Art Therapy &

Helping Others Through SEASONS HOSPICE FOUNDATION

A gift to Seasons Hospice Foundation marks the love and joy you share with 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 SeasonsHospiceFoundation.org or call 947-692-1000.

Art is for looking, enjoying, and reflecting. A gift to Seasons Hospice Foundation is a way to honor your loved one by expressing your own emotions and memories through art. For some, the art they create may become a central feature in some of their warmest childhood memories. Now, as they approach the end of their unique journey, they may want to express their feelings in a new way. Art Therapy allows the expression and communication of feelings, thoughts, and experiences when 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 experiences.

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At Camp Kangaroo, the unique experiences of each child are integrated into music, visual, and art activities in which they were encouraged to freely write, perform, draw, or express the emotions most 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 one’s ideas and images using a variety of drawing materials. Once these ideas were given form, they were currently experiencing (writing and drawing may be used) and allowed 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. Emphasize 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 healing, enjoyable, and fascinating. There is no right or wrong in creating art.

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 oneness 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, pen, pencil, paper, water, magazines for collaging.

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

This mural was a joint project created by 37 children who attended Camp Kangaroo at Shake-A-Leg in Miami, Florida.

Did You Know?

Seasons Hospice Foundation strives to make an impact by touching the lives of patients and their families & palliative care

If our mailing records need to be updated, or if you would like to receive this newsletter electronically, please contact Seasons Hospice Foundation at 847-692-1000, ext. 4. A gift to Seasons Hospice Foundation for looking, enjoying, and reflecting. A gift to Seasons Hospice Foundation marks the love and joy you share with someone brought to our lives, while also helping other patients and their families.

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

Bob was suffering from congestive heart failure (CHF) as well as aspiration pneumonia. He was in need of respite, which he was made possible by Seasons. He was brought to our lives, while also helping other patients and their families.

SPRING 2017 A Bereavement Newsletter from Seasons Hospice Foundation
We just asked, and in a matter of an hour, we had everything coordinated.

The Seasons Hospice Foundation is a non-profit organization that funds vital-fulfillment efforts and offers support to families 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. The next day (Saturday) would work, they said. Great! The pieces were falling into place. The team then contacted a local ambulance company, Metro West, to arrange ambulance services. And, when the company learned what the service request was for, they refused to be paid for their services.

Metropolitan West transported Bob in an ambulance and drove an entire day, free of charge.

Knowing the nature of Bob’s hypoxia of late, Kate knew that Bob had not done his 40-year-old memories anymore. Kate, Mike, role, and turn after turn, Bob failed to lock onto anything familiar. At one point, he even asked if the group could come to Corvallis to remove the signs out into the country. The prospects of success began to dim.

At one point, on a punch, Bob directed the van down a gravel road. At the bottom of the hill and facing uphill, the van cluttered and spanked, Bob’s face still failed to register much emotion. Kate explained that the winger’s obsession with tanks for, how long could she permit the search to continue? She thought he was turning back! In an emergency, she could contact the local fire department to request an oxygen tank, but they would have to return. “This could be it!” Bob exclaimed suddenly. She had eyes brightened, and was visibly excited. To Kate, nothing looked uncoordinated. Their hands were a warm in some house. It was their own bed, Bob perked up and spoke.

Bob chatted with the owner, reminisced, and told stories. He explained how his uncle had timbered the farm to pay for the beaver hides he used to claim from the creek down the road. Bob 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 rough, she admitted, but the search turned out to be a real part of the adventure. Uniquely, 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 enough. Of course, with the help of the Seasons Hospice Foundation and Metco West, they had been able to first get him out of the house. Reflecting on what it had all meant, Kate’s voice glowed. All around, the place seemed to shine.

While he wasBob’s wish came true.

Bereaved individuals who are parents of small children are trying to raise a family while also coping with their own grief. While many bereaved parents around the country may also be involved in managing the deceased person’s estate or organizing their possessions. Offering time to 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 yet; they m ay feel guilty about having fun or thinking about grief.

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away from Bob’s Portland home, and for a man in Bob’s condition the ride would be too demanding. But Metropolitan West stepped in. It would be his “life’s regret” if he passed without going, and that he was determined it would be his “life’s regret” if he passed without going. So Metropolitan West began to work on making the trip happen. “This could be it!” Bob exclaimed suddenly. His eyes had clattered and squeaked, Bob’s face still failed to register the tanks with concern, 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 offer assistance. A t one point, on a hunch, Bob directed the van down another road. As the疲惫的旅程（疲倦的旅程）继续，Bob的家人和医护人员开始担心他是否能够承受这样的旅程。他们联系了地铁西公司，询问是否有可能提供一辆配备氧气的车辆和司机。地铁西公司捐赠了一辆配备氧气的车辆和司机，并承诺在必要时提供必要的援助。在旅程中，Bob的精神状态和记忆状态都有所下降。他经常问同样的问题，脸上表情也变得更加疲倦。在家乡的森林中，Bob努力回忆往事。他告诉Katie，那里的森林里有他童年的记忆——“那里是我成长的地方，那里的每一片叶子都承载着我的回忆。”

Katie回忆说，“我们只是问了一个问题，然后在不到一个小时的时间里，我们得到了一切的协调。”

### Thoughtful Gifts for the Bereaved

By Luisa Komet, LCSW

It’s been several weeks since the funeral was over and everyone has returned home to manage their busy lives. The phone has stopped ringing. The sympathy cards have been sent or organized their possessions. Offering the gift of Bob’s voice dropped to a whisper. “He was so happy,” she said.

### Grieving is Hard Work: It is Healthy to Take a Break from the Work of Grieving by Having Some Fun Occasionally.

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. Little things, such as offering to lift bags of groceries into the car or the home, can help to decrease the stress of a doctor’s visit.

For more information on how to make a donation to the Seasons Hospice Foundation or to help make wishes come true, please visit SeasonsFoundation.org/donate.

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

By Laura Kowit, LMWW

It’s been several weeks since the funeral was over and everyone has returned home to manage 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 from family and friends. In the bereaved, this silence can feel disorienting. Many bereaved feel lost and forgotten as they learn to manage their grief on their own. Extended family, friends, and community members often feel at a loss for what to do. 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 to the weight loss experienced by many bereaved. In an individual experience weight loss after the death of their loved one. Converting this grief into a thoughtful gift for the bereaved. Even better, creating one of a kind custom gift sets can provide a personal touch. This can provide them with the time and space to take care of business or to process their grief emotions.

Bob, a father of three with a small farm in Oregon, decided to make home without his wife. He explained how his uncle had timbered the farm to pay off their mortgage. The fact that the farm was a little tough, they had to work hard to make it work. But once he was safely at home in his own bed, Bob perked up and spoke confidently of the memories he had just made and treasured. The next day, Bob suffered a stroke. He passed the day after that. Had the trip been scheduled only a few days later (which had, in fact, been considered), it would have been easier.

Looking back on the sitting, 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." Funding the farm was a little tough, she admitted, but the search turned out to be a part of the adventure. Ultimately, it was worth it. Even if the farm had stalled, just delivering Bob from his hospital to his home would have been wonderful enough. Of course, with the help of the Seasons Hospice Foundation staff and Bob’s friends, it turned out to be a complete success. Reflecting on what it all meant, Kate’s voice dropped to a whisper. "He was so happy," she said.

Grieving is hard work. It is healthy to take a break from the work of grieving by having some fun occasionally. Bereaved, this task can often be the case. 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 raise a family while also coping with their own grief.

For more information on how to make a donation to the Seasons Hospice Foundation or to help make wishes come true, please visit SeasonsFoundation.org/donate.

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. As a result, individuals often experience a loss of social isolation that the bereaved often encounter.

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. On these occasions, grief sometimes manifests itself as a desire for normalcy. It is healthy to take a break from the work of grieving by having some fun occasionally. Bereaved, this can provide them with the time and space to raise a family while also coping with their own grief.
At Camp Kangaroo, the unique experiences of each camper are utilized to offer the opportunity to express feelings, thoughts, and communication of rebirth. It generally takes longer for children than adults to exhibit the symptoms of mourning which lends to the children requiring the same help as adults. However, intervention for children is even more critical because the period will shape their lives for many years to come. Camp Kangaroo offers exactly such opportunities.

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 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 meaningful, artistic, and healing activities in which they were encouraged to freely write, perform, paint, or draw the experiences most meaningful and 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 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 choose where each canvas should go in the “community” canvas. All the children’s work stood out into one large forms art with the support and assistance of the campers and therapists. By allowing this synthesis, the children were able to express the increasing ownership of the “mural” created by their individual thoughts and expressions. And it also provided a sense of community and ownership.

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 ownership in the creation 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 work 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, poster paint, water, magazines for collaging.

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

• 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. Emotional connections 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 for looking, enjoying, and reflecting. There is no right or wrong in creating art.

If your making records need to be updated, or if you would like to receive this newsletter electronically, please contact Seasons Hospice Foundation at 465-600-5100, ext. 4.

A Bereavement Newsletter from Seasons Hospice Foundation

Did You Know?

We served 291 children and teens through our bereavement camp program in 8 locations around the country.

Support Services

• 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, poster paint, water, magazines for collaging.

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Art Therapy
&
Camp Kangaroo

by Lee Cohen, Art Therapy Intern

At the stage where they were subsequently sent to a large prepared canvas to collectively choose which canvas to fill with color and which their ideas should go on the “community canvas.” All the children’s ideas within the room were put together by the creative process of the “main” artist and by their individual ideas and expressions. All art expressions are equal and just as important. There is no right or wrong in creating art. Art is for looking, enjoying, and reflecting.

Helping Others Through seasons hospice foundation

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We served 291 children and teens through our bereavement camp programs in 8 locations around the country.

Did You Know?
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• We fulfilled 181 final wishes.
• We provided exceptional internship experiences for 78 students.
• We served 1,050 families in the communities that we serve. During 2016:
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SUNSHINE, PASTURES, AND MEMORIES: BOB CODYS WISH

By Jeff Drobish

He sat surrounded by the fields and sky. He said that he was no longer afraid of death. He said that he was content. He said that he was at peace.

A cool breeze stirred the air on an autumn Saturday afternoon. Bob Cody felt at peace.

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Bob Cody’s Wish

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