Sim ple H om e M aintenance

For survivors, the journey through grief is not simply about coping with the death of a beloved one. It can also be 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 lawn mower 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.

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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 could be blown up with a person inside of it! This was a more appropriate than a soaking tub challenge was

Suzanne asked for her favorite song to be played “The Mystic,” by Van Morrison. The bluesy lyrics that rolled through that small townhouse could hardly have been more appropriate:

"...then magnificently we will float into the mystic…"

At Seasons, the needs of our patients are paramount, our team is able to make a difference in the lives of our patients. The Legacy Bowl is a Leaving a Legacy Program to promote her self-worth and leave her voice. As I developed the therapeutic relationship with her, I introduced an art therapist, how ever, individuals not able to express themselves through traditional art therapy projects. As I developed the therapeutic relationship through this process, they can reclaim their voices and leave their footprint. The Legacy Bowl serves as a tool to transform the patient’s self-esteem and to convey the message of the patient’s impact on the Seasons staff. The Legacy Bowl will be given to the family after the patient’s death.

One of the most important outcomes of art therapy is to help patients or grieving survivors confront what they still miss. Using art 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 using art as a therapeutic process, patients can reclaim their voices and leave their footprint. Every expression of art created by a patient or a grieving 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, diagnosis, and treatment, Suzanne had come to place extra value on creature comfort. The feeling of sitting in a warm full-erected hit her in a way few other patients could. It could help her more than a glass of cold wine or soaking, and perhaps a small, weak cup of tea.

Here at Seasons, we take pride in finding creative solutions that add quality to the lives of our patients. Suzanne’s case was no different. The Maryland-based care was cost-prohibitive to install the lift and remove it afterwards. Hungrily tapping the keyboard as she Googled for a solution. Within minutes, the team at Seasons purchased the tub and had it shipped to Maryland as soon as they could.

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 of the Patients, I went home to Malissa online shopping, she had an epiphany – if Suzanne could’t get to a bathtub, why couldn’t the bathtub come to Suzanne?” She arranged the lift and removed it upon Suzanne’s request. She could be lifted in and out of multiple lifts, but she also wouldn’t have to do the difficulty of trying to enter a slippery tub. The lift was loaded, and the lift team was instructed to help arrange those final details. They never ceased during these affirming experiences. The Legacy Bowl served as a tool to illuminate the patient’s self-esteem and to convey the message of this patient’s impact to Seasons staff. The Legacy Bowl will be given to the family after the patient’s death.

The Legacy Bowl

by Lois Cohen, REACT, Art Therapy Intern

One of the wonderful programs that Seasons Hospice utilizes with our patients and families is our Leaving a Legacy Program. To facilitate the completion of a legacy project, the Seasons team engages in many different modalities and consults with their patients and families. 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 through the creative art process—forever existing as a tangible and vital art project that represents the patient’s hopes and aspirations. As an art therapy intern at Seasons Hospice, I feel that the Leaving a Legacy Program carries a weight of love and remembrance. It was designed to benefit families according to the wishes and hopes of the patient.

Art expressions can be therapeutic for anyone who has experienced a trauma, loss, or illness. Suzanne’s favorite song to be played “The Mystic,” by Van Morrison. The bluesy lyrics that rolled through that small townhouse could hardly have been more appropriate: ‘And when that foghorn whistle blows And when that foghorn blows, you know the mystic…’

As patients face the end of their journey, art therapists observe the power and potential of art to help identify, cope with, and manage pain of the patient during the dying and loss journey. For patients at the end of their lives, creating an art project can transform their experiences. Art therapists can help bring meaning and a new perspective to people’s lives during difficult times.

In one case, I encountered a patient who was resistant to engaging in traditional art therapy and even told me that he would not participate. He told me that he did not want the task of helping him to engage in the art process. I introduced the concept of a legacy project, for the patient to promote his self-worth and elevate his spirit. Using colored paper and colored tissue paper, the patient created a Legacy Bowl to convey the message of his Legacy. The Legacy Bowl is a tool to illuminate the patient’s self-esteem and to convey the message of this patient’s impact to Seasons staff. The Legacy Bowl will be given to the family after the patient’s death.

One of the most important outcomes of art therapy is to help patients or grief survivors understand that they still matter. Using an art-based 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 engaging in creative processes, patients can reclaim their voices and leave their footprint. Every expression of art created by a patient or grief survivor is a potential legacy.
The Foundation exists to arrive at the perfect end of every experience. The term in the Foundation philosophy is “extra things that matter most to them.”

For more information on how to make a donation to the Seasons Hospice Foundation to help make wishes come true, please visit Seasonsofdreams.org/donate or call foundation@seasons.org or call (301) 897-2200.

The Legacy Bowl

By Lee Cohen, REACT, Art Therapy Intern

One of the wonderful programs that Seasons Hospice utilizes is the Legacy Art program and the Seasons Foundation’s Legacy Program. To facilitate the completion of a legacy project, the Seasons team engages in many different modalities and creates a legacy book by Melissa-Whitley, “A legacy is something transmitted by or received from an ancestor.” In the world of art therapies, a legacy often takes the form of leaving a piece of oneself through the creative act process—forever existing as something tangible and valuable that represents the patient’s hopes for remembrance. As an art therapy intern at Seasons Hospice, I feel that the Legacy Program carries a weight of love and remembrance. It was designed to benefit patients, families, and others by providing a window into the wishes and hopes of the patient.

Art expression can be therapeutic for anyone who has experienced a loss or anticipatory grief. The bluesy lyrics that rolled through that Southern town into a spa worthy of an A-List Hollywood celebrity. As the tub started to inflate and then fill with warm, scented water, you could see Suzanne’s shoulders slowly relaxing. She leaned back and closed her eyes, soaking in the scented water, you could see Suzanne’s shoulders slowly relaxing. She leaned back and closed her eyes, soaking in the scented water.

The Foundation purchased the tub and had it shipped to Maryland as soon as they could.

As soon as Melissa found the item online, she searched out to Gisèle Crowe, the Executive Director of the Seasons Hospice Foundation. “When I heard the excitement in Melissa’s voice, I was going 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 matter most to them.”

For patients at the end of life, creating art can be a typal method of self-expression and gaining personal empowerment in a means to this end. Art can be used to convey the multifaceted nature of grief. By engaging in art processes patients can reclaim their voices and leave their footprint.

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For patients at the end of life, creating art can be a typal method of self-expression and gaining personal empowerment in a means to this end. Art can be used to convey the multifaceted nature of grief. By engaging in art processes patients can reclaim their voices and leave their footprint. Every expression of art created by a patient or grief survivor is a powerful legacy.
Concise Simplified Home Maintenance Notes

- If you have an automated sprinkler system in your yard, assume responsibility for the household tasks that were once managed by your 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, and 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:

  - The weather gradually becomes warmer during spring and the grass comes out of its dormancy, it is now time to fertilize the lawn. Hardware stores will have these products readily on display. Grass grows best when it is fertilized at least four times throughout the growing season from spring to fall. When it is fertilized at least four times throughout the growing season from spring to fall. For homeowners with questions about home maintenance, the internet can be a wonderful resource for information. There are plethora 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. Telling one’s neighbors or considering the salespeople at the hardware store may also prove helpful.

  - Tall windows which can be cleaned using a telescopic pole which can be found at many hardware stores.

  - Furnace filters should be changed on a quarterly basis. Furnace filters should be changed on a quarterly basis.

  - Adding heat stabilizer to the gasoline will help extend the life of your gasoline 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 ensure the water is flowing properly. If not, the sprinkler head will need to be adjusted.

  - If you have central air conditioning in your home, the outdoor condenser unit should be cleaned of debris and dirt which could compromise its efficiency. Any foliage around the unit should be trimmed back at least 2 feet (0.6 meters) 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. Tall windows which may be difficult to reach can also be cleaned using a telescopic pole, which can be found at many hardware stores.

  - Ventilation is critical for a healthy home. Good airflow around the unit should be maintained to ensure the efficient operation of the unit.

  - The journey through grief can be emotionally, spiritually, and physically challenging. 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 help is necessary and valuable, these learning experiences can also become fulfilling and a source of strength.

Simple Home Maintenance

By Luisa Kocot, LSW

Seasons Hospice & Palliative Care is celebrating its 20th anniversary in partnership with Seasons Hospice Foundation, we recognize the following accomplishments in providing quality hospice care to the communities that we serve.

- Ranked the 5th largest Medicare-certified site of care in the United States
- Largest hospice employer in the state of Illinois
- Number of Children’s Bereavement Camps offered from 2012 through present: 20
- Amount of charity care provided for patients: $13,200,000
- Number of final patient wishes granted by the Seasons Hospice Foundation since its inception: 1,656
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If you would like to learn more about the Seasons Hospice Foundation, please visit SeasonsFoundation.org or call 947-692-3800.
Simple Home Maintenance

By Luisa Kcomt, LMSW

• As the weather gradually becomes warmer during spring and the grass comes out of its dormancy, it is fulfilling and a source of strength.

• 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.

• Adding fuel stabilizer to the gasoline will help extend the usefulness of the fuel. However, what one doesn’t know can always be an incredible growth experience. Completing the physical tasks of home maintenance can provide one with a sense of accomplishment. When we talk to our patients about what their goals were, she was adamant that “getting stronger” was one of her top priorities.

• Cleaning the windows can help to brighten up your indoor living space and gain a clearer view of your outdoor surroundings. Tall windows which may be difficult to reach can be cleaned using a telescopic pole, which can be found at many hardware stores.

• Furnace filters should be changed on a quarterly basis. It is flowing properly. If not, the sprinkler head will need to be repaired.

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