



**PENNYROYAL HOSPICE** IS A NON-PROFIT ORGANIZATION FOUNDED IN 1982 BY A GROUP OF VOLUNTEERS. IT CONTINUES TO PROVIDE MEDICAL, EMOTIONAL, AND SPIRITUAL CARE TO PERSONS WITH LIFE-LIMITING ILLNESSES.

**PENNYROYAL HOSPICE** PROVIDES SUPPORT AND CARE FOR PERSONS IN THE LAST PHASE OF AN INCURABLE DISEASE SO THEY CAN LIVE AS FULLY AND COMFORTABLY AS POSSIBLE.

HOSPICE SERVICES ARE AVAILABLE TO ANYONE WHO, IN THE OPINION OF THEIR PRIMARY PHYSICIAN, HAS A LIFE EXPECTANCY OF SIX MONTHS OR LESS.

WE BELIEVE THAT BY PROVIDING APPROPRIATE CARE AND SERVICES THROUGH A COMMUNITY OF CARING AND COMPASSIONATE NURSES, NURSE AIDES, SOCIAL WORKERS, CHAPLAIN AND VOLUNTEERS, THAT IT IS POSSIBLE TO ATTAIN A DEGREE OF MENTAL AND SPIRITUAL PREPARATION FOR DEATH.

**PENNYROYAL HOSPICE** SERVES PATIENTS AND THEIR FAMILIES IN A FIVE COUNTY REGION THAT INCLUDES CALDWELL, CHRISTIAN, LYON, TODD AND TRIGG COUNTIES IN WESTERN KENTUCKY.



Pennyroyal Hospice is located at 220 Burley Avenue, just off Lafayette Road /Hwy 107 behind Senor Lopez Restaurant. Burley Avenue runs parallel to the Eagle Way Bypass.

**For more information about  
our  
GRIEF SUPPORT  
PROGRAMS**

**please call (270) 885-6428, or  
Toll Free (888) 611-0121.**

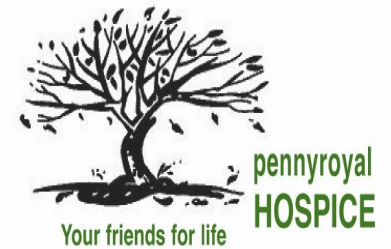
**Ask to speak to the  
Bereavement Coordinator,  
Kim Baggett, MSSW, CSW**



**Serving Caldwell, Christian, Lyon, Todd,  
and Trigg Counties**

Pennyroyal Hospice  
220 Burley Avenue  
Hopkinsville KY 42240

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# **PENNYROYAL HOSPICE GRIEF SUPPORT PROGRAMS**

**ARE YOU OR  
SOMEONE YOU  
KNOW GRIEVING  
THE DEATH OF A  
LOVED ONE?**

**A Pennyroyal Hospice Publication**



## PENNYROYAL HOSPICE GRIEF SUPPORT

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*Just when you feel you have reached a state of emptiness, remember there is Hope for new life from even the barest branch. It comes in the form of friendship, love and support. Hospice can offer these things. Hospice gives you Hope.*

Pennyroyal Hospice is committed to offering bereavement services after the death of our patients.

We provide guidance and support to anyone grieving the death of a loved one.

**To register for our  
GRIEF SUPPORT WORKSHOPS or for  
more information call Pennyroyal Hospice  
and ask to speak to  
Kim Baggett, MSSW, CSW,  
Bereavement Coordinator**

(270) 885-6428, OR TOLL FREE (888) 611-0121

*"The quality and quantity of understanding support you get during your work of mourning will have a major influence on your capacity to heal. You cannot - nor should you try to - do this alone. Drawing on experiences and encouragement of friends and fellow grievers is not a weakness but a healthy human need."*

Alan Wolfelt,  
*Understanding Your Grief*

### THE PENNYROYAL HOSPICE GRIEF SUPPORT PROGRAMS INCLUDE . . .

- Bereavement visits in your home or at our office.
- Quartely bereavement newsletters
- Bereavement phone calls
- Grief Workshops held in Hopkinsville and Cadiz
- Holiday Grief Workshops
- Annual events of Remembrance for families of hospice patients
- Kamp Sunrise—a fun grief camp for kids who are grieving the loss of a loved one.
- Community-based grief education.

### What Helps

- Grief is a normal yet highly personal response to loss.
- Give yourself permission to grieve.
- Effective grieving is not done alone.
- Expect many emotions, including sadness, confusion and anger.
- Take care of yourself physically. Focus on exercising, eating healthy foods, and sleeping well.
- Understanding the process and knowing what to expect can help you cope.
- Find ways to express your loss and memorialize your loved one.

