The average cost per wish was $401. We fulfilled 129 wishes through our Patient Wish Fulfillment Program. During the first half of 2017:

Did You Know?

Healing Hearts at Camp Kangaroo

...and embrace with activities to help these children learn effective coping strategies. It’s the only national bereavement camp of its kind, based in a loving, non-threatening environment. Founded by 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.

This is a summer camp environment for the youngest members of our community. 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 to express their emotions and helps them learn effective coping strategies.

For more information, visit this website: http://seasonsfoundation.org/camp-kangaroo/ or call 847-692-1000. Seasons Foundation.org

Every Season

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 blowing through his jacket; the Novem ber morning as he sat shouting in his duck blind, waiting for the weary river to cease, 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 grabbed by those who understand.

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. 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.

Everyone knew this would be no easy feat. Both John and Carolyn are on continuous oxygen supplies, both would need...
The trip wasn’t 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 ones. According to William Worden’s Five 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 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.

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 doing somethings new and different. While you might still have your moments of grief and hope, 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.

Other examples of creating traditions include making your loved one’s favorite foods or cookies, listening to their favorite holiday songs or watching movies, hanging a memorial stocking or 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 nurse home, or donate a holiday present to someone in need.

For more information about helping to make a donation to the Seasons Hospice Foundation to help make wishes come true, please visit SeasonsFoundation.org or call 847-692-1000.

“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 living;
4. To find an enabling connection with the deceased in the form of an embryo a new life.

5. If it’s too hard to sit at a table together, opt to gluten that time volunteering or doing something new and different. While you might still have your moments of grief and hope, hopefully, honoring old traditions and making new rituals will help you get through it.

1. Plant a tree or bush in your garden to commemorate your loved one.
2. You can be creative in establishing new rituals with yourself and reach out for support when needed.

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 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. 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.

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

As a family favorite, our staff had been eager to recreate this tradition. For many years, we had hosted a fishing trip for our patients and families. The trip didn’t just provide the opportunity to create new memories; it also allowed families to reconnect with their loved ones. To prepare for this special day, we gathered a team of volunteers, including Carolyn and John, who had a passion for photography. Staff from the Seasons Tampa Foundation volunteered their time, and a local photographer captured the moment.

The morning of the trip started with a family favorite breakfast at the local diner. The kids were excited to share the day with their grandparents, and the family was eager to make memories. We then made our way to the park, where we secured medical transport to the lake. The park was a perfect spot for Granny and Papa to sit back and fish, while the kids had the chance to catch their own fish. The morning sun shone bright, and the sound of nature filled the air.

As we approached the lake, we noticed two herons standing on the shore. A sense of calm descended upon us as we stepped out onto the dock. Granny and Papa were the first to cast their lines into the water, while the kids followed suit. They were all dressed in their fishing gear, and their smiles were as bright as the sun. It was a beautiful day to spend with family.

But the trip wasn’t about catching fish; it was about making memories. Parker and Paisley couldn’t stop smiling as they learned fishing skills from their grandparents. Granny reminded them to nurture their bond as they fished. The kids were amazed by the array of birds that flew overhead, and they couldn’t wait to share the experience with their classmates.

It was a quiet, reflective drive home; everyone was tired but happy. The family gathered around the table to enjoy a meal that reminded them of the memories they had made. Granny couldn’t stop thanking our staff. They were thrilled that, once again, they had the opportunity to create a special memory with their family.

The trip wasn’t about catching fish; it was about making memories. It was a time for families to reconnect with their loved ones and create new memories together. Whether you’re a family with a loved one who has Alzheimer’s or dementia, or a family with a loved one who is a hospice patient, the trip wasn’t about catching fish; it was about making memories.

For more information on how to make a donation to the Seasons Hospice Foundation, or to contact us at 847-692-1000, please visit Seasonshospicefoundation.org.
**The trip wasn’t about catching fish; it was about making memories.**

As a Remembrance Specialist, 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 model of grief, one of the most important steps in the grieving process is to find enduring and continuing bonds while honoring 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.

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.

**10 Ways to Honor Your Loved One During the Holidays**

By Luisa Koment, LIMSW

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 life.
3. Decorate the holiday table using your loved one’s favorite colors or foods, 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.

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@seasontimes.org or call 813-652-1000.
Healing Hearts at Camp Kangaroo

Did You Know?

- We fulfilled 12,900 wishes.
- The average cost per wish was $401.
- The total combined cost was $51,762.

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 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 Rose and Cienfuegos, Florida, from November 11-12. For more information, visit this website: http://seasonsfoundation.org/camp-kangaroo/ or call 847-692-1000.

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 Bereavement Newsletter from Seasons Hospice Foundation

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 grazes noses 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, hopeing 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.

“Yet shall I not be all-forgotten,” he added. “Though I be all-forgetting, "I fall asleep in the full and certain hope of those I have loved.""

Upon learning of his wish, Cary was determined to make it happen.

Truly a intertwined, Cary was determined to make it happen. Everyone knew this would be no easy feat. Both John and Carolyn are on continuous oxygen supplies, but would need to travel to a location where the fishing was good, including large lakes like those in Florida.

Though it seemed far-fetched, Cary was determined to make it happen. John still had one wish though: to go fishing one last time. He mentioned his desire to his Seasons Hospice Chaplain, Cary Young. John Wood and Carolyn are on continuous oxygen supplies, but would need to travel to a location where the fishing was good, including large lakes like those in Florida. Though it seemed far-fetched, Cary was determined to make it happen.

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The average cost per wish was $401. We fulfilled 129 wishes.

Did You Know?

It is free of charge to children in the community who have suffered the death of a loved one. This is a summer-camp environment for the youngest members of our community. 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.

Your generosity helps us to continue our impact on the lives of our patients and families. Fulfilling these final wishes makes a profound difference in the lives of our patients and families. This is why it is so important for the Seasons Hospice Foundation to continue raising funds to fulfill these wishes. As a donor, you have a part in helping children who are grieving. Here, children can journey through grief – and embrace the legacy of a loved one.

A gift to the Seasons Hospice Foundation marks the love and joy that someone brought to our lives, while also helping other patients and their families.

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

In July, Gabriella (Gaby) joins us as the Vice President of Operations. With a strong background in operations, communication and fundraising for for-profit corporations, Gaby will help to ensure that we provide comfort and lasting memories to our growing number of patients and families.

Gabby holds an MBA from the University of Chicago North School of Business and a MS in Psychology from The University of Illinois in Urbana. Gabriella grew up with her parents, sister and a pet dog, and she enjoys playing Game 7 of the 2016 World Series on a weekly basis. Go Cubbies, go!

The Woods’ Fishing Legacy

If you asked Seasons Hospice patient John Wood what some of his favorite memories include, he’ll tell you with enthusiasm, “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 sweeping through his jacket on a November morning he sat observing in his duck blind, waiting for the early mist 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 grinning just to be with each other.

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

Upholding 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.

Though it seemed 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 the help of their family, friends, and staff 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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