Art Therapy & Cam p Kangaroo

by Constance H. Muench, BFA, C.A.T., Art Therapy Intern

Helping Others Through Seasons Hospice Foundation

A gift to Seasons Hospice Foundation marks the love and joy you shared with 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.

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 self-awareness 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 music, journaling, and art in which they were encouraged to freely write, perform, or draw the experiences most meaningful 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 sketches their ideas and images using a variety of drawing materials. Once these ideas were given form

Generics: 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 cohesion 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 water-color paint, oil pastels, soft pastels, crayons, colored pencils, paper, tape, water, magazines for collaging.

• Pencils or crayons for each family member to express a memory or emotion. They are currently experiencing (writting 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 project. As emotions and memories are encouraged while the piece is being created.

• Find a special place to display the piece once complete where everyone can visit and talk about the piece. Art is a healing, enjoyable, and reinforcing.

• There is no right or wrong in creating art.

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

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Did You Know?

• We served 291 children and teens through our bereavement camp programs in 8 locations around the country.
• We provided exceptional internship experiences for 78 students.
• We fulfilled 181 final wishes.
• We made a difference in the lives of the people in the communities that we serve. During 2016:

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

By Jeff Drabish

He sat 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 hubbard brimming with herbs. The stillness was broken only by birthing cries and a pair of dogs racing after each other. Bob turned to his nurse, Kate Mayer, 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 nice man. She knew his feeling of helplessness was real.

Bob was suffering from congestive heart failure (CHF) as well as atrial fibrillation. Chronic depression, in peace, was not made offhandedly. As with many hospice patients at Seasons, Bob knew his death was near, but he did not want his end to mean the end as well. Seasons Hospice Foundation, please visit SeasonsFoundation.org at 640 Gifford, Suite 700, Des Plaines, Illinois 60016.

For Every Season

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

support@seasonshospice.org

Please contact Seasons Hospice Foundation at 847-692-1000, ext. 4.

Every day a patient creates a 67 children who attended Camp Kangaroo at Des Moines, Washington.

S P R I N G 2 0 1 7

A Bereavement Newsletter from Seasons Hospice Foundation
We just asked, and in a matter of time, the Seasons team knew what to do.

Social isolation that the bereaved often encounter.

Team Director, Seasons Hospice & Palliative Care, Portland Office

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, the ride was arranged. The pieces were in place.”

And, in the end, it was. Bob’s dying wish had come true.

Kate worried about what he might say. With relief, Kate quickly learned she had made the right decision.

The next day, abuzz with excitement, Bob and his family left Portland and for the first time since his diagnosis, Bob was ready to make Bob’s wish come true.

As the group pushed deeper and deeper into the pine forest, Bob’s strength of memory and recognition as they drove. Kate often wondered what he might say. With relief, Kate quickly learned she had made the right decision.

At one point, on a hunch, Bob directed the van down a road at an angle. From the van’s window, Kate could see the property quite well. And Kate pulled the doors open so that Bob could feel the air and smell the earth.

As the day wore on, it became time to turn back toward I-5 toward their destination. But as the van pulled into the property’s gravel driveway, she worried about what he might say. With relief, Kate quickly learned she had made the right decision.

For more information on how to make a donation to the Seasons Hospice Foundation, please visit https://www.seasongiving.com or call 1-877-652-1200.
We just asked, and in a matter of an hour, we had everything coordinated.”

As the group pushed deeper and deeper into the pine forest, Bob struggled to orient himself to his surroundings. At one point, on a hunch, Bob directed the van down a barely visible dirt path. As the headlights illuminated the scene of a forested hill, the van pulled into the property’s gravel driveway. The Seasons team was waiting.

“This was the one. We are convinced. This is the property that a dying man wanted to come see in his lifetime,” said Bob’s daughter Kate.

“Second thoughts?” wondered Bob.

“Bob, you are ready to make Bob’s wish come true,” Kate reassured him.

Kate, craning her neck, could see that, behind that house, there was a driveway leading down to a flat area. There was a house in the woods.

In his weary state, Bob had decided to stay in the van, but Kate, in the car, wanted to go down to see the property. Rob and Kate pulled the doors open so that Bob could feel the air and smell the earth.

Bob sat with the sunset, reminiscing, and told stories. He explained how his uncle had tenured the farm to pay its property taxes. With his hands wide open, he spoke of the timber he had harvested, how he once shot at the neighbor’s goats because they had wandered too close to the beaver hides he used to claim from the creek down the hill, and how he split the proceeds with his uncle once they were pelleted and sold. He recalled, with amusement, the time he made a hunt shot at the neighbor’s goat because they had runned too close to Bob’s little sister. With each telling, Bob’s little sister. With each telling, Bob’s little sister. With each telling, Bob perked up and spoke of the memories he had made and rekindled.

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 had made a fun part of the adventure. Uniquely, it was worth it. Even if the farm had stalemated, just delivering Bob from his lies to the necessities of his family would have been rewarding. Of course, with the help of the Seasons Hospice Foundation and staff, Bob would need to be assured that what he had seen was real and not a hallucination. 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. The immediacies of the bereavement, the busy lives of the bereaved, and the day-to-day living can also mean the bereaved may also be involved in managing the deceased person’s estate or organizing their possessions. Offering the gift of time by babysitting the children can be a relief for the bereaved. This can provide them with the time and space to take care of business or to process their grief emotions.

Grieving is hard work. It is healthy to take a break from the work of grieving by having some fun occasionally. Inviting the bereaved to a social outing can be a good form of distraction. Such bereaved may not feel ready to do anything social, but they may suddenly find themselves interested in a social outing that helps them perhaps they are that their raw emotions will cause

Thoughtful Gifts for the Bereaved

By Luisa Kcomt, LMSW

It’s been several weeks since 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 filled with emails offering congratulations. In the bereaved, this silence can feel daunting at times. Many bereaved cut off from their friends and family, and community members may begin to wonder what to do. There are some suggestions to demonstrate loving care and 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 cook nutritious meals, the lack of interest in cooking, or the loneliness of dining alone can all be contributing factors. Converting your pets to the death of your loved one, the stages of grief can begin to make more sense for the bereaved. Even better yet, creating opportunities to get out of the house can help the bereaved to break away from the social isolation that the bereaved often encounter.

When the family of the deceased has decided to have an annual physical exam from their doctor. Providing the bereaved a gentle reminder that they can be a healthy individual. Offerings to the bereaved or organizing their possessions. Offering the gift of tim e 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.

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. Lifting bags of groceries into the car or the house 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. Lifting bags of groceries into the car or the house 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. This can provide them with the tim e and space to take care of business or to process their grief emotions.

Your thoughtfulness, presence, and compassion are priceless. Allowing them to express their grief emotions through their own means can provide them with the time and space to process their grief emotions. Your thoughtfulness, presence, and compassion are priceless. Allowing them to express their grief emotions through their own means can provide them with the time and space to process their grief emotions.

Thoughtful gifts

Two thoughtful gifts: a gentle reminder that you are not alone in your grief and a gentle reminder that you are not alone in your grief. These gifts can be a comfort to the bereaved. The bereaved can provide them with the time and space to process their grief emotions. These gifts can be a comfort to the bereaved. They can provide them with the time and space to process their grief emotions.
away from Bob’s Portland home, and for a man in Bob’s condition the ride would be truly stressful and uncomfortable. But with the help of his brothers and sisters, it would be like his life’s dream if he were not going to pass away. And that dream would certainly not have come true if we were not prepared to go over to the “glass 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 willing-fellows and other expenses 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 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, Metco Ambulance, to arrange ambulance service. When the company learned what the service request was for, they refused to pay for their services. Metco asked a van service as its total price for the entire day, true cost. “Take your time,” they urged. Knowing how hectic the ambulance service is, Metco offered a van service. They supplied the only van in its fleet with all-around windows.

As the group gathered deeper and deeper into the pine forest, Bob struggled to orient himself to his surroundings. In his weary state, Bob had decided to stay in the van, but he couldn’t help but become a bit nervous. You see, Bob did not actually know the farm’s address. He couldn’t help but become a bit nervous. You see, Bob did not actually know the farm’s address. He just knew some of the ways to get to the farm. He knew about a creek, and a forest, but he didn’t know the address. Yes, he knew about the creek, and the forest, but he didn’t know the address. He explained how his uncle had timbered the farm to pay for the surface streets, and then unpainted country roads in the rural surrounds of Corvallis, Kate explained the route, and how long could she permit the van to stay at the house. She asked, “How long can you stay? We need to get back to the hospital in time.” Kate explained the route, and how long could she permit the van to stay at the house. She asked, “How long can you stay? We need to get back to the hospital in time.” She worried about what he might say. “He was so happy,” she said.

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

“Grieving is hard work. It is healthy to take a break from the work of grieving by having some fun occasionally,” By Luisa Kcom t, LM SW

Bereaved who are parents of small children are trying to raise a family while also coping with their own grief. Since family circumstances, the bereaved may also be involved in managing the deceased person’s estate or organizing their provisions. Offering the time of baywatching 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 anything at all. They may need someone to talk to about their grief and the social isolation that the bereaved often encounter.

At times, the physical challenges of going grocery shopping can be a burden for some bereaved, especially during bad weather. Offering transportation to grocery shopping with the bereaved can be a thoughtful gesture. Like shopping for groceries into the evening, it is also less arduous when a helping hand is available. In some communities, online shopping for groceries or having groceries delivered may be an additional resource.

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at this stage, they were subsequently sent to a large prepared canvas to collectively compose an artwork that each family member should go on the “community canvas.” All the children’s works were then brought out into one large canvas and the support and assistance of the art therapists. By allowing this synthesis, the children were able to express increasing ownership of the “mural” created by their individual drawings and expressions. And it also provided a sense of community and togetherness.

To honor your loved one by making a gift or to learn more about the Seasons Hospice Foundation, please visit SeasonsFoundation.org or call 947-962-1000.

If you are interested in receiving this newsletter electronically, please contact Seasons Hospice Foundation at 6400 Shafer Ct., Suite 700, Thousand Oaks, CA 91320, or call 847-692-1000.

SUPPORT

"You can not die of grief, though it feels as if you can. A heart does mark the love and joy that someone else had in their life."

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 sensation of being in the “same boat” while moving through their grief and hope. 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 images and ideas), scissors, various drawing and painting materials such as watercolor paint, oil pastels, soft pastels, crayons, colored pencils, pastel sticks, 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.

• Provide a special place to display the piece once completed where everyone can visit and talk about the piece. Art is for looking, enjoying, and reflecting. It also provided a sense of community and togetherness.

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Seasons Hospice Bereavement Support

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Camp Kangaroo is a children’s bereavement camp which program utilizes psychotherapy and the creative arts to encourage, express, synthesize, and express emotions and movement toward healing and holistic growth. It generally takes longer for children as adults to exhibit the symptoms of grief which leads to the general, incorrect, assumption that children do not necessarily experience pain and conflict while going through their grief and healing. Here’s some helpful guidelines for those who wish to create their own collaborative artwork as a coping method for grief and loss:

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At Camp Kangaroo, the unique experiences of each child are integrated into a creative, collaborative art project which was encouraged to freely write, perform, dance, and use the creative expression techniques that are most relevant to them. To integrate these modalities into an art therapy workshop just going off of the paper or canvas used for the piece. Sharing of artwork and ideas, especially where they will be placed (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, pens, markers, rags, water, magazines for collaging.

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