At Camp Kangaroo, the unique experiences of each family member are encouraged to be celebrated. This activity will enable family members to experience the same rhythms of being in the “same boat” while moving through their grief and hope. Healing here includes therapy and the creative expression of feelings, thoughts, and experiences. It also provides a sense of community and ownership. Here are some helpful suggestions for those who wish to create or integrate their own art therapy:

• Find a special place to display your piece once it is created by your individual perceptions. It may take a long time to rebuild and change a person’s experience of grief differently.

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

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

• There is no right or wrong in creating art.

• Art is for looking, enjoying, and reflecting. It may help others to understand their own emotions and memories.

• Art can be used to enrich lives. Your gift stays close to the lives of the people in the communities that we serve. During 2016:

  • We fulfilled 181 final wishes.
  • We helped patients and their families.
  • We provided a table covered with butcher paper for the creation of large form art drawing or painting, like the one created by the campers at Camp Kangaroo. This activity will enable family members to experience the same rhythms 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 or integrate their own art therapy:

• Encourage collaboration and integration of emotions and memories while the piece is being created.

• A Bereavement Newsletter from Seasons Hospice Foundation

By Jeff Drobish

As a cool breeze stirred the air on this autumn Saturday past October, Bob Cold felt at peace.

Bob was suffering from congestive heart failure (CHF) as well as aspiration 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, the next few months at most. That moment had added a sense of urgency to the mission to bring him to this place.

Later, Kate recalled how the trip had come to be. Bob, who had been a member for five years of Seasons Hospice, had spoken to Kate, who was also the Team Director of Seasons Portland office, the Special Services Team.

He sat surrounded by the kids, a kind of community that we serve. 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 bulb bearing with herbs. The situation was broken only by birdsongs and a pair of dogs racing after each other. Bob turned to his nurse, Kate Sharer, and said, “I wish I could die right now.” Kate, who was also the Team Director of Seasons Portland office, was touched. She had grown to know Bob as a generally reserved and stoic man. She knew his display of feeling today was special.

Thank you for your continued support and generosity which helps us to fulfill our mission.
away from Bob’s Portland home, and for a man in Bob’s condition the ride would be tough and tiring. But Bob was determined, and it would be his “life’s regret” if he passed away from Bob’s Portland home, and for a man in Bob’s condition the ride would be tough and tiring. But Bob was determined, and it would be his “life’s regret” if he passed away without going, and that he was determined to get close to “the goal” 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 non-profit organization that funds valuable, life-enhancing services and activities for hospice patients and their families. In their role as experts in end-of-life care, the Seasons Hospice team knew just what was needed.

As the group gathered deeper and deeper into the pine forest, Bob struggled to orient himself to his surroundings. In the quiet and stillness, Bob and his daughters could hear the whispers of the forest, and Bob was determined to see his dying wish come true.

When the Seasons Hospice team arrived, they learned that Bob had been told by his doctors that he had only a few months to live. The team was determined to make Bob’s last days as comfortable and enjoyable as possible. They contacted the Seasons Hospice Foundation to ask for their help.

The team was able to arrange for an ambulance to pick up Bob and his family, and to take them on a journey that would make his final days as comfortable and enjoyable as possible. The team was able to arrange for an ambulance to pick up Bob and his family, and to take them on a journey that would make his final days as comfortable and enjoyable as possible.

At one point, on a hunch, Bob directed the van down a hill, and the view that opened up was beyond anything anyone had ever seen before. Bob was determined to make his final days as comfortable and enjoyable as possible. The team was able to arrange for an ambulance to pick up Bob and his family, and to take them on a journey that would make his final days as comfortable and enjoyable as possible.

But once he was safely at home in his own bed, Bob’s spirit lifted and rekindled. Three days later, Bob suffered a stroke. He passed away, leaving behind a legacy that will live on in the memories of all those who knew him.

In his weary state, Bob had decided to stay in the van, so that he could see the view. In the van, Bob fought his way through the pain and struggle, but he knew that he had to be there for his family. Bob couldn’t help but feel that he was losing his memory, and his ability to recognize the things around him.

And, as he was, Bob’s dying wish came true. In his weary state, Bob had decided to stay in the van, so that he could see the view. In the van, Bob fought his way through the pain and struggle, but he knew that he had to be there for his family. Bob couldn’t help but feel that he was losing his memory, and his ability to recognize the things around him.

Bereaved who are parents of small children are trying to face a hard reality while coping with their own grief. They may be involved in many ongoing activities. Bereaved who are parents of small children are trying to face a hard reality while coping with their own grief. They may be involved in many ongoing activities.

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 1-877-305-1020.

Thoughtful Gifts for the Bereaved

By Luisa Kkomt, LMSW

It’s been several weeks since the funeral and everyone has returned home to manage their lives. The phone has stopped ringing. The sympathy cards have stopped coming. The silence is now so loud that it can feel overwhelming. In the bereaved, this silence can feel devastating. Many bereaved find themselves haunting their loved one’s physical presence on their own. Extended family, friends, and community members might need to be contacted. There are 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. Consequently, the bereaved may have an individual experience weight loss after the death of their loved one. Inviting bereaved individuals to share a meal is a thoughtful gift for the bereaved. Even better, creating an opportunity to cook out or together can help the bereaved through the social isolation that the bereaved often encounter.

Looking back on the site, 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.” Finding the farm was a little tough, she admitted, but the search itself became a fun part of the adventure. Unsurprisingly, it was worth it. Even if the farm had eluded them, just delivering Bob to the land of boyhood would have been rewarding enough. Of course, with the help of the Seasons Hospice Foundation and staff, Bob’s farm made it to the farm. Reflected on the bottom of it all, Kate’s voice dropped to a whisper. “He was so happy,” she said.

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“Grieving is hard work. It is healthy to take a break from the work of grieving by having some fun occasionally,” says Bereaved who are parents of small children are trying to face a hard reality while coping with their own grief. They may be involved in many ongoing activities. Bereaved who are parents of small children are trying to face a hard reality while coping with their own grief. They may be involved in many ongoing activities.

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 transportation to go grocery shopping with the bereaved can be a thoughtful gesture.

Bereaved individuals who were the primary caregivers for their deceased loved one often have neglected their own needs because they were too busy caring for their loved one’s needs. It is not uncommon for bereaved individuals to suffer from physical pain or depression one year after their loved one’s death. Provide a gentle reminder to the bereaved to make an appointment with their doctor or pharmacist. 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.

Thoughtful gestures, presence, and compassion are priceless. Allowing them to express their grief emotions is a great way to support the bereaved through the experience for the bereaved. The mere act of offering love and care reminds you that you are supportive of them and that they are not alone in their grief journey.
We just asked, and in a matter of an hour, we had everything coordinated.

For help. (The Seasons Hospice Foundation is a non-profit team knew what to do. It would be his “life’s regret” if he passed other special acts of kindness for hospice patients and their loved ones.

Then they got in touch with Bob’s two daughters to see when they would be available to join. The next day, they contacted the Seasons Hospice Foundation to ask for the entire day, free of charge.

Knowing the nature of Bob’s wish come true.

And, there it was. Bob’s dying wish had come true.

In his weary state, Bob decided to stay in the van, but from the clearing in which they were parked he was able to see the property quite well. Kate pulled the doors open so that Bob could feel the air and smell the earth.

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. Uniquely, it was worth it. Even if the farm had eluded them, just delivering Bob from his bed to the property was enough. O f course, with the help of the Seasons Hospice Foundation and its staff, Bob felt a little more reassured, too. 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. Worrying about their child’s emotional well-being 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 pursue their grief emotions.

Grieving is hard work. It is healthy to take a break from the work of grieving by having fun occasionally. Inviting the bereaved to a social outing can be a good form of distraction. Some bereaved may not feel ready to do something without their loved one, but it is important to engage them in activities that bring joy to themselves. Bereaved who perhaps they are able to associate their raw emotions will cause

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 help them with their grocery list can also be less arduous when a helping hand is available. In some communities, online shopping for groceries or having groceries delivered may be an additional resource.

Bereaved individuals who are the primary caregivers for their deceased loved one have often neglected their own needs. It is not uncommon for bereaved individuals to suffer from physical and emotional fatigue one year after their loved one’s death. Provide a gentle reminder for the bereaved to mention an activity they enjoy to their physician. Offer to accompany them to their doctor’s appointment if possible. This supportive companionship can help to decrease the stress of a doctor’s visit.

By Luisa Kcomt, LMSW

It’s been several weeks since the funeral was over and everyone has returned home to manage their lives. The phone has stopped ringing. The sympathy cards have stopped arriving in the mailbox. The inbox is no longer inundated with emails offering prayers of condolences. In the bereaved, this silence can feel daunting at times. Many bereaved feel left behind in their lives and their loved ones who are still on their own. Extended family, friends, and community members can join together to help the bereaved. Some suggestions are to demonstrate love and care to 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. Considering the bereaved individual experience weight loss after the death of their loved one, the loss of nutrition, and the stress of the situation can make a comforting thought gift for the bereaved. Even better, creating opportunities to cook together can help ease the social isolation that the bereaved often encounter.
away from Bob's Portland home, and for a man in Bob's condition the ride would be too much for Bob to endure. So Bob's drive home would be his "life's regret" if he passed away from his battle with cancer. For Bob to go, and that he was determined to go as close to the end of the line as possible, the party had nothing more to go on than the strength of Bob's money and resources as the ride would be away from Bob's Portland home, and for other special acts of kindness for hospice patients and their families.) To their delight, the request was approved on the ambulance company, Metro West, to arrange ambulance service. Metro West donated a van (with oxygen) and a driver/EMT Team Director, Seasons Hospice & Palliative Care, Portland Office. "Take your time," they urged. For more information on how to make a donation to the Seasons Hospice Foundation to support activities like this one, visit the Seasons了很久 after 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 flooded with emails offering words of condolences. To the bereaved who are parents of small children, they may also be involved in managing the deceased person's estate or organizing their possessions. Offering time of baby-sitting 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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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. Here, a thoughtful gesture letting the bereaved know that you 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 you are thinking of them will be comforting.

Thinking of those who are parents of children who are trying to raise a family while also coping with their own grief and loss can be overwhelming. Bereaved parents may also be involved in managing the deceased person’s estate or organizing their possessions. Offering time of 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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Helping Others Through seasons hospice foundation

A gift to Seasons Hospice Foundation marks the love and joy that you shared with those you cared for, brought us 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 SeasonsHospiceFoundation.org or call 947-692-1000.

The core of grief is the reawakening of the fundamental process that is another kind of death. Through their grief to hope and healing. Here are some critical tim e of rebuilding and reordering our sense of community and oneself.

Grieving family members can collaborate to create a large format drawing or painting, like the one created by the campers at Camp Kangaroo. The process 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, pastel sticks, water, magazines for cutting.
- Provide time for each family member to express a memory or emotion.
- All the children’s ideas were synthesized into one larger art form with the support and assistance of the art therapists. By allowing this synthesis, the children were able to experience increasing ownership of the “murals” created by their individual drawings and expressions. It also provided a sense of community and oneself.

This mural was a joint project created by 27 children who attended Camp Kangaroo in July of 2006. The mural combined large format drawing or painting, like the one created by the campers, using materials such as watercolor paint, oil pastels, soft pastels, crayons, colored pencils, pastel sticks, water, magazines for cutting.

Everyone’s art work and ideas, especially where they will be placed, the paper or canvas used for the picture, and the emotions and memories are encouraged while the piece is being created.

Find a special place to display the piece on completion where everyone can visit and talk about the piece. Art is for looking, enjoying, and reflecting. Art is for looking, enjoying, and reflecting.

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&
Camp Kangaroo

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- **Prepare a space for each family member to express their memory or experience.**

All the children’s ideas were synthesized, or drawn into one larger format with the support and assistance of the therapists. By allowing this synthesis, the children were able to experience increasing ownership of the “mural” created by their individual perceptions and expressions. It also provided a sense of community and ownership:

1. **Encourage collaboration and integration of memories and expressions.** It also provided a sense of community and ownership.
2. **There is no right or wrong in creating art.**
3. **Art is for looking, enjoying, and reflecting.**
4. **Everyone’s piece is being created.**
5. **All the children’s ideas were synthesized into one larger art form with one another.**
6. **We served 291 children and teens through our bereavement camp.**
7. **We fulfilled 181 final wishes.**
8. **Seasons Hospice Foundation strives to make an impact by touching the lives of patients and their families.**

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

At Camp Kangaroo, the unique experiences of each child were integrated into meaningful and healing art in which they were encouraged to freely write, paint, collage, or draw. The experience must be relevant and pertinent to them. To integrate these modalities into an art therapy workshop, “spreading out” or moving into 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 on the “community canvas.” All the children’s ideas were synthesized into one larger format with the support and assistance of the therapists. By allowing this synthesis, the children were able to experience increasing ownership of the “mural” created by their individual perceptions and expressions. It also provided a sense of community and ownership.

Camp Kangaroo is a children’s bereavement camp whose program utilizes the arts and the creative process to encourage, express, and synthesize the emotions and experiences stemming from the death of a loved one. It is our hope that by offering families an opportunity to artfully express their experiences in this manner, the pain and conflict while moving through their grief to hope and healing. Here are some helpful suggestions for those who wish to create their own collaborative arts 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, water, watercolor, magazines for collaging.**

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