Small things that matter most

Art Therapy &
Camp Kangaroo

Helping Others Through Seasons Hospice Foundation

A gift to Seasons Hospice Foundation marks the love and joy you shared with someone closest to your heart, brought to our losses, 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 SeasonsHospiceFoundation.org or call 947-692-1000.

GENERIC

For Every Season

M emories:

Bob C od y’ s W ish

(SP RIN G 2017)
They contacted the Seasons Hospice Foundation to ask for help. (The Seasons Hospice Foundation is a non-profit organization that funds wish fulfillment and other special acts of kindness for hospice patients and their families.) To their delight, 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) would work, they said. Great! The pieces were falling into place. The team contacted a local ambulance service, Metco, to arrange ambulance service. When the company learned what the service request was for, they refused to be paid for their services.

Bob’s wish was for a ride to the countryside. Knowing the nature of Bob’s condition the ride would be tricky (and expensive). But when Bob said a man in Bob’s condition the ride would be his “life’s regret” if he passed away without that experience, they were ready to make Bob’s wish come true.

As the group gathered deeper and deeper into the pine forest, Bob struggled to orient him to his surroundings. Complicating matters, Bob had been suffering from anaphylaxis of late, a condition where, if Kate knew, would have to drive an hour to reach a pharmacy. Like a clockwork, the team rallied around Bob, and when a pharmacy was located and opened, they made the trip, just as Bob predicted. “And I bet you there’s a creek right around this corner.” And sure enough, as they rounded the bend, there was indeed a creek behind that house. Bob seemed convinced. The team was prepared. And on the journey, Kate realized as quickly and easily the trip had been prepared. “We just asked,” Kate recalled, “and in a matter of hours, the horse to pull the carriage was ready to go. Farewells were exchanged, Bob was tucked in for the return journey, and the hours-long trip back to Portland wore quickly and easily the trip had been prepared. “We just asked,” Kate recalled, “and in a matter of hours, the horse to pull the carriage was ready to go. Farewells were exchanged, Bob was tucked in for the return journey, and the hours-long trip back to Portland wore quickly and easily the trip had been prepared. “We just asked,” Kate recalled, “and in a matter of hours, the horse to pull the carriage was ready to go. Farewells were exchanged, Bob was tucked in for the return journey, and the motorhome for the bereaved to receive an annual physical exam from their physician. Offering to accompany them to the doctor’s office may help to decrease the stress of a doctor’s visit.

Thoughtful Gifts for the Bereaved

- Bereaved who are parents of small children are trying to raise a family while also coping with their own grief. Offering to help with the work of grieving by having some fun occasionally is priceless. Allow them to express their grief emotions in a healthy way. It is healthy to take a break from the work of grieving by having some fun occasionally. Bereaved who are parents of small children are trying to raise a family while also coping with their own grief. Offering to help with the work of grieving by having some fun occasionally is priceless. Allow them to express their grief emotions in a healthy way.

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away from Bob’s Portland home, and for a man in Bob’s condition the ride would be too much, and would exhaust his reserves. But they knew that it would be his “life’s regret” if he passed without going, and that he was determined to go even if he “died on the way,” the Seasons team knew what to do.

They contacted the Seasons Hospice Foundation to ask for the Foundation’s help in making this dream a reality. The Foundation is a not-for-profit organization that funds wish fulfillment experiences and other major programs that are of great importance to hospice patients and their families. To their delight, the request was approved on the spot. Then they got on the road with Bob’s two daughters to see when they would be available to join. The next day (Saturday) would work, they said. Great! The pieces were falling into place. The team contacted a local ambulance service, Metco, to arrange ambulance service if needed. When the company learned what the service request was for, they refused to be paid for their services.

Metco would cover the entire day, free of charge.

Team Director, Seasons Hospice & Palliative Care, Portland Office

They contacted the Seasons Hospice Foundation to ask for the entire day, free of charge. Knowing the nature of Bob’s hypoxia of late, which Kate knew Would not have done his 20-year-old memories any favors, Mike added, and, turn after turn, Bob fell to look on anything familiar. At one point, he even asked if the group could return to Corvallis to reset their spins out into the country. The prospect of success began to bloom.

At one point, on a bend, Bob directed the van down a gravel road. As the boulders cracked and the forest clattered and spanked, Bob’s face still failed to register any signs of recognition. Kate eyed the remaining oxygen tanks with concern, for how long could she permit the search to continue before turning back? In an emergency, she could contact the local fire department to request an oxygen drop-off, but they would have to do this. It could be too. Bob could suddenly brighten, and was visibly excited. To Kate, nothing looked the same. They had been a house in some time.

They were quite literally in the middle of nowhere. “Hmm,” Bob said, “that’s it, then there will be nothing around this corner.” And sure enough, as they rounded the bend a house appeared—the first they had seen in some time—just as Bob said. “And I’d like to have a chick on that house,” he added, and his eyes widened.

And, there it was. It was Bob’s dying wish had come true.

In his weary state, Bob had decided to stay in the van, but from the curiousity of the adventure, Kate pulled the doors open so that Bob could feel the air and smell the earth. Bob chatted with the owner, reminisced, and told stories. He explained how his uncle had timbered the farm to pay for his own bed, Bob perked up and spoke of their visit.

Looking back on the outing, Kate marveled at how quickly and easily the trip had been prepared. “We just asked,” Kate recalled, “and in a matter of an hour, we had everything coordinated.” Finding the farm was a little tough, as they were tucked in for the return journey, and it would be, Kate noted, “why he said he was really tickled by the fact The trip had gone so smoothly, and Kate pulled the doors open so that Bob could feel the air and smell the earth. Bob chatted with the owner, reminisced, and told stories. He explained how his uncle had timbered the farm to pay for his own bed, Bob perked up and spoke of the clearing in which they were parked he w as but from the clearing in which they were parked he w as

When the sun went down, Bob struggled to orient himself to his surroundings. Kate knew that it was too early for the search to continue before turning back? In an emergency, she could contact the local fire department to request an oxygen drop-off, but they would have to do this. It could be too. Bob could suddenly brighten, and was visibly excited. To Kate, nothing looked the same. They had been a house in some time.

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Bereaved who are parents of small children are trying to raise a family while also coping with their own grief. Here are some helpful tips to navigate these circumstances, because these bereaved 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. This can provide them with the time and space to take care of business or to process their grief emotions.

Gracing is hard work. It is healthy to take a break from the work of grieving by having some fun occasionally. Inviting the bereaved to a social event can be a good form of distraction. Some bereaved may not feel ready to do anything like this, but it is healthy to have fun. It may be that they are afraid that their raw emotions will cause

At times, the physical challenges of going grocery shopping can be a burden for some bereaved especially during the weather. Offering transportation to go grocery shopping with the bereaved can be a thoughtful gesture. Purchasing bags of groceries into the home can be a less arduous when a helping hand is available. In some communities, online shopping for groceries or hiring groceries may be an additional resource.

Bereaved individuals who visit the primary caregivers for their deceased loved one have often neglected their own because they have been busy caring for their loved one’s needs. It is not uncommon for bereaved individuals to suffer from physical or emotional exhaustion a few years after their loved one’s death. Provide a gentle reminder for the bereaved to remember to meet real needs as well as their own. Some bereaved may feel that they cannot afford to take care of themselves, to pay for an extra meal or to take a break from the work of caregiving.

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away from Bob’s Portland home, and for a man in Bob’s condition the ride would be treats and surprises. But she said it was like it would be his “life’s regret” if he passed without going, and that he was determined to go across the goal “at the end of the way,” the Seasons team knew what to do.

They contacted the Seasons Hospice Foundation to ask for help. (The Seasons Hospice Foundation is a non-profit organization that funds wish-fulfillment experiences and other projects that will bring comfort and joy to hospice patients and their families.) To their delight, 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) would work, they said. Great! The pieces were falling into place. The home team contacted a local ambulance company, Metro West, to arrange ambulance service for Bob. When the company learned what the service request was for, they refused to be paid for their services. Metro West ran a van with all-around windows, everything was now ready to make Bob’s wish come true.

As the group pushed deeper and deeper into the pine forest, Bob struggled to orient himself to his surroundings. Contemplating nature, he found himself hypoallus of late, which Kate knew would not have done his 60-year-old memories any favors. Like most ride and turn after turn Bob failed to lock onto anything familiar. At one point, he even asked if the group could return to Corvallis to retrace their steps out into the country. The prospect of this had eluded them, just delivering Bob from his bed to the destination. But as the van rattled and wound its way down I-5 toward their spot. Then they got in touch with Bob’s two daughters to see when they would be available to join. The next day (Saturday) would work, they said. Great! The pieces were falling into place. The home team contacted a local ambulance company, Metro West, to arrange ambulance service for Bob. When the company learned what the service request was for, they refused to be paid for their services. Metro West ran a van with all-around windows, everything was now ready to make Bob’s wish come true.

And, in true Bob, it was Bob’s dying wish had come true. In his weary state, Bob had decided to stay in the van, but from the clearing in which they were parked he was able to see the proper quite view. And Kate pulled the doors open so that Bob could feel the air and smell the earth. Bob sat with the door open, reminiscing, and told stories. He explained how his uncle had limited the farm to pay its property taxes. With his hands wide open, he spoke of the stories his family had used to claim these as his own. He spoke about his uncles and how he was able to make a good living. Reflecting on what it had all meant, Kate’s voice dropped to a whisper. “He was so happy,” she said.

Thoughtful Gifts for the Bereaved

By Laura Kinc et, LM SW

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 flooded with emails and phone calls of condolences. In the bereaved, this silence can feel disorienting at times. Many bereaved feel lost and forgotten in their loneliness. 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. This can provide them with the time and space to take care of business or to process their grief emotions.

Grieving is hard work. It is healthy to take a break from the work of grieving by having some fun occasionally. Inviting the bereaved to a social outing can be a good form of distraction. Some bereaved may not feel ready to do this immediately. It is important to understand that perhaps they are afraid that their raw emotions will come flooding back. l

At times, the physical challenges of going grocery shopping can be a burden for some bereaved, especially during bad weather. Offering transportation to go grocery shopping with the bereaved can be a thoughtful gesture. Lifting heavy bags of groceries into the car and then into the house is less arduous when a helping hand is available. In some communities, online shopping for groceries or having groceries delivered may be an additional resource.

Bereaved individuals who are the primary caregivers for their deceased loved one have often neglected their own needs because they were busy caring for their loved one’s needs. It is not uncommon for bereaved individuals to suffer from physical aches and pains in the year after their loved one’s death. Provide a gentle reminder for the bereaved to make an annual or semiannual appointment at their doctor’s office. Offer to accompany them to the doctor’s appointment if possible. This supportive companionship can help to decrease the stress of a doctor’s visit.

Bereaved who are parents of small children are trying to raise a family while also coping with their own grief. This dual caregiving role can be very challenging. Bereaved parents 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. This can provide them with the time and space to take care of business or to process their grief emotions.

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Alongside the grief, these bereaved may also be experiencing the need to cook nutritious meals, the lack of interest in cooking, or the loneliness of dining alone can be all contributing factors. When the bereaved individual experiences weight loss after the death of their loved one, it can become a more challenging situation. Offering thoughts of the m em ories he had just made and reminisced.

Three days later, Bob suffered a stroke. He passed the day after (Saturday) the day had, in fact, been considered, it would have been too late.

Looking back on the story, Kate marveled at how quickly and easily the trip had been prepared. “We just asked,” Kate recalled, “and in a matter of an hour we had everything coordinated.”

As Kate hopped out to speak with him, she turned around and spoke about what he might say. “What if, after all of their effort and anticipation, he turned away? With what, Kate quickly realized that she had nothing left. “Actually,” she recalled later, “he seemed really ticked off by the idea that a dying man wanted to come see his old hometown. “Take your time,” they urged. “We just asked,” Kate recalled, “and in a matter of an hour we had everything coordinated.”

Bob’s little sister. With each telling, Bob grew more excited, Bob perked up and spoke with excitement, Bob’s little sister. With each telling, Bob grew more excited, Bob perked up and spoke fondly of the memories he had just made and reminisced.

At one point, on a hunch, Bob directed the van down a gravel road. As the headlamps glinted and flared and spidered and squinked, Bob’s face still failed to register any recognition. Kate voiced her concerns, for how long could she permit the search to continue before turning back? In an emergency, of course, she could contact the local fire department to request an aqua-monger, but they would have to do this too. “Could we?” Bob exclaimed suddenly. He eyes had brightened, and he was visibly excited. To Kate, nothing looked promising. They hadn’t been in a house since it was their place. They were visiting in the middle of nowhere. “Hmm,” Bob said with resigned determination. “If this is it, then it will work for me.

“I could see it would be Bob’s dying wish had come true,” she reflected, “if this is it, then it will work for me.

While the tears flowed unexpectedly. If so, be patient. Find other opportunities to invite them again in the future.

For more information on how to make a donation to the Seasons Hospice Foundation or how to help make wishes come true, please visit SeasonsFoundation.org/donate.
At this stage, they were subsequently sent to a large prepared canvas to collectively create a mural. The children were encouraged to express their own emotions and memories on the paper or canvas used for the piece. Sharing of the mural was a joint project created by 37 children who were integrated into music, journaling, and art in the camp experience. This activity will enable family members to experience that same oneness or the sense of being in the “same boat” while moving through their grief to 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.
* There is no wrong way to look at the process or display the piece.
* Each child’s ideas matter, even if they are different from others. All ideas are important.
* Find a special place to display the piece once it is completed.
* There is no right or wrong in creating art. They are currently experiencing writing (telling and drawing) may be used) and ample time for sharing.
* Encourage collaboration and integration of everyone’s artwork and ideas, especially where they will be placed on the paper or canvas used for the piece. Everyone’s emotions and memories are encouraged while the piece is being created.
* Find a special place to display the piece once completed where everyone can visit and talk about the piece. Art is the language, enjoying, and reflecting.
* There is no right or wrong in creating art.
* 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 that same oneness or the sense of being in the “same boat” while moving through their grief to 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:

- 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, paper, water, magazines for collaging.
- Provide time for each family member to express a memory or emotion.
- Focus on the healing and creative process. We are encouraging creative expression rather than technical skill or artistic ability.
- Let the process be enjoyable and meaningful to all family members.
- The collaborative artwork will provide a way to express feelings and memories in a safe and supportive environment.
- The collaborative artwork will help family members to connect with each other and with their loved one’s memories.
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At a cool breeze stirred the air on an autumn last Saturday in October, Bob Cole felt at peace.

He sat surrounded by the kids who cared for him at Seasons Hospice, far away from the dull hum of the city and the noise he had become accustomed to. He was lying in a comfortable chair, surrounded by loved ones, including his wife, children, and grandchildren. His face was peaceful, his breathing steady.

For Bob, this moment was more than just a respite from the pain and suffering he had endured. It was a moment of hope and new beginnings.

Bob’s journey with Seasons Hospice had been a long one. He had been diagnosed with cancer several years ago, and his health had steadily declined. But with Seasons Hospice’s care and support, he was able to continue living his life on his own terms.

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. He had been through much, but he was ready.

“Grief is the price we pay for love.” – Queen Elizabeth II

He knew that his death would bring a sense of loss to those around him, but he was content. He knew that his loved ones would find comfort in his memory and the memories they shared together.

He sat surrounded by his loved ones, knowing that he was where he wanted to be. He knew that the love and support of those around him would help him through his final journey. And he knew that his legacy would live on, as long as his loved ones continued to remember him with love and gratitude.

Bob’s wish had been granted, and he knew that he was at peace. He knew that his love and memories would continue to live on, as long as those around him remembered him with love and gratitude.

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

For Bob Cole, his wish was to die in a peaceful location surrounded by his loved ones. He had been diagnosed with a terminal illness, and he knew his time was running out.

He chose Seasons Hospice, a place he had grown to love over the years. The staff had become family to him, and he knew they would provide the care and support he needed.

Bob’s wish was granted, and he was able to die peacefully surrounded by his loved ones. His death was a moment of sadness, but it was also a moment of hope and new beginnings.

His loved ones knew that he would live on in their memories, and they knew that his legacy would continue to inspire them. They knew that his wish had been granted, and they were grateful.

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Camp Kangaroo is a children’s bereavement camp where programs utilize art therapy and the creative process to assist in grief work. The campers at Camp Kangaroo, this activity will enable family members to experience that same oneness or the “mural” that the children were able to experience art therapy as a therapeutic experience.

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 that same oneness or the sensation of being in the “same boat” while moving through their grief to heal and hope. Here are some helpful suggestions for those who wish to create their own collaborative artwork as a coping method for grief and loss.

• Provide time for each family member to express a memory or emotion.
• Family members can contribute to the mural by placing their own ideas on the paper or canvas used for the piece. Sharing of feelings, thoughts, and memories allows for the expression of empathy, compassion, and an increase in the emotional distance between the bereaved and the living.
• There is no right or wrong in creating art, so everyone’s contributions are welcome.
• Find a special place to display the piece once it is completed. This could be a family gather place, such as the family room, or a place that is significant to the deceased. The piece should go on the “community” canvas.
• We fulfilled 181 final wishes.
• Every Season offers support to families through bereavement support groups. For more information, please call 866-244-2197 for more information.