The average cost per wish was $401.

We fulfilled 129 wishes.

Seasons Hospice Foundation brings comfort to patients and families during their time of need through our Patient Wish Fulfillment Program. During the first half of 2017:

Did You Know?

- Participants receive grief education and emotional support, combined with fun camp activities. It’s the only national bereavement camp of its kind, based in Orlando, Florida.
- The program is free of charge to children in the community who are grieving, including those who are掏金 or foster care.
- "Camp Kangaroo" is held in various locations across the United States. It is free of charge to children in the community who have suffered the death of a loved one.

It is free of charge to children in the community who are grieving. Here, children can journey through grief — and embrace their grief together — with a supportive environment to help these children alone in their grief, provides them with a supportive environment to express their emotions and helps them learn effective coping strategies.

Our next camp will be held in Broward County, Florida, from November 12-17. For more information, visit this website:
http://seasonsfoundation.org/camp-kangaroo/broward-florida or call 847-692-1000.

Sharing the love and joy that someone brought to our lives, while also helping other patients and their families.

A gift to Seasons Hospice Foundation marks the love and joy that someone brought to our lives, while also helping other patients and their families.

To honor your loved one by making a gift or to learn more about the Seasons Hospice Foundation, please visit SeasonsFoundation.org or call 847-692-1000.

Honored to Reach More Patients & Families Every Day, the Seasons Hospice Foundation is Growing

In July, Gabriela (Gaby) Tobin joined us as our Vice President of Operations. With a strong background in operations, communication and fundraising for hospice organizations, Gaby will help to ensure that we provide comfort and lasting memories to our growing number of patients and families.

Gaby holds an MBA from the University of Chicago’s Booth School of Business and a PhD in Psychology from the University of Illinois in Urbana. Gaby lives in Illinois with her sister, a super fan who attended Game 7 of the 2016 World Series on a weekly basis. Go, Cubs, go!

Did You Know?

- We fulfilled 129 wishes nationally at a cost of $51,762.
- The average cost per wish was $401.

Thank you for your support!

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Support seasons hospice bereavement support

“We fall asleep in the full and certain hope
That my slumber shall not be broken;
And that, though I be all-forgotten,
Yet shall I not be all-forgotten,
But continue that life in the thoughts and deeds
Of those I have loved.”

- Samuel Butler

The Woods’ Fishing Legacy

If you asked Seasons’ hospice patient John Wood what some of his favorite memories include, he’d tell you without hesitation, “fishing.”

An avid fisher and hunter, John remembers many days spent out in the Alabama wilderness like they were yesterday: the crickets chirping in the distance while the sun gently rose over his fishing pole; the chilly breeze sweeping through his jacket; the November morning he sat shooting in his duck blind; waiting for the misty river to clear and the ducks to pop up. John has fond memories of sticky afternoons fishing out on the water with his wife, Carolyn, hoping to catch a big bass, sweating in the heat but laughing, and glazed in tears with each other.

But when John and Carolyn were diagnosed with cancer, they thought those days were over.

Upon learning of their diagnoses, they moved from Alabama to Tampa, choosing to live with their granddaughter, who is a medical professional, and her family. They started care with Seasons Hospice, hoping to spend the rest of their days with their family.

John still had one wish though: to go fishing one last time. He mentioned his desire to his Seasons Hospice Chaplain, Cary Young. Cary knew how important fishing was to John. Upon learning of their diagnoses, they moved from Alabama to Tampa, choosing to live with their granddaughter, who is a medical professional, and her family. They started care with Seasons Hospice, hoping to spend the rest of their days with their family.

John and Cary Young knew how important fishing was to John.

Though it seemed far-fetched, Cary was determined to make it happen.

Everyone knows this would be no easy feat. Both John and Carolyn are on continuous oxygen supplies, both would need

(continued on pg. 3)
The trip wasn’t about catching fish; it was about making memories.

As bereavement specialists, we are often asked how does someone cope during the holidays? One of the most important things to do is to honor past traditions and create new ones to honor your loved one. According to William Worden’s Four Tasks of Grief—one of the most important steps in the grieving process is to find enduring and continuing bonds while enduring on a new life after loss. Establishing these bonds during the holidays can be both therapeutic and challenging at times.

Depending on your faith, new traditions can be religious based. For example, if you are hosting a Seder or Thanksgiving dinner, consider leaving an empty place for your loved one. If you wish to create a new tradition, you can have the youngest member of your family move into that space.

A memorial stocking or lighting a candle in their honor if you are finding it hard to cope, consider making your loved one’s favorite cookies and donating them to a shelter or nursing home or donate a holiday present to someone in need. If it’s too hard to sit at a table together, opt to examine the rituals you’ve learned as a result of doing something new and different. While you might still have your moments of grief and tears, hopefully, honoring old traditions and making new rituals will help you get through it.

Remember, there is no right or wrong with grief—especially during the holidays. If you need further assistance or ideas, please reach out to the Bereavement Specialist at your local Seasons Office.

1. Hang a special ornament on the holiday tree to commemorate your loved one. This ornament can be something from the past which holds sentimental value or it can be a new ornament which best represents your loved one’s life.
2. Light a candle in your loved one’s memory. Spend some quiet time each day reflecting on your grief journey and the lessons you’ve learned as a result of the changes in your life.
3. Decorate the holiday table using your loved one’s favorite flowers.
4. Cook your loved one’s favorite dish and serve it during the holiday times.
5. Drink a toast to your loved one at the beginning of dinner.
6. During dinner, take turns sharing favorite memories and tidbits stories about your loved one.

How Past Traditions Can Help You Cope During the Holiday Season

By Mallory Givner, MSW, LDW, and Deacon Rachel Bailey, MAMS, CH

For more information on how to make a donation to the Seasons Hospice Foundation to help make wishes come true, please visit SeasonsFoundation.org/donate or call 347-692-1000.

Tasks of Grief

1. To accept the reality of the loss.
2. To work through the grief of grief.
3. To adjust to an environment in which the deceased is missing.
4. To find an embattlement with the rituals of the holiday in creating an identity in a new life.

10 Ways to Honor Your Loved One During the Holidays

By Luisa Koren, LDW

The death of a loved one brings about many changes that can be difficult to adapt to. Coping with grief during the holiday season can be especially challenging because everyone else may appear cheerful while you may be feeling sad and lonely. The sense of loss may be magnified when you realize that old rituals and traditions that you used to enjoy with your loved one are also gone. In spite of these changes, there are a number of ways that you can still honor your loved one’s memory during the holiday season. This can be an opportunity to create new traditions for you and your family. Here are some helpful suggestions to consider:

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The trip wasn’t about catching fish; it was about making memories.
A wave of energy rolled over John and Carolyn as they made their way out across the dock. Once the perfect fishing spot was found, John slowly got up from his chair, shaking his cane a bit, to test his balance and turn. His cane finally gave way, and he nearly fell to the ground. Carolyn quickly sprang into action, dropping her own line in the murky river water. A nip here and there on the pole, but no luck. On it went, for nearly two hours!

But the trip wasn’t about catching fish; it was about making memories. Parking Parker and Paisley wasn’t the main thing—-it was that they learned fishing tips from two real “pros.” Parker reminded them to nurture their bond as they learned fishing tips from two real “pros.” Carolyn joined them, dropping her own line in the murky river water. A nip here and there on the pole, but no luck. On it went, for nearly two hours!

As bereavement specialists, we are often asked how those who cope during the holidays? One of the most important things to do is to honor past traditions and create new ones to honor your loved one. According to William Wordsworth’s Ode to Psyche, one of the most important steps in the grieving process is to find enduring and creating bonds while honoring on a new life. Establishing these bonds during the holidays can be both therapeutic and challenging. Depending on your faith, new traditions can be religious. For example, if you are hosting a Seder or Thanksgiving dinner, consider leaving an empty place for your loved one. If you wish to create a new tradition, you can have the youngest member of your family move into that space.

A memorial stocking or lighting a candle in their honor. If you are finding it hard to cope, consider making your loved one’s favorite cookies and donating them to a shelter or nursing home or donate a holiday present to someone in need. If it’s too hard to sit at a table together, opt to gather that night volunteering or doing something new and different. While you might still have your moments of grief and hopes, hopefully, honoring old traditions and making new rituals will help you get through it.

Remember, there is no right or wrong with grief— especially during the holidays. If you need further assistance or ideas, please reach out to the Bereavement Specialist at your local Seasons Office.

For more information or to make a donation to the Seasons Hospice Foundation to help make wishes come true, please visit SeasonsFoundation.org/donate, email Foundation@Seasons.org or call 847-692-1000, or visit www.seasonsfoundation.org/donate.

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The trip wasn’t about catching fish, it was about making memories. As bereavement specialists, we are often asked how someone can cope during the holidays? One of the most important things to do is to honor past traditions and create new ones to honor your loved one. According to William Wordsworth’s Ode to Psyche, one of the most important steps in the grieving process is to find enduring and creating bonds while honoring on a new life. Establishing these bonds during the holidays can be both therapeutic and challenging at times.

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3. Decorate the holiday table using your loved one’s favorite foods or cookies, listening to their favorite holiday songs or watching movies, hanging a memorial stocking or lighting a candle in their honor. If you are finding it hard to cope, consider making your loved one’s favorite cookies and donating them to a shelter or nursing home or donate a holiday present to someone in need.
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6. During dinner, take turns sharing favorite memories and telling stories about your loved one. Reminiscence can be therapeutic.
7. Visit your loved one’s gravesite. Decorate it with a wreath or grave blanket.
8. If you belong to a faith community, you can request the community to honor your loved one during a special remembrance service or through prayer.
9. Donate to your loved one’s favorite charity in lieu of sending holiday cards.
10. Plant a tree or bush in your garden to commemorate your loved one.

Here are some helpful suggestions to consider:

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to use a wheelchair for this activity. Given their frail condition, they would have to use a wheelchair for this activity. Given their frail condition, they would have to be closely monitored by a health professional the whole time, which would be expensive and logistically very tricky.

That didn’t stop Cary from jumping into action. She easily talked the Woods’ nurse, Patty, into joining the day, and was able to get another Seasons employee, Miriam, to volunteer her photography skills. Staff from Seasons Tampa donated many of the items for the day, including the use of three brand-new freshwater fishing poles. We then secured medical transport to Lettuce Lake Park, with funds provided by Seasons Hospice Foundation. The park has a handicap-accessible trail and boardwalk with shaded areas—prime spots for Gramps and Gigi to sit back and fish with Parker and Paisley.

The morning of the trip started with a family favorite—breakfast Chik-Fil-A provided by Seasons Hospice Foundation.

As bereavement specialists, we are often asked how someone cope during the holidays. One of the most important things to do is to honor past traditions and create new ones to honor your loved one. According to William Wordsworth’s “Epitaph of Grif,” one of the most important steps in the grieving process is to find enduring and continuing bonds while honoring on a new life. Establishing these bonds during the holidays can be both therapeutically and challenging.

Depending on your faith, new traditions can be religious-based. For example, if you are hosting a Seder or Thanksgiving dinner, consider leaving an empty place for your loved one. If you wish to create a new tradition, you can have the youngest member of your family move into that space.

It was a quiet, reflective drive home; everyone was tired, but filled with joy from the excursion. John and Carolyn couldn’t stop thanking our team. They were thrilled that, last time, they were able to create a special moment. More importantly, they were thankful that one of the last memories their great-grandchildren will have with them is a happy one. Their words, their actions and their love through this memory will stay with family for many years.

How Past Traditions Can Help You Cope during the Holidays

By Mallory Griner, MSW, LSW, and Deacon Rachel Bailey, MAMS, CH

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8. If you belong to a faith community, you can request the community to honor your loved one during a special remembrance service or through prayer.
9. Donate to your loved one’s favorite charity in lieu of Christmas gifts. You can be creative in establishing new rituals with symbolic meaning for your family. Remember to be gentle with yourself and reach out for support when needed.
10. Plant a tree or bush in your garden to commemorate your loved one. The holiday season can still be a special time of year. You can be creative in establishing new rituals with symbolic meaning for your family. Remember to be gentle with yourself and reach out for support when needed.
Healing Hearts at Camp

When a loved one dies, it can be especially tough on children, many of whom are still struggling to understand life and death.

This is why it is so important for the Seasons Hospice Foundation, along with volunteers from Seasons Hospice & Palliative Care to provide bereavement support for the youngest members of our community.

Each year, Seasons offers “Camp Kangaroo” in various locations across the United States. This is a summer-camp environment with activities to help these children who are grieving. Here, children can journey through grief and embrace life—in a safe and supportive atmosphere. It is free of charge to children in the community who have suffered the death of a loved one.

Participants receive grief education and emotional support, combined with fun camp activities. It’s the only national bereavement camp of its kind, based in psychotherapy and creative arts. Led by dedicated professionals and volunteers from Seasons Hospice & Palliative Care, Camp Kangaroo helps children feel less alone in their grief, provides them with a supportive environment to express their emotions and helps them learn effective coping strategies.

Our next camp will be held in Broward County, Florida, from November 12-17. For more information, visit this website: http://seasonsfoundation.org/camp-kangaroo/broward-florida/ or call 847-692-1000.

In memory of their loved ones, families have requested Camp Kangaroo for their children. For more information or to request a scholarship, please contact Seasons Hospice Foundation at 847-692-1000, ext. 4.

Helping Others Through seasons hospice foundation

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Support

Seasons Hospice Bereavement Support

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For every Season

The Woods’ Fishing Legacy

If you asked Seasons Hospice patient John Wood what some of his favorite memories include, he’d tell you without hesitation, “fishing.”

An avid fisher and hunter, John remembers many days spent out in the Alabama wilderness like they were yesterday: the cricket chirping in the distance while the sun gently rose over his fishing pole; the chilly breeze seeping through his jacket on a November morning as he sat shivering in his duck blind; waiting for the misty river to clear and the ducks to pop up; John has fond memories of sticky afternoons fishing out on the water with his wife, Carolyn, helping to catch a big bass, sweating in the heat but laughing, and grilling lunch to share with each other.

But when John and Carolyn were diagnosed with cancer, they thought those days were over.

Upon learning of their diagnoses, they moved from Alabama to Tampa, choosing to live with their granddaughter, who is a medical professional, and her family. They started care with Seasons Hospice, hoping to spend the rest of their days with their family. John still had one wish though, to go fishing one last time. He mentioned his desire to his Seasons Hospice Chaplain, Cary Young.

Though it seemed far-fetched, Cary was determined to make it happen.

Everyone knew this would be no easy task. Both John and Carolyn are on continuous oxygen supplies, both would need...
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“Camp Kangaroo” helps children face loss alone in their grief, provides them with a supportive environment to express their emotions and helps them learn effective coping strategies.

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FALL 2017
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John still had one wish though: to go fishing one last time. He mentioned his desire to his Seasons Hospice Chaplain, Cary Young. Carolyn wanted to join in as well, and they asked to make it a family affair, bringing along their two great-grandchildren, Paisley and Parker.

Though it seemed too-far-fetched, Cary was determined to make it happen.

Everyone knew this would be no easy feat. Both John and Carolyn are on continuous oxygen supplies, both would need reprogramming.