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 11–12. For more information, visit this website: http://seasonsfoundation.org/camp-kangaroo/broward-florida/ or call 847-692-1000.

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

In July, Gabriela (Gaby) Two joined us as the 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 Booth School of Business and a BS in Psychology from The University of Illinois in Urbana. Gabriela lives in Illinois with her two sons, and is a super fan who intends to replaying Game 7 of the 2016 World Series on a weekly basis. Go, Cubs, go!

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 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 early river to clear and the ducks to pop up. John has found memories of old friends and family equally as memorable – catching a big bass, sweating in the heat but laughing, and grazing lunch togethers 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.

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.

Since his wish to go fishing was so important to him, Cary worked tirelessly to ensure John could experience his wish. Together, John, Cary and the rest of the Seasons Hospice team worked to make sure John could go fishing before he left this life.

If you would like 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

A Bereavement Newsletter from Seasons Hospice Foundation
The trip wasn’t about catching fish; it was about making memories.

As reimbursement 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 ‘Day in Gray’, 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 be both therapeutic and challenging at times.

Depending upon your faith, new traditions can be a religious basis. 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.

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. Although you may feel sad, there are steps in the grieving process that can be important to follow. Following them will be the key to successfully getting through the loss.

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 your favorite holiday songs or watching movies, hanging their favorite stockings or lighting a candle in their honor.

While you may feel sad, it is important to do something new and different. Why not spend that time 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.
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 pies. 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 Granny and Pat to sit back and fish. Carolyn and John down the boardwalk, oxygen tanks and breakfast by Chik-Fil-A, provided by Seasons Hospice with Parker and Paisley.

The morning of the trip started with a family favorite: fishing. Granny reminded them to nurture their bond as siblings and always set aside quality time for family. 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 pies. 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 Granny and Pat to sit back and fish. Carolyn and John down the boardwalk, oxygen tanks and breakfast by Chik-Fil-A, provided by Seasons Hospice with Parker and Paisley.

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

When the family arrived at the boat ramp, the kids were greeted by calls from the hot Florida sun. Carolyn and John downed the boardwalk, oxygen tanks and staff members, along with Paisley and Parker, wheeled their wheelchair, prime spots for Granny and Pa to sit back and fish. The lake is a happy one. Their words, their actions and their love for fishing. Granny reminded them to nurture their bond as they learned fishing tips from two real “pros.” Pa reminded them to have fun, to laugh, to smile, but filled with joy from the excursion. John and Carolyn couldn’t stop thinking about how they could make a spot more comfortable. More importantly, they were thankful that one of the last moments their great-grandchildren will have with them is a happy one. Their words, their actions and their love for fishing will stay with their family for years to come.

10 Ways to Honor Your Loved One During the Holidays

By Luisa K econ, LMSW

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:

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 colors or foods, listening to your favorite holiday songs or watching movies, hanging their special remembrance service or through prayer.
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. You belong to a faith community, you can request the opportunity 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 holiday gifts. Reminiscence can be therapeutic.
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 create new rituals with symbolic meaning for your family. Remember to be gentle with yourself and reach out for support when needed.
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:

- **Fulfilling These Final Wishes**

  - **Healing Hearts at Camp of a loved one.**
  - **It's the only national bereavement camp**
  - **Children, many of whom are still struggling to understand life and death.**

  It is free of charge to children in the community who are grieving. Here, children can journey through grief and embrace the legacy that someone brought to our lives, while also helping other patients and their families.

  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.

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  **For more information, visit this website:** http://seasonsfoundation.org/camp-kangaroo/camp-kangaroo-florida/ or call 847-692-1000.

  **For our next camp will be held in Broward County, Florida, from November 11-12. For more information, please contact Seasons Hospice Foundation at 847-692-1000, ext. 4.**

  **If you’d like to receive this newsletter electronically, please contact Seasons Hospice Foundation at 847-692-1000, ext. 4.**

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  **In July, Gabrielle (Gabby) Two joined us as the Vice President of Operations.**

  **With a strong background in operations, communication and fundraising for hospice organizations, Gabby will help to ensure that we provide comfort and lasting memories to our growing number of patients and families.**

  **Gabby holds an MBA from the University of Chicago, North School of Business and a BSc in Psychology from The University of Illinois in Urbana. Gabby lives in Illinois with her two sons, and a super fan who attends all sports.**

  **“I fall asleep in the full and certain hope...” – Samuel Butler**

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

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**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 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 tiny river to clear and the ducks to pop up. John has fond memories of chilly afternoons fishing, out on the water with his wife, Carolyn, hoping to catch a big bass; sweating in the heat but laughing, and grateful to be together.

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 this desire to his Seasons Hospice Chaplain, Cary Young.

“Though it seemed far-fetched,” Cary said, “I was determined to make it happen.”

John and Carolyn are on continuous oxygen supplies; both would need to be monitored 24 hours a day.

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