A gift to Seasons Hospice Foundation marks the love and joy that brought us to our, 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.

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

Art Therapy can provide a helpful method for grief and loss.

• Encourage collaboration and integration of emotions and memories.
• There is no right or wrong in creating art.
• W e served 291 children and teens through our bereavement camp programs in 8 locations around the country.
• W e provided exceptional internship experiences for 78 students.
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S P R I N G 2 0 1 7
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 real Oregon, far away from the dull hum of the city and a bed he now knew to be near. Maybe Bob could see an ancient barn, a grazing horse, and a ceramic bathtub brimming with herbs. The stillness was broken only by twigs snacking and a pair of dogs racing after each other. Bob turned to his nurse, Kate Shaver, and said, “I wish I could ride right now.” Kate, who was also the Team Director at Seasons Portland office, was touched. She had grown to know Bob as a generally reserved and nice man.

The squirrels and the feeling today was special.

Bob was suffering from congestive heart failure (CHF) as well as aspiration pneumonia. He had a soft, kind voice that was soothed, and he was not afraid to cry. He was a hospice patient.

The day came when you smile again, and you feel like a traitor.

How dare I feel happy. How dare I be glad in a world where my father is no more. And then you cry fresh tears, because you do have a way of things. There is another kind of death.”

Did You Know?

• W e served 291 children and teens through our bereavement camp programs in 8 locations around the country.
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Every Season
is another kind of death.”

S E A S O N S H O S P I C E B E R E A V E M E N T S U P P O R T

“’You can not 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 is no right or wrong in creating art. There is no right or wrong in creating art.”

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 some emotions or the 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, soft pastels, crayons, colored pencils, pens, pencils, water, magazines for collaging.
• Provide time for each family member to express a memory or emotion.
• Encourage collaboration and integration of emotions and memories.
• There is no right or wrong in creating art.

Every Season is an option used to enrich lives. Your gift stays close to home and makes a difference to the patients we serve. Your gift makes a difference to the patients we serve. Your gift makes a difference to the patients we serve.
away from Bob's Portland home, and for a man in Bob's condition the ride would be travail and exasperation. But they had come to meet this, for it would be his life's relief if he passed without going, and that he was determined to go as grim as the ‘dead 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 vital palliative care and grief services for the bereaved of hospice patients and their families.) To their delight, the request was approved on the spot. Then they got in touch with Bob’s two daughters to see if they would be available to join. The next day (Saturday) would work, they said. Great! The pieces were falling into place. The team then contacted a local ambulance company, Metc, to arrange ambulance services to and from the farm. When the company learned what the service request was for, they refused to be paid for their services.

Metc rounded up a van company and a driver/EMT to help make Bob’s wish come true. The team began a search to find the farm that was in Bob’s memory. They contacted the Seasons Hospice Foundation to ask whether they had ever heard of a farm in the area and they said yes. The search began.

As the group pushed deeper and deeper into the forest, Bob struggled to orient himself to his surroundings. Complicating matters, Bob had been suffering from hypoxia of late, which Kate knew would not have done his 84-year-old memories any favors. Like a hunter, and turn back, Bob failed to lock onto anything familiar. At one point, he even asked if the group could return to Corvallis to retrace their steps out into the country. The prospect of being back in town began to dull.

At one point, on a hunt, Bob directed the van down a gravel road. As the hushed crunch and chatter of a gravel car clattered and squeaked, Bob’s face still failed to register much excitement. His eyes had looked remarkable. They hadn’t seen a house in some time.

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

The next day, dawned with excitement. Bob and his two sisters joined Kate and the Metc team. As they pulled up to their front porch, they were greeted by their skinny, white and sleek, 187-pound doberman mix, Chief. Kate and Bob chatted with the owner, reminisced, and told stories.

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 hours we had everything coordinated.’ Finding the farm was a little tough, Kate admitted, but the search itself became a fun part of the adventure. Uniquely, it was worth it. Even if the farm had stood them, just delivering Bob from his sad memories of the boyhood would have been rewarding. Of course, with the help of the Seasons Hospice Foundation and its staff, Bob could have done without the farm. Reflecting on what it had all meant, Kate’s voice dropped to a whisper. ‘He was so happy,’ she said.

For more information on how to make a donation to the Seasons Hospice Foundation to help make wishes come true, please visit SeasonsFoundation.org/donate.

Thoughtful Gifts for the Bereaved

By Lucie Romain, LMFW

It’s been several weeks since the funeral was over and everyone has returned home to make their own lives. The phone has stopped ringing. The sympathy cards have stopped coming. The ribbons have been taken off. No one is left to paint. Or crying. Or grieving. Or helping.

Bereaved who are parents of small children are trying to raise a family while also coping with their own grief. Many bereaved find it hard to be with friends and family who appear to enjoy their lives. Malaysia may also be involved in managing the deceased person’s estate or organizing their funerals. Offering procession. Offering 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.

Crying 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 initially because they fear being left behind because perhaps they are afraid that their raw emotions will cause embarrassment to others. A better idea is to invite them again in the future.

At times, the physical challenges of going grocery shopping can be a burden for some bereaved, especially during the weather is too much of an effort. Offering transportation to go grocery shopping with the bereaved can be a thoughtful gesture. Lifting bags of groceries into the car is less arduous when a helping hand is available. In some communities, online shopping for groceries or having groceries delivered may also be involved in managing the deceased person’s estate or organizing their funerals. Offering procession. Offering of time by babysitting the children can be a relief for the bereaved.

Thoughtful gifts, presents, and compassion are priceless. Allowing them to express their grief emotions can be a healthy form of self-care. Bereaved may also be involved in managing the deceased person’s estate or organizing their funerals. Offering procession. Offering of time by babysitting the children can be a relief for the bereaved.

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

to go even if he “died on the way,” the Seasons without going, and that he was determined it would be his “life’s regret” if he passed other special acts of kindness for hospice patients and their (Saturday) would work, they said. Great! The pieces were falling into place. The Seasons team contacted a local hospice foundation to ask the Seasons team to coordinate a visit for the entire day, free of charge.

They contacted the Seasons Hospice Foundation to ask (Katherine) to see when they would be available to join. The next day, abuzz and crunched to a halt. A sturdy, middle-aged man in a behind that house.” Katherine, craning her neck, could see that, yes, there was indeed a small house behind that house. Bob seemed convinced. This was the one.

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. Katherine pulled the doors open so that Bob could feel the air and smell the earth.

Bob strolled with the serene, unremarked, and told story. He explained how his uncle had timbered the farm to pay the property taxes. Bob’s face still failed to register for the entire day, the toll the day’s adventure had taken.

Looking back on the outing, Katherine marveled at how quickly and easily the trip had been prepared. “We just asked,” Katherine 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 been studied, just delivering Bob from his hospital in the nearby community had been rewarding enough. Of course, with the help of the Seasons Hospice Foundation, the trip made the farm feel 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 serve as 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 and mental health problems a year after their loved one’s death. Providing a guide for the bereaved to monitor an area or to readjust their routine if necessary. Doctor. 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 Gifts for the Bereaved

By Luisa Kromit, LMFT

It’s been several weeks since the funeral 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 miles is no longer traversed with small and gentle steps of condolences. In the bereavement, this silence can feel devastating at times. Many bereaved wish for loved ones’ last consultations with them. On their own. Extended family, friends, and community members can feel at a loss and unprepared. There are some suggestions to demonstrate love and caring 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. Concomitantly, individuals experience weight loss after the death of their loved one. Grieving can negatively affect an individual’s physical health. It is not unusual for an individual to have less energy. Sometimes, victims of grief may also be involved in managing the deceased person’s estate or organizing their possessions. Offering the 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.

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 activities that they once enjoyed. Perhaps they are afraid that their raw emotions will cause embarrassment.

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

For more information on how to make a donation to the Seasons Hospice Foundation and to help make wishes come true, please visit SeasonsFoundation.org/donate.

Thoughtful gifts for the bereaved

Bereaved who are parents of small children are trying to raise a family while also coping with their own grief. The bereavement is complicated by the need to care for the family, and perhaps they are afraid that their raw emotions will cause embarrassment. Bereaved who are parents of small children are trying to raise a family while also coping with their own grief. The bereavement is complicated by the need to care for the family, and perhaps they are afraid that their raw emotions will cause embarrassment. Bereaved who are parents of small children are trying to raise a family while also coping with their own grief. The bereavement is complicated by the need to care for the family, and perhaps they are afraid that their raw emotions will cause embarrassment.
We just asked, and in a matter of an hour we had everything coordinated.” Finding the farm was a little tough, as the group pushed deeper and deeper into the pine forest. As the day wore on, it became time to go. Farewells were exchanged, Bob was safely at home in his own bed, Bob perked up and spoke confidently of the memories he had just made and remade.

Three days later, Bob suffered a stroke. He passed the day of his 74th birthday, November 20, 2008. Three days later (which, had it been, fact, considered) it would have been his 75th birthday.

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, as the group pushed deeper and deeper into the pine forest. As the day wore on, it became time to go. Farewells were exchanged, Bob was safely at home in his own bed, Bob perked up and spoke confidently of the memories he had just made and remade.

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In his weary state, Bob had decided to stay in the van, but from the cleared path our van was visible. 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 had limbed the farm to pay its property taxes. With his hands wide open, he spoke of the kitchen, how it could be used to glean mushrooms even when the snow made it impossible. 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. Their social isolation can feel even more profound 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 pursue 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 anything social right away, and some may be afraid to have fun. Perhaps they are afraid that their raw emotions will cause them to lose control.

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 getting into the right line in the grocery store or offering the gift of less arduous when a helping hand is available. In some communities, online shopping for groceries or having groceries delivered may be an alternative 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 exhaustion even before a year after their loved one’s death. Provide a gentle reminder for the bereaved to make an appointment with a medical professional. Offer to accompany them to the doctor’s appointment if possible. This supportive connection can help to decrease the stress of a doctor’s visit.

By Luisa K com t, LM SW

Loss of appetite is a common symptom of grief. Not eating is a response to the emotional pain. 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 getting into the right line in the grocery store or offering the gift of less arduous when a helping hand is available. In some communities, online shopping for groceries or having groceries delivered may be an alternative resource.

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Art Therapy
&
Camp Kangaroo

In a world where so much is in flux, we find ourselves grappling with the responsibility of finding and maintaining meaning through our work. In the creative arts therapy field, we constantly struggle to find the best ways to engage clients in the healing process. 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 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, healing art, in which they were encouraged to freely write, perform, or draw their experiences. Children are often the first to experience the pain of losing a loved one. This process can be incredibly difficult and at times overwhelming. Camp Kangaroo provides a safe and nurturing environment for children to express their emotions and memories through various art mediums.

The children at Camp Kangaroo are encouraged to express their emotions through art, which can be especially helpful for grieving children. Art therapists at Camp Kangaroo facilitate sessions where children can create art that represents their feelings and memories. This process helps children work through their grief and come to terms with their loss.

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Camp Kangaroo is a children’s bereavement camp whose program utilizes psychotherapy and the creative arts therapies to enable families to process their grief and loss. The camp offers a unique and supportive environment where children can express their emotions and memories through various art mediums. This process helps children work through their grief and come to terms with their loss.

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Camp Kangaroo is a children’s bereavement camp whose program utilizes psychotherapy and the creative arts to encourage, express, and share feelings, thoughts, and communication of grief and loss. The opportunity to offer exactly such opportunities is even more critical because this period will shape their lives for many years to come. Camp Kangaroo offers a wide range of materials available, including large 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, pencil, watercolor pencils, water, magazines for collage.

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 oneness or the synthesis of being to “the same boat” while working 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, pencils, water, 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.

- Be creative and allow the emotions and memories are encouraged while the piece is being made.

- Find a special place to display the piece once completed where everyone can visit and talk about the art. Ask in the healing, enjoyable, and nurturing.

- There is no right or wrong in creating art.

- They are currently experiencing (writing and drawing) the piece.

- Art is for looking, enjoying, and reflecting.

- The piece should be completed where everyone can visit and talk about the art. Focus in the healing, enjoyable, and nurturing.

- There is no right or wrong in creating art.