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:

As a Bereavement Newsletter from Seasons Hospice Foundation

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 chickens 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 slicing into his duck blind; waiting for the weary river to clear and the docks to pop up. John has fond memories of quiet 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 have 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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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 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. 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. 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, one last time, they were able to make a special moment. More importantly, they were thankful that one of the last memories their grandchild will have with them is a happy one. Their words, their actions and their love through this memory will stay with them for years to come.

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 1-877-692-1000.

How Past Traditions Can Help You Cope During the Holiday Season

By Mallory Girner, MSW, LSW, and Darcon Rachel Bailey, MAMS, CHS

1. 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 effects of his 24-hour night shift. As they learned fishing tips from two real “pros.” Pat reminded the kids how important patience is in life, even outside of fishing. Granny reminded them to nurture their bond as well as always set aside quality time for family.

2. That didn’t stop Cary from jumping into action. She offered to drive to the closest bait store for their supplies. But the trip wasn’t about catching fish; it was about making memories. Pat and Cary couldn’t stop smiling as they learned fishing tips from two real “pros.” Pat reminded the kids how important patience is in life, even outside of fishing. Granny reminded them to nurture their bond as well as always set aside quality time for family.

3. A memorial stocking or lighting a candle in their honor. If you find it too hard to do, consider creating your loved one’s favorite cookies and donating them to a shelter or nursing home or donate a holiday gift to the community to honor your loved one during a special remembrance service or through prayer.

4. 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. 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 1-877-692-1000.

5. Cook your loved one’s favorite dish and serve it during the holiday times.

6. During dinner, take turns sharing favorite memories and telling stories about your loved one. Reminiscence can be therapeutic. 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, one last time, they were able to make a special moment. More importantly, they were thankful that one of the last memories their grandchild will have with them is a happy one. Their words, their actions and their love through this memory will stay with them for years to come.

6. Decorate the holiday table using your loved one’s favorite foods or cookies, listening to their favorite holiday songs or watching movies, hanging a memorial stocking or lighting a candle in their honor. If you find it too hard to do, consider creating your loved one’s favorite cookies and donating them to a shelter or nursing home or donate a holiday gift.

7. Visit your loved one’s gravesite. Decorate it with a wreath or grave blanket. A memorial stocking or lighting a candle in their honor. If you find it too hard to do, consider creating your loved one’s favorite cookies and donating them to a shelter or nursing home or donate a holiday gift.

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. Plant a tree or bush in your garden to comemorate 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.

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The trip wasn’t about making memories.

It was about something else.

It was about spending time with those we love, even when they are no longer with us.

It was about creating new memories with the memories we’ve already made.

It was about finding joy in the midst of sadness.

It was about finding comfort in the knowledge that we are not alone.

It was about finding hope in the darkest of times.

It was about finding light in the midst of darkness.

It was about finding love in the midst of loss.

It was about finding grace in the midst of struggle.

It was about finding peace in the midst of chaos.

It was about finding purpose in the midst of pain.

It was about finding meaning in the midst of confusion.

It was about finding strength in the midst of weakness.

It was about finding hope in the midst of despair.

It was about finding love in the midst of hate.

It was about finding beauty in the midst of ugliness.

It was about finding grace in the midst of sin.

It was about finding joy in the midst of sorrow.

It was about finding happiness in the midst of sadness.

It was about finding peace in the midst of war.

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"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 aftereffects of his surgery. He was eager to test out his new rod and tackle. The water was calm, and the cypress and oak trees offered them some relief from the hot Florida sun. All in all, with the cypress and oak trees offering them some solace, it was a quiet, reflective drive home; everyone was tired but filled with joy from the excursion. John and Carolyn couldn’t stop smiling as they imagined their first catch. They were thrilled that one of the last memories their great-grandchildren will have with them is a happy one. Their words, their actions and their love for one another will stay with their family for the rest of their lives.

As bereavement specialists, we are often asked how does someone cope during the holidays? One of the most important things to do is 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 honoring 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 or secular. For example, if you are hosting a Seder or Thankgiving 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 in that space.

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 foods or cookies, listening to your loved one’s 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 in need.

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. Join 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 sending holiday cards.
10. Plant a tree or bush in your garden to commemorate your loved one.

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 947-652-1000

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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 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 are grieving. Here, children can 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/broward-florida/ or call 847-692-1000.?

Did You Know?

- We fulfilled 120 wishes nationally at a cost of $51,762.
- The average cost per wish was $401.
- We fulfilled 12,900 wishes.
- Seasons Hospice & Palliative Care.
- Seasons Hospice Foundation brings comfort to patients and families during their time of need through their Patient Wish Fulfillment Program. (continued on pg. 2)

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

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

Gabi 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 loves in Illinois with her two children, a super fan who adores to re-playing Game 7 of the 2016 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 seasons 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.


“A full asleep in the full and certain hope
That my slumber shall not be broken;
And that, though I be all-forgetting,
Yet shall I not be all-forgotten,
But continue that life in the thoughts and deeds
Of those I have loved.”

- Samuel Butler

Supporting Seasons Hospice Bereavement Support

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 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 generally having a good time.

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 Chaplains, Cary Young, Carolyn wanted to join as well, and they asked to make it a family affair, bringing along their two great-grandchildren, Frankie 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 FALL 2017 A Bereavement Newsletter from Seasons Hospice Foundation

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Did You Know?

...community who have suffered the death of a loved one. It is free of charge to children in the community.

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/broward-florida/ or call 847-692-1000. Participants receive grief education and emotional support, combined with fun camp activities.

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. seasonsfoundation.org

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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 parents, and a super fun family at replies to Game 7 of the 2016 World Series on a weekly basis. Go, Cubs, go!

Do 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:

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A bereavement newsletter from Seasons Hospice Foundation