

FOR EVERY SEASON



SPRING 2020

A Season of Change

By Lindsay Chance, LMSW

Grief is about change. How does one experience this change in a healthy way even though it can feel so painful? One way is to embrace another kind of change: spring, a time of awakening, renewal and observing the cycles of life. Often, people experiencing grief will plant flowers or trees. It's a way to bring life back to their world. Planting trees or flowers (especially perennials) to honor a loved one can be an active, positive reminder for years to come.

Usually, the time after losing a loved one is busy: legal matters need addressing, family and friends are in town, or everyone is calling and writing. This can distract you from your grief process. Then, around the second or third month, the grief hits hard. This is normal. In fact, challenges faced throughout the entire first year are normal. Each new date brings some associated memory. Grief can surface and overwhelm in this sudden idle time. Fill that time constructively with something that relates to what you were doing before.

Many who are grieving were the loved one's primary caregiver. Your caregiver role may have defined your life. Now what? It may involve figuring out a new plan for your future or perhaps resurrecting an old dream that was placed on hold. Obviously, change will be inevitable. However, it can happen gradually.

It's important to recognize your loss, but try not to rush into anything. Your priorities, activities, and habits will change. Your life goals and plans may shift. Don't press big decisions, such as moving or entering into a new romantic relationship.

Surround yourself with your support group. Allow time to mull over important decisions, construct new routines, and re-establish old ones. Many spring and summer holidays have strong ties to family (e.g., Easter, Passover, Mother's Day, Father's Day, Memorial Day, and Independence Day). Plan ahead for those special days, as well as birthdays or anniversaries, which may be triggers. Make them positive milestones to mark your loved one in meaningful ways.

Finally, there is a very mundane annual activity that many people do at this time of year that can turn into a powerful time—spring cleaning. This year, consider using it as an opportunity to sort through memories and gently arrange or rearrange your life.





close to them. Over 70% of the children who attend Camp Kangaroo have lost someone suddenly – often through suicide, overdose, or gun violence. Each camp costs between \$10,000 - \$20,000 depending on the length and format of camp. Seasons Hospice Foundation relies on individual donors and corporate sponsorships to ensure that every child, ages 5-18, who needs bereavement support can attend Camp free of charge. The curriculum for Camp Kangaroo is sequenced in a clinically purposeful manner to move campers through the tasks of mourning. Utilizing a psychotherapy and creative arts therapy approach and a highly individualized plan for each child, Camp Kangaroo helps children process their grief, manage the stresses associated with bereavement, learn healthy ways to cope and understand that grief is a normal reaction to death. Adult support groups are also offered as part of the camp program for parents and guardians to learn how to support their children through the grieving process. Since inception, Camp Kangaroo has supported over 1,700 children and their families.



Bereavement Camps Heal Grieving Hearts

By Gabrielle Two

An estimated 1 out of 14 children in the U.S. experience the death of a parent or sibling before they reach the age of 18. Approximately 1 in 5 American children experience the death of someone close to them by age 18. In 2012, Seasons Hospice Foundation partnered with Seasons Hospice & Palliative Care to launch Camp Kangaroo and serve these children. Camp Kangaroo is provided free of charge to any grieving child in the community who has experienced the death of someone



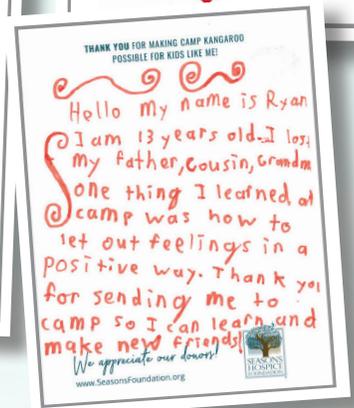
How to Help

Donate

Seasons Hospice Foundation relies on individual donors, grant funding and corporate sponsorships to maintain the current eleven camp programs and open the doors to programs in new communities. Each camp costs between \$10,000 - \$20,000 depending on the length and format of camp and campers can be sponsored. Visit SeasonsFoundation.org/camp-sponsor

Refer

Do you know a child that needs support, or an organization that needs resources for the children they serve? Visit SeasonsFoundation.org/camp-kangaroo to learn more and register.



Our Deepest Thanks

After their grandchildren attended the camp in Michigan, Larry and Jan sent the following message:

A thank you goes out to you and your team from Ella, Joey, and Brittyn. They all really benefited from the experience – especially Ella. She was so talkative and said, “I will definitely, definitely, definitely go back.” I think her feelings opened up for the first time in the six months since her mother passed away in July. My heart breaks for my grandchildren losing their Mommy so young. Their Mom was only 41 and was diagnosed with terminal colon cancer and passed eighteen months later.

The children experienced cancer and how it affects the family. Sadly, they will remember mom so sick and in hospice. We had a “show and tell” when they came home. Each child explained their feelings expressed in the art projects. We are so happy Seasons continues to remember and work with children who have lost their loved ones. Expressing their feelings with care and hope are so important. We continue to keep their mom’s memory alive in talking about her and displaying art and memories, but events at the camp give us the extra support.

Our deepest thanks for this beneficial camp for children,
Larry and Jan (Papa and Nana)

The Mourner’s Bill of Rights

By Alan D. Wolfelt, Ph.D., C.T.

Though you should reach out to others as you do the work of mourning, you should not feel obligated to accept the unhelpful responses you may receive from some people. You are the one who is grieving, and as such, you have certain “rights” no one should try to take away from you.

The following list is intended both to empower you to heal and to decide how others can and cannot help. This is not to discourage you from reaching out to others for help, but rather to assist you in distinguishing useful responses from hurtful ones.

1. You have the right to experience your own unique grief. No one else will grieve in the exact same way you do. So, when you turn to others for help, don’t allow them to tell you what you should or should not be feeling.
2. You have the right to talk about your grief. Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want about your grief. If at times you do not feel like talking, you also have the right to be silent.
3. You have the right to feel a multitude of emotions. Confusion, disorientation, fear, guilt, and relief are just a few of the emotions you might feel as part of your grief journey. Others may try to tell you that feeling angry, for example, is wrong. Don’t take these judgmental responses to heart. Instead, find listeners who will accept your feelings without conditions
4. You have the right to be tolerant of your physical and emotional limits. Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest. Eat balanced meals. And don’t allow others to push you into doing things you don’t feel ready to do.
5. You have the right to experience “griefbursts.” Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but it is normal and natural. Find someone who understands and will let you talk it out.
6. You have the right to make use of ritual. The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the support of caring people. More importantly, the funeral is a way for you to mourn. If others tell you the funeral or other healing rituals such as these are silly or unnecessary, don’t listen.
7. You have the right to embrace your spirituality. If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you feel angry at God, find someone to talk with who won’t be critical of your feelings of hurt and abandonment.
8. You have the right to search for meaning. You may find yourself asking, “Why did he or she die? Why this way? Why now?” Some of your questions may have answers, but some may not. And watch out for the clichéd responses some people may give you. Comments like, “It was God’s will,” or “Think of what you have to be thankful for,” are not helpful and you do not have to accept them.
9. You have the right to treasure your memories. Memories are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories, find others with whom you can share them.
10. You have the right to move toward your grief and heal. Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself and avoid people who are impatient and intolerant with you. Neither you nor those around you must forget that the death of someone loved changes your life forever.

For more information, visit Centerforloss.com

Summer Fundraising

Thanks to the unwavering support of our donors, 2019 was another record setting year for the Seasons Hospice Foundation raising over \$1.5 million! Along with our partner, Seasons Hospice & Palliative Care, we put those funds to great use by fulfilling 370 Patient Wishes, hosting 148 Student Interns in the fields of Bereavement, Social Work, Art Therapy and Music Therapy, providing countless Legacy Projects to families, and supporting 315 children and teens in 11 communities at Camp Kangaroo, a bereavement camp for children who have experienced the loss of a loved one.

We are so grateful for the support we received from families served by Seasons Hospice & Palliative Care! without your support none of this would be possible. To make a donation, please visit SeasonsFoundation.org/Donate



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Rosemont, IL 60018

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Helping Others Through SEASONS HOSPICE FOUNDATION

SEASONS HOSPICE BEREAVEMENT SUPPORT

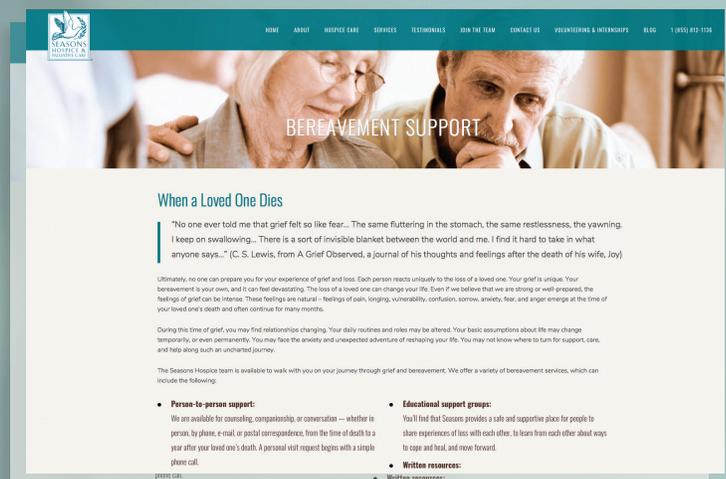
Bereavement support for loved ones is an essential component of Seasons' mission. Thus far in 2019, we have provided outreach and grief support services to more than 20,000 family members. Seasons offers several opportunities for families to find support. Trained counselors provide:

- Support groups
- Individual counseling
- Check-in phone calls
- Supportive mailings
- Services of remembrance
- Educational workshops
- Online resources



"Men fear death, as if unquestionably the greatest evil, and yet no man knows that it may not be the greatest good"

~William Mitford



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 www.seasons.org/bereavement If you are in need of you are in need of support, please reach out to your local hospice care team.