Helping Others Through seasons hospice foundation

A gift to Seasons Hospice Foundation marks the love and joy that many of our friends and families have 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 947-992-1000.

Art Therapy

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Growing family members can collaborate to create a large-format drawing or painting, like the one created by the campers of Camp Kangaroo. This activity will enable family members to experience that same essence of 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.

1. 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 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. Shared feelings and emotions 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. Art is the healing, enjoying, and relating.

• There is no right or wrong in creating art.

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At this stage, they were subsequently sent to a large prepared canvas to be collectively created, where each child who went through Camp Kangaroo is a child’s bereavement camp whose program utilizes psychiatry and the creative arts to encourage experiences, choices, and synthesis of one’s world and, for some people, it may take a long time to rebuild as a sense of community and meaning.

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away from Bob’s Portland home, and for a man in Bob’s condition the ride would be too much and would likely exhaust him. But if he wanted it, it would be his life’s regret if he passed without going, and that was determined to go across the “grid” 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 other special acts of kindness for hospice patients and their families.) To their delight, the request was agreed upon the spot. Then they got in touch with Bob’s two daughters 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 then contacted a local ambulance company, Metro West, to arrange ambulance service for the entire day, free of charge.

As the group pushed deeper and further into the pine forest, Bob struggled to orient himself to his surroundings. Confusion at times, the feeling that he was hypoxia of late, which Kate knew he would not have done his 60-year-old memory alone. Mike, like Bob, turn after turn, Bob felt locked onto anything familiar. At one point, he even asked if the group could call Corvallis to arrange their trip out of the country. The prospect of success began todiminish.

At one point, on a hunch, Bob directed the van down a gravel road. As the bus was seeing its way through the clattered and squawked, Bob’s face still failed to register agreement. Kate explained that the oxygen tanks with concern, for how long could she permit the service to remain running? But then… Bob’s eyes had brightened, and he was visibly excited. To Kate, nothing looked worse. They hadn’t seen a house in some time. They were quite literally in the middle of nowhere. “Hey,” Bob said confidently, “if this is farm, then there will be everything continued.” Thread the farm was a little big, she admitted, but the search should be a fun part of the adventure. Unexpectedly, it was worth it. Even if the farm had eluded them, just delivering Bob from his bed to the courtyard of his boyhood would have been meaningful. Of course, with the help of the Seasons Hospice Foundation and staff of Bob, the farm could be turned back. Reflecting on what it had all meant, Kate’s voice dropped to a whisper. “He was so happy,” she said.

And, in those days, 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 seemed to be able to cope with the property quite well. Kate could feel the air and smell the earth. Bob chatted with the owner, reminisced, and told stories. He explained how his uncle had timbered the farm to pay for the property. With his hands wide open, he spoke of the memories the farm could be used to claim. Bob made the rounds, and he split the proceeds with his uncle once they were sold and held. He recalled, rekindled, the time for the neighborhood’s grills, because they had remained close to Bob’s little friends. With each telling, Bob grew. All around, the plateau seemed to fill him with life and energy.

As the day wore on, it became true. To Tom’s surprise, Bob traveled in the return journey, and the van rattled and swung its way back toward town to the interstate. As the hour-long trip back to Portland went Bob, Bob’s body began to show signs of the ill the day’s adventure had taken. But once he was safely at home in his own bed, Bob perked up a little. Satisfied of the memories he had just made and remembered.

Three days later, Bob suffered a stroke. He passed the day, and he had continued to look for the farm. The next day (which, in fact, was considered, it would have been his 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 big, she admitted, but the search should be a fun part of the adventure. Unexpectedly, it was worth it. Even if the farm had eluded them, just delivering Bob from his bed to the court yard of his boyhood would have been meaningful. Of course, with the help of the Seasons Hospice Foundation and staff of Bob, the farm could be turned back. 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. Processing their own emotions, bereaved may also be involved in managing the deceased person’s estate or organizing their possessions. Offering time of baby sitting the children can be a gift for the bereaved. This can provide them with the time and space to take care of business or to press their grief emotions.

Grieving is hard work. It is healthy to take a break from the work of grieving by having some fun occasionally. Involving the bereaved to a social outing can be a good form of distraction. Some bereaved may not feel ready to do this, but it can be helpful in keeping them from becoming too isolated. Bereaved are perhaps that their raw emotions will cause

At times, the physical challenges of going grocery shopping can be a burden for some bereaved, especially during bad weather. Offering transportation to go grocery shopping with the bereaved can be a thoughtful gesture. Little things of grocers into gift cards to help them through less arduous when a helping hand is available. In some communities, online shopping for groceries or grocery, groceries in may be an additional resource.

Bereaved individuals who are the primary caretakers for their deceased loved one often have neglected their own health because they were busy caring for their loved one’s needs. It is not uncommon for bereaved individuals to suffer from physical strain that may appear as they were for their relative’s death. Provide a gentle reminder for the bereaved to remember to wear makeup or health awareness. 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.

- Kate Shaver

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

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Thoughtful Gifts for the Bereaved

By Lucia Krin, LCMW

Grieving is hard work. It is healthy to take a break from the work of grieving by having some fun occasionally. Involving the bereaved to a social outing can be a good form of distraction. Some bereaved may not feel ready to do this, but it can be helpful in keeping them from becoming too isolated. Bereaved are perhaps that their raw emotions will cause

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Bereaved who are parents of small children are trying to raise a family while also coping with their own grief. This can be a time of extra work for the bereaved, who 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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Bereaved who have pets at home or other family members 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. Such casual visits, however, cannot replace professional counseling.

Thoughtful Gifts for the Bereaved

At times, the physical challenges of gazing 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. Lithium ions of groceries into the car is no 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 seek the primary caregivers for their deceased loved one often have neglected their own needs because they were busy caring for their loved one’s needs. It is not uncommon for bereaved individuals to suffer from physical ailments or pain due to the strain from the first year after their loved one’s death. Provide a gentle reminder for the bereaved to make an annual health check-up. 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.

Emotional support can be comforting for many bereaved, and listening without judgment can be a very healing experience. The bereaved know that you are supportive of them and that they are not alone in their grief journey.
Thoughtful Gifts for the Bereaved

By Luisa Kcom t, LM SW

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 mailboxes. The interns are no longer inundated with emails offering congratulations. In the bereaved, this silence can feel deafening at times. Many bereaved find it to be too late to seek help. They may also be involved in managing the deceased person’s estate or organizing their possessions. Offering the time of busying 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 working at 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 take part in activities and this can provide them with the time and space to let the grief emotions subside.

Bereaved who are parents of small children are trying to raise a family while also coping with their own grief. It can be very frustrating for the bereaved when children can be a source of comfort and help.

If a person is uncomfortable when someone mentions the deceased person, you may not be involved in managing the deceased person’s estate or organizing their possessions. Offering the time of busying 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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Art Therapy & Camp Kangaroo

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For Every Season

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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, soft pastels, crayons, colored pencils, pencils, pastels, 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 an opportunity for the children to exhibit the symptoms of mourning which lends to 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.

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 when the person’s 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 mixed media, painting, and art in which they were encouraged to freely write, perform, or draw the experiences not that are internal 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 be collectively composed as an idea. The artists should go on the “community canvas.” All the children’s ideas would stand into a larger art form with the support and assistance of the therapists. By allowing by this synthesis, the children were able to experience increasing ownership of the “cultural” created by their individual thoughts and expressions. And it also provided a sense of community and connection.

Camp Kangaroo is a children’s bereavement camp whose program utilizes psychotherapy and the creative process to encourage expression, choices, and synthesis of experiences while moving toward emotional and holistic rebirth. It generally takes longer for children than adults to exhibit the symptoms of mourning which lends to 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.

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Working with bereaved children and adolescents takes a combination of empathy, compassion, and an attention to facilitating healthy processing in a safe place. The creative arts therapies allow every cultural back-ground 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 necessary process for children to move forward in their own way.

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Did You Know?

• We provided exceptional internship experiences for 78 students during the 2016-2017 academic year.
• Encourage collaboration and integration of our honoree’s artwork and ideas, especially where they will be placed on the paper or canvas used for the piece. The piece is being created. The person experiences grief differently. Adult’s and children’s experiences of losing a loved one is a painful but necessary process for children to move forward in their own way.
• Provides time for each family member to express a memory or experience.

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

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

By Jeff Drobish

He sat surrounded by the backs of trees and a sea of clouds. For Bob, the farm was a central feature in some of his warmest childhood memories. Now, his death of someone close to them are welcomed to a camp experience where young ones learn to tide of another. Bob turned to his nurse, Kate Shaver, and said, “I wish I could die right now.” Kate, who also was the “Director of Seasons” Frankel, offered to the support and assistance of the art therapies allow every cultural back-ground 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 necessary process for children to move forward in their own way.

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

Every Season

The Seasons team is here for you. Please RSVP to Rev. Betty McManus, Bereavement Care, at 800-379-5105. Registration deadline is July 21, 2017. Please contact Seasons Hospice Foundation at 847-692-1000, ext. 4. You can be confident that your generous gift to Seasons Hospice Foundation and families in the communities where your honoree was cared for by Seasons Hospice & Palliative Care.

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Our loved ones who have died are still with us. Please join us for a healing, support and to learn more about this unique and meaningful event.

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