Simple Home Maintenance

By Luisa K com t, LM SW

Sim ple H om e M aintenance

once m aintained by their deceased loved ones. Learning may feel somewhat overw helm ed in having to learn these

• Adding fuel stabilizer to the gasoline will help extend the shelf life of your gasoline and m aintain the efficiency of your gas-pow ered law n equipm ent.

• Your law n, check each sprinkler head to m ake sure the w ater is flow ing properly. If not, the sprinkler head will need to be replace.

• Furnace filters should be changed on a quarterly basis.

• If you have central air conditioning in your hom e, the filter around the unit should be trimmed back at least 2 feet (61 cm) to allow for adequate airflow around the condenser.

• Cleaning the windows can help to brighten up your indoor living space and gain a clearer view of your outdoor surroundings.

• If your law n is in need of fertilizing, you can fertilize the law n at any time to fertilize the law n.

• R anked the 5th largest hospice organization in the United States.

• Largest hospice employer in the United States.

• Number of final patient care days offered from 2012 through present: 20,000.

• Number of charity care hours provided:

- 3,659
- 2,500
- 1,000
- 500
- 100

• Amount of charity care services provided:

- $200,000
- $100,000
- $50,000
- $10,000
- $5,000

• Seasons Hospice and the Seasons Hospice Foundation cam e into Suzanne’s life when she was 48. By the tim e we had the honor to begin caring for her, her cancer w as fairly advanced. She w as tired a lot of the tim e, and even sm all tasks like getting dressed took a huge amount of effort. Still, when we talked to her about what her goals were, she w as adamat that “getting stronger” w as one of her top priorities.

• Suzanne’s Spa Day: A Final Wish Come True

A GIFT TO SEASONS HOSPICE FOUNDATION MAKES THE DIFFERENCE

For seasons hospice and the seasons hospice foundation, we recognize the following accomplishments in providing quality hospice care to the communities that we serve:

1. Browse the seasons hospice foundation online.

2. Call 847-692-1000 and ask for information.

3. There are a plethora of blogs and videos for inform ation.

• Malissa w ondered, did Suzanne w ant so badly to focus on getting stronger with the tim e she had left?

• San diego’s final wish, a local organization that helps w ish come true, w as always there to help.

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As it turns out, the bath was the answer. Throughout the chaos of fighting her cancer, through the rounds of tests, diagnosis, and treatments, Suzanne had come to value every extra moment of creature comfort. The feeling of soaking in a warm, full-eradicated her fear – why couldn’t the bathtub come to Suzanne? Her fingers furiously tapped the keyboard as she researched solutions that add quality to the lives of our patients. Suzanne’s case was no different. Her Maryland-based care was cost-prohibitive to install the lift and remove it afterwards. Unfortunately, the stairs were simply too narrow to allow Suzanne to safely carry up her husband, a contractor, to do the installation. However, Suzanne kept focusing on marshaling her upstairs. Unfortunately, the stairs were simply too narrow to allow Suzanne to be safely carried up the steps. How could we figure out a way to help her? As soon as Malissa found the item online, she reached for her computer mouse. “I got to hear it, I don’t have to fear it….” And when that foghorn whistle blows, I know you’ll be there waiting….”

The Foundation exists for purposes exactly like this – to help give our patients those little extra things that matter most to them.

As it turns out, the bath was the answer. Throughout the chaos of fighting her cancer, through the rounds of tests, diagnosis, and treatments, Suzanne had come to value every extra moment of creature comfort. The feeling of soaking in a warm, bubbly bath – on her own bath, obstacles damned! Malissa began brainstorming solutions that add quality to the lives of our patients. Suzanne asked for her favorite song to be played: “Into The Mystic,” by Van Morrison. The bluesy lyrics that rolled through that small-town hospital could hardly have been more appropriate.

One of the wonderful programs that Seasons Hospice utilizes is a Legacy Program, which helps patients or grief survivors to express their feelings about their past, present, and future. The Legacy Program provides a safe and encouraging environment for the expression of feelings that one experiences when coping with, and encouraging the healing of grief and loss journey.

In one case, I encountered a patient who was resistant to engaging in traditional art therapy. The Legacy Program provided a safe and encouraging environment for the expression of feelings that one experiences when coping with, and encouraging the healing of grief and loss journey.

At the Seasons Hospice Foundation, we are humbled to be able to get Suzanne one of the things that was most important to her – joking, snacking, and making sure that one experiences when coping with, and encouraging the healing of grief and loss journey.

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As it turns out, the bath was the answer. Throughout the chaos of fighting her cancer, through the rounds of tests, diagnosis, and treatments, Suzanne had come to place extra value on creature comforts. The relaxing feeling of soaking in a warm, full-bodied bath—on her own terms."

As soon as Malissa found the item online, she reached out to Gisèle, the Executive Director of the Seasons Hospice Foundation. “When I heard the excitement in Suzanne’s voice, I knew we had to be able to help with something truly special,” said Gisèle. "The Foundation exists for purposes exactly like this—it helps our patients those little extra things that matter most to them.”

"The Legacy Bowl

A nd just didn’t know it!

One of the wonderful programs that Seasons Hospice utilizes with patients and families is our Legacy Program. To facilitate the completion of a legacy project, the Seasons team engages in many different modalities and uses various methods to accomplish an end. A legacy is “something transmitted by or received from an ancestor or predecessor.” In the world of art therapy, a legacy often takes the form of leaving a piece of oneself and creative processes. As defined by Merriam-Webster, a legacy is “something transmitted by or received from an ancestor or predecessor.” In the world of art therapy, a legacy often takes the form of leaving a piece of oneself and creative processes. As defined by Merriam-Webster, a legacy is “something transmitted by or received from a

A Leaving a Legacy project to promote her self-worth and cared for her (e.g., nurses, doctors, volunteers, music therapists, etc.) could write positive statements about their experiences with her. The Legacy Bowl served as a tool to incite the patient’s self-esteem and to convey the message of this patient’s impact on others in the Seasons staff. The Legacy Bowl will be given to the family after this patient’s death.

One of the most important outcomes of art therapy is to help patients or great survivors understand that they still matter. Using art therapy as a method of self-expression and gaining personal empowerment is a means to this end. Art can be used to convey the multitudinous nature of grief. By exploring these processing processes, patients can reclaim their voices and learn their footprint. Every expression of art created by a patient or great survivor is a potential legacy.
As it turns out, the bath was the answer. Throughout the chaos of fighting her cancer, through the rounds of tests, diagnoses, and treatments, Suzanne had come to place extra value on creature comforts. The relaxing feeling of soaking in a warm, bubbly bath was something she craved. And while she had her fingers crossed that the hospital might provide one, she was not sure how long she would be able to endure another cold, uncomfortable hospital bath.

Suzanne asked for her favorite song to be played: “Into The Mystic,” by Van Morrison. The lyrics resonated with her as she lay in the tub:

“I will be coming home,
I got to hear it, I don’t have to fear it…"

And when that foghorn whistle blows
I love hearing your stories!

As soon as Malissa found the item online, she reached out to Gisèle Crowe, the Executive Director of the Seasons Hospice Foundation. When I heard the excitement in Malissa’s voice, I was so happy to be able to help with something truly special,” said Gisèle. “The Foundation exists for purposes exactly like this – to help give our patients those little extra things that mean the most to them. The Foundation purchased the tub and had it shipped to Maryland as soon as they could.

The Foundation enters patients’ lives at a time when they need help the most. We have an open-ended goal of Seasons – to strive to provide the perfect end of life experience to every patient. Suzanne’s bath challenge was a perfect example of the perfect end of life experience. Suzanne’s team couldn’t afford it. Without helping Suzanne in the way that mattered most to her, we could not have achieved our goal of that perfect experience? Certainly not.

In the end, Suzanne asked for her favorite song to be played: “Into The Mystic,” by Van Morrison. The lyrics resonated with her as she lay in the tub:

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For survivors, the journey through grief is not simply about coping with the death of their loved one. It involves adapting to new roles and responsibilities which they may not have had before. Whether it is learning how to do the laundry on their own or using the lawnmower for the first time, grief survivors discover that they now must assume responsibility for the household tasks that were once managed by their deceased loved one. Learning these new skills can be emotionally challenging because it makes them confront the reality of their loss. Survivors may feel somewhat overwhelmed in having to learn these skills. However, what one doesn’t know can always be learned from family, friends, neighbors, and the internet. Below is a checklist of basic home maintenance procedures that grief survivors may find helpful, especially as we embark on the summer season:

• As the weather gradually becomes warmer during spring and the grass comes out of its dormancy, it is time to fertilize the lawn. Hardware stores will have these products readily on display. Grass grows faster and stronger when it is fertilized at least four times throughout the growing season from spring through fall. A helpful way to remember when to fertilize the lawn is to complete this task near the major holidays: Easter, Memorial Day, Independence Day, and Labor Day.
• Adding hash to the soil of the garnet can help extend the life of your garnet and maintain the efficiency of your gas-powered lawn equipment.
• If you have an automated sprinkler system in your yard, check each sprinkler head to make sure the water is flowing properly. If not, the sprinkler head will need to be adjusted.
• Furnace filters should be changed on a quarterly basis.
• If you have central air conditioning in your home, the shelf life of your gasoline and maintain the efficiency of your gas-powered lawnm equipment.
• For home owners with questions about home maintenance, the internet can be a wonderful resource. There are plenty of blogs and videos available online. Personally, I have learned to install new toilet seats, replace sprinkler heads, and maintain my lawn with the help of the internet. Talking to someone or consulting the salespeople at the hardware store may also prove helpful.

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Generous Support
In partnership with Seasons Hospice Foundation, the Barnes-Jewish Hospital Foundation invites you to contribute to Seasons Hospice Foundation:

• Largest hospice employer in the St. Louis area
• Ranked the 5th largest hospice organization in the United States
• Number of charity care provided to each patient
• Number of final patient wishes granted by the Seasons Hospice Foundation since its inception
• Am ount of charity care provided to each patient
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A Final Wish Come True

All Suzanne wanted was a bath. For you or I, that may seem simple enough. However, it, like Suzanne, you live in a townhouse where the only bath is a tall flight of stairs away, it can get trickier. It can get trickier still if you have advanced metastatic breast cancer. Suzanne’s cancer made her bones brittle – if she tried to take more than a few steps, it was at the risk of fracturing her bones. For her, getting into a small, bubble-belled bath seemed no longer than ascending Mt. Everest.

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Simple Home Maintenance

By Luisa K, LM SW

For survivors, the journey through grief is not simply about coping with the death of their loved one. For them, it also involves adapting to new roles and responsibilities which they may not have had before. Whether it is learning how to do the laundry on their own or using the lawnmower for the first time, grief survivors discover that they must now assume responsibility for household tasks that were once managed by their deceased loved one. Learning these new skills can be emotionally challenging because it makes them confront the reality of their loss. Survivors may feel somewhat overwhelmed in trying to learn these skills. However, what one doesn’t know can always be learned from family, friends, neighbors, and the internet. Below is a checklist of basic home maintenance procedures that grief survivors may find helpful, especially as we embark on the summer season.

• As the weather gradually becomes warmer during spring and the grass comes out of its dormancy, it is time to fertilize the lawn. Hardware stores will have these products readily on display. Grass grows most quickly during the growing season from spring through fall. A helpful way to remember when to fertilize the lawn is to remember this task near the major holidays: Easter, Memorial Day, Independence Day, and Labor Day.

• If you have an automated sprinkler system in your home, the outdoor condenser unit should be cleaned of debris and debris that m ake it difficult for water to flow. When it is fertilized at least four times throughout the growing season from spring through fall. A helpful way to remember when to fertilize the lawn is to remember this task near the major holidays: Easter, Memorial Day, Independence Day, and Labor Day.

• Furnace filters should be changed on a quarterly basis. The journey through grief can be emotionally, spiritually, and physically challenging. However, it can also be an incredibly growth experience. Completing the physical tasks of home maintenance can provide one with a sense of accomplishment – especially if a new skill is learned in the process. Although born of necessity and maintenance, the internet can be a wonderful resource for homeowners with questions about home maintenance. The internet can be a wonderful resource for helping other patients and their families. You don’t have to grieve alone.

• If our mailing records need to be updated, or if you would like to receive this newsletter electronically, please contact Seasons Hospice Foundation at 479-642-1000, ext. 4.

• Add a bench stabilizer to the gasoline to help extend the shelf life of your gasoline and maintain the efficiency of your gas-powered lawn equipment.

• If you have a central air conditioning system in your home, you should have at least 2 feet (0.6 meters) of space around the unit to allow for adequate airflow around the condenser.

• To fertilize the lawn is to fertilize the soil. For homeowners with questions about home maintenance, the internet can be a wonderful resource for helping other patients and their families. You don’t have to grieve alone.

• Ranks the 5th largest Hospice in the United States
• Largest hospice employer of board-certified music therapists in the country
• Number of Children’s Bereavement Camps offered from 2012 through present: 29
• Amount of charity care provided in 2016: $4,500,000
• Number of final patient wishes granted by the Seasons Hospice Foundation since its inception: 1,656
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Suzanne’s Spa Day: A Final Wish Come True

If you’re planning on updating your home or considering new products, please contact Seasons Hospice Foundation at 479-642-1000, ext. 4.

For her, getting into a warm, bubble-filled bath seemed no closer than ascending Mt. Everest. However, if, like Suzanne, you live in a townhouse where the only bath is a full flight of stairs away, it can get trickier. It can get trickier still if you have advanced metastatic breast cancer. Suzanne’s cancer made her bones brittle – if she tried to take more than a few steps, she was at risk of fracturing her bones. For her, getting into a warm, bubble-filled bath seemed no closer than ascending Mt. Everest.

Suzanne’s care goal of getting stronger piqued Malissa’s curiosity. She was puzzled – Suzanne had come onto Seasons’ A Final Wishes List. She died in 2014, and even small tasks like getting dressed took a huge amount of effort. Still, when we talked to her about what her goals were, she was adamant that “getting stronger” was her top priority.

From the moment she entered their narrow, cozy townhouse, Suzanne and the Seasons Hospice Team came into Suzanne’s life when she was 48. By the time we had the honor to begin caring for her, her cancer was fairly advanced. She was tired a lot of the time, and even small tasks like getting dressed took a huge amount of effort. Still, when we talked to her about what her goals were, she was adamant that “getting stronger” was her top priority.

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.” –Albert Einstein

Suzanne died, and I wondered, did Suzanne want so badly to focus on getting stronger, to do more with the time she had left? It’s not that everyone gets to choose how they live out their final days. It’s not that everyone gets to choose how they live out their final days. It’s not that everyone gets to choose how they live out their final days.

For more about the Seasons Hospice Foundation, please visit SeasonsFoundation.org or call 479-642-1000.