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

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It is free of charge to children in the community who are grieving. Here, children can express their emotions and help them learn effective coping strategies.

Our next camp will be held in Broward County, Florida, from November 2-12. For more information, visit this website:

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.

Honored to Reach More Patients & Families Every Day, the Seasons Hospice Foundation is Growing
In July, Gabriela (Gaby) Tovar joined us as the Vice President of Operations. With a strong background in operations, communication and fundraising for long-term care 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 Booth School of Business and a BS in Psychology from The University of Illinois in Urbana. Gaby lives in Illinois with her parents, a super fan who attends replying Game 7 of the 2016 World Series on a weekly inside. Go, Cubs, go!

FALL 2017
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 crickets chirping in the distance while the sun gently rose over his fishing pole; the chilly breeze sweeping through his jacket on a November morning as he sat shouting 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 granting fowl largess 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.

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

As an event sponsor, 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 ones. According to William Worden’s Timeline of Grief, one of the most important steps in the grieving process is to find enduring and continuing bonds while enriching on a new life after loss.

Establishing these bonds during the holidays can be both therapeutically and challenging at times.

Depending on your faith, new traditions can be religion-based. For example, if you are hosting a Seder or Thanksg Seder 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 and sad and tired. The sense of loss may be magnified when you are in the holiday season. This can be an especially challenging time for you and your family as you will be experiencing a whole gamut of emotions as you are looking forward to enjoying the holidays with your loved one.

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 847-692-1000.
How Past Traditions Can Help You Cope During the Holidays

By Mallory Girten, MDW, LSW, and Deason Rachel Bailey, MAMS, CH.

As bereavement specialists, we often ask 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 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 Sefer or Thanksgiving dinner, consider leaving an empty plate 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 wave of energy rolled over John and Carolyn as they made their way past the dock. Once the perfect fishing spot was found, John slowly got up from his chair, shaking off the help nurse Patty was offering. He was determined to use 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 making memories. Parker and Paisley couldn’t stop smiling as they learned fishing tips from “real pro” Pat. Pa reminded them how important patience is in life, even outside of fishing. Granny reminded them to nurture their bond as something that will always be there for them.

Mementos of the holiday season can still be a special time of year. If you need further assistance or ideas, please reach out to the Bereavement Specialist at your local Seasons Office.

By Mallory Girten, MDW, LSW, and Deason Rachel Bailey, MAMS, CH.

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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 your loved one’s life.
3. Decorate the holiday table using your loved one’s favorite foods or cookies, listening to your favorite holiday songs or watching movies, hanging a memorial stocking or lighting a candle in their honor.
4. Cook your loved one’s favorite dish and serve it during the holiday dinner.
5. During dinner, take turns sharing favorite memories and telling stories about your loved one. Reminiscence therapy can be therapeutic.
6. Cook your loved one’s favorite dish and serve it during the holiday dinner.
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 a holiday gift.
The trip wasn’t 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 off the last vestiges of the short naps he took during the ride. Carolyn followed him, stepping gingerly over the creaking boards, her photography skills. Staff from Seasons Tampa Foundation donated many of the items for the day, including the use of three brand-new motorized fishing poles. They then secured medical transport to Lettuce Lake Park, with health professionals from Seasons Tampa Foundation. The park has a handicap-accessible trail and boardwalk with shaded areas – prime spots for Granny and Papa to sit back and fish. 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!

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 “pros.” Papa reminded them how important patience is in life, even outside of fishing. Granny reminded them to nurture their bond and always take time for family. 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 staff. They were thrilled that, for the first time, they were able to create a special memory together. 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!

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As remembrance-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 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.

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.

Other examples of creating traditions include making your loved one’s favorite foods or cookies, listening to your 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 to a shelter or nursing home or donate a holiday present to the com community to honor your loved one during a holiday season. If you need further assistance or ideas, please reach out to the Bereavement Specialist at your local Seasons Office.

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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 the changes in your life.
3. Decorate the holiday table using your loved one’s favorite flowers.
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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. Reminiscing 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 a holiday gift.
10. Plant a tree or bush in your garden to commemorate your loved one. This can be a lovely way to honor your loved one and also serve as a beautiful reminder that your loved one’s life still has meaning.

How Past Traditions Can Help You Cope During the Holiday Season

Carolyn and John down the boardwalk, the family was greeted by calls from the hot Florida sun. All, with the cypress and oak trees offering them some solace from the humid Florida sun. A nip here and there on the pole, but no luck. On it went, for nearly two hours!

As remembrance-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 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.

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

other 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.

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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 tired. 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:

1. Hang a special ornament on the holiday tree to commemorate your loved one. An 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.
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Tasks of Grief

1. To accept the reality of the loss.
2. To work through the pain of grief.
3. To adjust to an environment in which the deceased is missing.
4. To find an ongoing connection with the deceased by an act or symbol representing a new life.

By M allory G rivner, M SW , LSW , and D eacon Rachel Bailey, M A M S, C H

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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?

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 Rose and Canton, Florida, from November 11-12. For more information, visit this website: http://seasonsfoundation.org/camp-kangaroo/ or call 847-692-1000.

If you would like to receive this newsletter electronically, visit SeasonsFoundation.org/Subscribe.

The Woods’ Fishing Legacy

If you asked Seasons 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 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 his truck, hoping to catch a big bass; sweating in the heat but laughing, and continuing that life 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.

John was a huge Chicago Cubs fan, and Cary knew just how to make this happen. He reached out to the Saint Petersburg, Florida-based “Legends of the Gulf” fishing club, asking if they would be interested in helping fulfill John’s wish.

Everyone knew this would be no easy feat. Both John and Carolyn are on continuous oxygen supplies, both would need medical attention during this trip, and flying was not an option.

The Woods’ Fishing Legacy (continued on pg. 2)

- Samuel Butler
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Healing Hearts at Camp Kangaroo

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It is free of charge to children in the community who have suffered the death of a loved one. Since its inception in 1993, Camp Kangaroo has helped hundreds of children and families. It is the only national bereavement camp of its kind, based in a summer-camp environment to provide bereavement support for the Seasons Hospice Foundation, Camp Kangaroo helps children feel less alone in their grief, provides them with a supportive environment to express their emotions and help them learn effective coping strategies.

Our next camp will be held in Broward County, Florida, from November 11-12. For more information, visit this website: http://SeasonsFoundation.org/camp-kangaroo/broward-florida or call 847-692-1000.

Seasons Hospice & Palliative Care, Camp Kangaroo 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.

Every Novemb‌er, the community comes together to honor a loved one by making a gift to Seasons Hospice Foundation, or to learn more about the Seasons Hospice Foundation, please visit SeasonsFoundation.org or call 941-692-1000.

If you have any questions about this newsletter, please contact Seasons Hospice Foundation at 847-692-1000, ext. 4.

Our mailing address is:

Seasons Hospice Foundation
9191 Sheridan Blvd., Suite 103
Rosemont, IL 60018

SEASONSHOSPICEFOUNDATION.COM

SUPPORT

We do not have any bereavement support groups scheduled at the time we are writing this newsletter.

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To honor your loved one by making a gift or to learn more about the Seasons Hospice Foundation, please visit SeasonsFoundation.org or call 941-692-1000.

Helping Others Through SEASONS HOSPICE FOUNDATION

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Helping Others Through SEASONS HOSPICE FOUNDATION

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’d tell you without hesitation, “fishing.”

An avid fisher and hunter, John remembers many days spent 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 sweeping through his jacket on a November morning as he sat sweating in his duck blind; waiting for the misty river to clear and the ducks to pop up.

John has many fond memories of days spent out on the water with his wife, Carolyn, hoping to catch a big bass; sweating in the heat but laughing, and gratitude just being 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.

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John’s wish was granted, and the Woods’ fishing legacy began.

“Let me come in where you are weeping, friend, and let me take your hand. I, who have known a sorrow such as yours, can understand.” –Grace Noll Crowell

Carolyn are on continuous oxygen supplies; both would need to perform their daily living activities and work with their two great-grandchildren, Paisley and Parker. Carolyn wanted to join as well, and they asked to make it a family affair, bringing along their two great-grandchildren, Paisley and Parker. Carolyn wanted to join as well, and they asked to make it a family affair, bringing along their two great-grandchildren, Paisley and Parker.

Caroline, hoping to catch a big bass; sweating in the heat but laughing, and gratitude just being with each other.

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For support or for the latest update, please contact Seasons Hospice Foundation at 847-692-1000, ext. 4.

In July, Gabriela (Gaby) Two joined us as the Vice President of Operations. With a strong background in operations, communication and fundraising for for-profit corporations, 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 and a BS in Psychology from The University of Illinois in Urbana. Gaby loves Illinois with her two sons, and is a super fan whoately inreplaying Game 7 of the 2016 World Series on a weekly basis. Go, Cubs, go!