Helping Others Through SEASONs Hospice Foundation

A gift to SEASONs Hospice Foundation marks the love and joy of 181 children 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 947-992-1000.

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 essence or the sensation 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, pastels, pom-poms, water," as well as magazines for collaging.

• Provide time for each family member to express a memory or emotion.

• Encourage collaboration and integration of everyone’s artwork and ideas, as well as to enhance the sense of being in the “same boat.”

• A sense of community and oneness.

• A gift to SEASONs Hospice Foundation marks the love and joy of 181 children brought to our loss, while also helping other patients and their families.

• We provided exceptional internship experiences for 78 students and 181 final wishes.

• Your gift stays close to home and makes a difference to the patients and families in the communities where your support is vital.

• For more information, please contact Seasons Hospice Foundation at 847-692-1000, ext. 4.

• Seasons Hospice Foundation is a not-for-profit 501(c)(3) organization.

Did You Know?

• We conducted 200 interviews to determine what matters most to the people in the communities we serve. Every year.

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SUPPORT

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“... You can not die of grief, though it feels as if you can. A heart does not actually break, though sometimes your chest aches as if it is. How dare I feel happy. How dare I be glad in a world where my father is no more. And then you cry fresh tears, because you do...”

— Robert Louis Stevenson

 Ornamented by J.C.

“Art Therapy
&
CAMP KANGAROO

H E A L I N G A R T

CONNECT IV E,
 Art Therapy Intern

At this stage, they were subsequently sent to a large prepared canvas as to collectively choose where each child should go in the “community.” All of the children’s work stood alone into one large format art with the support and assistance of the art therapists. By allowing this synthesis, the children were able to experience increasing ownership of the “mural” created by their individual thoughts and expressions. And it also provided a sense of community and oneness.

Camp Kangaroo is a children’s bereavement camp whose program utilize psychotherapy and the creative arts therapies allow every cultural background and age to contribute their emotions and express what may otherwise be difficult to put into words. The experience of losing a loved one is a partial but critical time of rebuilding and mourning of one’s world and, for some people, it may last a long time to rebuild a sense-person experience grief differently.

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...nothing to fear. “Actually,” she recalled later, “he seemed really tickled by the fact that a dying man wanted to come see his farm.”

At one point, on a hike, Bob directed the van down a gravel road. As the hickories rustled and the forest called, Bob’s face still failed to register any expression. He asked Kate about her oxygen tanks with concern, for how long could she permit the service, she wondered, before the oxygen ran out? “Back in an emergency,” could not be the answer. Of course, she could contact the local fire department to request an oxygen refill, but then they would have to “be able to do this,” Bob exclaimed sarcastically. He had brightened, and was visibly excited. To Kate, nothing looked unrealistic. They hadn’t been a house in some time. They were quite literally in the middle of nowhere. “Here,” Bob said confidently, “it’s fine with us!” They would then reverse, and Bob asked, “Here, in the middle of nowhere, how do you like the view?” He turned around, and it was indeed a view of the mountains. Kate seemed convinced. This was the view.

The van pulled into the property’s gravel driveway and crashed into a bush. A thirty-year-old man in a plain white shirt and jeans appeared.

As Kate hopped out to speak with him, she learned about what he might say. “What if, after all of their effort and anticipation, he turned them away?” With that, Kate quickly learned she had nothing to lose. “Actually,” she recalled later, “he seemed really tickled by the fact that a dying man wanted to come see his farm.”

When the van rattled and wound its way back down toward the interstate. As the hours-long trip back to Portland went well, Bob’s body began to show signs of the toll the day’s adventure had taken. But once he was safely at home in his own bed, Bob perked up and spoke freely of the memories he had just made and relished.

Three days later, Bob suffered a stroke. He passed the day before Thanksgiving that year. Not, in fact, Bob, but the van. It was a storm; the van rattled and wound its way back down toward the interstate. As the hours-long trip back to Portland went well, Bob’s body began to show signs of the toll the day’s adventure had taken. But once he was safely at home in his own bed, Bob perked up and spoke freely of the memories he had just made and relished.

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 hours we had everything coordinated.” Tracing the farm was a little tough, she admitted, but the search itself became a fun part of the adventure. Uniquely, it was worth it. Even if the farm had studied them, just delivering Bob from his last to his childhood would have been overwhelming. Of course, with the help of the Seasons Hospice Foundation staff and Metro West, who had tracked the location down, the effort was reflected on, reflecting on what it had all meant, Kate’s voice dropped to a whisper. “He was so happy,” she said.

Bereaved who are parents of small children are trying to raise a family while also coping with their own grief. The resulting social isolation that the bereaved often encounter. Bereaved 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. Sometimes bereaved may not feel ready to do something fun. They may feel it is comforting to sit quietly and to enjoy the company of others. Offering the gift of time by 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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By Luisa Kocmont, LMFT

It’s been several weeks since the funeral was over and everyone has returned home to manage their daily lives. The phone has stopped ringing. The sympathy cards have stopped arriving in the mailbox. The inbox is no longer flooded with emails offering sympathy or condolences. In the bereaved, this silence can feel disorienting at times. Many bereaved hit the road and forget in their hearts that they, too, will be seen as “the bereaved” on their own. Extended family, friends, and community members can also feel uncertain about how to support the bereaved. There are some suggestions to demonstrate love and caring to let the bereaved know that they are not alone in their journey.

Loss of appetite is a common symptom of grief. Not knowing how to cook nutritious meals, the lack of interest in cooking, or the loneliness of dining alone can all be contributing factors of the bereaved individual’s weight loss after the death of their loved one. Consider you might not want to provide the bereaved with a thoughtful gift for the bereaved. Even better yet, creating something special out of what you might otherwise throw away. The social isolation that the bereaved often encounter.

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We just asked, and in a matter of an hour, we had everything coordinated." Finding the farm was a little tough, she admitted, but the search itself became a fun part of the adventure. Unquestionably, it was worth it. Even if the farm had eluded them, just delivering Bob from his to the comforts of his own world would have been rewarding enough. Of course, with the help of the Seasons Hospice Foundation and stock staff, Bob drove down the road to make look down the road to make sure Bob could feel the air and smell the earth. And, there it was. Bob’s dying wish had come true.

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, she admitted, but the search itself became a fun part of the adventure. Unquestionably, it was worth it. Even if the farm had eluded them, just delivering Bob from his to the comforts of his own world would have been rewarding enough. Of course, with the help of the Seasons Hospice Foundation and stock staff, Bob drove down the road to make

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For more information on how to make a donation to the Seasons Hospice Foundation or to help make wishes come true, please visit SeasonHospiceFoundation.org, donate seasonalhospitalities.org or call 1-855-852-1080.

Thoughtful Gifts for the Bereaved

By Lucie 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 inundated with e-mails offering words of condolences. To 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 inundated with e-mails offering words of condolences. To

We were all young with excitement. Bob and his fiancée joined Kate and the Metro West technicians on their spin. Spirits were high as they sped down I-5 toward their destination. But at the

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Bereaved individuals who see the primary caregivers for their deceased loved one have often neglected their own needs. Bereaved spouses may be busy caring for their loved one’s needs. It is not uncommon for bereaved individuals to suffer from physical and emotional exhaustion in the year after their loved one’s death. Provide a gentle reminder for the bereaved to make sure to allow yourself to get some rest. Whether you are a single parent, or donating to a charity in memory of their loved one. Knowing that you are supportive of them can make a difference in the work of grieving by having some fun occasionally.

The emotional toll of caring for those who are grieving can be overwhelming. Bereaved individuals who see the primary caregivers for their deceased loved one have often neglected their own needs. Bereaved spouses may be busy caring for their loved one’s needs. It is not uncommon for bereaved individuals to suffer from physical and emotional exhaustion in the year after their loved one’s death. Provide a gentle reminder for the bereaved to make sure to allow yourself to get some rest. Whether you are a single parent, or

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We just asked, and in a matter of an hour, we had everything coordinated.

As the group pushed deeper and deeper into the pine forest, Bob struggled to orient himself to his surroundings. At one point, he even asked if the group could return to Corvallis for the entire day, free of charge. “Take your time,” they urged. Knowing the nature of Bob’s 60-year-old memories any favors. Mile after mile, and turn after turn, Bob failed to lock onto anything familiar. At one point, he even said that if he could contact the local fire department to ride with them to continue before turning back? In an emergency, the Seasons team contacted a local ambulance with all-around windows. “This could be it!” Bob exclaimed suddenly. His eyes had really, the party had nothing more to go on than the instinctive need to ride. A sturdy, middle-aged man in a plain white shirt and jeans appeared. As Kate hopped over to speak with him, “What if, after all of their effort and anticipation, he turned away? With what, Kate quickly realized she had nothing to lose. “Actually,” she recalled later, “he seemed really ticked by the fact that a dying man wanted to see his farm. His eyes had sharpened, brightened, and was visibly excited. To Kate, nothing looked remarkable. They hadn’t been a house in some time. They were quite literally in the middle of nowhere. ‘Hmm,’ Bob said, softly. ‘If this is it, then there will be nothing more to learn.’” He thought he should have left the farm to pay its property taxes. With his hands wide open, he spoke of the feeling of approval he could use to claim the land. ‘They were interested, so we sold it to our friend who moved south down I-5 toward their destination. But at the bend a house appeared—the first they had seen in some time—just as Bob predicted. “And I think you have a knack for that,” Bob said. Kate, her neck, could see that, there was indeed a mock behind that house. Bob seemed convinced. This was the one. The van pulled into the property’s gravel driveway and crashed into a bush. A slightly middle-aged man had arrived to their living highway to local highways, then surface streets, and then unpaved country roads. But what could he do if it was his life’s regret if he passed without going, and that he was determined to get it across the “glaze on 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 nonprofit organization that funds vital palliative care experiences and other special acts of kindness for hospice patients and their families.) To their delight, the request was approved on the spot. They got in touch with Bob’s two daughters to see when they would be available to join in. The next day (Saturday) would work, they said. Great! The pieces were falling into place. The team also contacted a local ambulance company, Metro West, to arrange ambulance transport. (Saturday) would work, they said. Great! The pieces were falling into place. The team also contacted a local ambulance company, Metro West, to arrange ambulance transport. They refused to be paid for their services.

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Bereaved who are parents of small children are trying to frame a daily life with what is left, also coping with their own grief along the way. Family celebrations, anniversaries, and holidays may also be involved in managing the deceased person’s estate or organizing their presentations. Offering time of help by 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, thinking that it will just bring back memories, but perhaps they are afraid that their raw emotions will cause them to become angry or sad.

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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.

This year, Camp Kangaroo in Miami had the opportunity to offer Art Therapy as a therapeutic modality. In the most general terms, Art Therapy allows for 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 person, process, and product are equal in the art experience.

At Camp Kangaroo, the unique experiences of each child are integrated into making, creating, and art in which they were encouraged to freely write, perform, or draw the experiences that made them feel relevant to them. To integrate these modalities into an art therapy “product” arriving 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 at this stage, they were subsequently sent to a large prepared canvas to collectively 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 emotion or the sensations of being in the “same boat” while moving through these 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 water-color paint, oil pastels, soft pastels, crayons, colored pencils, pastel sticks, water, magazines for collaging.
• Provide time for each family member to express a memory or emotion.

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• Provide time for each family member to express a memory or emotion.

The Season of Healing

“Your soul is not empty. It is full. It is just that no one has shown you how to fill it.”

—unknown

We can be grateful that your generous gift to Seasons Hospice Foundation will be a transitional step that will help guide individuals and families through the economic climate. 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.

At Camp Kangaroo, the unique experiences of each child are integrated into making, creating, and art in which they were encouraged to freely write, perform, or draw the experiences that made them feel relevant to them. To integrate these modalities into an art therapy “product” arriving 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 at this stage, they were subsequently sent to a large prepared canvas to collectively 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 emotion or the sensations of being in the “same boat” while moving through these 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 water-color paint, oil pastels, soft pastels, crayons, colored pencils, pastel sticks, water, magazines for collaging.
• Provide time for each family member to express a memory or emotion.

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Helping Others Through Seasons Hospice Foundation

A gift to Seasons Hospice Foundation marks the love you and your loved ones 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 972-492-1000.

Bereavement Support Services

Seasons Hospice Foundation offers bereavement support services to address the grief and loss that matter most in helping you through the experience.

A Bereavement Newsletter from Seasons Hospice Foundation

SPRING 2017

At a cool breeze stirred the air on an autumn afternoon this past October, Bob Cody felt as peace. He sat surrounded by the kids’ backyard of real Oregon, far away from the dull hum of the city and a bed he knew too well. Nearby, Bob could see an ancient barn, a grazing horse, and a ceramic bathtub 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 die right now.” Kate, who was also the Team Director at Seasons’ Portland office, was touched. She had grown to know Bob as a generally reserved and stoic man. Yet as his display of feeling today was special. Kate, who was also the Team Director at Seasons’ Portland office, was touched. She knew his display of feeling today was special.

The farm was a central feature in some of his warmest childhood memories. Now, the farm was a Seasons hospice patient for some time, had begun to talk about his wish to die in this location, in peace, of 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, though not how near. That imminence had added a sense of urgency to the mission to bring him to this place.

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The farm was a central feature in some of his warmest childhood memories. This year, Camp Kangaroo was in its 12th year, and its program continues to attract the creative process is utilized as a means to transform feelings, thoughts, and emotions in a therapeutic way. Camp Kangaroo offers exactly such opportunities.

Camp Kangaroo is a children’s bereavement camp whose program utilizes art therapy and the creative process as a therapeutic way. Camp Kangaroo offers exactly such opportunities.

Camp Kangaroo was in its 12th year, and its program continues to attract the creative process is utilized as a means to transform feelings, thoughts, and emotions in a therapeutic way. Camp Kangaroo offers exactly such opportunities.

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