Healing Hearts at Camp Kangaroo

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 their loved one.

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 on 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.

If you would like to receive our newsletter electronically, please contact Seasons Hospice Foundation at 847-692-1000, ext 4.

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 847-692-5800.

Falls are the leading cause of injury-related death in those 65 years of age and older. These accidents occur when there is a sudden or unexpected decrease in balance. This can happen anywhere, but it’s most common indoors and on a slippery or uneven surface.

Nursing home residents are at high risk for falls. In fact, about one-third of all nursing home residents fall each year.

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

Support Seasons Hospice Bereavement Support

“I fall asleep in the full and certain hope
That my slumber shall not be broken;
And that, though I be all-forgetting,
Yet shall I not be all-forgotten,
That my slumber shall not be broken;
That my slumber shall not be broken;”

- Samuel Butler

FALL 2017

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 dirt spinning in the distance while the sun義rly rose over his fishing pole; the chilly breeze seeping through his jacket on a November morning as he sat sweating in the heat but laughing, and grinning loud to catch with each other.

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

Upon learning of their diagnosis, 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 feat. Both John and Carolyn are on continuous oxygen supplies; both would need

(continued on pg. 2)

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

In July, Gabriela (Gaby) Gutierrez 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 two sons, and is a super fan who enjoys replaying Game 7 of the 2016 World Series on a weekly basis. Go Cubs, go!

A Bereavement Newsletter from Seasons Hospice Foundation

for Every Season

The Woods’ Fishing Legacy

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

A sense of energy rallied 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 back pain of the lengthy days spent in his car. John slowly got up from his chair, shaking off the back pain of the lengthy days spent in his car. John slowly got up from his chair, shaking off the back pain of the lengthy days spent in his car. John slowly got up from his chair, shaking off the back pain of the lengthy days spent in his car.

By Mallery Griner, MDW, LLOW, and Deacon Rachel Bailey, MAMS, CH

How Past Traditions Can Help You Cope during the Holidays

As an event specialist, 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 Tinkerlin’s 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 learning 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.

For more information on how to make a donation to the Seasons Hospice Foundation to help make wishes come true, please visit SeasonsHospiceFoundation.org or call 877-492-1000

10 Ways to Honor Your Loved One during the Holidays

By Luisa Kornet, 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 bleak. 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 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. 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 gifts.

10. Plant a tree or bush in your garden to commemorate your loved one.

All the suggestions 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.

Abnormal days – especially if you have had a difficult holiday season, you may feel even more fragile. As bereavement specialists, we are often asked what you are supposed to do when you have a difficult holiday season.

By Mallery Griner, MDW, LLOW, and Deacon Rachel Bailey, MAMS, CH

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 nursing home or donate a holiday present to someone in need at the holidays.

If it’s too hard to sit at a table together, opt to greet each other by phone or video call. If you need further assistance or ideas, please reach out to the Bereavement Specialist at your local Seasons Office.

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.

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

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“Health” is not just what you don’t have. It’s about what you do.

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The trip wasn’t about making memories. Carolyn and John down the boardwalk, oxygen tanks and staff members, along with Paisley and Parker, wheeled breakdishes by Chik-Fil-A, provided by Seasons Hospice Foundation. More importantly, they were thankful that one of the last times, they were able to create a special memory together. 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. (continued from pg. 1)

As family 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 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. 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 plate 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.

There are many ways to honor your loved one during the holidays. 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 flower. You can be creative in establishing new rituals with symbolic meaning for your family. Remember to be gentle and tell stories about your loved one. Reminiscence therapy can be therapeutic.
4. Cook your loved one’s favorite dish and serve it during the holiday dinner.
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 gravestone. 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.

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 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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A wave of energy rolled over John and Carolyn as they boarded walk, the family was greeted by calls from tricolor all, with the cypress and oak trees offering them some oxygen tanks and staff members, along with Paisley and Parker, wheeled breakfast by Chik-Fil-A, provided by Seasons Hospice Foundation. The park has a handicap-accessible trail and boardwalk with shaded areas – prime spots for Grady and Pa to sit back and fish with Parker and Paisley. The morning of the trip started with a family favorite – a cooked and served meal at the home. 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 that catching wholesome fish was not the main event, but filled with joy from the excursion. John and Carolyn couldn’t stop thanking our staff. They were thrilled that, one last time, they were able to create a special moment together. More importantly, they were thankful that one of the last memories their great-grandchildren will have with them is that of their love. Everyone’s actions and their love through this memory will stay with them for many years to come. 10 Ways to Honor Your Loved One During the Holidays By Luisa Kount, 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. 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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 in their honor. If it’s too hard to sit at a table together, opt to greet that time volunteering or doing something new and different. While you might still have your moment 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 Seasonal Holidays For more information on how to make a donation to the Seasons Hospice Foundation to help make wishes come true, please visit SeasonHospiceFoundation.org or call 847-692-1000.
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?**

- Camp Kangaroo is 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 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 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 of its kind, based in Des Plaines, Illinois.

- **“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 heat but laughing, and granted the wish of children with cancer. But when John and Carolyn were diagnosed with cancer, they thought those days were over.

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

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- **Support**

Helping Others Through Seasons Hospice Foundation

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**SEASONS HOSPICE BEREAVEMENT SUPPORT**

A Bereavement Newsletter from Seasons Hospice Foundation

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

**GENERIC**

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S e a S o n S H o S p i c e F o u n d a t i o n

The Woods’ Fishing Legacy

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Upon learning of their diagnosis, they moved from Alabama to Tampa, choosing to live with their daughter, 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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Healing Hearts at Camp Kangaroo

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, please visit this website: http://SeasonsFoundation.org/camp-kangaroo-broward-florida/ or call 847-692-1000.

In July, Gabriela (Gaby) joined us as the Season’s Hospice program director for the Seasons Hospice Foundation. 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 admits to cheering on the Bears and the Cubs.

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, the chilly breeze blowing through his jacket on a November morning as he sat shotgun 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 grateful to just be 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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