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:

- 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 this mission. Thank you for your support.

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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.

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. 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, providing them with a supportive environment to express their emotions and helps them learn effective coping strategies.

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.

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

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

Gabriele holds an MBA from the University of Chicago, North School of Business and a BS in Psychology from the University of Illinois in Urbana. Gabrielle 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, Cub, go!

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FALL 2017

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 sweeping 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 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.

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.

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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.
The trip wasn’t about making memories. It was about honoring the loved one and creating lasting memories of love and care.

As bereavement specialists, we are often asked how someone cope during the holidays? One of the most important things is to do is 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 enduring on a new life after loss. Establishing these bonds during the holidays can be 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.

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 make a special moment for Granny. 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 many years to come.

By Mallory Givner, MSW, LSW, and Deacon Rachel Bailey, MAM, CHS, Seasons Foundation.Tampa

Tasks of Grief

1. To accept the reality of the loss
2. To work through the pain of grief
3. To adjust to an environment in which the deceased is missing
4. To find an outlet with connection with the deceased in the midst of embarking on a new life
5. To be patient with the process

How Past Traditions Can Help You Cope During the Holidays

By Luisa Komt, 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 funeral. The stresses 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 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 favorite flowes.
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. Reminiscing 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.

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.

With your support, the Seasons Hospice Foundation can help support the bereavement work we do in our local communities. To discuss other ways you can be creative in establishing new rituals with yourself and reach out for support when needed.

By Mallory Givner, MSW, LSW, and Deacon Rachel Bailey, MAM, CHS, Seasons Foundation.Tampa

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.

By Mallory Givner, MSW, LSW, and Deacon Rachel Bailey, MAM, CHS, Seasons Foundation.Tampa

The trip wasn’t about catching fish; it was about making memories. As 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 catch a fish, despite catching fish.

Carolyn and John down the boardwalk,氧气 tanks and staff members, along with Paisley and Parker, wheeled breakfast by Chick-Fil-A, 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 in peace. That didn’t stop Cary and Paisley 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.

But the real fun started at Lettuce Lake Park. Our three siblings and always set aside quality time for family. The morning of the trip started with a family favorite: 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 make a special moment for Granny. 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 many years to come.

As bereavement specialists, we are often asked how someone cope during the holidays? One of the most important things is to do is 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 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 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.

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The trip wasn’t about making memories. With the cypress and oak trees offering them some Foundation. We then secured medical transport to Lettuce Lake Park, with their frail condition, they would have to be made to use a wheelchair for this activity. Given the whole time, which would be expensive but filled with joy from the excursion. John and Carolyn last time, they were able to create a special memory together. 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 a Nightingale,” one of the most important steps in the grieving process is to find enduring and continuing bonds while enacting 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 both 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. A quiet, reflective dinner party, everyone was tried for the first time, was able to make a special moment. More importantly, they were thankful that one of the last memories of their great-grandchildren will have with them is a happy one. Their words, their actions and their love through this memory will stay with family for many years to come. Use the power of traditions and remember a special remembrance service or through prayer. A memorial stocking or lighting a candle in their honor. It can be therapeutic.

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 stress of loss may be magnified when you realise 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. There 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 your loved one’s death. 3. 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 are finding it hard to cope, consider making your loved one’s favorite cookies and 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 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. Reminiscences can be bittersweet. 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 them to have a special memorial service or 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’s life. 

1. To accept the reality of the loss
2. To work through the pain of grief
3. To adjust to an environment in which the deceased is missing
4. To find an ongoing connection with the loved one in the midst of embracing a new life

If it’s too hard to sit at a table together, opt to gather 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. How Past Traditions Can Help You Cope During the Holiday Season

By Mallory Grivner, MDW, LOW, and Deoush Rachel Bailey, MAMS, CH

10 Ways to Honor Your Loving One During the Holidays

By Louis Knoret, LMDW

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

"The trip wasn’t about catching fish, it was about making memories."
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 Wordsworth’s ‘Theocritus of Gryll’, one of the most important steps in the grieving process is to find enduring and continuing bonds while enhancing or new life. Establishing these bonds during the holidays can be both therapeutic and challenging at times.

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9. Donate to your loved one’s favorite charity in lieu of somethings for your loved one. If you need further assistance or ideas, please reach out to the Bereavement Specialist at your local Seasons Office.
10. Plant a tree or bush in your garden to commemorate your loved one’s life. After the loved one’s death, you can still be a special time of year. You can create your loved one 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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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 are grieving. Here, children can learn effective coping strategies. They are provided with a supportive environment to express their emotions and helps them learn effective coping strategies.

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 Seasons Hospice Foundation.

Our next camp will be held in Broward County, Florida, from November 10-12. For more information, visit this website: http://seasonsfoundation.org/camp-kangaroo/camp-kangaroo-broward-florida/ or call 847-692-1000.

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 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

SUNSHINE STATE MEDALLION

Good news is a Godsend

Seasons Hospice & Palliative Care

6600 Broken C, Suite 700
Edison, NJ 08818

Toll free: 800-570-8809

Several times per week, Carl and Carolyn would stop on the go to buy fish and tackle to bring to the camp. In particular, there was a lure that Carl purchased when they were first married. He used it every time he went fishing with Carolyn, even after she passed away. It was a loss to his wife, and a way to keep her close.

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 gently rose over his fishing pole, the chilly breeze seeping through his jacket. On a November morning he was at sloshed in his duck blind, waiting for the entry river to slow and the ducks to pop up. John has vivid memories of sticky afternoon fishing; out on the water with his wife, Carly, catching a big bass, sweating in the heat but laughing, and greeted back with each other.

But when John and Carly 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. Carly and John wanted to join as well, and they asked to make it a family affair, bringing along their two great-grandchildren, Finley 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 Carly are on continuous oxygen supplies, both would need
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, 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 those children who are grieving. Here, children can process 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.

A bereavement group for children who have experienced the death of a loved one.

*Note:* The Lord just takes blessed people because they’ve fulfilled their purpose early. But that doesn’t mean their music was any less sweet. They sing their story to the world and leave behind a melody that matter most.

Did You Know?

- We fulfilled 120 wishes nationally at a cost of $71,752.
- The average cost per wish was $401.

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

In July, Gabriela Gaddy joined us as the Vice President of Operations. With a strong background in operations, communication and fundraising for for-profit corporations, Gabriela will help to ensure that we provide comfort and lasting memories to our growing number of patients and families. Gabriela holds an MBA from the University of Chicago North School of Business and a BA in Psychology from The University of Illinois in Urbana. Gabriela grew in Illinois with her parents, a super fan who attends every replaying Game 7 of the 2016 World Series on a weekly basis. Go, Cubs, go!

Participating in a 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.

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A Bereavement Newsletter from Seasons Hospice Foundation

The Woods’ Fishing Legacy

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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 seeping through his jacket on a November morning as he sat shouting in his dusk-blend, waiting for the steady river to flow and the hooks 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 grilling local 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.

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“Sometimes, the Lord just takes blessed people because they’ve filled their purpose early. Everyone plays their own song. They sing their story to the world and leave behind a melody of memories. Sometimes... their song is cut short and ends too early. But that doesn’t mean their music was any less sweet or that they left any less of an impression.”

– Linda Kage, The Stillburrow Crush

A Bereavement Newsletter from Seasons Hospice Foundation