“You cannot 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 breaking. Grief dims with time. It is the way of things. There comes a day when you smile again, and you feel like a traitor. Your father is no more. And then you cry fresh tears, because you do not miss him as much as you once did, and giving up your grief is another kind of death.”

—Mary Oliver

At a cool breeze stirred the air on an autumn Saturday this past October, Bob Cofy felt at peace.

He sat surrounded by the kids of Tawanda, 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 setting was far removed from the site of Bob’s last visit to the farm, which was near, though not how near. That imminence had added a sense of urgency to the mission to bring Bob to this place.

Later, Kate recalled the trip had come to Bob, who had been a constant companion for the Watson children since he met his uncle’s farm during his visits to Bob’s home. For Bob, the farm was a constant reminder, a place full of memories. Sometimes, after long periods of physical therapy, Bob wanted to see it again.

As with many hospice patients at Seasons, Bob knew his time was near, and in November he was sent home. There, the farm remained a source of comfort.

To honor your loved one by making a gift or to learn more about seasons hospice foundation, please contact Seasons Hospice Foundation at 847-692-1000, ext. 4.

If you making record needs 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 Bereavement Newsletter from Seasons Hospice Foundation
We just asked, and in a matter of an hour, we had everything coordinated.

That day, Bob said he was going to see what he would be seeing all his life — a place he knew would be his “life’s regret” if he passed on. When the company learned what the service would be, they donated the van (with oxygen) and a driver/EMT. They contacted the Seasons Hospice Foundation to ask whether they could help make his wish come true. Spirits were high as they zipped down I-5 toward their destination.

And, there 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 property quite well. And Kate pulled the doors open so that Bob could feel the air and smell the earth.

He explained how his uncle had timbered the farm to pay for the years of education he had attended and for the boat he had purchased. He remembered the strawberries that were pelted and sold. He recalled, with amusement, the time he had turned over a rock to find a snake. He thought he knew the name of a street or two, but from the clearing in which they were parked he was able to see the property quite well. And Kate pulled the doors open so that Bob could feel the air and smell the earth.

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Thoughtful Gifts for the Bereaved

By Lucas Kinne, LMWW

It’s been several weeks since the funeral was over and everyone has returned home to Horny Lake. Her phone has stopped ringing. The sympathy cards have stopped arriving in the mailbox. The inbox is no longer filled with offers of things like free vacuum cleaner sales or low-interest computer loans. She called the Seasons Hospice Foundation to set up a convenience box so she could have people sign the guest book. She now wishes she had asked for one. She needs to make sure her dear friend Bob had a quiet place to go high in the mountains. He was a man who had family and caring for them was not easy.

She had asked, and in a matter of an hour, they had everything coordinated. She knew Bob would be comfortable, but she knew his life’s regret would be if he passed away from a loss of family. To their delight, the request was approved on the spot. When the company learned what the service was for, they were pleased to help.

Bob had been suffering from hypoxia of late, which Kate knew would not have done his 24-year-old memory any favors. Kate was not used to taking turns, but when Bob’s life ended, he asked to be left alone for a few minutes. Kate had to work quickly to fill him with life and memories.

For more information on how to make a donation to the Seasons Hospice Foundation, please contact

Kate Shaver
Seasons Hospice | Portland, OR 97229 | 503-244-1999

Seasons Hospice Foundation
503-791-5150
e-mail seasonsfoundation@oregon.org

“Grieving is hard work. 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. They are juggling work, bills, and caring for their children. They may also be involved in managing the deceased person’s estate or organizing their possessions. Offering time to babysit 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 preprocess their grief emotions.

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But for now, she wished she had made Bob’s wish come true. She noticed the van pulled into the driveway and closed the door. As a man entered, he walked into the car. The Seasons team contacted a local hospice van (with oxygen) and a driver/EMT. They contacted the Seasons Hospice Foundation to ask if they could join Bob and his family on the trip. Stepping off the van, they noticed Bob was beaming.

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Thoughtful Gifts for the Bereaved

By Laura Kencel, LMSW

It’s been several weeks since the funeral was over 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 inundated with words of condolences. To the bereaved know that they are not alone in their journey. A stich in time for the bereaved can provide them with the time and space to heal their hearts.

Bereaved who are parents of small children are trying to raise a family while also coping with their own grief. It is not uncommon for bereaved to find themselves caught up in the work of grieving by having some fun occasionally. It may also be involved in managing the deceased person’s estate or organizing their possessions. 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.

“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 like groceries into the car can help with fewer arduous moments. Alternatively, you may also be involved in managing the deceased person’s estate or organizing their possessions. 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.

For more information on how to make a donation to the Seasons Hospice Foundation or how to help make wishes come true, please visit SeasonsHospiceFoundation.org or call 1-847-692-1000.

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Dying 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 express that some common or the sensations of being in the “same boat” while moving through their grief and 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:

- Provide time for each family member to express a memory or emotion.
- Put together a table covered with butcher paper for the family to sketch their ideas and images using a variety of drawing materials. Once these ideas were given form, they are currently experiencing (writing and drawing they may be used) and allow ample time for sharing.

Collaborative artwork as a coping method for grief and loss:

- 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.
- Art is a means to transform the pain and conflict while fostering a sense of awareness.
- The person, process, and product are equal in the art experience.

At Camp Kangaroo, the unique experiences of each child are integrated into music, art, and play, which was used to express feelings and creative thoughts. The art therapists allowed a table covered with butcher paper for the children to sketch their ideas and images using a variety of drawing materials. Once these ideas were given form, they are currently experiencing (writing and drawing) that 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, which may be used, and allow ample time for sharing.
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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 when the creative process is utilized as a means to transform pain and conflict while fostering awareness and growth. The process, product, and paper are equal in the art experience. At Camp Kangaroo, the unique experiences of each child are integrated into music, art, and play, which was used to express feelings and creative thoughts. The art therapists allowed a table covered with butcher paper for the children to sketch their ideas and images using a variety of drawing materials. Once these ideas were given form, they are currently experiencing (writing and drawing) that may be used, and allow ample time for sharing.

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If you have comments or feedback on this newsletter or topics we’ve discussed here, please contact Seasons Hospice Foundation at 844-600-1000, ext. 4.

Seasons Hospice Foundation mounts the love and joy that someone else has brought to our lives, while also helping other patients and their families.

To honor your loved ones by making a gift or to learn more about the Seasons Hospice Foundation, please visit SeasonsHospice.org or call 947-692-1000.

Camp Kangaroo is a children’s bereavement camp whose program utilizes psychotherapy and the creative 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 permanence.

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• Have a wide range of materials available, including white sheets of drawing paper or canvas 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, pens, water, magazines for collaging.

• Provide time for each family member to express a memory or emotion their family member to express. It also provided increasing ownership of the “mural” the children were able to experience the support and assistance of the art therapists. By allowing this synthesis, the children were able to experience the increasing ownership of the “mural” created by their individual expressions and expressions. It also provided a sense of community and connection.

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