



# Seasons GREETINGS



A Newsletter for Friends of Seasons Grief and Loss Center

WINTER 2008



## VOLUNTEER SPOTLIGHT

Seasons Grief and Loss Center would like to recognize Willie Rigney as a ONE OF A KIND - VERY MUCH APPRECIATED Volunteer. Willie has been volunteering for Seasons Grief and Loss Center since it opened in 1998 and volunteered

for the Hospice of Greater New Orleans before that. Willie is always available to help with special events and programs. He is the first one to show up and the last to leave. Many of events would not have been as successful as they were if it was not for Willie. He understands what it means to be a volunteer. He gives of himself so freely. From everyone at Seasons Willie - **THANK YOU!!!!!**

**SEASONS GRIEF AND LOSS CENTER**  
is a NON-PROFIT, COMMUNITY-BASED  
ORGANIZATION PROVIDING GRIEF COUNSELING  
SERVICES TO CHILDREN AND ADULTS WHO HAVE  
SUFFERED THE LOSS OF A LOVED ONE.

## LOOK WHAT'S INSIDE

- \* Fundraisers 2008
- \* Coping with Grief at the Holidays
- \* Poetry Picks
- \* Letter from Mindy Keller
- \* Donation/Memorial Envelope

## CAMMY'S CORNER...

### A PLACE FOR KIDS

Cammy's Corner is a monthly article written by a bereaved young person, using a pen name. It is intended to provide Seasons Grief and Loss Center kids with a place where they can dialogue about things that are important to them. Parents are encouraged to share this column with their children. It may provide a springboard for further family discussions.



Send submittals to [seagrcnt@bellsouth.net](mailto:seagrcnt@bellsouth.net)

Seasons Grief  
& Loss Center



654 Brockenbraugh Court • Metairie, Louisiana 70005

**VISIT OUR WEBSITE!**

[WWW.SEASONGRIEFCENTER.ORG](http://WWW.SEASONGRIEFCENTER.ORG)

[EMAIL: SEAGRCNT@BELL SOUTH.NET](mailto:SEAGRCNT@BELL SOUTH.NET)

# AT SEASONS GRIEF CENTER, OUR FUNDRAISERS ARE ALWAYS FUN RAISERS!

## CARNIVAL

Goldstar Amusements has once again sponsored a fun carnival and given the proceeds to Seasons Grief and Loss Center. Fort Knox Properties has generously allowed the carnival to take place on their LaPlaco property. Thank you to GOLDSTAR AMUSEMENTS and FORT KNOX for your generous expression of caring. The proceeds from the carnival will help with our Coping with the Holidays seminar being offered at no charge to our community.



## PET THERAPY PROGRAM

Dog Collars for Sale to Help Support Pet Therapy Program Seasons Grief and Loss Center has dog collars for sale to help support our Pet Therapy Program for children. The proceeds from the sales of the collars will allow us to continue to use a dog to help grieving children open up about their losses and communicate with their counselor.

Call today to order a collar for your pet. If you don't have a pet therefore need a collar - please donate a dollar! Call us for more information at 834-5957. VISA and MasterCard accepted.

**Large or Medium \$10.00**  
If you would like to volunteer with this program, please call 504-834-5957.



## THE 7TH ANNUAL DINE A RAMA

Once again this year the Hospice Community Foundation has hosted the popular Dine A Rama fundraising event with proceeds given to Seasons for different children's programs. The event began at 7:00pm with cocktails and Galatoire's famous puffed potatoes and fried eggplant passed around to the guests in the filled restaurant. Chef Brain Landry served a delicious meal to everyone and a great time was had by all. This year we added a raffle to the event that consisted of 20 gift certificates to Top **New Orleans Restaurants!** Two lucky winners went home with over \$2000.00 of dining gift certificates to these fabulous restaurants:

Bistro Daisy  
Brigtsen's  
Chateau Du Lac  
Clancy's  
Couchon  
Dante's Kitchen  
Drago's  
Emeril's  
Galatoires  
Gautreau's  
Herbsaint  
Iris  
Jacques-Imo's Café  
Lilette  
Mr. John's Steak House  
Patois  
Ralph's on the Park  
Stella  
Tony Angelo's

Thank you to each of the restaurants that donated to this cause. The raffle raised an additional \$4,000.00 for Seasons at this fun event!! Go to the Look What's Going On section in this newsletter to take your chance with another restaurant raffle. Tickets are on sale now!!



# FUNDRAISERS FOR SEASONS!

## GOLF TOURNAMENT 2008

The 17th Annual Hospice Community Foundation Charity Golf Tournament was a great day of golf and fun. Friday, May 30, 2008 was the date of the event and what a day it was! Ruth's Chris Steak House started our day off with delicious steak sandwiches., Dornignac's Fine Foods provided plenty of libations, Budweiser and Coca Cola provided beer and water for the 100+ golfers to enjoy throughout the day. Stonebridge Golf Club of New Orleans facility and greens were beautiful and fun to play. This was much more than a regular golf tournament! It was quite an event! Each golfer was given a \$50.00 golf wind shirt along with a \$30.00 oil change provided by 5 Minute Oil, a \$20.00 bar tab to Chad's Bistro as well as other high end gifts and prizes. The Hornet's Honey Bee's were on hand to take pictures with the golfers and add some fun to the day. Hugo, the Hornet's mascot was also there to lend a hand. Many volunteers worked hard all day to ensure everyone's enjoyment. Following the tournament's play was a silent auction with over 100 prizes up for bid while the golfers enjoyed dinner provided by Mr. Ed's Restaurant.



# CONGRATS!

### First Place Winners

Pat Golden  
Ron Kresh  
Gary Melancon  
Mike Snapp

### Second Place Winners

Steven Moser  
James Parker  
Brant Schmidt  
Steve St. Germain

### Third Place Winners

Scott Heidingsfelder  
Mark Melancon  
Mark Mueller  
Mark Thevenot

### Thank you to our sponsors which made this tournament possible!!

5 Minute Oil Change	Butch Steadman-Dornignac's Fine Foods
Chad's Bistro	Coca Cola
Eagle Distributor's	Edwin Watts
Malibu Rum	New Orleans Saints
Mr. Ed's Restaurant	Perlis Clothing
Ruth's Chris Steak House	Winn Dixie
Panther Helicopter	New Orleans Hornets
ASAP Printing	Executone Systems of LA, Inc.
Friends in Need	Lakelawn Metairie Funeral Homes
Lumber Products, Inc.	The Original Patio Drugs
River Parish Disposal	Stewart Capital
Tchefuncta Medical Services, Inc.	Waters Parkerson and Co., Inc.
Frank Stewart - Steelwood Lodge	Banner Chevrolet
Bridgette Forstall - Sprint	

# THANKS!

Seasons Grief and Loss Center's Programs are supported through Fundraising Events. Thank you to everyone who participated in our events!!

## FUN RAISERS!

### Golf Ball Drop



Great golf, food and prizes were not all that the day had in store for our golfers and friends. Before Tee Off, the 1st GOLF BALL DROP took place where a helicopter hovered over a

designated green and dropped 300 numbered golf balls! The balls were sold as part of a chance to win up to \$10,000.0 in prize money! Closest to the Pin Won!! The Hospice Community Foundation is the first and only charity to pull this event off and the only golf tournament to incorporate it within their event.

Our lucky winners were:

First Place -\$5,000.00 = Geneva Walton

Second Place - \$3,000.00 - Earl Smith

Third Place - \$2,000.00 - Wayne Quigley, John LaStrats, Edward Fraiche & Donnie Bourgeois

**CONGRATULATIONS TO ALL!!!!**

Take your chance NOW to be a winner of the 2nd Annual GOLF BALL DROP!! Once again, 300 balls will be sold for a chance to win \$10,000!!!! The 300 numbered balls are officially for sale!! Call today to purchase a ball!! Remember - participation with the golf tournament is not necessary. Balls can be divided up between friends. I.e. - Four \$25.00 chances!! There is no limit on the number of balls you can purchase. Random numbers are given as chances are taken.

Seasons Grief and Loss Center's Programs are supported through Fundraising Events. Thank You to everyone who participated with our events!!

## SPECIAL THANKS

**ASHLEY GEARY** who HOSTED A holiday BOUTIQUE IN HER HOME AND GAVE THE PROCEEDS TO SEASONS.  
**Thank You Ashley**

## Staff

EXECUTIVE DIRECTOR:

**Mindy Keller**

DIRECTOR of CLINICAL SERVICES:

**JAN KAHOE, LPC**

*CERTIFIED GRIEF COUNSELOR*

DIRECTOR of PR/COMMUNITY

OUTREACH:

**DONALD MUELLER**

ADMINISTRATIVE:

**Shirley Jackson**

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**CHARLES ALEXANDER, LPC**

**LOUISE LOCKE, LPC**

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**CHRISTINA VASQUEZ, MS**

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**PAUL VARISCO, CHAIRMAN**

## POETRY PICKS

### Soloing

*Author Unknown*

After my husband died, a man told me that one day I would go twenty four hours without thinking of my loss.

I told him he was crazy.

He wasn't crazy, he was right.

At first I felt guilt, then elation.

I was getting ready to solo.

Soloing is done without the companionship of another. In an airplane, you must first know the controls and who controls them. When taking charge in grief, the same principal applies.

For many widowed, living alone is the first step toward gaining a proper perspective of who they are. For those who married right out of high school or college, being thrust into widowhood is their first time solo.

No one can take that solo journey in your place. There are no prizes for spectators, only participants.

We do ourselves and others a disservice to believe we must have someone to do things for or with. Happiness and comfort are our responsibility now.

Aloneness is God's way of giving us time to grow, to hear His voice and make adjustments for growth in faith. Aloneness gives us time to evaluate our goals and dreams and to eliminate those not worthy of retaining.

Yes, there is life beyond bereavement. That's a discovery worth celebrating, don't you think?

*Poetry Picks is a new section in our Newsletter. If you would like to submit something for the newsletters consideration, please email us at [seagrcnt@bell-south.net](mailto:seagrcnt@bell-south.net). Put in the subject line Poetry Picks. Your submittal does not have to be a poem. If chosen for newsletter of website, we will contact you first. Please include contact information in your email.*

### A Grief Observed

*C.S. Lewis*

To love at all is to be vulnerable.

Love anything, and your heart will certainly be wrung and possibly be broken.

If you want to make sure of keeping it intact,

you must give it to no one,  
not even an animal.

Wrap it carefully round with hobbies and little luxuries;  
avoid all engagements;

lock it up safe in the casket or coffin of your selfishness.

But in that casket - safe, dark, motionless, airless -  
it will change.

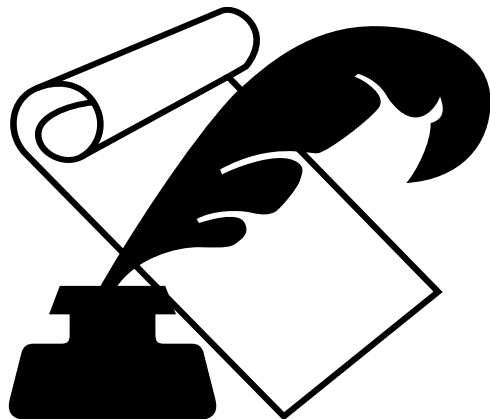
It will not be broken;

it will become unbreakable, impenetrable, irredeemable.

The alternative to tragedy,  
is damnation.

The only place outside Heaven where you can be perfectly safe from all danger and perturbations of love  
is Hell.

*A Grief Observed is a beautifully written book about a man 's grief over the death of his beloved wife. Many of my clients have enjoyed and been helped by this book. I highly recommend it. This is one of the many moving passages from his book. I hope you enjoy. Jan Kahoe*



## A LETTER FROM Mindy Keller



*Mindy Keller*  
Executive Director

It is hard to believe that Seasons Grief and Loss Center has been serving our community for the past 10 years. We moved into a larger location in 2000 and have steadily added to our services since. Compassion, quality services and caring are some of the ingredients that makes Seasons such a strong entity. The staff and I are committed to helping children and adults who are suffering from the loss of loved ones. We have broadened our services to anyone experiencing difficulties with their personal lives. Our Director of Clinical Services, Jan Kahoe, LPC, as well as our experienced counselors see clients aged 5 and older. We use expressive therapies such as art, music and play to help children move through the grief process in a fun and safe environment. We have recently added using a Pet to help us work with grieving children. LUCY is a pup currently being trained as a Pet Therapy Dog. She and her owner Christina Vasquez are helping children with their grief with the use of the puppy. The program has been very well received by our younger clients.

*Lucy has already made a difference in the life of one five-year old boy. Joey is grieving the loss of his mom. He has been coming to therapy sessions at the Center with his family for six months. Although his brother and sister had steadily progressed through treatment, Joey continued to struggle with expressing his emotions. His aggression was getting worse. He would not talk in school. His teachers were worried about a developmental delay. Lucy was the key to the puzzle. Joey's face lit up when he saw Lucy. He felt her soft coat as she rolled on her back. Then he stood up and took a few steps. As Lucy followed him, Joey said, "Lucy sit." Lucy immediately sat down and all of us cheered. "Good job, Joey! Just tell her what you want her to do." For the rest of the session, the two were inseparable. Joey was able to safely project his emotions onto Lucy and communicate well for the first time.*

The training of Lucy and her handler Christina is expensive and cumbersome. But with the use of Pet Therapy for our clients - Seasons Grief and Loss Center is offering another dimension to the services we already provide. It is a project we stand behind and encourage when appropriate like with Joey's case. We are seeking funding for our Pet Therapy Program in the amount of \$7,000.00. This amount will help with the training cost of Lucy.

Our Center has a warm and inviting home like setting which helps ease our clients as they wait to see their counselor. The Center is inhabited in an old home that we have converted into offices. It is in need of updating and repairs as well as an addition for large group sessions. Our budget for the renovations/expansion program is \$25,000.00

These are our two major projects that with the help of our friends, clients, and community businesses are possible to achieve. Seasons Grief and Loss Center is YOUR grief center. We are the ONLY non-profit grief counseling center offering our unique and expert services in our entire Metropolitan area. Please help us continue to provide these much needed - much sought after programs.

You can do this in so many ways. You can:  
 Make a Memorial Donation in honor of a loved one;  
 Support and attend a fundraising event;  
 Sponsor an event;  
 Sponsor a program for family for services;  
 Volunteer or  
 Refer someone needing help to Seasons Grief and Loss Center

Donations are tax deductible, but most importantly, will ensure the continuation of our specialized services and programs. SEASONS NEEDS YOUR SUPPORT! No amount is too small or too large! Please contact me if you have any questions about our programs, events or volunteer opportunities.

All of us here at Seasons Grief and Loss Center greatly appreciate the continued support of our friends and look forward to new friends becoming involved.

# Coping with GRIEF AT THE Holidays

by: JAN KAHOE

There are no steadfast rules concerning what will help all grievors at the holidays. Some find that changing traditions is helpful, although this may be difficult for children who typically want to keep traditions as they feel that "enough has changed" this year with the death of a loved one.



One helpful tip is that communication between members of a family about what is comfortable for everyone is important.

Also- to include the deceased in conversation may bring tears but the tears needed to be shed anyway. Isn't it better to express feelings of grief openly with other people who are grieving then to pretend that "everyone is ok."

Including the deceased in rituals also brings comfort to grievors that they are not forgotten.

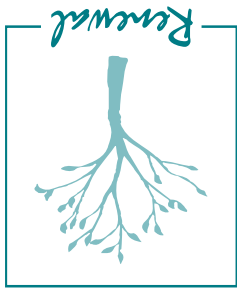
Don't be afraid to express your feelings and let people comfort you. Ask for what you need. Allow your feelings to come and take time to know what they are. We tend to run through Holidays so quickly that we sometimes don't know what we are feeling: Take time to rest and be quiet. Meditate daily, breathe, take walks, nap, read, if you can concentrate on material that brings you comfort.

Give yourself permission to say "no" and set limits.

Explain to people what your grief is like.

Anticipation of the special days ahead is always much worse then the actual day itself.

Think of ways you can honor your loved-one at this special time of year. Donations, volunteering, buying a gift they would've like and giving it to someone in need.



**Restaurant Raffle**  
 Purchase your chance to win 20 gift certificates to New Orleans restaurant!! Chances are only \$20.00 each. Only 200 chances will be sold. Buy 1 for 20, 3 for 50, or 6 for 100. Drawing date will be announced. Winner will be notified via phone. Call 834-5957 to purchase your chance TODAY!! Visa/Mastercard accepted. You will receive a number when you purchase your chance(s). The numbers will be placed in a drawing. Tickets are on sale now! Take a chance to win \$10,000!!!!

**Dog Collars for sale**  
 Purchase a small or large dog collar for your beloved pet and help support our Pet Therapy Program for grieving children. Large and Medium Collars are \$10.00

Call 504-834-5957 for information about each event or go to our website at [www.seasonsgriefcenter.org](http://www.seasonsgriefcenter.org)

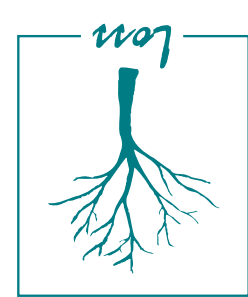


**LOOK WHATS GOING ON**



**Golf Ball Drop**  
 Tickets are on sale now! Take a chance to win \$10,000!!!!

**Snail Mail**  
 As you know, the mail is not "up to speed" since Katrina, and many addresses have changed. Please notify us via email or phone if you have an address change so that we may update our records. If you do not wish to receive this newsletter, please notify us as well.



Want a real win-win situation and a great way to improve your community and help the children and families in it? Ask your employer about their "matching gifts" program. Your company/employer's program may offer a way for associates to double their contributions (1 part employee, 1 part corporate match) to Seasons Grief and Loss Center.



Seasons Grief Center



Hospice Community Foundation

**A Non-Profit Organization**  
[www.SeasonsGriefCenter.org](http://www.SeasonsGriefCenter.org)  
[seagrncnt@bellsouth.net](mailto:seagrncnt@bellsouth.net)

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