

used: Dec. 2021  
JAN 2022  
FEB "  
MAR "

**PSA: GRIEF SUPPORT**  
**:30 SECS.**

HOSPICE OF MICHIGAN IS CONTINUING TO PROVIDE VIRTUAL GRIEF SUPPORT THROUGHOUT THE WINTER MONTHS. THE ONGOING SESSIONS ARE HIGHLIGHTED BY THE "LIVING ON" GROUP SERIES WHERE THE FOCUS IS TO EXPRESS FEELINGS AND EXPERIENCES RELATED TO THE LOSS OF A LOVED ONE. TOPICS INCLUDE LOSS FROM COVID, LOSS OF A SPOUSE, ADULT LOSS OF A PARENT, LOSS OF AN ADULT CHILD AND GRIEF DUE TO DEMENTIA. FOR MORE INFORMATION GO ONLINE AT HOM.ORG OR CALL TOLL FREE 1-888-247-5701.

used: OCT 2021  
NOV "  
DEC "  
JAN 2022  
FEB "  
MAR "

**PSA: THE FLU**  
**:30 SECS.**

STATE AND LOCAL HEALTH OFFICIALS ARE REMINDING CITIZENS THAT WITH ALL THE FOCUS ON COVID-19 MANY ARE FORGETTING THAT THE FLU IS ALWAYS A THREAT. IF YOU HAVE RECEIVED THE VACCINATION FOR THE CORONAVIRUS YOU SHOULD KNOW THAT THAT WILL NOT PROTECT YOU FROM THE FLU. YOU STILL NEED TO GET YOUR ANNUAL FLU SHOT. FLU SEASON USUALLY BEGINS IN OCTOBER AND PEEKS BETWEEN DECEMBER AND FEBRUARY. IT CAN SOMETIMES LINGER INTO EARLY MAY. SO BE WISE AND MAKE SURE YOU AND YOUR FAMILY ARE PROTECTED FROM THIS YEAR'S STRAIN OF INFLUENZA