers a wide range of services to assist you as you move through the grieving process toward healing. Support groups are led by licensed grief support counselors and trained volunteers.

Centrica Grief Support services include:

- **Grief Connection** – An informal, adult drop-in group that offers an opportunity to connect with others at all different stages of their grief journey.
- **OutFront Grief Circle** – A drop-in grief support group serving both the specific needs of the LGBTQ+ community and the common needs of grievers of all kinds.
- **Walking Through Grief** – Our ongoing drop-in social support walking group. All fitness levels welcome! This is an opportunity for walkers to make connections with others and grow around grief.
- **Journeys** – A special year-round group for children, teens and their families who are grieving after the death of a loved one.
- **Grief Workshops** – We offer groups as series throughout the year that focus on the grief support needs of those who have lost partners, parents, siblings, children, and others.

All Centrica Grief Support groups are free and open to anyone in the community.



Managing pain and symptoms at home

If you are struggling with symptoms, emotional stress and/or planning care for an advanced serious illness at home, Centrica Palliative Care is here to help. The main goal is to improve quality of life for you and your family.

Our expert team works with your primary care physician to deliver additional support to the care you're already receiving with your current care plan.

Centrica Palliative Care offers these advantages:

- Expert relief from pain, stress and other symptoms of an advanced illness
- Provided wherever you call home - whether a private residence, an independent or assisted living community, or a nursing home
- Care planning that involves you and your family
- Skilled communication and support for defining goals of care and complex medical decision-making
- Connection to helpful resources and other support for your needs
- Can be provided together with curative treatments, including clinical trials



Discover how Centrica™ Care Navigators can help you and your family throughout the journey of a serious illness.

Call 269.373.3200
or 800.304.0273



Learn more at CentricaCare.org

7100 Stadium Drive • Kalamazoo, MI 49009



- HOSPICE CARE
- ROSE ARBOR PLACE
- PALLIATIVE CARE
- GRIEF SUPPORT
- JOURNEYS

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