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 to bring comfort to patients and families through our Patient Wish Fulfillment Program, as we did for a family in November 2016.

Each year, Seasons offers “Camp Kangaroo” in various locations across the United States. This is a summer camp environment with activities designed to help children who are grieving. Here, children can journey through grief—embracing the pain and joy that someone brought to our lives, while also understanding life and death.

Through Camp Kangaroo, Seasons 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.

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 120 wishes nationally at a cost of $51,762.
- The average cost per wish was $401.
- We fulfilled 129 wishes.

Seasons Hospice Foundation honors and remembers the memory of beloved 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 (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 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 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 plans to replaying Game 7 of the 2016 World Series on a weekly inside. Go, Cubs, go!

The Woods’ Fishing Legacy

If you asked Seasons 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 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 sideways 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 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.

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

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As bereavement specialists, we are often asked how do 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 “Ode to Grief,” one of the most important steps in the grieving process is to find enduring and continuing bonds while endearing 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 leaving an empty place 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, then finally, was content, but filled with joy from the occasion. John and Carolyn couldn’t stop thanking our staff. They were thrilled that, one last time, they were able to make a special moment. More importantly, they were thankful that one of the last memories their great-grandchildren will have with them is happy. One’s, their actions and their love through this memory will stay with their family for years to come.

10 Ways to Honor Your Loved One during the Holidays

- Hang a special ornament on the holiday tree to comemmorate 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.
- 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 your loved one’s journey and the lessons you’ve learned as a result of the changes in your life.
- Decorate the holiday table using your loved one’s favorite foods or drinks and serve it during the holiday dinner.
- During dinner, take turns sharing favorite memories and laughing stories about your loved one. Remembrance can be therapeutic.
- Cook your loved one’s favorite dish and serve it during the holiday times.
- Drink a toast to your loved one at the beginning of dinner.
- Donate to your loved one’s favorite charity in lieu of a holiday gift.
- Plant a tree or bush in your garden to commemorate your loved one’s life. This way you can still be a part of 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.

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7. Plant a tree or bush in your garden to commemorate your loved one’s life.
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. Consider making a new tradition 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:

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 SeasonsFoundation@Seasons.org or call 1-877-692-1000.

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

How Past Traditions Can Help You Cope during the Holidays

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 “Ode to Grief,” one of the most important steps in the grieving process is to find enduring and continuing bonds while endearing 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 leaving an empty place 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.

Other examples of creating traditions include making your loved one’s favorite foods or drinks, 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 who needs it. 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. 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 memories of grief and hope, hopefully, honoring old traditions and making new rituals will help you get through it.

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:

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The trip wasn’t about catching fish; it was about making memories.
The trip wasn’t about catching fish; it was about making memories. A wave of energy rolled over John and Carolyn as they boarded the walk, the family was greeted by calls from the hot Florida sun. Carolyn and John down the boardwalk, oxygen tanks and breakfast by Chick-Fil-A, provided by Seasons Hospice with Parker and Paisley. Funds provided by Seasons Hospice Foundation. The park secured medical transport to Lettuce Lake Park, with volunteer her photography skills. Staff from Seasons Tampa closely monitored by a health professional, their frail condition, they would have to be don the wheelchair for this activity. Given that didn’t stop Cary from jumping into action. She easily talked the Woods’ nurse, Patty, into joining the day, and罟 was able to get another Seasons employee, Marin, 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 wheelchair with shaded areas—prime spots for Gramps and Pa to sit back and watch with Parker and Patty.

The morning of the trip started with a family favorite breakfast by Chick-Fil-A, provided by Seasons Hospice Foundation. But the mud sat between the rock and the path, and the kids how important patience is in life, even outside of fishing. Granny reminded them to nurture their bond as they were able to create a special memory together. John and Carolyn couldn’t stop thanking our staff. They were thrilled that, one last time, they could do the same. Carolyn, from a laugh from the kids, but no luck. Oh, 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 they were able to create a special memory together. John and Carolyn couldn’t stop thanking our staff. They were thrilled that, one last time, they could do the same. Carolyn, from a laugh from the kids, but no luck. Oh, it went, for nearly two hours!

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. 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.

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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 times.
5. Drink a toast to your loved one at the beginning of dinner.
6. During dinner, take turns sharing favorite memories and biking 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 flowers.
10. Plant a tree or bush in your garden to commemorate your loved one.

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Despite 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 make a new tradition, you can have the youngest member of your family move into that space.

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By Mallory Grivner, MSW, LSW, and Deacon Rachel Bailey, MAM, CHW

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

As am-bun-wen-tum-spec-tac-u-lar, we are often asked how does someone cope during the holiday season? One of the most impor-tant things to do is to honor past tradi-tions and create new ones to honor your loved one. Ac-cord-ing to William Work-er’s Tale of Gryf, one of the most im-portant steps in the grieving pro-cess is to find endur-ing and con-tinuing bonds while embrac-ing a new way of life. Estab-lishing these bonds during the holidays can be both ther-a-petic and cha-lenging at times.

De-pending on your faith, new tradi-tions can be religious in na-ture. For ex-ample, if you are host-ing a Seder or Thanksgiv-ing din-ner, con-sider leaving an empty place for your loved one. If you wish to make a new tradi-tion, you can have the young-est mem-ber of your family move into that space.

1. Hang a special ornament on the ho-liday tree to com-men-orate your loved one. This ornament can be some-thing 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 reflec-ting on your grief jour-ney and the les-son you’ve learned as a re-sult of the changes in your life.

3. Decorate the holiday table using your loved one’s favorite foods or cookies, list-en-ing to their favorite holiday songs or watch-ing movies, hang-ing their favorite flow-ers.

4. Cook your loved one’s favorite dish and serve it during the ho-liday din-ner.

5. Drink a toast to your loved one at the begin-ning of dinner.

6. During dinner, take turns shar-ing favorite mem-ories and telling sto-ries about your loved one. Reminiscence can be ther-a-petic.

7. Visit your loved one’s gravesite. Decorate it with a wreath or grave-blanket.

8. If you belong to a faith com-munity, you can request the com-munity to hon-er your loved one during a special remem-brance ser-vice or through prayer.

9. Donate to your loved one’s favorite char-ity in lieu of a holiday gift. Remem-brance can be ther-a-petic.

10. Plant a tree or bush in your garden to com-mem-orate your loved one. This tree can be a new tree or a tree from a special remem-brance ser-vice or through prayer.

To help you through this time, please reach out to the Bereavement Specialist at your local Seasons Office.

For more information on how to make a donation to the Seasons Hospice Foundation to help make wish-es come true, please visit SeasonsFoundation.org or call 1-877-672-1600.

Mallory Givner, MSW, LSW, and Deacon Rachel Bailey, MAM, CHW

How Past Traditions Can Help You Cope During the Holiday Season

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Solace from the hot Florida sun. Carolyn and John down the boardwalk, oxygen tanks and staff members, along with Paisley and Parker, wheeled breakfast by Chik-Fil-A, provided by Seasons Hospice with Parker and Paisley.

The morning of the trip started with a family favorite—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 Granny and Papa to sit back and fish. The park also has a handicap-accessible trail and boardwalk with shaded areas—prime spots for Granny and Papa to sit back and fish.

M ore im-portantly, they were thankful that one of the last tim es, they were able to create a special memory together.

As they learned fishing tips from two real “pros,” Papa reminded the kids how important patience is in life, even outside of fishing. Granny reminded them to nurture their bond as siblings and always be side quality time for family.

It was a quiet, reflective drive home; everyone was tired, but filled with joy from the excursions. 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 time to come.

10 Ways to Honor Your Loved One During the Holidays

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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’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 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 grinning to himself as he caught a big fish.

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 Season’s 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, hoping to catch a big bass; sweating in the heat but laughing, and grinning to himself as he caught a big fish.

Though it seemed too-challenging, 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)
The average cost per wish was $401.

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

Healing Hearts at Camp Kangaroo

Healing Hearts at 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.

It is free of charge to children in the community who have suffered the death of a loved one. It offers a safe and supportive atmosphere.

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

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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 misty river to clear and the ducks to pop up.

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

“John had a wish to go fly fishing with his granddaughter, Cary Young, who is a medical professional and his family. He mentioned his wish to his Seasons Hospice Chaplain, Cary Young.”

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