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. By providing support for the youngest members of our community, we help them 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.

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?

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:

- The average cost per wish was $401.
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Honored to Reach More Patients & Families Every Day, the Seasons Hospice Foundation is Growing

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

Galya holds an MBA from the University of Chicago Booth School of Business and a BS in Psychology from The University of Illinois in Urbana. Galya lives in Illinois with her two sons, and a super fan who attends all Chicago Cubs games.

Each year, Seasons makes a significant donation to a charity that supports our mission. Thank you for your support!

We are deeply honored to have received the Generous Support of the fans of the Chicago Cubs. By visiting this website: http://seasonsfoundation.org/camp-kangaroo, you can learn more about our camp. You can also contact the Foundation at 847-692-1000, ext. 4.

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

Helping Others Through seasons hospice foundation

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.

"I 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 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 glistened on his fishing pole; the chilly breeze sweeping through his jacket on a November morning as he sat chatting 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 grilling lunch to wash it all down.

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.

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Though it seemed 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

(continued on pg. 2)
“The trip wasn’t about catching fish; it was about making memories.”

As remembrance specialties, 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 ones. According to William Woolden’s *Tasks of Grief*, one of the most important steps in the grieving process is to find enduring and continuing bonds while enshrining a new life. 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.

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 donate them to a shelter or nurse home or donate a holiday present to someone in need. If it’s too hard to sit at a table together, opt to give 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.

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.

### 10 Ways to Honor Your Loved One During the Holidays

<table>
<thead>
<tr>
<th>No.</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>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.</td>
</tr>
<tr>
<td>2.</td>
<td>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 death.</td>
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<tr>
<td>3.</td>
<td>Decorate the holiday table using your loved one’s favorite foods or dishes and serve it during the holiday dinner.</td>
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<tr>
<td>4.</td>
<td>Cook your loved one’s favorite dish and serve it during the holiday dinner.</td>
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<tr>
<td>5.</td>
<td>Drink a toast to your loved one at the beginning of dinner.</td>
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<tr>
<td>6.</td>
<td>During dinner, take turns sharing favorite memories and telling stories about your loved one. Reminiscence can be therapeutic.</td>
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<tr>
<td>7.</td>
<td>Visit your loved one’s gravesite. Decorate it with a wreath or grave blanket.</td>
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<tr>
<td>8.</td>
<td>If you belong to a faith community, you can request the opportunity to honor your loved one during a special memorial service or through prayer.</td>
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<tr>
<td>9.</td>
<td>Donate to your loved one’s favorite charity in lieu of a holiday gift.</td>
</tr>
<tr>
<td>10.</td>
<td>Plant a tree or bush in your garden to commemorate your loved one’s life.</td>
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</tbody>
</table>

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 1-877-852-1000.

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How Past Traditions Can Help You Cope During the Holiday Season

By Mallory Givens, MDV, LOW, and Dawn Rachel Bailey, MAMS, CT

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 isolated. 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. The trip wasn’t about catching fish; it was about making memories.
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 the kids how important patience is in life, even outside of fishing. Granny reminded them to nurture their bond as they learned fishing tips from two real “pros.” Pa reminded them of their great-grandchildren who will have with them some quiet time each day reflecting on your grief and the lessons you’ve learned as a result of the changes in your 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.

How Past Traditions Can Help You Cope During the Holidays

By Mallory Gitzen, MDW, LOW, and Deacon Rachel Bailey, MAMS, CH

As memorial 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 Stage of Grief, one of the most important steps in the grieving process is to find enduring and continuing bonds while enfolding on a new life after loss. Establishing these bonds during the holidays can both therapeutically 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 space 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.

For more information or assistance or ideas, please reach out to the Bereavement Specialist at your local Seasons Office.

Other examples of creating traditions include making 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 nurse home or donate a holiday present to someone in need.

Ways to Honor Your Loved One During the Holidays

By Luzia Kozlit, LMHCC

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 isolated. 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. This ornament can be something from the past that 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. You can be creative in establishing new rituals with yourself and reach out for support when needed.
4. Cook your loved one’s favorite dish and serve it during the holiday season.
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. This can be a good time of year to do something new and different. While you may still have your moments of grief and knees, 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.

“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 feel an ongoing connection with the loved one in the midst of embarking on a new life”
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 Worden’s Grief Work, one of the most important steps in the grieving process is to find enduring and continuing bonds while enacting 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 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 head at the fish he had just missed. Carolyn noticed it, shrugged her shoulders and moved over to John. John turned to Carolyn and said, “It’s a good day to catch a fish,” and then abruptly turned to walk back towards a cypress tree. Carolyn followed, feeling as though she had lost something in that moment.

The trip wasn’t about catching fish; it was about something else. As they wheeled over the river on the creaking boardwalk, the family was greeted by calls from tricolor heron, whose presence they found comforting. The family discussed the area and picked a spot to sit and fish. John held his oxygen tank and was able to get another Seasons employee, Miriam, to easily talk the Woods’ nurse, Patty, into joining the day.

As they learned fishing tips from two real “pros,” Pa reminded everyone of the importance of making memories. Parker and Paisley couldn’t stop smiling as they listened to the stories their great-grandchildren would have to tell about their fishing trip. The family was closely monitored by a health professional to ensure everyone’s safety.

But the trip wasn’t about fishing; it was about sharing stories and learning tips that they would carry with them for the rest of their lives. It reminded everyone of the importance of spending quality time together, especially during the holidays. If you need further assistance or ideas, please reach out to the Bereavement Specialist at your local Seasons office.

Two Ways to Honor Your Loved One During the Holidays

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 foods or cookies, listening to their 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 times.

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 sending a holiday gift.

10. Plant a tree or bush in your garden to commemorate your loved one’s life. Grieving can still be a special time of year. You can create new traditions in establishing new rituals with symbolic meaning for your family. Remember to be gentle with yourself and reach out for support when needed.

How Past Traditions Can Help You Cope During the Holidays

For more information on making a donation to the Seasons Hospice Foundation to help make wishes come true, please visit SeasonsFoundation.org or call 467-652-1000.
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 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 11-12. For more information, visit this website: http://seasonsfoundation.org/camp-kangaroo or call 847-692-1000. It’s the only national bereavement camp for the youngest members of our community.

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 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 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 grilled lunch to eat 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.

“I 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

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

In July, Gabriela (Gaby) Todd 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 Urbana. Gaby lives in Illinois with her two sons, and is a super fan who adores a replaying Game 7 of the 2016 World Series on a weekly basis. Go, Cubs, go!

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.

The camp is specifically designed to help children cope with the death of a loved one through creative and educational activities and fun camp activities.

Did You Know?

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

Fulfilling these final wishes makes a profound impact on the lives of our patients and families. Your generosity helps us to continue our mission. Thank you for your support.

A gift to Seasons Hospice Foundation marks the love and joy that seasons 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.

If you received this newsletter by mail, you may have noticed it is being delivered electronically. If you would like to receive this new newsletter electronically, please contact Seasons Hospice Foundation at 847-692-1000, ext. 4.
Honored to Reach More Patients & Families Every Day, the Seasons Hospice Foundation is Growing

In July, Gabrielle Gady joined us as the Vice President of Operations. With a strong background in operations, communication and fundraising for for-profit corporations, Gady will help us to ensure that we provide comfort and lasting memories to our growing number of patients and families.

Gabry holds an MBA from the University of Chicago Booth School of Business and a BS in Psychology from The University of Illinois in Urbana. Gabry loves traveling with her sons, as well as a super fan who admits to replaying Game 7 of the 2016 World Series on a weekly basis. Go, Cubs, go!

SUPPORT

We do not have any bereavement support groups scheduled at this time as we are all still in the planning stages for our best support. To learn more, please contact Seasons Hospice Foundation at 847-692-1000, ext. 4.

Helping Others Through SEASONS HOSPICE FOUNDATION

Helping Others Through SEASONS HOSPICE FOUNDATION

A Bereavement Newsletter from Seasons Hospice Foundation

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 travel 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.

Participating ensures 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 Counties, Florida, from November 3-12. For more information, visit this website: http://SeasonsFoundation.org/camp-kangaroo/broward-florida/ or call 847-692-1000.

Did You Know?

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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 as well, and they decided to make it a family affair—bringiing along their two great-grandchildren, Paisley and Parker.

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