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 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.

Did You Know?

- We fulfilled 129 wishes nationally at a cost of $517,752.
- The average cost per wish was $401.

Generics

Thank you for your support!
The trip wasn’t 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 Wordsworth’s ‘Tears, Idle Tears’, one of the most important steps in the grieving process is to find enduring and continuing bonds while enshrining 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 created new ones to honor your loved one. A wave of energy rolled over John and Carolyn as they made their way across the dock. Once the perfect fishing spot was found, John slowly got up from his chair, shaking for the first time in his life. He was determined to lure his own hook and teach Parker and Paisley how to do the same. Carolyn joined them, dropping her own line in the murky river water. A nip here and there on the pole, no luck. On it went, for nearly two hours!

But the trip wasn’t about catching fish; it was about creating memories. Parker and Paisley wouldn’t stop smiling as they learned fishing tips from two real pros. Pam reminded them how important patience is in life, even outside of fishing. Granny reminded them to nurture their bond as always and we can still have our 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.

How Past Traditions Can Help You Cope During the Holiday Season

By Malley Girvin, MDW, LOW, and Deacon Rachel Bailey, MAMS, CH

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 this loss.
3. Decorate the holiday table using your loved one’s favorite foods and 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.

Other examples of creating traditions include:

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“5. Drink a toast to your loved one at the beginning of dinner.
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 flowers.
10. Plant a tree or bush in your garden to commemorate your loved one’s life.

For more information on how to make a donation to the Seasons Hospice Foundation to help make wishes come true, please visit SeasonsFoundation.org or call 1-877-692-1000.

If it’s too hard to sit at a table together, opt to get that time-volunteering or 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.

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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 “Task of grieving” one of the most important steps in the grieving process is to find enduring and continuing bonds while enshrining 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 religion-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 make a new tradition, you can have the youngest member of your family move into that space.

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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 doing someting 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, you don’t have to feel well to celebrate these memories. Sometimes the holiday season can be especially challenging because everyone else may appear cheerful while you may be feeling sad and alone. The stress 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:

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 alone. The stress 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:

The trip wasn’t about catching fish; it was about making memories.

The morning of the trip started with a family favorite: Breakfast at the Woods’. They talked about how much they enjoyed the trip and how much fun they had. 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. Email SeasonsFoundation@houston.org or call 832-695-1000 10 Ways to Honor Your Loved One During the Holidays

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As the morning sun glimmered through the trees, Johnslowly got up from his chair, shaking off the effects of the night’s morphine dose. He was determined to make the most of every moment. As they wheeled over the river on the creaking boardwalk, the family was greeted by calls from the vibrant Florida sun. All around them, with the cypress and oak trees offering them some shade, the park was a natural haven, with Parker and Paisley.

A new of energy rolled over John and Carolyn as they made their way out across the dock. Once the perfect fishing spot was found, John quickly got up from the chair, shaking off the effects of the night’s morphine dose. He was determined to make the most of every moment.

But the trip wasn’t about catching fish; it was about making memories. Parker and Paisley couldn’t stop smiling as they learned fishing tips from two real “pros.” Parker reminded them to nurture their bond as the kids how important patience is in life, even outside of fishing. Granny reminded them to nurture their bond and always set aside quality time for family. The morning of the trip started with a family favorite: making memories their great-grandchildren will have with them before they dive into the brackish water. A new of energy rolled over John and Carolyn as they made their way out across the dock. Once the perfect fishing spot was found, John quickly got up from the chair, shaking off the effects of the night’s morphine dose. He was determined to make the most of every moment.

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

In July, Gabriela (Gaby) Dady joined us as the Vice President of Operations. With a strong background in operations, communication and fundraising for hospice organizations, Gaby will help us 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 Booth School of Business and a BS in Psychology from The University of Illinois in Urbana. Gaby lives in Illinois with her two sons, and is a super fan who relishes re-playing Game 7 of the 2016 World Series on a weekly basis. Go, Cubs, go!

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 seeping through his jacket on a November morning as he sat shivering in the duck blind; waiting for the ducks to pop up.

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

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.

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

John still had one wish though; to go fishing one last time. He mentioned his desire to his Seasons Hospice Chaplain, Cary Young.

Upon hearing of his wish, the staff at Seasons Hospice, along with the AirLife team, decided to make it happen. After all, John had fond memories of sticky afternoons fishing out on the water with his wife, duck blind; waiting for the ducks to pop up.

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Each year, Seasons offers “Camp Kangaroo” in various locations across the United States. This is a summer-camp environment with activities to help children who are grieving. 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.

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.

Fulfilling these final wishes makes a profound difference in the lives of families, like the Wood family. If you would like to secure the newsletter electronically, please call 847-692-1000. You may also visit this website: SeasonsFoundation.org.

The Woods’ Fishing Legacy

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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. He’d be immersed in the game, breathing heavily, using every ounce of energy to bring his catch to the surface.

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

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A Bereavement Newsletter from Seasons Hospice Foundation

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FALL 2017

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John still had one wish though: to go fishing one last time. He knew it was a dream, but decided to try anyway. He and Carolyn spent the day with their granddaughter, their great-grandchildren, and a friend at a local lake. They brought along their fishing poles, and John was able to catch and keep several fish that day. He passed away the next day, but his dream had come true.

A Bereavement Newsletter from Seasons Hospice Foundation

The Woods’ Fishing Legacy

If you asked Season’s Hospice patient John Wood what some of his favorite memories include, he’ll 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. He’d be immersed in the game, breathing heavily, using every ounce of energy to bring his catch to the surface.

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