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

In July, Gabriela (Gaby) Toledo joined us as our 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 Graduate School of Business and a BS in Psychology from The University of Illinois in Urbana. Gaby lives in Illinois with her parents, a super fan who attends all games of the 2017 World Series on a weekly basis. Go Cubs, go!

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 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, catching a big bass; sweating in the heat but laughing, and guiding the boat 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 daughter, 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. He contacted Season’s Hospice Chaplain Cary, Carolyn wanted to join as well, and they asked to make it a family affair— bringing along two of their great-grandchildren, Ryley and Parker. Everyone knew this would be no easy feat. Both John and Carolyn are on continuous oxygen supplies; both would need to ride in a wheelchair— or car seat— in order to participate. 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 daughter, 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. He contacted Season’s Hospice Chaplain Cary, Carolyn wanted to join as well, and they asked to make it a family affair— bringing along two of their great-grandchildren, Ryley and Parker. Everyone knew this would be no easy feat. Both John and Carolyn are on continuous oxygen supplies; both would need to ride in a wheelchair— or car seat— in order to participate.
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 his head. Nothing in the press about what they might expect to catch. But they were happy to be there,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 his head. Nothing in the press about what they might expect to catch. But they were happy to be there.

As the summer wind picked up, they could see the waves hitting the shore in the distance. A sense of adventure filled them as they headed out into the open water. The sun shone down on them, warming their skin and casting long shadows on the lake. The air was filled with the sound of birds chirping in the trees nearby. It was a perfect day for a fishing trip.

They began casting their lines into the water, each one hoping to catch a trophy fish. For an hour they fished, and then finally, one of the men on the dock called out that they had caught a big bass. The对付者 jumped out of their boat and quickly netted the fish, holding it up in excitement. They had landed their first catch! The two men cheered and hugged, their hands clasping together in celebration.

John and Carolyn quickly joined in on the fun as they pulled the fish out of the water and showed it off to everyone. The prize was a huge black bass, with a beautiful shimmering scale pattern. The group crowded around it, admiring its majestic size. The fish was measured and weighed, and the proud owners posed with it for photographs. The trip was off to a successful start, and everyone was excited about the prospect of more fishing to come.

For more information on how to make a donation to the Seasons Hospice Foundation, please visit SeasonsFoundation.org or call 1-877-692-1000.
The trip wasn’t about making memories. It was about honoring the one you loved. 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 isolated. 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 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.

Donate to the Sorrowful Heart Fund of the Seasons Hospice Foundation to help make wishes come true. For more information on how to make a donation, please visit SeasonsFoundation.org. (Call 888-SEASON or email info@Seasons.org. 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 Work 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.

There are many other examples of creating traditions include making your loved one’s favorite foods or cookies, listening to their favorite holiday song or movie, 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 them to a shelter or nursing home or donate a holiday present to someone in need.

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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 the last of his nerves out of his hand, and took up the rod. Carolyn joined them, dropping her own line into that space. 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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10 Ways to Honor Your Loved One During the Holidays

By Luna Kross, 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 lonely. The stress 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.

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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 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 in need.
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7. Visit your loved one’s grave site. Decorate it with a wreath or grave blanket.
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9. Donate to your loved one’s favorite charity in lieu of giving a gift.
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Don’t give up hope. A new life 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.

How Past Traditions Can Help You Cope During the Holiday Season

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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.

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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.

If you wish 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.

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’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 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 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 on the water with his wife, Carolyn, hoping to catch a big bass; savoring 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.

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(Continued on page 12)
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Need to Know


Every Season Hospice Bereavement Groups

Every 1st Thursday of each month: October 5, November 2, December 7; 11 a.m.-12 noon
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Storytelling @ Seasons Hospice

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