Art Therapy &
Camp Kangaroo

Working with bereaved children and adolescents takes a combination of empathy, compassion, and an attention 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 painful but critical time of rebuilding and reordering 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 children’s bereavement camp whose programs utilize psychotherapy and the creative arts therapies to encourage openness, choice, and synthesis of information while moving toward meaningful and legitimate grief. It generally takes longer for children than adults to exhibit the symptoms of mourning which lends to the critical time of rebuilding and reordering of one’s world and, for some people, it may take a long time to rebuild as a person experiences grief differently.

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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 some oneness of the separation 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 pastel, crayons, colored pencils, pastel sticks, watercolor, watercolor paper, water, magazines for collaging.

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

• 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. Feelings, 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. Act in the looking, enjoying, and reflecting.

• There is no right or wrong in creating art.

If you are interested in learning more about Camp Kangaroo and its programs, please contact the Art Therapy Department at seasonsfoundation.org/camp-kangaroo.
away from Bob’s Portland home, and for a man in Bob’s condition the ride would be tiring and uncomfortable. Despite that, he thought he’d be in his “life’s right” if he passed without going, and that he was determined to go across without delay on the “saw way” the Seasons team knew what to do.

They contacted the Seasons Hospice Foundation to ask for help. (The Seasons Hospice Foundation is an organization that funds wish-fulfillment experiences and that Bob and his family had requested 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 turned around to local an ambulance service, and the company learned what the request was for, they refused to be paid for their services. Metrowest donated a van (with oxygen) and a driver/EMT for the entire day, free of charge.

Knowing the nature of Bob’s wish come true. Everyone had decided to stay in the van, to be able to see what was happening at all times – just as Bob predicted. “And I bet you there’s a creek down I-5 toward their home,” Bob chatted with the owner, reminisced, and told stories. By this she had convinced. Bob had decided to stay in the van, to be able to see what was happening at all times – just as Bob predicted. “And I bet you there’s a creek down I-5 toward their home,” Bob chatted with the owner, reminisced, and told stories. By this she had convinced. Bob had decided to stay in the van, to be able to see what was happening at all times – just as Bob predicted. “And I bet you there’s a creek down I-5 toward their home,” Bob chatted with the owner, reminisced, and told stories. By this she had convinced. Bob had decided to stay in the van, to be able to see what was happening at all times – just as Bob predicted. “And I bet you there’s a creek down I-5 toward their home,” Bob chatted with the owner, reminisced, and told stories. By this she had convinced. Bob had decided to stay in the van, to be able to see what was happening at all times – just as Bob predicted. “And I bet you there’s a creek down I-5 toward their home,” Bob chatted with the owner, reminisced, and told stories. By this she had convinced. Bob had decided to stay in the van, to be able to see what was happening at all times – just as Bob predicted. “And I bet you there’s a creek down I-5 toward their home,” Bob chatted with the owner, reminisced, and told stories. By this she had convinced. Bob had decided to stay in the van, to be able to see what was happening at all times – just as Bob predicted. “And I bet you there’s a creek down I-5 toward their home,” Bob chatted with the owner, reminisced, and told stories. By this she had convinced. Bob had decided to stay in the van, to be able to see what was happening at all times – just as Bob predicted. “And I bet you there’s a creek down I-5 toward their home,” Bob chatted with the owner, reminisced, and told stories. By this she had convinced. Bob had decided to stay in the van, to be able to see what was happening at all times – just as Bob predicted. “And I bet you there’s a creek down I-5 toward their home,” Bob chatted with the owner, reminisced, and told stories. By this she had convinced. Bob had decided to stay in the van, to be able to see what was happening at all times – just as Bob predicted. “And I bet you there’s a creek down I-5 toward their home,” Bob chatted with the owner, reminisced, and told stories. By this she had convinced. Bob had decided to stay in the van, to be able to see what was happening at all times – just as Bob predicted. “And I bet you there’s a creek down I-5 toward their home,” Bob chatted with the owner, reminisced, and told stories. By this she had convinced. Bob had decided to stay in the van, to be able to see what was happening at all times – just as Bob predicted. “And I bet you there’s a creek down I-5 toward their home,” Bob chatted with the owner, reminisced, and told stories. By this she had convinced. Bob had decided to stay in the van, to be able to see what was happening at all times – just as Bob predicted. “And I bet you there’s a creek down I-5 toward their home,” Bob chatted with the owner, reminisced, and told stories. By this she had convinced. Bob had decided to stay in the van, to be able to see what was happening at all times – just as Bob predicted. “And I bet you there’s a creek down I-5 toward their home,” Bob chatted with the owner, reminiscen
away from Bob’s Portland home, and for a man in Bob’s condition the ride would be too rough and uncomfortable. But they knew that it would be his “life’s reprieve” if he passed without going, and that he was determined to go on. “It’s 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 501(c)(3) organization that funds wish-fulfillment experiences and other special acts of kindness for hospice patients and their families. To their delight, the request was approved on the spot. They then got in touch with Bob’s two daughters to see when they would be available to join the trip. The next day (Saturday) would work, they said. Great! The pieces were falling into place. The team then contacted a local ambulance company, Metro West, to arrange ambulance services. When the company learned what the service request was for, they refused to be paid for their services.

Metro West donated a van (with oxygen) and a driver/EMT – K ate Shaver. They contacted the Seasons Hospice Foundation to ask for further help. The Seasons Hospice Foundation and staff, Bob fared much better than his family, Bob perked up and spoke freely. Reflecting on what it had all meant, K ate’s voice dropped to a whisper. “He was so happy,” she said.

Bob had explained how his uncle had timbered the farm to pay for his education, and how he split the proceeds with his uncle once they were in the van. As the buckles and fastenings in the van clattered and squeaked, Bob’s face still failed to register anything, for how long could she permit the tanks with concern, for how long could she permit the tanks with concern, for how long could she permit the tanks with concern, for how long could she permit the tanks with concern, for how long could she permit the tanks with concern, for how long could she permit the tanks with concern, for how long could she permit the tanks with concern, for how long could she permit the tanks with concern, for how long could she permit the tanks with concern, for how long could she permit the tanks with concern, for how long could she permit the tanks with concern, for how long could she permit the tanks with concern, for how long could she permit the tanks with concern, for how long could she permit the tanks with concern, for how long could she permit the tanks with concern, for how long could she permit the tanks with concern, for how long could she 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Bereaved who are parents of small children are trying to cope with many responsibilities. Some 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.

Grrieving 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 event can be a good form of distraction. Some bereaved may not feel ready to do something as soon as possible, but having a distraction can help them feel less isolated.

Thoughtful Gifts for the Bereaved

by Lucía Krong, LCMS

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 is no longer mentioned with smalls or mention of condolences. In the bereaved, this silence can feel daunting at times. Many bereaved will keep and forget in their hearts the loss of their loved one on their own. Extended family, friends, and community members can sometimes be a source of 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 contributed to a natural reaction to grief. Consequently, the bereaved may experience individual experience weight loss after the death of their loved one. In this situation, offering a thoughtful gift for the bereaved. Even better, creating a gift of meaningful gifts, such as giving something that the bereaved individual can help the bereaved to decrease the stress of a doctor’s visit.

When the bereaved are the primary caregivers, they 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. In some communities, online shopping for groceries or having someone else do this may be a solution.

Bereaved individuals who were the primary caregivers for their deceased loved one often have neglected their own needs. It is not uncommon for bereaved individuals to suffer from physical strain as they take care of their loved one’s needs. In this situation, offering a thoughtful gift for the bereaved. Individuals interested in organizing their possessions. The mere act of offering lets the bereaved know that they are not alone in their grief journey.
Helping Others Through SEASONS HOSPICE FOUNDATION

A gift to Seasons Hospice Foundation marks the love and joy that you've 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 847-692-1000.

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

He sat surrounded by the kind of countryside near Oregon, far away from the daily bustle of the city and a bed he knew too well. Neatly, Bob could see an ancient barn, a grazing horse, and a ceramic bathtub brimming with herbs. The stillness was broken only by birdburgs and a pair of dogs running 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 office, was touched. She had known Bob to be a generally mellow and nice man. She knew his display of feeling today was special.

Bob was suffering from congestive heart failure (CHF) as well as-April 2017 Press Release 2017–2017. Bob was not isolated. His family and friends were all close by, and in many ways, Bob had a sense of belonging. A team from Seasons Hospice Foundation’s Bereavement Support program had a sense of urgency to visit the house to present him with a “Bereavement Support box.”

Later, Kate recalled how the trip had come to be. Bob, who had been a resident of the Seasons Hospice Foundation’s Greenbriar House, was at his uncle’s farm during her visits to Bob’s home. For Bob, the farm was a central feature in some of his warmest childhood memories. Now, some 40 years after his last visit, all Bob wanted was to see it again. Making that happen would not be a small undertaking. The farm was outside of Corvallis, Oregon, which is at least 3 hours

An Art Therapy Session

This mural was a joint project created by 37 children who attended Camp Kangaroo at Miami. This activity will enable

• 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.

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

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 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: the people, person, process, and product are equal in the artistic experience.

At Camp Kangaroo, the unique experiences of each child is integrated into music, storytelling, and art in which they were encouraged to freely write, perform, or draw. The experiences were meant to be inclusive and 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 at this stage, they were subsequently sent to a large prepared canvas to collectively create a piece that each child should go on the “community canvas.” All the children’s works were then brought into one larger art form with the support and assistance of 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 support.

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At Camp Kangaroo, the unique experiences of each camper are valued. This activity will enable family members to experience that even in the same grief, there can be a sense of community and oneness. Art is for looking, enjoying, and reflecting. Children were able to experience processing in a safe place. The creative and expressive parts of their experience will be woven together and shared with the larger community. 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 even in the same grief, there can be a sense of community and oneness. It also provided opportunities to vent and work through their feelings.

At this stage, they were subsequently sent to a large prepared canvas as a group to collectively choose where each image should go on the “community” canvas. All of the children’s images were collected into one large canvas and set up in a place that was accessible to everyone. By allowing this synthesis, the children were able to experience an increasing ownership of the “world” created by their individual drawings and expressions. It also provided a sense of community and ownership.

To honor your loved one by making a gift or to learn more about the Seasons Hospice Foundation, please visit seasonsfoundation.org or call 847-492-1000.

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

By Jeff Drobish

He sat surrounded by the lush countryside of rural Oregon, far away from the dull hum of the city and a bed he knew to be his own. Bob could see an ancient barn, a grove of trees, and a cornfield basking in sunlight. He suddenly became aware of the wind and the sound of roofs of the barns and the grove of trees. He felt a sense of being in the “same boat” while moving through their grief and hope and healing. There 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.
• There is no right or wrong in creating art.
• Find a special place to display the piece once it is completed where everyone can visit and talk about the process of the healing, enjoying, and reflecting.
• No one is right or wrong in creating art.

There is a playful element where each family member can decide 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 even in the same grief, there can be a sense of community and oneness. It also provided opportunities to vent and work through their feelings that adults require. However, intervention for children is even more critical because this period will shape their lives for many years to come. Camp Kangaroo offers exactly such opportunities.

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 expressee and communicators of feelings, thoughts, and experiences to use the medium as a means to transform pain and conflict while fostering awareness and growth. The process, product, and person are equal in the art experiences.

At Camp Kangaroo, the unique experiences of each child were integrated into the art of the whole group, an art that was the creation of everyone who attended. 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, they were currently experiencing (writing and drawing what may otherwise be difficult to put into words. The experience of losing a loved one is a painful but critical time of rebuilding and reordering one’s world and, for some people, it may take a long time to rebuild. As a result, the person experiences grief differently.

Art Therapy

Camp Kangaroo is a children’s bereavement camp whose program utilizes psychotherapy and the creative arts to encourage, express, and synthesize an experience while moving toward coping and holistic recovery. It generally takes longer for children than adults to exhibit the symptoms of mourning which leads to the general, but incorrect, assumption that children do not exhibit the symptoms of mourning which lends to the incorrect generalization that adults require. However, intervention for children is even more critical because this period will shape their lives for many years to come. Camp Kangaroo offers exactly such opportunities.

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by Bob Cody

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

He sat surrounded by the lush countryside of rural Oregon, far away from the dull hum of the city and a bed he knew to be his own. Bob could see an ancient barn, a grove of trees, and a cornfield basking in sunlight. He suddenly became aware of the wind and the sound of roofs of the barns and the grove of trees. He felt a sense of being in the “same boat” while moving through their grief and hope and healing. There 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.
• There is no right or wrong in creating art.
• Find a special place to display the piece once it is completed where everyone can visit and talk about the process of the healing, enjoying, and reflecting.
• No one is right or wrong in creating art.

There is a playful element where each family member can decide 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 even in the same grief, there can be a sense of community and oneness. Art is for looking, enjoying, and reflecting. Children were able to experience processing in a safe place. The creative and expressive parts of their experience will be woven together and shared with the larger community. 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 even in the same grief, there can be a sense of community and oneness. It also provided opportunities to vent and work through their feelings that adults require. However, intervention for children is even more critical because this period will shape their lives for many years to come. Camp Kangaroo offers exactly such opportunities.

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 expressee and communicators of feelings, thoughts, and experiences to use the medium as a means to transform pain and conflict while fostering awareness and growth. The process, product, and person are equal in the art experiences.

At Camp Kangaroo, the unique experiences of each child were integrated into the art of the whole group, an art that was the creation of everyone who attended. 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, they were subsequently sent to a large prepared canvas as a group to collectively choose where each image should go on the “community” canvas. All of the children’s images were collected into one large canvas and set up in a place that was accessible to everyone. By allowing this synthesis, the children were able to experience an increasing ownership of the “world” created by their individual drawings and expressions. It also provided a sense of community and ownership.

To honor your loved one by making a gift or to learn more about the Seasons Hospice Foundation, please visit seasonsfoundation.org or call 847-492-1000.