Finding the Right Way to Grieve

By Luisa K. comt, LM SW

Finding the Right Way to Grieve

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A Farmer’s Last Wish

The Rodney Cauk that our staff know has always been a man of the earth, finding his utmost happiness in the simplest things in life. A livestock farmer, Rodney spent all of his 54 years focused on his farm, his family and his faith in God. He was the primary breadwinner and took much pride in his work, knowing what a blessing it was to be able to support his family that he loved so much. His sons, 16 and 13 years old, were already following in his footsteps, knowing that they, too, would someday take over their father’s farm. When Rodney was diagnosed with metastatic esophageal cancer, it knocked him to his knees. Hardworking, humble, silently strong in the midst of chaos. His family told us those admirable qualities that Rodney learned in years of facing the biggest hurdles. No problem was too big for the Cauk family, not with a leader like Rodney at the helm.

But not this time. Rodney and his family knew the prognosis was not good. Instead of opting for aggressive treatments with little chance of success, Rodney made a decision for his family. He decided to sign onto care with Seasons Hospice, knowing that with help from our staff, he’d be able to live out his remaining time. He did that hoping we would be able to help him fulfill his dying wishes.

When my mother died, I inherited her needlepoint. When I was a little boy, I loved to sit at her feet as she worked on them. When you were looking from underneath? A D I could see the threads, threads of black at even, with no meaning purpose. As I grew, I was able to see her work from above. I came to appreciate the pattern, and the work of dark threads as well as bright and gaily colored ones. Life is like that. From our human perspective, we cannot see the whole picture. But we should not feel despair or feel there is no purpose. There is meaning and purpose, even for the gifts needed. As a leader like Rodney at the helm.

Helping Others Through Seasons Hospice Foundation

Bereavement support for loved ones is an essential component of Seasons Hospice’ s mission. That is why, in 2017, we have provided outreach and grief support services to thousands of family members. Seasons offers several opportunities for families to find support. Trained counselors provide:• Support groups• Individual counseling• Check-in phone calls• Supportive mailings• Services of remembrance• Educational workshops• Online resources

These services are offered free of charge for families, friends and caregivers of Seasons Hospice patients. To learn more about support groups available in your area, please visit https://www.seasons.org/our-services/bereavement-support/ If you are in need of support, please reach out to your local hospice care team.

A Bereavement Newsletter from Seasons Hospice Foundation

WINTER 2017/18

A Farmer’s Last Wish

Seasons Hospice Bereavement Support

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Making a Difference

Seasons Hospice Foundation brings comfort to patients and their families and makes a positive impact in the communities we serve. Through your continued support and generosity, we have achieved the following outcomes through 1/1/2017:

• Funded 279 patient wishes, at an average of 31 wishes per month
• Maintained the growing bandwidth of 216 children through our bereavement camp program
• Provided bereavement experiences for 113 students throughout the Chicagol

Thank you for helping us fulfill our mission! Daryl G. Fries, Executive Director, Seasons Hospice Foundation

A Farmer’s Last Wish

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But not this time. Rodney and his family knew the prognosis was not good. Instead of opting for aggressive treatments with little chance of success, Rodney made a decision for his family. He decided to sign onto care with Seasons Hospice, knowing that with help from our staff, he’d be able to live out the rest of his days at home, pain-free, and with his family. He did that hoping we would be able to help him fulfill his dying wishes. He left theDelaware State Fair one last time.

You see, going to the fair was tradition for the Cauk family, every year Rodney and his wife and sons would pack up and

(continued on pg. 2)
The best way to find yourself, is to lose yourself. (continued from pg. 1)

This year was a big year. Rodney’s 10-year-old son was showing his prized beef cow. Rodney told our staff he couldn’t imagine not being there for his son.

Of course, our Delaware staff knew: some way, somehow, we were going to make this happen — and quickly. Rodney was so proud of his son; we couldn’t let him miss out on this opportunity.

It took nearly our entire team to make this happen but it came together beautifully. Our team was so touched, two staff members even volunteered their time to make the trip with the Caulk family. From prepping Rodney the night before to driving with him across the state, Rodney was surrounded not only by his family, but his Seasons family as well.

Making it even more special, our Team Director Donna, who had worked tirelessly to get the Delaware State Police to coordinate an unmarked police car to pick Rodney up and drive him to and from the fair. The State Police went above and beyond the call of duty, even coordinating to drive Rodney right up to the arena and allowed multiple officers to stay with him during the event. They even provided free tickets into the fair for Rodney, his family, and all of our staff members.

Rodney enjoyed the “best day of his life,” snacking on hot dogs, cotton candy and soda. He watched his son proudly from the stands, as their cow took second place and advanced to the finals! He visited with all of his extended family, laughing, joking and reminiscing about all the amazing memories they had shared together. Exhusted from the day, our staff tucked Rodney into his recliner and made sure that he was completely comfortable.

Rodney became extremely emotional when arriving back home. He was so thankful for all we had done, and just kept saying, “I can die now. I know my family will be okay.”

Mr. Caulk passed away peacefully at home, with his whole family at his side, on July 29. A special acknowledgement of the Delaware State Police Troop 2, particularly Corporal Nash. Without them, this would have never been possible.

Rodney, like so many of our patients, has certainly touched our lives forever. His story inspires us all to live every moment as if it was our last. We are truly thankful to have been in his presence. A massive thank you to all of our Seasons staff members who participated in this case!

For more information on how to make a donation to help make wishes come true, please visit SeasonsFoundation.org/donate or call 847-692-1000

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 847-692-1000

The healing power of relationships is used to enrich lives. Your gift stays close to home and makes a difference to the patients we care for, the families we honor, and the communities we serve.

If you would like to make a gift before your loved one passes, please call Seasons Hospice & Palliative Care.

“Doctor, I’m Depressed. Give Me Something.”

by Gary Applebaum, MD, FAAP

With all of today’s advertising of medications and publicity about celebrities with illnesses, people often self-diagnose. Self-diagnosing depression is all too common. But the positive development is that more people who would never have visited a doctor before do visit and ask, “Can you write me a prescription for an anti-depressant?”

More people need gain assured by a physician, who can assure the majority of people just do not diagnose those who need significant intervention.

In early-stage bereavement, it’s vital to distinguish among normal grief, severe grief and outright clinical depression. Most symptoms of significant depression can be seen less than three weeks, you’re not making progress.

Ultimately, the best medication for grief is the passage of time. With time, good memories overwhelm the feelings of emptiness and loss.

M ight consider a physician, who can promise you “We’re undergoing the same emotional as millions before and after you.”

We can add, “It will probably go away. You’re okay, though, you’re a lot. Let’s get you some support. Yes, medications are out there as an option in case, in a few weeks, you’re not making progress.”

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The best way to find yourself, is to lose yourself in the service of others.

- Mahatma Gandhi

The story of Rodney, a 16-year-old boy, is one of resilience and family support. Rodney, along with his family and the Seasons Hospice Foundation, worked tirelessly to get the Delaware State Police to coordinate an unmarked police car to pick Rodney up and surround him not only by his family, but also by members of the Seasons Hospice family. This was the culmination of a dream that Rodney and his family had for years, to see their prized chickens, cow, and goats displayed at the Delaware State Fair.

Rodney, like many of our patients, has certainly touched our lives forever. His story inspires us all to live every moment as if it was our last. We are truly thankful to all of our Seasons staff members who participated in this case! A special acknowledgement of the Delaware State Police Troop 2, particularly Corporal Nash. Without them, this would have never been possible.

We can add, “It will probably go away. You’re okay, though yes, it hurts a lot. Let’s get you some support. Yes, medications are out there as an option in case, in a few weeks, you’re not making progress.”

Ultimately, the best medication for grief is the passage of time. With time, good memories overwhelm the feelings of emptiness and less pleasant memories of the illness of a loved one. We might consider a saying in the Jewish faith, “May her memory be a blessing.”

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, email Foundation@Seasons.org or call 1-877-682-1000, or call 847-692-1000.

With all of today’s advertising of medications and publicity about celebrities with illnesses, people often self-diagnose. Self-diagnosing depression is all too common. But the positive development is that more people who would never have visited a doctor before do visit and ask, “Can you write me a prescription for an anti-depressant?” More people in need get assessed by a physician, who can assure the majority of people that they do not have depression and that they do have significant interventions.

In early-stage bereavement, it’s vital to distinguish among normal grief, severe grief and outright clinical depression. Most symptoms of significant depression can be seen less severely in grief – loss of appetite, difficulty sleeping or eating, deep, unending sadness and even guilt. These can be more distracting, such as exaggerated mood swings.

Indeed, the doctor can almost always “give them something,” but it needn’t be medication unless the symptoms persists over weeks or months. More often than not, that “something” is reassurance, compassion, empathy and the position to be able to “say, based on my experience and knowledge, you’re normal. You’re not weak. You’re not sick. These are common traits of grieving. You’re undergoing the same internal as millions before and after you.”

Our team was so touched, two staff members even volunteered their time to make the trip with the Caulk family. From prepping Rodney the night before to driving with him across the state, Rodney was surrounded not only by his family, but also by his Seasons family as well.

Rodney became extremely emotional when arriving back home. He was so thankful for all he had done, and kept saying, “I can die now. I know my family will be okay.” Mr. Caulk passed away peacefully at home, with his whole family at his side, on July 29.

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A gift to Seasons Hospice Foundation makes the last and joy that someone brought to our lives, while also helping other patients and their families.

You can be confident that your generous gift will result in a direct, positive benefit to patients and families in the communities where you live. To learn more, please call Seasons Hospice & Palliative Care.
The best way to find yourself, is to lose yourself in the service of others.

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In early-stage bereavement, it’s vital to distinguish among normal grief, severe grief and outright clinical depression. Most symptoms of significant depression can be seen less than seven days after the loss; however, symptoms can last for months or years. Individuals suffering from depression may not realize how severe the symptoms are and that professional help is available.

Signs of depression can include:

- Loss of interest or pleasure (anhedonia)
- Difficulty focusing
- Excessive sleeping or difficulty sleeping
- Appetite changes
- Fatigue
- Feelings of worthlessness or guilt

Seeking treatment is essential to the recovery of your loved one. After you lose someone you love, it is not uncommon to feel like you will never get over it. However, you can get through it with help. It’s vital to talk to someone who can help you through the process.

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An estranged relationship. Grief emotions can be layered as psychologically abnormal. The gendered expectations women do not follow these expectations, they are regarded verbalize or show their feelings. When bereaved men and about grief reactions are misleading. Instead, it is more accurate to consider different emotions while females are given greater permission to process their emotions by engaging in activity. While

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support and express their feelings more openly. Their grief is often experienced as waves of emotions. Both styles of grieving are legitimate and healthy. It does not mean that they do not feel the pain of their loss. Others may be intuitive griever who rush out to others for support and express their feelings more openly. Their grief is often experienced as waves of emotions. Both styles of grieving are legitimate and healthy. It does not mean that they do not feel the pain of their loss. Others may be intuitive griever who rush out to others for support and express their feelings more openly.

One time, grief teachers us important lessons about life, even through the experience of loss is painful and heartwrenching. It is important to communicate with others and with those around you who may also be grieving. These life lessons may take time to surface and reveal themselves. Rabbi Kenneth Cohen described his own grief journey which they serve as a source of inspiration.

There are also cultural expectations about how people should grieve based on their gender. In the U.S., males are often expected to be "strong" and stifle their emotions while females are given greater permission to verbalize or show their feelings. When bereaved men and women do not follow these expectations, they are regarded as psychologically abnormal. The gendered expectations about grief emotions are misleading. Instead, it is more accurate to consider different styles of grieving.

Some people are instrumental griever who tend to describe their grief in physical or cognitive ways and process their emotions by engaging in activity. While they may not verbally express their emotions, it does not mean that they do not feel the pain of their loss. Others may be intuitive griever who rush out to others for support and express their feelings more openly. Their grief is often experienced as waves of emotions. Both styles of grieving are legitimate and healthy.

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Rem oved individuals frequently encounter questions about how to process their loss and are often left wondering, “Am I grieving the right way?” Because grief in such a taboo subject in our society, there are unspoken rules about how much emotion can be expressed in public without making others feel uncomfortable. At some point after the death, others expect the bereaved to “move on” from the grief. These expectations can contribute to feelings of isolation and self-blame among survivors.

Is there, in everyone grief differences. There is no “right way” to grieve. Each grief experience is unique and is based on many factors, including the quality of the relationship between the bereaved and their deceased loved one and the coping style of the bereaved person. Some relationships are complicated. With the death comes a sense of isolation and self-doubt among survivors. Grief emotions can be layered and complex.

There are also cultural expectations about how people should grieve based on their gender. In the U.S., males are often expected to be “strenuous” and to control their emotions while females are given greater permission to verbalize or show their feelings. When bereaved men and women do not follow these expectations, they are regarded as psychologically aberrant. The gendered expectations about grief emotions are misleading, instead, it is more accurate to consider different styles of grieving.

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