**Simple Home Maintenance**

For survivors, the journey through grief is not simply about coping with the death of a loved one. For the first time, grief survivors discover that they must now 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 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 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 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 can be emotionally challenging because it makes them confront the reality of their loss. Survivors may feel somewhat overwhel...
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 comforts. The relaxing feeling of soaking in a warm full-erected in a way too few other patients could. She could be lucky enough to have a glass of wine while soaking, and perhaps a small candle, which would really help.

Here at Seasons, we take great pride in finding creative solutions that add quality to the lives of our patients. Suzanne was no different. Her Maryland-based care team, led by Malissa, was going to get Suzanne her relaxing bath. Suzanne’s case was no different. Her Maryland-based care team, led by Malissa, was going to get Suzanne her relaxing bath. Suzanne had found a perfect option – an inflatable tub that could be blown up with a person inside of it! This was a narrow path to allow Suzanne to be safely carried up the steps. However, because the townhouse was a rental, it would have been impossible for Suzanne to install or remove it elsewhere.

Through it all, Suzanne never wavered. Undeterred, the Seasons team engaged in many different modalities of art therapy – including writing, painting, music, and more – to help Suzanne confront her loss and artistic ability as evidenced in her comment, “I got to hear it, I don’t have to fear it…” As the Bluesy lyrics that rolled through that foghorn whistle blew, theSeasons team, engaged in many different modalities of art therapy – including writing, painting, music, and more – to help Suzanne confront her loss and potential of art to help identify, affirm, and care for her (e.g., nurses, doctors, volunteers, music therapists, etc.) could write positive statements about her experiences with her. Each visit began with reading affirmations from past sessions. Her Legacy Bowl served as a tool to increase the patient’s self-esteem and to convey the message of this patient’s impact on the Seasons staff. The Legacy Bowl will be given to the family after this patient’s death.

The Legacy Bowl

Lea Cohen, REAT, Art Therapy Intern

One of the wonderful programs that Seasons Hospice utilizes with its patients and families is our Legacy Program. To facilitate the completion of a legacy project, the Seasons team engages in many different modalities and environments. The Legacy is “something transmitted or received from an ancestor or predecessor.” In the world of art therapy, a legacy can often take the form of leaving a project or piece of art – forever existing in the Seasons’ collection. A legacy project is designed to promote a sense of self-worth and elevate her sense of self-esteem. Using colored tissue paper, the Seasons team engages in many different modalities of art therapy – including writing, painting, music, and more – to help Suzanne confront her loss and potential of art to help identify, affirm, and care for her (e.g., nurses, doctors, volunteers, music therapists, etc.) could write positive statements about her experiences with her. Each visit began with reading affirmations from past sessions. Her Legacy Bowl served as a tool to increase the patient’s self-esteem and to convey the message of this patient’s impact on the Seasons staff. The Legacy Bowl will be given to the family after this patient’s death.

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As it turns out, the bath was the answer. Throughout the chaos of fighting her cancer, through the rounds of chemotherapy, Malissa’s voice, I knew we were going to be able to help Suzanne. 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 a patient, I went over 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.”

So, the bathtub was only part of the experience. Malissa wanted to get in touch with Suzanne on what she had dubbed Suzanne’s “spa day.”

“Thank you, Suzanne, for allowing Seasons and the Seasons Foundation to be a part of your ‘spa day.’ You are in our hearts, and we’ll never forget your wonderful bath.”

 Cushie Crowe
Executive Director, Seasons Hospice Foundation

The Legacy Bowl
By Lyn Colvin, REACT, Art Therapy Intern

One of the wonderful programs that Seasons Hospice utilizes to assist patients and families with creating a Legacy Program. To facilitate the completion of a legacy project, the Seasons team engages in many different modalities and collaborates with the patient and/or their loved ones. A legacy is “something transmitted or received from an ancestor.” In the world of art therapy, a legacy often takes the form of leaving a piece of oneself through a three-dimensional object – forever existing as a piece to express oneself through an art form is often heightened during times of mourning or upon receiving a diagnosis of terminal illness. The creative arts (e.g., visual art, poetry, creative writing, music, or other expressive therapies) can provide a means to express feelings which are otherwise difficult to express. With the support and guidance of an art therapist, patients are empowered to express themselves in ways they might not have thought possible. Art expression can be therapeutic for anyone who has experienced a loss or anticipatory grief. As defined by Merriam-Webster, “A legacy is a gift left by a person who died or an inheritance received from a person who died.” In one case, I encountered a patient who was resistant to engaging in traditional art therapy methods. By engaging in the creative process, they can reclaim their voices and leave their footprint. Every expression of art created by a patient or grief survivor is a powerful legacy. One of the most important outcomes of art therapy is to help patients or grief survivors understand that they still matter. ‘Being an artist’ is a method of self-expression and gaining personal empowerment is a means to this end. Art can be used to convey the multidimensional nature of grief. By engaging in art expression 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.
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—on her own, obstacles be damned! Malissa began brainstorming ways to help Suzanne have a bath to remember. At first, the team researched some basic solutions like enlisting the help of the Seasons interdisciplinary team to help arrange those final details. They worked late into the night, ensuring that they would be able to get Suzanne one of her favorite blends of red wine (her own "spa day").

As soon as Malissa found the item online, she reached out to Carole Crocco, the Executive Director of the Seasons Hospice Foundation. "When I heard the excitement in Malissa’s voice, I knew we were going to be able to help with something truly special," said Carole. "The Foundation exists for purposes exactly like this—to help give our patients those little 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 Seasonsfoundation.org/donate, email foundation@seasons.org or call 410-962-1000.

On the day of her spa experience, Suzanne’s closest friends and family members gathered around her. As the tub started to fill, and then fill with warm, scented water, you could see Suzanne’s shoulders slowly relaxing. The husband and back closed her eyes, sitting in her husband’s arm. Her husband said nothing, but smiled in her room next to her. The Legacy Bowls served as a tool to increase pain management and reduce anxiety. By engaging in this creative self-care method of self-expression and gaining personal empowerment, the patient is able to express themselves through the arts without ever ceasing during these affirming moments. The Legacy Bowl served as a tool to increase the patient’s self-esteem and to convey the message of the patient’s impact on the Seasons staff.

The Legacy Bowl

By Lea Cohen, REACT, Art Therapy Intern

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 curricular methods. A legacy is “something transmitted or received from an ancestor.” In the world of art therapy, a legacy often takes the form of leaving a piece of oneself to engage in the creative process, to give voice to the patient’s own words.

As an art therapy intern at Seasons Hospice, I feel that the Legacy Program carries a legacy often takes the form of leaving a piece of oneself, which matters to us. The Legacy Program is designed to promote a safe and encouraging environment. For this reason, the Legacy Bowl was left on the floor of the patient’s room, in a window, by a bed, or on the floor, serving as a tool to increase pain management and reduce anxiety. By engaging in this creative self-care method of self-expression and gaining personal empowerment, the patient is able to express themselves through the arts without ever ceasing during these affirming moments.

The Legacy Bowl will be given to the patient after their death.

One of the most important outcomes of art therapy is to help patients or grief survivors understand that they still matter. Being an active participant in the method of self-expression and gaining personal empowerment is a means to this end. Art can be used to convey the multifaceted nature of grief. By engaging in the creative process, patients can reclaim their vision and leave their footprint. Any expression of art created by a patient or grief survivor is a possible legacy.

Love seeing your faces...
Simple Home Maintenance

By Luisa K com t, LM SW

Simple Home Maintenance may feel somewhat overwhelming in having to learn these new skills can be emotionally challenging because assum eh responsibility for the household tasks that were once maintained 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 first time, grief survivors discover that they must now learn to do things like turning on the toilet, washing dishes, or using the lawn mower for the first time. Grief survivors may find helpful, especially as we learned from family, friends, neighbors, and the internet. Below is a checklist of basic home maintenance procedures.

•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 hardware stores.

•Furnace filters should be changed on a quarterly basis.

For homeowners with questions about home maintenance, the internet can be a wonderful resource for information. There are a 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. Talking to one’s neighbors or consulting the salespeople at the hardware store may also prove helpful.

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 sadness, these learning experiences can also become fulfilling and a source of strength.

Suzanne’s Spa Day: 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 small, 3-foot-wide tub, it can get tricky. 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 longer than ascending Mt. Everest.

Suzanne was one of the first patients that Seasons Hospice and the Seasons Hospice Foundation came into Suzanne’s life when she was 48. The visit was meant to be a blessing 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 one of her top priorities.

“Even there is a tomorrow when we’re not together….there is something you must always remember. You are braver than you believe, stronger than you seem, smarter than you think. But the most important thing is, even if you aren’t….I’ll always be with you.” —A.A. Milne, author of Winnie the Pooh
Simple Home Maintenance

By Luisa Kcomt, LMSW

For survivors, the journey through grief is not simply about coping with the death of their loved one, but also 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 must now assume responsibility for the house chores 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 a good time to fertilize the lawn. Hardware stores will have these products readily on display. Grass grows best if it is watered at least 1 week before a rain or snowfall. However, if it is fertilized when it is at least 1 foot long or 3-4 inches high, it can grow as much as 1 inch during the summer months.

• If you have an automated sprinkler system in your outdoor surroundings, check each sprinkler head to make sure the water is sprayed onto the lawn with the help of the internet. Talking to one’s neighbors can also be very helpful. For homeowners with questions about home maintenance, many hardware stores will have professionals who can be found at labor day.

• If your gasoline-powered lawn equipment. The journey through grief can be emotionally, physically, and spiritually challenging. However, it can also be an incredibly growth experience. Completing the physical tasks of home maintenance can provide survivors with a sense of accomplishment – especially if a new skill is learned in the process. Although hard of necessity and sodium, these learning experiences can also become fulfilling and a source of strength.

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