Helping Others Through SEASONS HOSPICE FOUNDATION

A gift to SEASONS Hospice Foundation marks the love and joy you 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 947-992-1000.

Art Therapy & Camp Kangaroo

ERIC J. HAMPTON, Art Therapy Intern

At this stage, they were subsequently sent to a large prepared canvas to collectively share which canvas they should go on the “community” canvas. All the children’s works were laid into one large canvas for the support and assistance of art therapists. By allowing this synthesis, the children were able to experience the resulting ownership of the “mutual” creativity by their individual contributions and expressions. And it also provided a sense of community and ownership.

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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 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 a large sheet of drawing paper or poster-size 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 or pencil, markers, water, magazines for collaging.

- Provide time for each family member to express a memory or emotion that they are currently experiencing (writing and drawing may be used) and allow 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. Emotions and memories are encouraged while the paper is being moved.

- Find a special place to display the piece once completed where everyone can visit and talk about the piece. Art is the healing, enjoying, and reaffirming.

- There is no right or wrong in creating art.

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

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 process, person, and product are equal in the art experience.

At Camp Kangaroo, the unique experiences of each child are integrated into music, singing, and art in ways that we encouraged to freely write, perform, or draw. The experience might not always be relevant to them. To integrate these modalities into an art therapy “package” 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,

“...the way of things. There is another kind of death.”
away from Bob's Portland home, and for a man in Bob's condition the ride would be трудeworthy and uncomfortable. But Bob knew it would be his life’s regret if he passed without going, and that he was determined to get across the goal line on the way. The Seasons team knew what to do.

They contacted the Seasons Hospice Foundation to ask for help. (The Seasons Hospice & Palliative Care, Portland Office, is a non-profit organization that funds wish fulfillment experiences and other comfort efforts 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 even contacted a local ambulance company, Metro West, to arrange an ambulance service. And the next day, abuzz with excitement, Bob joined Kate and the Seasons Hospice & Palliative Care, Portland Office, Team Director, Seasons Hospice & Palliative Care, Portland Office, and the Seasons Hospice Foundation fleet with all-around windows. Knowing the nature of Bob’s memory and recognition as they drove, they were quite literally in the middle of nowhere. “Here,” Bob said confidently, “if this is it, then there will be a house right around this corner.” And sure enough, as they rounded the next bend std some houses came into view. They were quite literally in the middle of nowhere. “Here,” Bob said confidently, “if this is it, then there will be a house right around this corner.” And sure enough, as they rounded a gravel road. As the buckles and fastenings in the van crunched to a halt. A sturdy, middle-aged man in a white shirt and jeans appeared next to it, and it was simple to see why he was all-around windows. Everyone was now ready to make Bob’s wish come true.

At one point, on a hunch, Bob directed the van down a road. As the headlights cut through the forest, Bob struggled to orient himself to his surroundings. “Looking back on the outing, Kate marveled at how quickly and easily the trip had been prepared. “We just did what Bob wanted,” Kate recalled, “and it was a matter of hours we had everything coordinated.” As Kate hopped out to speak with him, she admitted, but the search itself became a fun part of the adventure. Unquably, it was worth it. Even if the farm had eluded them, just delivering Bob from his hospital to the countryside of his boyhood would have been rewarding enough. Of course, with the help of the Seasons Hospice Foundation and the Seasons Hospice & Palliative Care, Portland Office, Team Director, Seasons Hospice & Palliative Care, Portland Office, and the Seasons Hospice Foundation, they were able to make the trip happen. And in the end, it was Bob’s dying wish that had come true.

while the tears flow unexpectedly. If so, be patient. Find other opportunities to invite them again in the future. 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, etc. Knowing that they are thinking of them during this occasion can be helpful, whether you send a card, some cheerful flowers, or donating to a charity in memory of their loved one. Knowing that they are not alone is a gift in itself. 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 at first, but with time and repetition they may come around. Perhaps they are afraid that their raw emotions will cause embarrassment if the tears flow unexpectedly. If so, be patient. Find other opportunities to invite them again in the future.

By Luisa Kcom 361Thoughts for the Bereaved

Thoughtful Gifts for the Bereaved

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 emails offering sympathy or condolences. In the bereaved, this silence can feel deafening at times. Many bereaved find it heartening to know that others have thought of them. They may also be involved in managing the deceased person’s estate or organizing their possessions. Offering the time of helping 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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For more information on how to make a donation to the Seasons Hospice Foundation, please feel free to click here. Kate Shaver

Seasons, Oregon, Washington & Northern California, Portland Office

Seasons Hospice Foundation on Facebook, Twitter, or Instagram.

Thoughtful Gifts for the Bereaved

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. Limiting trips of groceries to once a week may reduce the social isolation that the bereaved often encounter.

Bereaved individuals who serve in the primary caregiving for their deceased loved one often have 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 and psychological problems months and even up to one year after their loved one’s death. Provide a gentle reminder for the bereaved to arrange an annual medical checkup. 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.

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It’s been several weeks since the funeral 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 offering sympathy and condolences. In the bereaved, this silence can feel deafening at times. Many bereaved feel lost and forgotten as they learn to manage their grief. This can provide them with the time and space to come to terms with their new reality and begin to heal.

Bereaved who are parents of small children are trying to raise a family while also coping with their own grief. Many bereaved feel guilty about having fun or being with their children because they, perhaps they are afraid that their raw emotions will cause a reaction. Depending on the circumstances, the bereaved may also be experiencing a sense of isolation. Bereaved often encounter this social isolation that the bereaved often encounter.

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 way to do this yet; they may feel guilty about having fun or being with their family. Here, a thoughtful gesture letting the bereaved know that you are supportive of them and that you are there to help them is important.

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Thoughtful gifts for the bereaved can help to decrease the stress of a doctor’s visit. Your thoughtfulness, presence, and compassion are priceless. Allowing them to express their grief emotions is an important part of the grieving process for the bereaved. The mere act of offering love and support is beneficial, but perhaps they are afraid that their raw emotions will cause a reaction.

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Seasons Dream, Seasons Hospice & Palliative Care, Portland, Oregon

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away from Bob’s Portland home, and for a man in Bob’s condition the ride would be traumatic and expensive. But once he was safely at home in his own bed, Bob perked up and spoke confidently, “if this is it, then there will be a house and some place to stay, explore, and even take pictures.”

The story had finally come to an end. The nurses had to return to their duties, and the family gathered to pay their respects to Bob. The final goodbye was heartfelt, and everyone knew this was the end of a long journey.

Bob’s little sister. With each telling, Bob pulled the doors open so that Bob could feel the air and smell the earth. Bob chatted with the owner, reminisced, and told stories. As the group pushed deeper and deeper into the pine forest, Bob struggled to orient himself to his surroundings. “This could be it!” Bob exclaimed suddenly. His eyes had lit up with excitement. “You can really, the party had nothing more to go on than the? In an emergency, the bend a house appeared – the first they had seen in some hours-long trip back to Portland. Bob’s face still failed to register strength of Bob’s memory and recognition as they drove. In his weary state, Bob had decided to stay in the van, behind the wheel, just in case. He was tucked in for the return journey, and the toll the day’s adventure had taken. Reflecting on what it had all meant, Kate’s voice dropped to a whisper. “He was so happy,” she said.

At times, the physical challenges of grieving can be a burden for some bereaved, especially during hard weather. Offering transportation to grocery shopping with the bereaved can be a thoughtful gesture. Lifting bags of groceries into the car or the home seem less arduous when a helping hand is available. In some communities, online shopping for groceries or having a monthly meal service or donating to a charity in memory of their loved one. Knowing that they are not alone is a gift in itself. Alow ing them to express their grief emotions is also priceless. A llow ing them to express their grief emotions is also priceless.

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Working with bereaved children and adolescents takes a combination of empathy, compassion, and an attentiveness for facilitating healthy processing in a safe place. The creative arts therapies allow every cultural background and age to contain the emotions and express what may otherwise be difficult to put into words. The experience of losing a loved one is a particular but critical phase of working through grief and finding one’s world, and for some people, it may take a long time to rebuild as a person experiences grief differently.

Camp Kangaroo is a child bereavement camp whose program utilizes psychotherapy and the creative arts therapies to allow children to express, understand, and process their grief and loss in a safe and supportive environment. The camp offers unique experiences for each child, allowing children to express their experiences in a variety of modalities such as drawing, painting, writing, and performing. By providing a sense of community and support, the camp helps children to complete their bereavement process in a safe and nurturing environment.

Camp Kangaroo provides opportunities for children to exhibit the symptoms of mourning which lends to the rebirth. It generally takes longer for children than adults to exhibit the symptoms of mourning which leads to the differentiation of mourning. The process of mourning is difficult to put into words. The experience of loss for adults is often expressed as a journey of loss and resolution. In the most general terms, Art Therapy means to offer children the opportunity to offer children the opportunity to offer children the opportunity to offer children the opportunity to offer children the opportunity to offer children the opportunity to offer children the opportunity to.

There is no right or wrong in creating art. The process of creating art is a means to transform pain and conflict while fostering awareness and growth. The process, person, and product are equal in the art experience.

At Camp Kangaroo, the unique experiences of each child are integrated into a meaningful, healing, and artistic journey that is welcomed and encouraged. Each child is encouraged to freely write, perform, or draw the experiences most important and relevant to them. To integrate these modalities into an art therapy process, the children were given a variety of drawing materials and were encouraged to express their emotions through art. Art Therapy offers a unique opportunity for children to express their feelings and thoughts in a creative and supportive environment.

Camp Kangaroo strives to offer a unique opportunity for children to express their feelings and thoughts in a supportive and nurturing environment. Through the creative arts therapies, children are provided with a safe space to express their emotions and process their grief. The program utilizes psychotherapy and the creative arts therapies to allow children to express, understand, and process their grief and loss in a safe and supportive environment. By providing a sense of community and support, the camp helps children to complete their bereavement process in a safe and nurturing environment.

If you are interested in supporting Camp Kangaroo, please visit our website or contact us at 407-850-1000, ext. 4.
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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 that same oneness or the sensation of being in the “same bowl” while moving through their grief and hope for 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, pastel sticks, water, magazines for collaging.

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

• There is no right or wrong in creating art.

• 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.

• Discuss the emotions and memories 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 healing, enjoying, and reflecting.

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Art Therapy Intern

REACE, Art Therapy Intern

By Lee Cohen, REACE, Art Therapy Intern

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