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 cricket chirping in the distance while the sun glistened on the fishing pool; the chill breeze seeping through his jacket on a November morning as he sat shivering in his duck blind; waiting for the mists 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 grasping each other’s hands as the fish hit the reel.

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

small things that matter most

(continued on pg 11)
The trip wasn’t about catching fish; it was about ויודע את המילים בזָהָב. Then, they dove into the brackish water. A wave of energy rolled over John and Carolyn as they

How Past Traditions Can Help You Cope During the Season

As bereavement specialists, we are often asked how someones cope during the holiday season. One of the most important things to do is honor past traditions and create new ones to honor your loved ones. According to William Wordsworth’s “Ode to 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 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.

1. Hang a special ornament on the holiday tree to honor 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 flowers. 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.

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 your 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 giving gifts. 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.

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

For more information on how to make a donation to the Seacoast Hospice Foundation to help make wishes come true, please visit Seacoastfoundation.org or call 1-877-692-1000.

A wave of energy rolled over John and Carolyn as they

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. 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.

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

A news 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 deep-seated rustiness of a lifetime, and began a fishing lesson. Carolyn joined them, dropping her own line into 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 real “pros.” Pa reminded them that the fish have important purposes in the life, even outside of fishing. Carolyn reminded them of the shorebird’s purpose and always was side quality time for family.

It was a quiet, reflective drive home; everyone was tired, but filled with joy from the excursion. John and Carolyn’s spirits were lifted, and they left the park with a new sense of peace and contentment.

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

How Past Traditions Can Help You Cope During the Holiday Season

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 Wordsworth’s tale of Grief, one of the most important steps in the grieving process is to find familiar and creating 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 place for your loved one. If you wish to create new traditions, you can have the youngest member of your family move into that space.

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The trip wasn’t about catching fish; it was about honoring loved ones. As bereavement specialists, we are often asked how one 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 5 tasks of grief, 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.

Many of the benefits of creating new traditions include the opportunity to create lasting memories, continue bonds during the holidays, and provide a sense of normalcy. Establishing these bonds during the holidays can be both therapeutic and challenging at times. If you need further assistance or ideas, please reach out to the Bereavement Specialist at your local Seasons Hospice Office.

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 Girtz, MSW, LOW, and Dawn Rachel Bailey, MAMS, CHW

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 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 your loved one.

3. Decorate the holiday table using your loved one’s favorite foods or cookies, listening to your loved one’s favorite holiday songs or watching movies, hanging special ornaments or a memento stocking or lighting a candle in their honor. If you are finding it hard to cope, consider making your loved one’s favorite food or cookie to donate to a shelter or nursing home or 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. Reminiscing can be therapeutic.

7. Visit your loved one’s gravesite. Decorate it with a wreath or grave blanket. R emember, 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 Hospice Office.

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. You can create a mementos in need of these feelings of 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 Hospice Office.
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.

Did You Know?

- Camp Kangaroo helps children feel less alone in their grief, provides them with a supportive environment, 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/camp-kangaroo-broward-florida/ or call 847-692-1000.

PARTICIPANTS RECEIVE GRIEF EDUCATION AND EMOTIONAL SUPPORT, COMBINED WITH FUN CAMP ACTIVITIES.

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.

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

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

Gadya 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 enjoys watching Game 7 of the 2017 World Series on a weekly inside. Go, Cubs, go!

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.

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-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 average cost per wish was $401.

We fulfilled 129 wishes through our Patient Wish Fulfillment Program. During the first half of 2017:

- The Patients & Families Every Day, the Seasons Hospice Foundation is Growing.

In July, Gabriella (Gaby) joined us as the Vice President of Operations. With a strong background in operations, communication and fundraising for hospice organizations, Gaby will help us 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, North School of Business and a BS in Psychology from The University of Illinois in Urbana. Gaby lives in Illinois with her husband, and a super fan who admits to replaying Game 7 of the 2016 World Series on a weekly basis. Go, Cubs, go!

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