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. With a strong background in operations, communication and fundraising for hospice organizations, Cary will help us to ensure that we provide comfort and lasting memories to our growing number of patients and families.

Each year, Seasons offers a 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, 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 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 sneaking through his jacket on a November morning as he sat drifting in his duck blind; waiting for the tiny river to close 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 gained lots of fish 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.

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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.

“Everyone knows this was not easy, but both John and Carolyn are on continuous oxygen supplies, both would need...”

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

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 use his own hand and teach Parker and Paisley how to do the same. Carolyn joined them, dropping her own line on the murky water below. A nip here and there, on an occasion from Carolyn, 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 wouldn’t stop smiling as they learned fishing tips from two “real pro” Pa. 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. That didn’t stop Cary from jumping into action. She couldn’t stop thanking our staff. They were thrilled that, one last time, they were able to create a special memory together.

A wave of energy rolled over John and Carolyn as they drove into the brisk sun. The trip wasn’t about catching fish; it was about making memories. A trip that taught them the importance of patience in life, even outside of fishing. They were grateful for the memories they were able to create together.

How Past Traditions Can Help You Cope During the Holidays

By Mallory Griesser, MDW, LOW, and Deason Rachel Bailey, MAMS, CHSW

As you navigate life after loss, you may wonder how someone copes 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 Workman’s “Rules 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 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. 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.

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 1-877-625-1000.
The trip wasn’t about catching fish; it was about solace from the hot Florida sun, with the cypress and oak trees offering them some shade. Carolyn and John down the boardwalk, oxygen tanks and fishing gear in tow, had a handicap-accessible trail and boardwalk with shaded areas – prime spots for Granny and Pa to sit back and fish for nearly two hours!

But the trip wasn’t about catching fish; it was about building memories. Parker and Paisley couldn’t stop thanking our staff. They were thrilled that, one last time, they were able to create a special moment. More importantly, they were thankful that one of the last memories their 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 many years to come.

As remembrance specialists, we are often asked how does someone cope during the holidays? One of the most helpful things to do is to honor past traditions and create new ones to honor your loved one. According to William Worden’s Theory 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 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 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, visit www.seasonsfoundation.org or call 467-692-1000.

1. Hang a special ornament on the holiday tree to commemorate your loved one. This ornament can be something from the past that 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 your loss.

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 their 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 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.

If you are finding it hard to cope, consider making your loved one’s favorite cookies and donate them to a shelter or nursing home or donate a holiday present to someone in need.做 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.

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

Carolyn and John down the boardwalk, oxygen tanks and Foundation.

breakfast by Chik-Fil-A, provided by Seasons Hospice with Parker and Paisley.

has a handicap-accessible trail and boardwalk with shaded volunteer her photography skills. Staff from Seasons Tampa to use a wheelchair for this activity. Given of three brand-new freshwater fishing poles. We then donated many of the items for the day, including the use 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. This park has a handicap-accessible trail and boardwalk with shaded areas—prime spots for Granpa and Pa to sit and fish with Parker and Paisley.

The morning of the trip started with a family favorite—breakfast at Chick-Fil-A, provided by Seasons Hospice Foundation. The morning of the trip started with a family favorite: breakfast by Chik-Fil-A, provided by Seasons Hospice with Parker and Paisley.

As they wheeled over the river on the creaking boardwalk, a wave of energy rolled over John and Carolyn as they couldn’t stop thanking our staff. They were thrilled that, one more im portant 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 mourning 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 create new traditions, you can have the youngest member of your family move into that space.

1. Hang a special ornament on the holiday tree to commemorate your loved one. This ornament can be something from the past that 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 holiday season. This can be an opportunity to create new traditions for you and your family. There are some helpful suggestions to consider:

- 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. At the end of dinner, take turns sharing favorite memories and telling stories about your loved one. Reminiscence can be therapeutic.

6. During dinner, take turns sharing favorite memories and telling stories about your loved one. Reminiscence can be therapeutic.

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

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.

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 1-877-652-1000.

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2. To work through the pain of grief.
3. To adjust to an environment in which the deceased is living.
4. To find an ongoing connection with the deceased in the context of embarking on a new life.

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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.

In 2017, Seasons Hospice & Palliative Care in Des Plaines, Illinois welcomed 398 children to Camp Kangaroo. This is the only national bereavement camp of its kind, based in a summer-camp environment. “Camp Kangaroo” is a combination of fun camp activities, education and emotional support, combined with fun camp activities. It’s the only national bereavement camp of its kind, based in a summer-camp environment.

Led by dedicated professionals from Seasons Hospice & Palliative Care, 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/ or call 847-692-1000.

Did You Know?

- We fulfilled 120 wishes nationally at a cost of $31,752.
- 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 this mission. Thank you for your support.

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

In July, Gabriela (Gaby) Tudor joined us as the Vice President of Operations. With a strong background in operations, communication and fundraising for long-term 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, North 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 playing Game 7 of the 2016 World Series on a weekly basis. Go, Cubs, go!

SUPPORT

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 847-692-3800.

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 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 cricket 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-venturing his in his duck blind; waiting for the misty river to clear and the ducks to pop up. John has fond memories of chilly afternoons fishing, cast on the water with his wife, Carolyn, hoping to catch a big bass; sweating in the heat but laughing, and granted joy to be with each other.

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

Upon hearing 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. 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 too-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)
The average cost per wish was $401.

We fulfilled 129 wishes through our Patient Wish Fulfillment Program. During the first half of 2017: Seasons Hospice Foundation brings comfort to patients and families during their time of need through our Patient Wish Fulfillment Program. Did You Know?

Healing Hearts at Camp Kangaroo

Healing Hearts at Camp Kangaroo is a program for children who have suffered the death of a loved one. It is free of charge to children in the community who are grieving. Here, children can journey through grief – and embrace the life – in a safe and supportive atmosphere. With activities to help these children learn effective coping strategies, express their emotions and help them learn to be with a supportive environment to feel less alone in their grief, provide 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: SeasonsFoundation.org/camp-kangaroo/camp-kangaroo-broward-florida/ or call 847-692-1000.

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Though it seemed far-fetched, Cary was determined to make it happen. She told John that if he wanted to go fishing one last time, she’d make it happen. But when John and Carolyn were diagnosed with cancer, they thought those days were over.

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“if ever there is a tomorrow when we’re not together... there is something you must always remember. You are braver than you seem, stronger than you appear, and smarter than you think. But the most important thing is, even if you’re apart... I’ll always be with you.”

- A. A. Milne, author of Winnie the Pooh

FALL 2017

A Bereavement Newsletter from Seasons Hospice Foundation