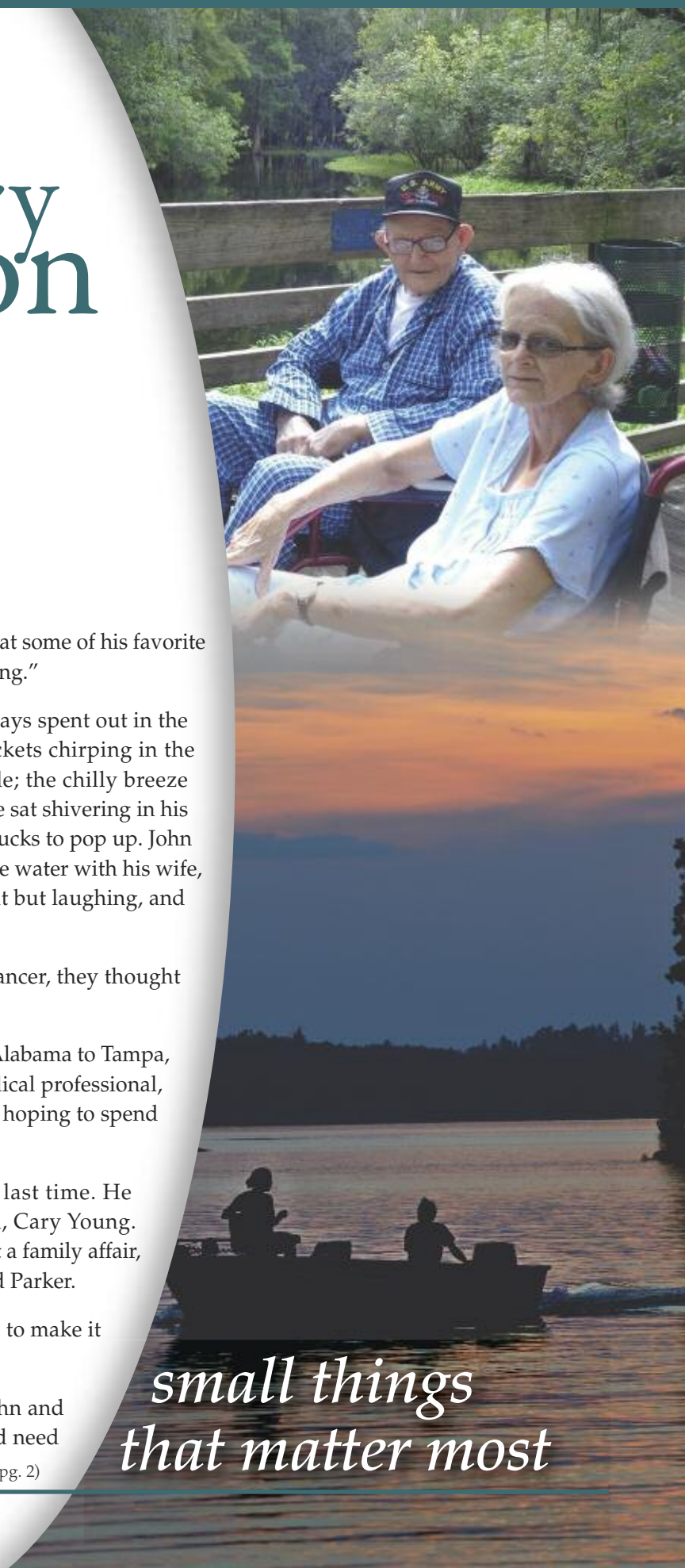
SEASONS HOSPICE FOUNDATION®

for Every Season



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 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, 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.

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 asked to make it a family affair, bringing along their two great-grandchildren, Paisley and Parker.

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)

(continued from pg. 1)



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 poles. 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 Pa to sit back and fish with Parker and Paisley.

The morning of the trip started with a family favorite: breakfast by Chik-Fil-A, provided by Seasons Hospice Foundation.

But the real fun started at Lettuce Lake Park. Our three staff members, along with Paisley and Parker, wheeled Carolyn and John down the boardwalk, oxygen tanks and all, with the cypress and oak trees offering them some solace from the hot Florida sun.

As they wheeled over the river on the creaking boardwalk, the family was greeted by calls from tricolor herons, watched osprey take flight, and even caught a quick view of a family of turtles before they dove into the brackish water.

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 off the help nurse Patty was offering. He was determined to lure his own hook and teach Parker and Paisley how to do the same. Carolyn joined them, dropping her own line in the murky river water. A nip here and there on the pole, an exclamation from Carolyn, a laugh from the kids, 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 the kids how important patience is in life, even outside of fishing. Granny reminded them to nurture their bond as siblings and always set aside quality time for family.

It was a quiet, reflective drive home; everyone was tired 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 memory together. More importantly, they were thankful that one of the last memories their great-grandchildren will have with them is a happy one. Their words, their actions and their love through this memory will stay with their family for years to come.



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

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**, email **Foundation@Seasons.org** or call **847-692-1000**.

How Past Traditions Can Help You Cope During

By Mallory Grivner, MSW, LSW, and Deacon Rachel Bailey, MAMS, CH

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 ones. 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 embarking 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 religion 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.



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

10 Ways to Honor Your Loved One During the Holidays

By Luisa Kcomt, 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 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:

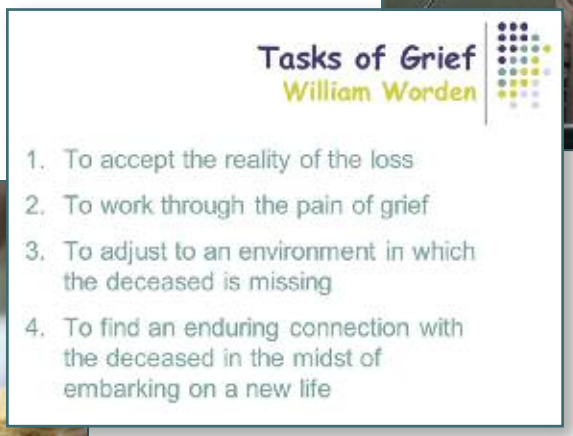


1. Hang a special ornament on the holiday tree to commemorate your loved one. This ornament can be something from the past which holds sentimental value or it can be a new ornament which best represents your loved one's life.
2. Light a candle in your loved one's memory. Spend some quiet time each day 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.
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

the Holiday Season







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 in their honor.

If it's too hard to sit at a table together, opt to spend 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.



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 a holiday gift.



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 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.

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.

CAMP KANGAROO



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/camp-kangaroo-broward-florida/ or call 847-692-1000.

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:

- 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!

20 YEARS OF HONORING LIFE OFFERING HOPE ANNIVERSARY EST 1997

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

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

SEASONS HOSPICE FOUNDATION®

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for EverySeason

If our mailing 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.

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**.

SUPPORT

SEASONS HOSPICE & PALLIATIVE CARE®

Seasons Hospice & Palliative Care
606 Potter Rd.
Des Plaines, Illinois 60016

847-759-9449
Toll free: 800-570-8809

Seasons Hospice Bereavement Support

These free support groups are open to the community.

Pre-registration is requested for all groups. Call 800-570-8809 to register.

Please join us as we move through grief, support each other, and learn ways to cope with life after loss.

Weiss Memorial Hospital
8th Floor, Conference Room A, Chicago

2nd Tuesday of the month, 11:30 a.m.-12:30 p.m.

Holy Cross Hospital
Seasons Hospice Inpatient Center, 6th Floor, Chicago

2nd Tuesday of the month, 6-7 p.m.

MacNeal Hospital
Seasons Hospice Inpatient Center, 4th Floor, Berwyn

2nd Wednesday of the month, 1-2 p.m.

Seasons Hospice Naperville Inpatient Center
Naperville

4th Wednesday of the month, 3-4 p.m.

Burr Ridge-Seasons Hospice Office
Burr Ridge

Grief Workshop

4th Thursday of the month, 6-7 p.m.

Des Plaines-Seasons Hospice Office
Des Plaines

Grief Workshop

2nd Thursday of each month, 6-7 p.m.

Bereavement Club at The Springs of Monarch Landing
Naperville

2nd Tuesday of the month, 5-6 p.m.

Gratitude and Grief at Church of St. Benedict, Bolingbrook

1st & 3rd Thursdays of each month, 7-8 p.m.

Contact for this group: Stephen Erickson, Chaplain, 800-570-8809