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?

  - 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 their grief.
  - Camp Kangaroo helps children feel less alone in their grief and 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/ or call 847-692-1000.
  - 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 the heat but laughing, and grilled bait 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.

  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 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 and Carolyn’s story is a reminder that Seasons Hospice will help make wishes come true. To honor your loved one by making a gift or to learn more about the Seasons Hospice Foundation, please visit Seasonsfoundation.org or call 847-692-1800.

  A Bereavement Newsletter from Seasons Hospice Foundation

  For Every Season

  The Woods’ Fishing Legacy
The trip wasn’t about catching fish; it was about basking under the sun. A wave of energy rolled over John and Carolyn as they watched a family of turtles, herons, watched osprey take flight, and even caught a quick view of a family of turtles below they dove into the brackish water.

“...an opportunity to create new traditions and establish lasting memories their great-grandchildren will have with them through this memory will stay with their family for years to come.”

A morning of the trip started with a family favorite: breakfast by Chick-Fil-A, provided by Seasons Hospice. The park has a handicap-accessible trail and boardwalk with shaded areas – prime spots for Grandpa to sit and fish with Parker and Parker.

In the morning, the trip started with a family favorite breakfast - Chick-Fil-A, provided by Seasons Hospice Foundation.

A wave of energy rolled over John and Carolyn as they watched a family of turtles, herons, watched osprey take flight, and even caught a quick view of a family of turtles below they dove into the brackish water.

As bereavement specialists, we are often asked how does someone cope during the holiday season? 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 Wordsworth’s “The Dove of Gryl,” one of the most important steps in grief is to find enduring and continuing bonds while embracing a new life after loss. Establishing these bonds during the holidays can be both therapeutic and challenging in times.

"...a memorial stocking or lighting a candle in their honor..."
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 Grief, one of the most important steps in the grieving process is to find enduring and continuing bonds while embarking 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 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.

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 Grief, one of the most important steps in the grieving process is to find enduring and continuing bonds while embarking 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 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.

10 Ways to Honor Your Loved One During the Holidays

By Luiza Koment, 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 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 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 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 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 to a shelter or nursing home to donate a holiday present to someone in need.
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 gravesite. Decorate it with a wreath or grave blanket.
8. If you belong to a faith community, you can request that the community help you 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. 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.

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 or call 467-692-1000.

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 no longer living
4. To find an ongoing connection with the remembered in the midst of embarking on a new life

By Mallory Griner, MDW, LOW, and Deacon Rachel Bailey, MAMS, CT

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 donate to a shelter or nursing home to donate a holiday present to someone in need.

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 or call 467-692-1000.
The trip wasn’t about catching fish; it was about making memories.

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 ‘Task 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, 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 space 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.

It was a quiet, reflective drive home; everyone was tired. The sense of loss may be magnified when everyone else appears cheerful while you may be feeling sad and tired. The holidays can be especially challenging because your loved one is no longer there with you.

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:

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 467-692-1000.
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?

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:

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 Bonita Springs, Florida, from November 12-17. For more information, visit this website: http://seasonsfoundation.org/camp-kangaroo/bonita-springs-florida/ or call 847-692-1000.

Helping Others Through Seasons Hospice Foundation

A gift to Seasons Hospice Foundation marks the love and joy that brought someone into 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.

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

In July, Gabriela Gady joined us as the Vice President of Operations. With a strong background in operations, communication and fundraising for long-term organizations, Gabby will help us 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 Booth School of Business and a BS in Psychology from The University of Illinois in Urbana. Gabby lives in Illinois with her two sons, and a super fan who attends all 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 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 shouting in his duck blind, waiting for the mighty 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 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 stayed close 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 stayed close 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)
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 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.

For our making records need to be updated, or if you would like to receive this newsletter electronically, please contact Seasons Hospice Foundation at 847-692-1000, ext. 4.

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’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 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 shoveling in his duck blind, waiting for the angry 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 gritted to keep his eye on the prize.

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.

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 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 sweeping through his jacket on a November morning as he sat shoveling in his duck blind, waiting for the angry 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 gritted to keep his eye on the prize.

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.

It is a sort of process.

One by one you let go of the things that are gone, and you embrace there. One by one you take hold of the things that have become a part of who you are, and build again.”

Excerpt, “Choosing Life Again” – Rachel Naomi Remen

If you attended Seasons Hospice patient John Wood’s celebration of life, you would have been greeted with the smells of fresh fish, a big bass that had just been caught, and the sounds of children laughing and playing.

John and Carolyn are on continuous oxygen supplies; both would need to travel with someone to go fishing. The Woods’ Fishing Legacy

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.

It is a sort of process.

One by one you let go of the things that are gone, and you embrace there. One by one you take hold of the things that have become a part of who you are, and build again.”

Excerpt, “Choosing Life Again” – Rachel Naomi Remen

If you attended Seasons Hospice patient John Wood’s celebration of life, you would have been greeted with the smells of fresh fish, a big bass that had just been caught, and the sounds of children laughing and playing.

John and Carolyn are on continuous oxygen supplies; both would need to travel with someone to go fishing. The Woods’ Fishing Legacy