Camp Kangaroo is a children’s bereavement camp whose program utilizes psychotherapy and the creative arts to encourage experiences, choices, and synthesis of one’s world and, for some people, it may take a long time to rebuild as an individual person experiencing grief differently.

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This year, Camp Kangaroo in Miami Beach, Florida, provided a month-long experience for bereaved children ages 8 to 18 to address the loss of a loved one. The camp offered various activities such as art therapy, music therapy, and grief counseling, all designed to help children express their feelings and emotions in a safe and supportive environment.

Grieving family members can collaborate to create a large format drawing or painting, like the one created by the campers at Camp Kangaroo. This activity will enable family members to express that same essence or the emotions of being in the “same boat” while moving through their grief and hope and healing. Here are some helpful suggestions for those who wish to create their own collaborative artwork as a coping method for grief and loss.

• There is no right or wrong in creating art.
• Encourage collaboration and integration of one’s world and, for some people, it may take a long time to rebuild as an individual person experiencing grief differently.
• Find a special place to display the piece once it is completed where everyone can visit and talk about the piece. Art is the hooking, enjoying, and reflecting.
• There is no eight or wrong in creating art.

At this stage, they were subsequently sent to a large prepared canvas to collectively choose where each idea should go in the “community canvas”. All the children’s ideas were synthesize into one giant large art form with the support and assistance of the art therapists. By allowing this synthesis, the children were able to exhibit the symptom of mourning which lends to the creation of one’s world and, for some people, it may take a long time to rebuild as an individual person experiencing grief differently.

Helping Others Through SEASONS HOSPICE FOUNDATION

Did You Know? South Florida

SEASONSSHOSPICEFOUN DATION

This year, campers were provided the opportunity to create art as a therapeutic activity. In the most general terms, Art Therapy allows the expression and communication of feelings, thoughts, and experiences where the creative process is utilized as a means to transform pain and conflict while fostering awareness and growth. The process, product, and experience are equal in the art experiences.

At Camp Kangaroo, the unique experiences of each child are integrated into music, art, and stories which were encouraged to freely write, perform, or draw the experiences and memories that were relevant to them. To integrate these modalities into an art therapy “product” arising out of the process, the art therapists provided a table covered with butcher paper for the children to sketch their ideas and images using a variety of drawing materials. One idea was given form at this stage, they were subsequently sent to a large prepared canvas to collectively choose where each idea should go in the “community canvas”.

The children’s ideas were synthesize into one giant large art form with the support and assistance of the art therapists. By allowing this synthesis, the children were able to exhibit the symptom of mourning which lends to the creation of one’s world and, for some people, it may take a long time to rebuild as an individual person experiencing grief differently.

At the end, each child was provided a large canvas where everyone can visit and talk about the piece. Art is the hooking, enjoying, and reflecting.

There is no eight or wrong in creating art.
thoughtful gifts for the bereaved

It’s been several weeks since the funeral was over and everyone has returned home to manage their lives. The phone has stopped ringing. The sympathy cards have stopped arriving in the mailbox. The inboxes are no longer flooded with emails offering sympathy of condolences. In the bereaved, this silence can feel deafening at times. Many bereaved feel lost and forgotten as they learn to manage their own health because they were too busy caring for their loved one’s needs. It is not uncommon for bereaved individuals to suffer from physical symptoms, such as heart palpitations, dizziness, or trouble breathing. Experiencing the “firsts” after a loved one’s death can be difficult: the first birthday without the loved one, the first Thanksgiving, the first anniversary of the death. Bereaved individuals who were the primary caregivers often have negative reactions. Depend on the circumstances, the bereaved may not feel ready to take care of business or to process their grief emotions. Knowing that they are not alone is a gift in itself. It’s been several weeks since the funeral was over and everyone has returned home to manage their lives. The phone has stopped ringing. The sympathy cards have stopped arriving in the mailbox. The inboxes are no longer flooded with emails offering sympathy of condolences. In the bereaved, this silence can feel deafening at times. Many bereaved feel lost and forgotten as they learn to manage their own health because they were too busy caring for their loved one’s needs. It is not uncommon for bereaved individuals to suffer from physical symptoms, such as heart palpitations, dizziness, or trouble breathing. Experiencing the “firsts” after a loved one’s death can be difficult: the first birthday without the loved one, the first Thanksgiving, the first anniversary of the death. Experiencing the “firsts” after a loved one’s death can be difficult: the first birthday without the loved one, the first Thanksgiving, the first anniversary of the death. \( \text{Thoughtful gifts for the bereaved} \)

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Recently, Seasons Hospice team contacted a local hospice organization that funds wish fulfillment experiences and assisted the Seasons Hospice team in planning a special wish for one of their patients.

**Story of Bob**

Bob was a man who had been suffering from acute dementia for some time. He had been diagnosed with this condition many years ago, and his family had been caring for him ever since. Bob was a well-known figure in the community, and his wish was to have a trip to a remote cabin to reconnect with nature.

Bob’s wish was granted by the Seasons Hospice team. They contacted a local hospice organization to ask for help in making Bob’s wish come true. With the help of local volunteers, they planned a trip for Bob to a remote cabin in the woods.

During the trip, Bob enjoyed the solitude and beauty of nature. He spent time fishing, exploring the woods, and enjoying the peace and quiet.

Bob’s family was grateful for the opportunity to see their loved one enjoy a peaceful and relaxing experience. They were relieved to see Bob’s smile and hear his laughter as he enjoyed the trip.

Bob passed away just a few days after returning home, but his family was comforted to know that he had spent his last days in peace and happiness. They were grateful to the Seasons Hospice team and the hospice organization for making Bob’s wish come true.

**Wishes for the Bereaved**

The Seasons Hospice team emphasizes the importance of supporting the bereaved during their time of grief. They encourage families and friends to offer support in a variety of ways, such as by offering a meal, helping to organize a memorial service, or simply spending time with the bereaved.

It is important for the bereaved to know that they are not alone and that there are resources available to help them during this time. By offering support and comfort, we can help the bereaved continue to heal and move forward.
We just asked, and in a matter of an hour we had everything coordinated.

"Grieving is hard work. It is healthy to take a break from the work of grieving by having some fun occasionally."

Thoughtful Gifts for the Bereaved

By Lisa Krentz, LMWW

It’s been several weeks since the funeral was over and everyone has returned home to resume their busy lives. The phone has stopped ringing. The sympathy cards have stopped arriving in the mailbox. The inbox is no longer filled with well-wishes and requests for photo albums to be shared on Facebook. In fact, the phone has stopped ringing. The sympathy cards have stopped arriving in the mailbox. The inbox is no longer filled with well-wishes and requests for photo albums to be shared on Facebook. It’s as though the world has moved on. It’s as though we’ve been allowed to grieve quietly. It’s as though we’ve been allowed to grieve quietly.

Bereaved who are parents of small children are trying to raise a family while also coping with their own grief. They may also be involved in managing the deceased person’s estate or organizing their possessions. Offering the time of babysitting the children can be a relief for the bereaved. They can provide this with the time and space to take care of business or to pursue their grief emotions.

While the loss of a friend, relative, or co-worker can be overwhelming, the bereaved can also be Phase 2’s survivors. You may be too late.

Looking back on the outing, Kate marvelled at how and how the toll the day’s adventure had taken. Unquestionably, it was worth it. Even if the farm had eluded them, just delivering Bob from his bed to the countryside of his boyhood would have been rewarding. Of course, with the help of the Seasons Hospice Foundation staff and Metro West’s driver, Bob had heard that there was indeed a creek behind that house. Kate, craning her neck, could see that, yes, there was indeed a house behind that house. Bob seemed convinced as well.

The van pulled into the property’s gravel driveway and clanked to a halt. A sturdy, middle-aged man in a plain white shirt and jeans approached. As Kate hopped out to speak with him, she thought about what he might say.

What if, after all of their effort and anticipation, he turned away?

With what kind of forceful she said nothing to Bob. ‘Actually’ she recalled, ‘he seemed really tickled by the fact that a dying man wanted to see his farm.’

When the company learned what the service would be, they were delighted. The request was approved on the spot. Then they got in touch with Bob’s two daughters to see when they would be available to join. The next day (Saturday) they would work, they said. Great! The pieces were falling into place. The house team contacted a local ambulance service. Metro West, to arrange ambulance service. When the company learned what the service request was for, they relented to pay for their services. Metro West covered the entire expense and a driving instructor for the entire day of the trip. The company would provide the van and the technician. Kate went into a hysteric of late, which Kate knew would not have done his 60-year-old memories any favors. Bob made his rounds, and turned back. Bob failed to lock onto anything familiar. At one point, he even attempted to find his group and to return to Covell’s to retrieve his things out of the house. The prospect of success began to dim.

At one point, on a hunch, Bob directed the van down a gravel road. As the headlights scanned the clearing and searching for signs of recognition, Kate felt her heart sink. Maybe this is as far as we’ll go, she thought. She felt the toll the day’s adventure had taken. Unquestionably, it was worth it. Even if the farm had eluded them, just delivering Bob from his bed to the countryside of his boyhood would have been rewarding.

As the group pushed deeper and deeper into the pine forest, Bob struggled to orient himself to his surroundings. At one point, on a hunch, Bob directed the van down a gravel road. As the headlights scanned the clearing and searching for signs of recognition, Kate felt her heart sink. Maybe this is as far as we’ll go, she thought. She felt the toll the day’s adventure had taken. Unquestionably, it was worth it. Even if the farm had eluded them, just delivering Bob from his bed to the countryside of his boyhood would have been rewarding.

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In his weary state, Bob had decided to stay in the van, but from the corner in which they were parked he could see the property quite well. And Kate pulled the doors open so that Bob could feel the air and smell the earth. Kate chatted with the owner, reminisced, and told stories. He explained how his uncle had inherited the farm to pay its property taxes. With his hands wide open, he spoke of the state of the land, how it was used to climb trees, how it was mowed down. In an emergency, could the contact of the local fire department to request an oxygen tank, for how long could she permit the search to continue before turning back? In an emergency, could the contact of the local fire department to request an oxygen tank, for how long could she permit the search to continue before turning back? In an emergency, could the contact of the local fire department to request an oxygen tank, for how long could she permit the search to continue before turning back?

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At Camp Kangaroo, the creative process is utilized as a means to transform. In the most general terms, Art Therapy allows for the expression of emotions, thoughts, and experiences. In the most general terms, Art Therapy allows for the expression of emotions, thoughts, and experiences. The person, process, and product are equal in the art experience. At Camp Kangaroo, the unique experiences of each child are integrated into making art, writing, and in all of the ways in which they were encouraged to freely write, perform, or draw the exercises most relevant and inherent to them. To integrate these modalities into an art therapy "product" arising out of the process, this art therapists provided a table covered with butcher paper for the children to sketch one’s ideas and images using a variety of drawing materials. Once these ideas were given form and expression family members can collaborate to create a large format drawing or painting, like the one created by the campers at Camp Kangaroo. This activity will enable family members to experience that same common or the sensation of being in the “same boat” while moving through their grief and healing. Here are some helpful suggestions for those who wish to create their own collaborative artwork as a coping method for grief and loss.

- Grow a wide range of materials available, including white sheets of drawing paper or watercolor paper (large enough for everyone’s ideas and images), scissors, various drawing and painting materials such as watercolor paint, oil pastels, soft pastels, crayons, colored pencils, paint sticks, water, magazines for collaging.
- Provide time for each family member to express a memory or emotion.

Growing family members can collaborate to create a large format drawing or painting, like the one created by the campers at Camp Kangaroo. This activity will enable family members to experience that same common or the sensation of being in the “same boat” while moving through their grief and healing. Here are some helpful suggestions for those who wish to create their own collaborative artwork as a coping method for grief and loss.

- Have a wide range of materials available, including white sheets of drawing paper or watercolor paper (large enough for everyone’s ideas and images), scissors, various drawing and painting materials such as watercolor paint, oil pastels, soft pastels, crayons, colored pencils, paint sticks, water, magazines for collaging.
- Provide time for each family member to express a memory or emotion.

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 947-692-1000.

SUNSHINE, PASTURES, AND MEMORIES: BOB CODY’S WISH

By Jeff DeShaw

He sat surrounded by the kids countryside of rural Oregon, far away from the dull hum of the city and a bed he knew too well. Nearly, Bob could see an ancient barn, a graying horse, and a ceramic hubbard brimming with herbs. The stillness was broken only by birdsong and a pair of dogs racing after each other. Bob turned to his nurse, Kate Shaver, and said, “I wish I could ride right now.” Kate, who was also the Team Director of Seasons Portland office, was touched. She had grown to know Bob as a generally reserved and stoic man. She knew his display of feeling today was special.

Bob was suffering from congestive heart failure (CHF) as well as aspiration pneumonia. His wish to die in this location, in peace, was not made idly or offhandedly. As with many hospice patients at Seasons, Bob knew his death was near, the next day perhaps. At one time or another, he had had a sense of urgency to the mission to bring him to this place. Later, Kate recalled how the trip had come to be. Bob, who had been a resident for more than 15 years at Seasons Hospice Foundation, had requested that his uncle’s farm during her visits to Bob’s home. For Bob, the farm was a sanctuary in the midst of the somber childhood memories. Now, some 40 years after his last visit, all Bob wanted was to see it again. Making that happen wasn’t going to be easy. The farm was located within a circumference, Oregon, which was at least three hours drive.

At a cool breeze stirred the air on an autumn Saturday this past October, Bob Cody felt at peace.
A gift to Seasons Hospice Foundation marks the love you brought to our loss, 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 947-492-1000.

Work with Seasons hospice and Palliative Care services continue to be available for 13 months after your loved one’s passing. SeasonS Hospice Foundation is used to enrich lives. Your gift stays close to home to help others like your loved one throughout our clinical sites. A gift to Seasons Hospice Foundation marks the love you brought to our loss, while also helping other patients and their families.

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Grieving family members can collaborate to create a large-format drawing or painting, like the one created by the campers at Camp Kangaroo. This activity will enable family members to experience some of the emotions and meanings of loss, while creating a visual record of their feelings. The process is a way to transform pain and conflict into something that fosters self-awareness and growth. The person, process, and product are equal in the art experience.

At Camp Kangaroo, the unique experiences of each child are integrated into the camp program, using art in which they were encouraged to freely write, perform, or discuss. The art experience is a meaningful way to honor them. To integrate these modalities into an art therapy “product” arising out of the process, the art therapists provided a table covered with butcher paper for the children to sketch one’s ideas and images using a variety of drawing materials. Once these ideas were given form (large enough for everyone’s ideas and images), they were cut apart, reassembled, and given a second purpose. The total work was then displayed in its finished form, allowing and engaging everyone in the process.

Child life specialists and art therapists provide creative services for our pediatric patients and their families. Currently, there are 180 full-time members and volunteers across the nation who work to reduce pain and suffering by providing art and music therapies, support for children with life-threatening illnesses, and support for their families.

For information about this group or any other bereavement services, please call 947-492-1001.

If our mailing records need to be updated, or if you would like to receive this newsletter electronically, please contact Seasons Hospice Foundation at 947-492-1000.

Sunshine, Pastures, and Memories: Bob Cody’s Wish

By Jeff Deitch

At a cool breeze stirred the air on an autumn this past October, Bob Cody felt at peace.

The stillness was broken only by birdsong and a pair of dogs racing after each other. Bob turned to his nurse, Kate NASAV. “I wish I could die right now,” he said. Kate, who also the Clinical Director of Seasons’ Portland office, was touched. She had grown to know Bob as a generally mature and stoic man. She knew of his display of feeling today was special.

Bob was suffering from congestive heart failure (CHF) as well as aspiration pneumonia. He didn’t feel well in this location, in peace, was not made off-handedly. As with many hospice patients at Seasons, Bob knew his death was near. The time he had with his loved ones had added a sense of urgency to the mission to bring him to this place.

Later, Kate recalled how the trip had come to be. Bob, who had been a nurse’s aide for Seasons Hospice & Palliative Care at his uncle’s farm during her visits to Bob’s home. For Bob, the farm was a place of rest in a time of transition, childhood memories. Now, some 80 years after his last hunt, all Bob needed was to see it again. Making that happen would not be a small undertaking. The farm was some 235 miles away, and a day’s drive.

Every Season, from those who use our services to those who help us support them, is a season of growth and healing. This past year, Seasons Hospice Foundation has served nearly 25,000 patients and provided compassionate care for more than 8,000 families.

Do You Know?• We provided exceptional end-of-life care to 50,000 people in 2016. We continue working every day to meet the needs of our patients and families. Our mission is to provide exceptional care, support and comfort to help each person make the most of their remaining days.

Every Season, a Season of Growth• We provided exceptional care, support and comfort to help each person make the most of their remaining days.

Seasons Hospice Support Services Season in hospices in 14 counties in 5 states (Arizona, Colorado, Illinois, New Mexico, Oklahoma)• We provided exceptional care, support and comfort to help each person make the most of their remaining days.

Seasons Hospice Support Services

End-of-Life Assistance (Senior’s House)• We provided exceptional care, support and comfort to help each person make the most of their remaining days.

For information about this group or any other bereavement services, please call 947-492-1001.

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Your donation makes it possible to support our patients and their families. We welcome donations of any size. For information about donating, please visit seasonsfoundation.org.

You don’t have to grieve alone.

S E A S O N S H O S P I C E F O U N D A T I O N

Memories: Made with Love

Grief is the price we pay for love.

• Encourage collaboration and integration of everyone’s artwork and ideas, especially where they will be placed on the paper or canvas for the piece. The process, emotions and memories are encouraged while the piece is being made.

• Find a special place to display the piece once completed where everyone can visit and talk about the piece. Art is for looking, enjoying, and reflecting.

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