The average cost per wish was $401. We fulfilled 129 wishes.

Seasons Hospice Foundation brings comfort to patients and families during their time of need through our Patient Wish Fulfillment Program. During the first half of 2017:

Did You Know?

Each year, Seasons offers “Camp Kangaroo” in various locations across the United States. This is a summer camp environment with activities to help these children who are grieving. Here, children can journey through grief and embrace life—in a safe and supportive atmosphere. It is free of charge to children in the community who have suffered the death of a loved one.

For more information, visit the website: http://seasonsfoundation.org/camp-kangaroo or call 847-692-1000.

Honored to Reach More Patients & Families Every Day, the Seasons Hospice Foundation is Growing

In July, Gabriela (Gaby) Audy joined us as the Vice President of Operations. With a strong background in operations, communication and fundraising for hospice organizations, Gaby will help us to ensure that we provide comfort and lasting memories to our growing number of patients and families.

Gaby holds an MBA from the University of Chicago, North School of Business and a PhD in Psychology from the University of Illinois in Urbana. Gaby lives in Illinois with her two sons, a super fan who através de a rei playing Game 7 of the 2017 World Series on a weekly inside: Go, Cubs, go!

Seasons Hospice Bereavement Support

“Fulfill asleep in the full and certain hope That my shudder shall not be broken; And that, though I be all-forgotten, Yet shall I not be all-forgotten, But continue that life in the thoughts and deeds of him that I have loved.” - Samuel Butler

A Bereavement Newsletter from Seasons Hospice Foundation

The Woods’ Fishing Legacy

If you asked Season’s Hospice patient John Wood what some of his favorite memories include, he’ll tell you without hesitation, “Fishing.”

An avid fisher and hunter, John remembers many days spent out in the Alabama wilderness like they were yesterday: the cricket chirping in the distance while the sun gently rose over his fishing pole; the chilly breeze seeping through his jacket on a November morning as he sat shouting in his duck blind; waiting for the mists to clear and the ducks to pop up. John has fond memories of sticky afternoons fishing out on the water with his wife, Carolyn, hoping to catch a big bass; sweating in the heat but laughing, and granting joy to each other.

But when John and Carolyn were diagnosed with cancer, they thought those days were over.

Upon learning of their diagnoses, they moved from Alabama to Tampa, choosing to live with their granddaughter, who is a medical professional, and her family. They started care with Seasons Hospice, hoping to spend the rest of their days with their family.

John still had one wish though: to go fishing one last time. He mentioned his desire to his Seasons Hospice Chaplain, Cary Young.

Though it seemed far-fetched, Cary was determined to make it happen.

If our mailing records need to be updated, or if you would like to receive this newsletter electronically, please contact Seasons Hospice Foundation at 847-692-1000, ext. 4.
As bereavement specialists, we are often asked how does someone cope during the holidays? One of the most important things to do is to honor past traditions and create new ones to honor your loved one. According to William Worden’s ‘Tasks of Grief’, one of the most important steps in the grieving process is to find enduring and continuing bonds while enduring on a new life after loss. Establishing these bonds during the holidays can be both therapeutic and challenging at times.

Depending on your faith, new traditions can be religious-based. For example, if you are hosting a Seder or Thanksgiving dinner, consider leaving an empty place for your loved one. If you wish to create a new tradition, you can have the youngest member of your family move into that space. It was a quiet, reflective dinner for everyone, then one for each other. This idea could be used to consider your loved one.

Other examples of creating traditions include making your loved one’s favorite foods or cookies, listening to their favorite holiday songs or watching movies, hanging their favorite flowers. By Luisa Kcomt, LMSW

Tasks of Grief

1. To accept the reality of the loss
2. To work through the pain of grief
3. To adjust to an environment in which the deceased is missing
4. To find an ongoing connection with the loved one in the form of a memorial or a new life

By Mallory Grivner, MSW, LSW, and Deacon Rachel Bailey, MAMS, CT

How Past Traditions Can Help You Cope During the Holiday Season

The deaths of a loved one brings about many changes that can be difficult to adapt to. Coping with grief during the holiday season can be especially challenging because everyone else may appear cheerful while you may be feeling sad and tired. The sense of loss may be magnified when you realize that old rituals and traditions that you used to enjoy with your loved one are also gone. In spite of these changes, there are a number of ways that you can still honor your loved one’s memory during the holiday season. This can be an opportunity to create new traditions for you and your family. Here are some helpful suggestions to consider:

1. Hang a special ornament on the holiday tree to commemorate your loved one. This ornament can be something from the past which holds sentimental value or it can be a new ornament which best represents your loved one’s life.
2. Light a candle in your loved one’s memory. Spend some quiet time each day reflecting on your grief journey and the lessons you’ve learned as a result of your grief.
3. Make a holiday gift. You can be creative in establishing new rituals with someone in need of support.
4. Cook your loved one’s favorite dish and serve it during the holiday season.
5. Drink a toast to your loved one at the beginning of dinner.
6. During dinner, take turns sharing favorite memories and telling stories about your loved one. Reminiscences can be therapeutic.
7. Visit your loved one’s gravesite. Decorate it with a wreath or grave blanket.
8. If you belong to a faith community, you can request the opportunity to honor your loved one during a special remembrance service or through prayer.
9. Donate to your loved one’s favorite charity in lieu of a holiday gift.
10. Plant a tree or bush in your garden to commemorate your loved one. Your loved one’s memory can still be a special time of year. You can create a new tradition with someone in need of support. Make a holiday gift. You can be creative in establishing new rituals with someone in need of support. Reminiscences can be therapeutic.

For more information on how to make a donation to the Seasons Hospice Foundation to help make wishes come true, please visit Seasonsfoundation.org or call 847-692-1000

The holiday season is a time for reflection and appreciation. It is a time when we remember those we love and everyone we care about. It is a time to give thanks for the things in our lives that bring us solace from the hot Florida sun.

Carolyn and John down the boardwalk, oxygen tanks and staff members, along with Paisley and Parker, followed by Chik-Fil-A, provided by Seasons Hospice Foundation. The park has a handicap-accessible trail and wheelchair with shaded areas – prime spots for Granny and Pato to sit back and fish the rest of the day, and Pato was offered. He was determined to join in the fun and enjoy the day.

As they wheeled over the river on the creaking boardwalk, the family was greeted by calls from tricolor solace.

Waves of energy rolled over John and Carolyn as they made their way out across the dock. Once the perfect fishing spot was found, John slowly got up from his chair, shaking off the last vestiges of sleep. Patty was offering.

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The trip wasn’t about catching fish, it was about making memories.

When Carolyn and John walked down the boardwalk, oxygen tanks and fishing poles in tow, there was a nervous energy rolling over John and Carolyn as they made their way out across the dock. Once the perfect fishing spot was found, John slowly got up from his chair, shaking a bit, one of the last times he actually stood up. John was determined to use his own hand and teach Parker and Paisley how to do the same. Carolyn joined them, dropping her own line in the murky river water. A nip here and there on the pole, an exclamation from Carolyn, a laugh from the kids, but no luck. Oh, it went, for nearly two hours!

But the trip wasn’t about catching fish; it was about making memories. Parker and Paisley couldn’t stop smiling as they learned fishing tips from two real “pros.” Parent reminded them to take their time, to enjoy the moment and to have fun. It was a quiet, reflective drive home; everyone was tired but filled with joy from the occasion. John and Carolyn couldn’t stop thanking our staff. They were thrilled that, one last time, they were able to make a special memory together.

More importantly, they were thankful that one of the last memories their great-grandchildren will have with them is a happy one. Their words, their actions and their love for fishing helped their bond and always left inside quality time for family.

As bereavement specialists, we are often asked how does someone cope during the holidays? One of the most important things to do is to honor past traditions and create new ones to honor your loved ones. According to William Winter’s Book of Grief, one of the most important steps in the grieving process is to find enduring and continuing bonds while cherishing a new life after loss. Establishing these bonds during the holidays can be both therapeutic and challenging at times.

Depending on your faith, new traditions can be a religious basis. For example, if you are hosting a Seder or Thanksgiving dinner, consider leaving an empty place for your loved one. If you wish to create a new tradition, you can have the youngest member of your family move into that space.

It was a quiet, reflective drive home; everyone was tired but filled with joy from the occasion. John and Carolyn couldn’t stop thanking our staff. They were thrilled that, one last time, they were able to make a special memory together.

More importantly, they were thankful that one of the last memories their great-grandchildren will have with them is a happy one. Their words, their actions and their love for fishing helped their bond and always left inside quality time for family.

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.

The death of a loved one brings about many changes that can be difficult to adapt to. Coping with grief during the holiday season can be especially challenging because everyone else may appear cheerful while you may be feeling sad and lonely. The sense of loss may be magnified when you realize that old rituals and traditions that you used to enjoy with your loved ones are gone. In spite of these changes, there is a number of ways that you can still honor your loved one’s memory during the holiday season. This can be an opportunity to create new traditions for you and your family. Here are some helpful suggestions to consider:

1. Hang a special ornament on the holiday tree to commemorate your loved one. This ornament can be something from the past which holds sentimental value or it can be a new ornament which best represents your loved one’s life.

2. Light a candle in your loved one’s memory. Spend some quiet time each day reflecting on your grief journey and the lessons you’ve learned as a result of your loved one’s life.

3. Decorate the holiday table using your loved one’s favorite foods or cookies, listening to your loved one’s favorite holiday songs or watching movies, hanging a memorial stocking or lighting a candle in their honor.

4. Cook your loved one’s favorite dish and serve it during the holiday dinner.

5. Drink a toast to your loved one at the beginning of dinner.

6. During dinner, take turns sharing favorite memories and telling stories about your loved one. Reminiscence can be therapeutic.

7. Visit your loved one’s gravesite. Decorate it with a wreath or grave blanket.

8. If you belong to a faith community, you can request the community to honor your loved one during a special memorial service or through prayer.

9. Donate to your loved one’s favorite charity in lieu of a holiday gift.

10. Plant a tree or bush in your garden to commemorate your loved one’s life.

You do not have to completely give your traditions to one of the most important traditions during the holidays. One of the most important traditions during the holidays is to have fun and make memories. If things feel too hard to sit at a table together, opt to give that time volunteering or doing something new and different. While you might still have your moments of grief and tears, hopefully, honoring old traditions and making new rituals will help you get through it.

Remember, there is no right or wrong with grief, especially during the holidays. If you need further assistance or ideas, please reach out to the Bereavement Specialist at your local Seasons Office.

How Past Traditions Can Help You Cope During the Holidays

By Malley Crittner, MDW, LOW, and Susan Balch Bailey, MAMS, CH

As bereavement specialists, we are often asked how does someone cope during the holidays? One of the most important things to do is to honor past traditions and create new ones to honor your loved ones. According to William Winter’s Book of Grief, one of the most important steps in the grieving process is to find enduring and continuing bonds while cherishing a new life after loss.

Establishing these bonds during the holidays can be both therapeutic and challenging at times.

Depending on your faith, new traditions can be a religious basis. For example, if you are hosting a Seder or Thanksgiving dinner, consider leaving an empty place for your loved one. If you wish to create a new tradition, you can have the youngest member of your family move into that space.

Other examples of creating traditions include making your loved one’s favorite foods or cookies, listening to your loved one’s favorite holiday songs or watching movies, hanging a memorial stocking or lighting a candle in their honor. If you are finding it hard to cope, consider making your loved one’s favorite cookies and donate them to a shelter or nurse home or donate a holiday present to a local shelter or nursing home.

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.
The trip wasn’t about making memories.

As bereavement specialists, we are often asked how does someone cope during the holidays? One of the most important things to do is to honor past traditions and create new ones to honor your loved ones. According to William Worden’s 5 Stages of Grief, one of the most important steps in the grieving process is to find enduring and continuing bonds while enduring on a new life after loss. Establishing these bonds during the holidays can be both therapeutic and challenging at times.

Depending on your faith, new traditions can be religious based. For example, if you are hosting a Thanksgiving dinner, consider leaving an empty place for your loved one. If you wish to make a new tradition, you can have the youngest member of your family move into that space.

It was a quiet, reflective drive home; everyone was tired but filled with joy from the excursion. John and Carolyn couldn’t stop thanking our staff. They were thrilled that, one last time, they were able to create a special memory together.

One of the most important things to do is to honor past traditions and create new ones to honor your loved ones. According to William Worden’s 5 Stages of Grief, one of the most important steps in the grieving process is to find enduring and continuing bonds while enduring on a new life after loss. Establishing these bonds during the holidays can be both therapeutic and challenging at times.

Depending on your faith, new traditions can be religious based. For example, if you are hosting a Thanksgiving dinner, consider leaving an empty place for your loved one. If you wish to make a new tradition, you can have the youngest member of your family move into that space.

It was a quiet, reflective drive home; everyone was tired but filled with joy from the excursion. John and Carolyn couldn’t stop thanking our staff. They were thrilled that, one last time, they were able to create a special memory together.

A wave of energy rolled over John and Carolyn as they drove out of the brisk weather. A moment of energy with John and Carolyn as they made their way out across the dock. Once the perfect fishing spot was found, John slowly got up from his chair, shaking off the morning’s fatigue. Neither had been fishing in the past few years, and the weather was perfect.

M ore importantly, they were thankful that one of the last memories their great-grandchildren will have with them is a happy one. Their words, their actions and their love through this memory will stay with their family for years to come.

The death of a loved one brings about many changes that can be difficult to adapt to. Coping with grief during the holiday season can be especially challenging because everyone else may appear cheerful while you may be feeling sad and isolated. The sense of loss may be magnified when you realize that old rituals and traditions that you used to enjoy with your loved one are also gone. In spite of these changes, there are a number of ways that you can still honor your loved one’s memory during the holiday season. This can be an opportunity to create new traditions for you and your family. Here are some helpful suggestions to consider:

1. Hang a special ornament on the holiday tree to commemorate your loved one. This ornament can be something from the past which holds sentimental value or it can be a new ornament which best represents your loved one.
2. Light a candle in your loved one’s memory. Spend some quiet time each day reflecting on your grief journey and the lessons you’ve learned as a result of the changes in your life.
3. Decorate the holiday table using your loved one’s favorite colors or flowers.
4. Cook your loved one’s favorite dish and serve it during the holiday dinner.
5. Drink a toast to your loved one at the beginning of dinner.
6. During dinner, take turns sharing favorite memories and laughing stories about your loved one. Reminiscence can be therapeutic.
7. Visit your loved one’s gravesite. Decorate it with a wreath or grave blanket.
8. If you belong to a faith community, you can request the community to honor your loved one during a special remembrance service or through prayer.
9. Donate to your loved one’s favorite charity in lieu of holiday presents.
10. Plant a tree or bush in your garden to commemorate your loved one.

Remember, there is no right or wrong with grief—it’s especially during the holidays. If you need further assistance or ideas, please reach out to the Bereavement Specialist at your local Seasons Office.

Other examples of creating traditions include making your loved one’s favorite foods or cookies, listening to their favorite holiday songs or movies, hanging a memorial stocking or lighting a candle in their honor. If you are finding it hard to cope, consider making your loved one’s favorite cookies and donating them to a shelter or nursing home or donate a holiday present to someone in need of your help.

If it’s too hard to sit at a table together, opt to attend that time volunteer or doing something new and different. While you might still have your moments of grief and buried, hopefully, honoring old traditions and making new rituals will help you get through it.

“Remembrance day can still be a special time of year. You can be creative in establishing new rituals with symbolic meaning for your family. Remember to be gentle with yourself and reach out for support when needed.”

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

SeasonsFoundation.org or call 1-877-692-1000

1. To accept the reality of the loss.
2. To work through the pain of grief.
3. To adjust to an environment in which the deceased is involved.
4. To find an outlet concerning the aftermath of a loved one’s death.
5. To get back on track.

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The average cost per wish was $401.

We fulfilled 129 wishes.

Seasons Hospice Foundation brings comfort to patients and families during their time of need through our Patient Wish Fulfillment Program. During the first half of 2017:

Did You Know?

- Camp Kangaroo helps children live their stories online.
- Camp Kangaroo is a place where children can share their stories and connect with others who have experienced similar journeys.

Each year, Seasons offers “Camp Kangaroo” in various locations across the United States. This is a summer-camp environment with activities to help children who are grieving. Here, children can journey through grief and embrace healing hearts at camp.

In July, Gabriela Gaddy joined us as the Vice President of Operations. With a strong background in operations, communication and fundraising for hospice organizations, Gaddy will help us to ensure that we provide comfort and lasting memories to our growing number of patients and families.

Gabby holds an MBA from the University of Chicago Booth School of Business and a BS in Psychology from The University of Illinois in Urbana. Gabby lives in Illinois with her two sons, and is a super fan who attends all of the NFL Games.

Honored to Reach More Patients & Families Every Day, the Seasons Hospice Foundation is Growing

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.

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.

Support Seasons Hospice Bereavement Support

SUPPORT

“Till sleep shall not come; But continue that life in the thoughts and deeds of those I have loved.” – Samuel Butler

Bereavement Newsletter from Seasons Hospice Foundation

The Woods’ Fishing Legacy

If you asked Seasons Hospice patient John Wood what some of his favorite memories include, he’ll tell you without hesitation, “fishing.”

An avid fisher and hunter, John remembers many days spent in the Alabama wilderness like they were yesterday: the crickets chirping in the distance while the sun gently rose over his fishing pole, the chilly breeze seeping through his jacket on a November morning as he sat shivering in his duck blind; waiting for the mists to clear and the ducks to pop up. John has fond memories of sticky afternoons fishing out on the water with his wife, Caryn, hoping to catch a big bass; sweating in the heat but laughing, and grateful to be with each other.

But when John and Caryn were diagnosed with cancer, they thought those days were over.

Upon learning of their diagnoses, they moved from Alabama to Tampa, choosing to live with their granddaughter, who is a medical professional, and her family. They started care with Seasons Hospice, hoping to spend the rest of their days with their family.

John still had one wish though: to go fishing one last time. He mentioned his desire to his Seasons Hospice Chaplain, Cary Young. Caryn wanted to join as well, and they asked to make it a family affair, bringing along two of their great-grandchildren, Paisley and Parker.

Though it seemed far-fetched, Cary was determined to make it happen.

Everyone knows this would be no easy feat. Both John and Caryn are on continuous oxygen supplies, both would need

(continued on pg. 2)
The average cost per wish was $401.

We fulfilled 129 wishes through our Patient Wish Fulfillment Program. During the first half of 2017:

Healing Hearts at Camp Kangaroo

Did You Know?

Healing Hearts at Camp Kangaroo is a summer-camp environment of a loved one.

It is free of charge to children in the community who have suffered the death of a loved one.

Seasons Hospice & Palliative Care’s Camp Kangaroo helps children feel less alone in their grief, provides them with a supportive environment to express their emotions and helps them learn effective coping strategies.

Our next camp will be held in November 11-12.

For more information, visit our website:
http://SeasonsFoundation.org/camp-kangaroo or call 847-692-1000.

October 2017

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Every 3rd Monday of the month, 5:30-6:30 p.m.
Phoenixville YMCA, 400 E Pothouse Rd., Phoenixville, PA 19460

Every Season Hospice Bereavement Groups

Seasons Hospice Foundation brings comfort to patients and families during their time of need through our Patient Wish Fulfillment Program. During the first half of 2017:

In July, Gabriela Gadya joined us as the Vice President of Operations. With a strong background in operations, communication and fundraising for large corporations, Gabriela will help us to ensure that we provide comfort and lasting memories to our growing number of patients and families.

Fulfilling these final wishes makes a profound impact on the lives of our patients and families.

Honored to Reach More Patients & Families Every Day, the Seasons Hospice Foundation is Growing

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 847-692-3800.

Supporting Other Families Through Seasons Hospice


Bereavement/Grief Support workshops are offered at various times and locations based on interest.

If you asked Season’s Hospice patient John Wood what some of his favorite memories include, he’d tell you without hesitation, “fishing.”

An avid fisher and hunter, John remembers many days spent out in the Alabama wilderness like they were yesterday: the cricket chirping in the distance while he can barely see over his fishing pole, the chilly breeze seeping through his jacket on a November morning as he sat shivering in his duck blind; waiting for the misty river to clear and the ducks to pop up. John has fond memories of dryfishing; catching a big bass; sweating in the heat but laughing, and grasping his child with each other.

But when John and Carolyn were diagnosed with cancer, they thought those days were over.

Upon learning of their diagnoses, they moved from Alabama to Tampa, choosing to live with their granddaughter, who is a medical professional, and her family. They started care with Seasons Hospice, hoping to spend those days with their family.

John still had one wish though: to go fishing one last time. He mentioned his desire to his Seasons Hospice Chaplain, Cary Young. Upon learning of their diagnoses, they moved from Alabama to Tampa, choosing to live with their granddaughter, who is a medical professional, and her family. They started care with Seasons Hospice, hoping to spend those days with their family.

John still had one wish though: to go fishing one last time. He mentioned his desire to his Seasons Hospice Chaplain, Cary Young.

Every 3rd Monday of the month, 5:30-6:30 p.m.
Phoenixville YMCA, 400 E Pothouse Rd., Phoenixville, PA 19460

Every Season Hospice Bereavement Groups

Seasons Hospice Foundation brings comfort to patients and families during their time of need through our Patient Wish Fulfillment Program. During the first half of 2017:

In July, Gabriela Gadya joined us as the Vice President of Operations. With a strong background in operations, communication and fundraising for large corporations, Gabriela will help us to ensure that we provide comfort and lasting memories to our growing number of patients and families.