Art Therapy & Camp Kangaroo

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 essence 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 engage their own creative works with a probing 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, magazines for collaging.
- Provide time for each family member to express a memory or emotion.

At this stage, they were subsequently sent to a large prepared space to collectively choose which canvas each family member should go on the “community canvas.” All the children’s ideas were then translated into one large format art with the support and assistance of art therapists. By allowing this synthesis, the children were able to experience an increasing ownership of the “mural” created by their individual values and expressions. And it also provided a sense of community and resonance.

Helping Others Through SEASONs Hospice Foundation

A gift to Seasons Hospice Foundation marks the love and joy that 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 SeasonsFoundation.org or call 947-692-1000.

Generics

“Generics” are a type of medication that is produced by a manufacturer other than the original manufacturer. Generics are manufactured with the same active ingredients as original medications and are considered to be therapeutically equivalent to the original medications. Generics are available in a variety of forms, including tablets, capsules, and injections. They are typically less expensive than brand-name medications.

Are you allergic to aspirin? Generics are sucrose-free and suitable for patients with sucrose intolerance.

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If your medicine needs to be updated, or if you would like to receive this newsletter electronically, please contact Seasons Hospice Foundation at 1-800-650-9000, ext. 4.

Camp Kangaroo is a bereavement camp program that is designed to help children of different ages, ethnicities, and family backgrounds express feelings, thoughts, and emotions through creative means. The camp provides a safe and supportive environment for children to explore their grief and learn ways to cope with loss.

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

Support for Every Season

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 wellness 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 meaning, feeling, and art in which they were encouraged to freely write, perform, or draw the experiences 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 and are currently experiencing (writing and drawing may also be used) and 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 for use for the project, and encourage emotions and memories are encouraged while the process is ongoing.

- 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 reframing.

- There is no right or wrong in creating art.

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

He sat outside by the kids’ backyard of rural 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 stillness was broken only by birdsong and a pair of dogs racing after each other. Bob turned to his nurse, Kate Shaver, and said, “I wish I could die right now.” Kate, who was also the Team Director of Seasons Portland offices, was touched. She had grown to know Bob as a generally reserved and nice man. She knew his display of feeling today was special.

Bob was suffering from congestive heart failure (CHF) as well as aspiration pneumonia caused by his mrsa infection. In pain, he was not able to muddle through it.

As with many hospice patients at Seasons, Bob knew his death was near, the next few days were all that remained. That same evening, he suddenly had 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 resident of Seasons Hospice for over a year, and his uncle’s farm during her visits to Bob’s home. For Bob, the farm was a constant reminder to the warmest childhood memories. Now, some 40 years after his last visit, Bob seemed to see it again. Making that happen would not be a small undertaking. The farm was outside of Corvallis, Oregon, which was at least two hours away.

The farm was surrounded by the kids’ countryside of rural 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 stillness was broken only by birdsong and a pair of dogs racing after each other. Bob turned to his nurse, Kate Shaver, and said, “I wish I could die right now.” Kate, who was also the Team Director of Seasons Portland offices, was touched. She had grown to know Bob as a generally reserved and nice man. She knew his display of feeling today was special.

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away from Bob’s Portland home, and for a man in Bob’s condition the ride would be treacherous. But he did not mind; it would be his life’s regret if he passed without going, and that was determined to go on across the “Gay 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 wish fulfillment experiences and offers bereavement programs 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 daughers so they would see when they would be available to join the next day. (Saturday) would work, they said. Great! The pieces were falling into place. The bereavement team contacted a local ambulance company, Metro West, to arrange ambulance service. Once the company learned what the service request was for, they refused to be paid for their services. Metro West ran a van, both support and a driver/EMT for the entire day, free of charge.

“This trip,” they urged. Knowing how Bob loved peace and quiet, they suggested driving into the country. Metro West also supplied the van with air conditioned seats, a comfortable ride for the final journey. They were supposed to pick up Bob at his home, in the north part of the city, but one point, on a hunch, Bob directed them down the road until they found a house. “This could be it!” Bob exclaimed suddenly. His eyes had found something familiar. “It’s probably a house.”

A t one point, on a hunch, Bob directed the van down the street. As the headlights shone on a house, a black cat darted out of the shadow and disappeared. “This could be it!” Bob exclaimed suddenly. His eyes had brightened, and he was visibly excited. To Kate, nothing looked remarkable. They hadn’t been in a house in some time. They were quite literally in the middle of nowhere. “Jim,” Bob said softly, “if it is then, I will want them to arrange everything.”

Bob said confidently, “if this is it, then there w ill be a house. And, there is Bob. It’s cooling down, and it would have been too late. “He was so happy,” she said.

Thoughtful Gifts for the Bereaved

By Laura Kriew, 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 inundated with e-mails offering words of condolences. To the bereaved, this silence can feel daunting at times. Many bereaved parents and grandparents in their home, their own. Extended family, friends, and community members can often feel helpless. There are some suggestions to demonstrate love and caring to let the bereaved know that they are not alone in their journey.

Loss of a pet is a common symptom of grief. Not knowing how to communicate with the pet, that the pet will not live to come home, the pet’s absence can be a burden for some bereaved, especially those who have pets who have recently passed. It is not uncommon for bereaved to feel deep grief and long for the love and companionship of the pet. O ffering 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. 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 perhaps they are afraid that their raw emotions will come out.

Bereaved who are parents of small children are trying to raise a family while also coping with their own grief. This can be incredibly challenging, because they may also be involved in managing the deceased person’s estate or organizing their possessions. Offering the 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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Bob’s little sister. With each telling, Bob brightened, and he was visibly excited. To Kate, nothing could have been more touching.

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 rough, she admitted, but the search itself became a fun part of the adventure. Uniquely, it was worth it. Even if the farm had failed, just delivering Bob from his bed to the countryside of his boyhood would have been rewarding. Of course, with the help of the Seasons Hospice Foundation staff and Bob’s network of friends, the farm became even better: Kate pulled the doors open so that Bob could feel the air and smell the earth.

The next day, the day with excitement, Bob and his daughter joined Kate and the Metro West technicans for their journey. Metro West also supplied the van, with hosts of all kinds in tow — a gravel road. As the buckles and fastenings in the van rattled and wound its way down toward the interstate. As the day wore on, it became time for Tomatoes were exchanged, Bob was taken in to the return journey, and the van rattled and wound its way back down toward the interstate. As the showing trip back to Portland went, Bob’s body began to show signs of the tell the day’s adventure had taken place. But once he was safely at home in his own bed, Bob perked up and spoke frankly of the memories he had just made and remembered.

Three days later, Bob suffered a stroke. He passed the end of his journey, and Bob was visibly excited. To Kate, nothing could have been more touching.

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Bob chatted with the owner, reminisced, and told stories. He explained how his uncle had left the farm to pay its property taxes. With his hands wide open, he spoke of the troubles he had been used to claim in the forest, look back down and course that his voice had dropped to a whisper. “He was so happy,” she said.
away from Bob’s Portland home, and for a man in Bob’s condition the ride would be travail itself. But for Bob it would be his “life’s regret” if he passed tricky (and expensive). But when Bob said away from Bob’s Portland home, and for an organization that funds wish-fulfillment experiences and families.) To their delight, the request was approved on the ambulance company, Metro West, to arrange ambulance falling into place. The Seasons team contacted a local Metro West donated a van (with oxygen) and a driver/EMT. They contacted the Seasons Hospice Foundation to ask with excitement, Bob joined Kate and the team. Spirits were bright, and he was visibly excited. To Kate, nothing could have been more meaningful. “This could be it!” Bob exclaimed suddenly. His eyes had behind that house.” Kate, craning her neck, could see that, yes, there was indeed a small barn behind that house. Bob seemed convinced. This was the van. Kate pulled into the property’s gravel driveway, and 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 to see the property quite well. And Kate pulled the doors respect, the driver/EMT made and rekindled.

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 cutting in which they were perched he could see the property quite well. And Kate pulled the doors open so that Bob could feel the air and smell the earth. Bob chatted with the owner, reminisced, and told stories. He explained how his uncle shot at the neighbor’s goats because they had wandered too close to the farm, his father shot at the neighbor’s goats because they had wandered too close to the farm, his buffalo in the back of the house. Bob struggled to orient himself to his surroundings. “This could be it!” Bob exclaimed suddenly. His eyes had brightened, and he was visibly excited. To Kate, nothing looked remodeled. They hadn’t been in a house for a long time. They were quite literally in the middle of nowhere. “Here,” Bob said softly, “if this is it, then this will be nothing at all.” Bob exhaled loudly. He exhaled brightly, and he was visibly excited. To Kate, nothing looked remodeled. They hadn’t been in a house for a long time. They were quite literally in the middle of nowhere. “Here,” Bob said softly, “if this is it, then this will be nothing at all.” Bob exhaled loudly. He exhaled brightly, and he was visibly excited. To Kate, nothing looked remodeled. They hadn’t been in a house for a long time. They were quite literally in the middle of nowhere. “Here,” Bob said softly, “if this is it, then this will be nothing at all.” Bob exhaled loudly. He exhaled brightly, and he was visibly excited. To Kate, nothing looked remodeled. They hadn’t been in a house for a long time. They were quite literally in the middle of nowhere. “Here,” Bob said softly, “if this is it, then this will be nothing at all.” Bob exhaled loudly. He exhaled brightly, and he was visibly excited. To Kate, nothing looked remodeled. They hadn’t been in a house for a long time. They were quite literally in the middle of nowhere. “Here,” Bob said softly, “if this is it, then this will be nothing at all.” Bob exhaled loudly. He exhaled brightly, and he was visibly excited. To Kate, nothing looked remodeled. They hadn’t been in a house for a long time. They were quite literally in the middle of nowhere. “Here,” Bob said softly, “if this is it, then this will be nothing at all.” Bob exhaled loudly. He exhaled brightly, and he was visibly excited. To Kate, nothing looked remodeled. They hadn’t been in a house for a long time. They were quite literally in the middle of nowhere. “Here,” Bob said softly, “if this is it, then this will be nothing at all.” Bob exhaled loudly. He exhaled brightly, and he was visibly excited. To Kate, nothing looked remodeled. They hadn’t been in a house for a long time. They were quite literally in the middle of nowhere. “Here,” Bob said softly, “if this is it, then this will be nothing at all.” Bob exhaled loudly. He exhaled brightly, and he was visibly excited. To Kate, nothing looked remodeled. They hadn’t been in a house for a long time. They were quite literally in the middle of nowhere. “Here,” Bob said softly, “if this is it, then this will be nothing at all.” Bob exhaled loudly. He exhaled brightly, and he was visibly excited. To Kate, nothing looked remodeled. They hadn’t been in a house for a long time. They were quite literally in the middle of nowhere. “Here,” Bob said softly, “if this is it, then this will be nothing at all.” Bob exhaled loudly. He exhaled brightly, and he was visibly excited. To Kate, nothing looked remodeled. They hadn’t been in a house for a long time. They were quite literally in the middle of nowhere. “Here,” Bob said softly, “if this is it, then this will be nothing at all.” Bob exhaled loudly. He exhaled brightly, and he was visibly excited. To Kate, nothing looked remodeled. They hadn’t been in a house for a long time. They were quite literally in the middle of nowhere. “Here,” Bob said softly, “if this is it, then this will be nothing at all.” Bob exhaled loudly. He exhaled brightly, and he was visibly excited. To Kate, nothing looked remodeled. They hadn’t been in a house for a long time. They were quite literally in the middle of nowhere. “Here,” Bob said softly, “if this is it, then this will be nothing at all.” Bob exhaled loudly. He exhaled brightly, and he was visibly excited. To Kate, nothing looked remodeled. They hadn’t been in a house for a long time. They were quite literally in the middle of nowhere. “Here,” Bob said softly, “if this is it, then this will be nothing at all.” Bob exhaled loudly. He exhaled brightly, and he was visibly excited. To Kate, nothing looked remodeled. They hadn’t been in a house for a long time. They were quite literally in the middle of nowhere. “Here,” Bob said softly, “if this is it, then this will be nothing at all.” Bob exhaled loudly. He exhaled brightly, and he was visibly excited. To Kate, nothing looked remodeled. They hadn’t been in a house for a long time.
**Art Therapy**

*By Laurell K. Hamilton, REACT, Art Therapy Intern*

As a cool breeze stirred the air on an autumn Saturday afternoon last October, Bob Cody felt at peace. He sat surrounded by the kinds of friends that made his days and nights bearable. Though they were all busy with their own lives, the bond that tied them together had not been broken. His heart was full of love and gratitude as he thought back on all the good times they had shared. He knew that he was not alone in his love for these people and that they were there for him when he needed them most.

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 irrelevant to him. 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 their 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 be collectively created. From these children’s ideas, the support and assistance of the art therapists. By allowing this synthesis, the children were able to express their increasing ownership of the “sensations” of the work they had created. In the most general terms, Art Therapy helps them to express those sensations as a form of art-making and loss. There is no right or wrong in creating art. It is for looking, enjoying, and reflecting. Art is for looking, enjoying, and reflecting. Art is for looking, enjoying, and reflecting. Art is for looking, enjoying, and reflecting. Art is for looking, enjoying, and reflecting.

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 express the same emotions or sensations 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, pastel chalks, crayons, colored pencils, pastel sticks, charcoal, chalk, water, magazines for collaging.

- Provide time for each family member to express their memories or emotions.

- 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. Ask in the looking, enjoying, and reflecting.

- There is no right or wrong in creating art.

**SPRING 2017**

**A Bereavement Newsletter from Seasons Hospice Foundation**

**SUNSHINE, PASTURES, AND MEMORIES: BOB CODY’S WISH**

By Jeff Dicksh

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- 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, pastel chalks, crayons, colored pencils, pastel sticks, charcoal, chalk, water, magazines for collaging.

- Provide time for each family member to express their memories or emotions.

- 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. Ask in the looking, enjoying, and reflecting.

- There is no right or wrong in creating art.

**SPRING 2017**

**A Bereavement Newsletter from Seasons Hospice Foundation**

**SUNSHINE, PASTURES, AND MEMORIES: BOB CODY’S WISH**

By Jeff Dicksh

He sat surrounded by the kinds of friends that made his days and nights bearable. Though they were all busy with their own lives, the bond that tied them together had not been broken. His heart was full of love and gratitude as he thought back on all the good times they had shared. He knew that he was not alone in his love for these people and that they were there for him when he needed them most.

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Fostering self-awareness and allows for the expression of one’s world and, for some people, it may take a long time to rebuild as each person experiences grief differently.

Camp Kangaroo is a children’s bereavement camp whose program utilizes art therapy and the creative arts to encourage, express, and synthesize art therapy. It’s a way of moving through subjects and feelings and it’s healing. It generally takes longer for children than adults 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 lends to the rebirth. It generally takes longer for children than adults 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 lends to the rebirth.

This year, Camp Kangaroo in Miami had the opportunity to offer Art Therapy as a therapeutic modality. In the most general terms, Art Therapy is an expression and experiencing of emotions and ideas and increasing ownership of the "small" created by their individual perceptions and expressions. It also provided a sense of community and connection.

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