Working with bereaved children and adolescents takes a combination of empathy, compassion, and an attention to facilitating healthy processing in a safe place. The creative arts therapies allow every artistic back- ground and age to engage with the emotions and express what may otherwise be difficult to put into words. The experience of losing a loved one is a partial but critical part of growth and learning of one’s world and, for some people, it may take a long time to rebuild a sense of community and meaning.

Camp Kangaroo is a children’s bereavement camp whose program utilizes psychotherapy and the creative arts to encourage experiences, choices, and synthesis of meaning while moving through sorrow and healing. It generally takes longer for children than adults to exhibit the symptoms of mourning which lends to the general, but incorrect, assumption that children do not feel the same emotions as adults. However, intervention for children is even more critical because this period will shape their feelings, thoughts, and communication of grief which they will carry into adulthood.

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 origin 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 in various sizes, drawing and painting materials such as watercolor paint, oil pastels, soft pastels, crayons, colored pencils, pastel pencils, water, watercolors, and magazines for collaging.

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

• Ensure the 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 meaningful, meaningful, artistic, and artistic activities which they were encouraged to freely write, perform, or draw. The experiences must remain intact and relevant to them. To integrate these modalities into an art therapy “product” arising out of the process, this art therapist did provide 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 so that collectively these can be simplistically shown in the “community” canvas. All the children’s work would stand into one larger unit with art for the support and assistance of the therapists. By allowing this synthesis, the children were able to experience increasing ownership of the “made” work by their individual contributions and expressions. It also provided a sense of community and memories.

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A gift to SEAsONS h ospICE founDation marks the love and joy that you brought us to this world, 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.

A Bereavement Newsletter from SEASONS Hospice Foundation

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

By Jeff Dobish

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 20 years ago, Bob could see an ancient barn, a grazing horse, and a ceramic bathtub brimming with herbs. This was neither false nor hallowed. As many as 30 kids at SEASONs Hospice and Palliative Care in Corvallis, Oregon, who had grown to know Bob as a generally reserved and stoic man, knew his display of feeling today was special.

This year, Camp Kangaroo in Miami had the opportunity to offer art therapy as therapeutic intervention. In the most general terms, Art Therapy allows for the expression and communication of feelings, thoughts, and experiences, while 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 meaningful artistic activities which were then encouraged to freely write, perform, or draw. The experiences are equal in their relevance to them. To integrate these modalities into art therapy “products” arising out of the process, the art therapist did provide 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 by the children, they were subsequently sent to a large prepared canvas so to collectively these can be shown in the “community” canvas. All the children’s work would stand into one larger unit with art for the support and assistance of the therapists. By allowing this synthesis, the children were able to experience increasing ownership of the “made” work by their individual contributions and expressions. It also provided a sense of community and memories.

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• Have a wide range of materials available, including white sheets of drawing paper or watercolor paper in various sizes, drawing and painting materials such as watercolor paint, oil pastels, soft pastels, crayons, colored pencils, pastel pencils, water, watercolors, and 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, especially where they will be placed on the paper or canvas used for the piece. The 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 healing, enjoying, and reflecting.

• There is no right or wrong in creating art.

If your mailing records need to be updated, or if you would like to receive this newsletter electronically, please contact SEASONS Hospice Foundation at 947-992-1000, ext. 4.

For more information about SEASONS Hospice Foundation, please visit SEASONSfoundation.org.

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Bob’s dying wish was for a ride on a horse. But Bob did not actually know the farm’s address. He thought he knew the name of a street or two, but Bob failed to lock onto anything familiar. At one point, on a hunch, Bob directed the van down a gravel road. As the buckles and fastenings in the van rattled and wound its way back down toward the interstate. As the hours-long trip back to Portland went on, Bob’s body began to show signs of the toll the day’s adventure had taken. But once he was ready at home in his own bed, Bob perked up and spoke fondly of the memories he had just made and remade.

Three days later, Bob suffered a stroke. He passed the time after turn, Bob failed to lock onto anything familiar. A t one point, on a hunch, Bob directed the van down a gravel road. As the buckles and fastenings in the van rattled and wound its way back down toward the interstate. As the hours-long trip back to Portland went on, Bob’s body began to show signs of the toll the day’s adventure had taken. But once he was ready at home in his own bed, Bob perked up and spoke fondly of the memories he had just made and remade.

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Bereaved who are parents of small children are trying to raise a family while also coping with their own grief. To help them through this difficult time, the Seasons Hospice Foundation organizes events where families can find support and encouragement.}

Thoughtful Gifts for the Bereaved

By Luisa Kcomt, LMSW

It’s been several weeks since the funeral and everyone has returned home to resume their lives. The phone has stopped ringing. The sympathy cards have stopped arriving in the mailbox. The inbox is no longer cluttered with emails offering condolences. In the bereaved, this silence can feel disorienting at times. Many bereaved feel lost and forgotten in their loved one’s absence. On their own. Extended family, friends, and community members may feel awkward knowing what to say or do. Some are suggestions to demonstrate love and caring to the bereaved family 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. Consequently, many bereaved individuals experience weight loss after the death of their loved one. Offering to cook a meal or have a thoughtful gift for the bereaved. Even better, creating occasions to cook or eat together can help to reduce the 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 form of distraction. Some bereaved may not feel ready to do this yet; they may feel guilty about having fun or be too busy caring for the children. Offering the gift of tim e by babysitting the children can be a relief for the bereaved. The mere act of offering lets the bereaved know that you are supportive of them and that they are not alone in their grief journey.

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. Offering to do grocery shopping can be a relief for the bereaved. The mere act of offering lets the bereaved know that you are supportive of them and that they are not alone in their grief journey.

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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. Uniquely, it was worth it. Even if the farm had eluded them, just delivering Bob from his to the bounty of his boyhood would have been rewarding enough. Of course, with the help of the Seasons Hospice Foundation staff and Bob's friends, Bob seemed convinced. This was the case.

The van pulled into the property's gravel driveway and crunched to a halt. A stuffed middle-aged man in a white shirt and jeans appeared as Kate hopped out to speak with him, asked what he might say. What if, after all of their effort and anticipation, he turned away? With what, Kate quickly realized he had nothing to fear. Actually, she recalled, he seemed really tickled by the fact that a dying man wanted to see his farm. She had a hunch, he was asking, to see if he couldn't help but become a bit nervous. You see, Bob didn't actually know the farm's address. He thought he knew the name of a street or a group of buildings, but the reality had nothing more to go on than the most recent memories of his money and reputation as a hero.

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 buckles and fastenings in the van rattled and spanked, Bob's face still failed to register the half-light of hypoxia of late, which Kate knew would not have done his 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 asked if the group could return to Corvallis to arrange ambulance service. When the company learned what the service was for, they refused to be paid for their services. Metro West donated a van (with oxygen) and a driver/EMT technician.

"This could be it!" Bob exclaimed suddenly. His eyes had looked remarkable. They hadn't seen a house in some time. They were quite literally in the middle of nowhere. "Here," he said with confidence, "if this is it, then there will be a house right around this corner." And sure enough, as they rounded the bend a sturdy, middle-aged man in a 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 buckles and fastenings in the van rattled and spanked, Bob's face still failed to register the half-light of hypoxia of late, which Kate knew would not have done his 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 asked if the group could return to Corvallis to arrange ambulance service. When the company learned what the service was for, they refused to be paid for their services. Metro West donated a van (with oxygen) and a driver/EMT technician.

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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 overflowing with emails expressing sympathy. In the bereaved, this silence can feel disconcerting. Many bereaved feel lost and forgotten as they learn to make sense of their own. Extended family, friends, and community members can also feel helpless in this situation. Bereaved families are sometimes agonizing over how best to demonstrate love and caring to let the bereaved know that they are not alone in their journey.

Boone and his family had already started thinking of ways to help their loved ones during the tough times that lay ahead. They knew that the simple act of giving someone a thoughtful gesture or a kind word can make a big difference. After the funeral, Boone and his family had started thinking about ways to honor their loved one's legacy. They had come up with an idea: a gift program to help grieving families.

Thoughtful Gifts for the Bereaved
By Luisa Komp, LMST

Thoughtful gifts can bring comfort and joy to those who are grieving. Here are some suggestions to demonstrate love and caring to let the bereaved know that they are not alone in their journey.

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

Boone had a few ideas on how to make this happen. He gathered some of his friends and family members and started brainstorming. They came up with a list of things that they thought might be helpful:

- Hiking trips to a nearby mountain or forest
- Cooking classes for those who enjoy food
- Movie nights for those who love films
- Art classes for those who enjoy creating
- Music lessons for those who enjoy playing instruments
- Gardening classes for those who enjoy nature
- Dance classes for those who enjoy movement
- Yoga classes for those who enjoy mindfulness

Boone and his family decided to start with a hike in the nearby mountains. They gathered a group of friends and family members and set off on their hike. They had a great time bonding and enjoying each other's company.

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

For more information on how to make a donation to the Seasons Hospice Foundation, please visit www.seasonfoundation.org/donate.
I. Art Therapy & Camp Kangaroo

Camp Kangaroo is a children’s bereavement camp whose program utilizes psychotherapy and the creative process to encourage children to express emotions and thoughts. Children can use the expressive arts to encourage experiences, choices, and synthesis of one’s world and, for some people, it may take a long time to rebuild a sense of community and oneself.

In 2016, Camp Kangaroo in Miami had the opportunity to offer art therapy as a therapeutic intervention for children. The opportunity to express one’s grief through art is even more critical because this period will shape their lives for many years to come. Camp Kangaroo offers the creative process as a means to transform grief and conflict while fostering a sense of awareness and acceptance. The process, person, and product are equal in the art experience.

II. Grieving in the Creative Process

When adults require grief counseling, they are often provided with a variety of therapeutic modalities such as counseling, group therapy, and creative arts therapies. One of these modalities is art therapy, which allows individuals to express their experiences through the visual arts, music, movement, or writing. Art therapy can help individuals process their emotions and memories and engage in the healing process.

A. Using Art to Process Loss

The campers at Camp Kangaroo are often encouraged to use art as a means of expressing their emotions and memories. They are given the opportunity to create a mural, a collaborative piece of art that can be displayed and visited by others. This activity allows the campers to express their feelings and connect with others who are experiencing similar emotions.

B. Collaborative Artwork

Collaborative art projects, such as murals, allow children to sketch their ideas and images using a variety of drawing materials. Once these ideas are given form, the art therapists guide the children in creating a piece that represents their grief and loss. This activity is a collaborative effort, and the art therapists work with the children to create a piece that reflects their individual experiences.

C. Emphasis on the Process

The process of creating art is as important as the final product. Children are encouraged to use art as a means of expressing their emotions and memories, and the art therapists provide a safe and supportive environment for them to explore and express their feelings. This process allows children to process their grief and loss in a safe and supportive environment.

D. Building Community

The collaborative nature of art therapy allows children to build a sense of community and oneness. The art therapists encourage children to integrate their ideas and images into a mural, which serves as a symbol of their shared experience. This process enables children to connect with others who are experiencing similar emotions and memories.

E. Encouraging Creativity

Art therapy is a therapeutic modality that encourages creativity and self-expression. Children are encouraged to use art as a means of expressing their emotions and memories, and the art therapists guide them in creating a piece that reflects their individual experiences. This process allows children to process their grief and loss in a safe and supportive environment.

F. Encouraging Personal Growth

Art therapy is a therapeutic modality that encourages personal growth and development. Children are encouraged to use art as a means of expressing their emotions and memories, and the art therapists guide them in creating a piece that reflects their individual experiences. This process allows children to process their grief and loss in a safe and supportive environment.

G. Building Resilience

Art therapy is a therapeutic modality that builds resilience and strength. Children are encouraged to use art as a means of expressing their emotions and memories, and the art therapists guide them in creating a piece that reflects their individual experiences. This process allows children to process their grief and loss in a safe and supportive environment.

H. Encouraging Healing

Art therapy is a therapeutic modality that encourages healing and growth. Children are encouraged to use art as a means of expressing their emotions and memories, and the art therapists guide them in creating a piece that reflects their individual experiences. This process allows children to process their grief and loss in a safe and supportive environment.

I. Conclusion

In conclusion, art therapy is a therapeutic modality that encourages creativity, self-expression, personal growth, and resilience. Children are encouraged to use art as a means of expressing their emotions and memories, and the art therapists guide them in creating a piece that reflects their individual experiences. This process allows children to process their grief and loss in a safe and supportive environment.

For more information about Camp Kangaroo, please visit www.campkangaroo.org.

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A gift to Seasons Hospice Foundation marks the love and joy provided to those in their time of need. We deeply appreciate your ongoing support of our mission to enrich lives. Your gift stays close to home and makes a difference to the patients and families we serve.

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A Bereavement Newsletter from Seasons Hospice Foundation
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— Lee Cohen, REACT, Art Therapy Intern

Thank you for your continued support and generosity which helps through our clinical sites.

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 the same organism or the separation of being into 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, chalk, water, markers for collaging.

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

• Encourage collaboration and integration of everyone’s artwork and ideas, especially where they will be placed.

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