For survivors, the journey through grief is not simply about coping with the death of a loved one. It also involves adapting to new roles and responsibilities which they may or 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 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, and neighbors. Internet search is a basic home maintenance procedure that grief survivors may find helpful, especially as we embark on the summer months.

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 hand. One way to remember when to fertilize the lawn is to check the calendar throughout the year. Fertilizing the lawn four times a year, when it is fertilized at least a month apart, will ensure that the grass remains healthy. Tall window boxes which can be found at many hardware stores, can help to brighten outdoor surroundings.

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.

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 there are many online resources available, one can also benefit from the human interaction by enrolling in classes or consulting the salespeople at the hardware store. Hardware stores will have provision for these products at very reasonable prices.

To honor your loved one by making a gift to or learn more about the Seasons Hospice Foundation, please visit SeasonsFoundation.org or call 947-692-5300.

A Bereavement Newsletter from Seasons Hospice Foundation

Suzanne’s Spa Day: A Final Wish Come True

There were more than a few times when the only bath in a tall flight of stairs above 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.

From the moment she entered their narrow, cozy townhouse, Seasons Hospice was able to communicate in an easy, familiar style. Suzanne’s care goal of getting stronger piqued Malissa’s curiosity. She was puzzled – Suzanne had come onto Seasons’ service with her eyes wide open. She knew Seasons was here to assist and helping other patients and their families. For survivors, the journey through grief is not simply about coping with the death of a loved one. It also involves adapting to new roles and responsibilities which they may or 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 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, and neighbors. Internet search is a basic home maintenance procedure that grief survivors may find helpful, especially as we embark on the summer months.

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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 there are many online resources available, one can also benefit from the human interaction by enrolling in classes or consulting the salespeople at the hardware store. Hardware stores will have provision for these products at very reasonable prices.

To honor your loved one by making a gift to or learn more about the Seasons Hospice Foundation, please visit SeasonsFoundation.org or call 947-692-5300.
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, full-erected hot tub in a way one could not have dreamed of, to help give our patient’s little evening online shopping, she had an epiphany. Suzanne couldn’t get to the bathroom, she couldn’t help her husband shave his legs — no detail was too small for Suzanne to notice. She had a passion for creature comforts. Suzanne, the needs of our patients, were first. A tub in her room could be a way to make her feel happy. At Seasons, the needs of our patients, were first. A tub in her room could be a way to make her feel happy. At Seasons, we take great pride in finding creative solutions that add quality to the lives of our patients.

Suzanne was her friend, Executive Director, Seasons Hospice Foundation. As the tub started to fill with warm, bubbly solutions that add quality to the lives of our patients.

“...then magnificently we will float into Heaven...”

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 Suzanne’s voice, I went over to the room to help with something truly special,” said Gisèle. “The Foundation exists for purposes exactly like this — to help give our patients those little extras that matter most to them. In the end, the tub was not just a way to relax, but a way to connect with Suzanne, to help during the grief and loss journey. Art therapy can help bring meaning and a new perspective to people’s lives during difficult times. As I developed the therapeutic relationship with her, I introduced a Legacy Bowl to help her promote self-esteem and leave her footprint. Every expression of art created by a patient or 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 their survivors understand that they still matter. 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 multifaceted nature of grief. By engaging in the creative art process, patients can reclaim their voices and leave their footprint. Every expression of art created by a patient or their loved one is a legacy. Thank you, Suzanne, for allowing Seasons and the Seasons Foundation to be a part of your journey. You are in our hearts, and we’ll never forget your wonderful bath.

The Legend of Seasons — to strive to provide the perfect end to every experience. For her part, even though her cancer was still aggressively advancing, she kept focusing on marshaling her四季 (continued from pg. 1)

As the tub started to fill with warm, bubbly solutions that add quality to the lives of our patients.

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 or call 863-652-1000.

To facilitate the completion of a legacy project, the Seasons team engages in many different modalities and 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 a piece of personal art, or the final vision of art therapy process — forever existing as a mirror to her self-worth. Using different expressions, patients reach a “legacy bowl.” Despite the patient’s concerns with her self-esteem, and potential for art to help identify, cope with, and express pain of suffering during the grief and loss journey.

For patients at the end of life, creating art is a typical way of art therapy process — forever existing as a mirror to her self-worth. Using different expressions, patients reach a “legacy bowl.” Despite the patient’s concerns with her self-esteem, and potential for art to help identify, cope with, and express pain of suffering during the grief and loss journey.

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goal of Seasons--to arrive to strive for the perfect end of every experience that one has, this bath challenge was
that Suzanne's team couldn't scratch. Without helping Suzanne in the way that mattered most to her, could we have achieved our goal of that perfect goal? Certainly not.

It was late one night after a full day of visiting patients that Malissa bumped upon the solution. While doing a little evening online shopping, she had an epiphany--if Suzanne couldn't get to the bathtub, why couldn't the bathtub come to Suzanne? Her fingers hesitantly tapped the key board as she Googled for a solution. Within minutes, dozens of ideas about chair lifts, hoists, and lifts for the elderly came up, but she wouldn't have thought of the possibility of trying to set up a hydraulic lift in the stairwell. In every single way, the tub could come to her! 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 went over to Malissa's home 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.”

She enlisted her coworkers Kisha and Hillary from the Seasons interdisciplinary team to help arrange those final details. They wasted no time in their preparations, as Suzanne’s health had continued to decline.

Finally, the spa was ready. Early that morning, Malissa stepped into the giant tub and picked up a beautiful tray of a bottle of scented water, you could see Suzanne's smile and closed her eyes, soaking in the flowers and scented candles. Together, they faded away and up the chaos of fighting her cancer, through the rounds of treatments could. If she could be lucky enough to have a

The Seasons team even helped her shave her legs--no detail was left unattended.

As Suzanne upstairs was still aggressively advancing, she asked for her favorite song to be played too. Suzanne's favorite request was noticed, and the Seasons team couldn't believe that they were able to do it. The Seasons team couldn't believe that they were able to do it.

On the day of her spa experience, Suzanne hinted at her favorite song to be played “The Mystic,” by Van Morrison. The theme of the “Legacy Bowl” not only allows the patient to express their thoughts, but also to convey the message of their legacy to others. The Legacy Bowl is designed to promote self-awareness of one's unique identity and allow the patient to express their thoughts, but also to convey the message of their legacy to others. The Legacy Bowl is designed to promote self-awareness of one's unique identity and allow the patient to express their thoughts, but also to convey the message of their legacy to others.

As the tub started to inflate, and then fill with warm, soap, scented water, you could see Suzanne’s shoulders slowly relaxing. She looked back and closed her eyes, soaking in the flowers and scented candles. Together, they faded away and up the chaos of fighting her cancer, through the rounds of treatments could. If she could be lucky enough to have a

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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, diagnoses, and treatments, Suzanne had come to place extra value on creature comforts. The relaxing feeling of soaking in a warm, bubbly tub could come to her! Suzanne couldn’t get to the bathtub, why couldn’t the bathtub come to Suzanne? Her fingers furiously tapped the tub challenge was narrowed to allow Suzanne to be safely carried up the stairs. However, because the townhouse was a rental, it would have been ... Suzanne asked for her favorite song to be played: “Into The Mystic,” by Van Morrison. The bluesy lyrics that rolled through that room during those final days conveyed the message of this patient's self-esteem and value. Each expression of art created by a patient or grief survivor is a powerful legacy.
Simple Home Maintenance

By Luisa K com t, LM SW

For survivors, the journey through grief is not simply about coping with the death of their loved one. Rather, it is about 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 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 in 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.

• 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 quickly, and it is essential to fertilize the lawn 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 Memorial Day, Independence Day, and Labor Day.

• 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 be cleaned using a telescopic pole, which can be found at many 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 can help to brighten your view.

You are braver than you believe, stronger than you seem, and smarter than you think. But the most important thing is, even if we’re apart… I’ll always be with you.” – A. A. Milne, author of “Winnie the Pooh”
**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 time to fertilize the lawn. Hardware stores will have these products readily on display. Grass grows best during the growing season from spring through fall. A helpful way to remember when to fertilize the lawn is to remember the major holidays: Easter, Memorial Day, Independence Day, and Labor Day.

Here are some useful tips to make maintaining your outdoor surroundings easier:

- **Adding soil to the garden:** To help extend the root life of your garden 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 replaced.
- **Cleaning the windows:** Although windows can be emotionally challenging because it makes them confront the reality of their loss. Survivors may feel somewhat overwhelmed in having to learn these new skills can be emotionally challenging because they 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:** Change them on a quarterly basis.
- **Drain the outdoor condenser unit:** Clean the air conditioning unit and check for debris. Any foliage 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.

The journey through grief can be emotionally, spiritually, and physically challenging. However, if 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, she was at risk of fracturing her bones.

For their safety, the team at Seasons Hospice and Palliative Care worked together to create a plan for Suzanne that was compassionate and smart. They discovered that she enjoyed the same sorts of music, and were able to communicate in an easy, familiar style. Suzanne’s care goal of getting stronger piqued her family’s curiosity. She was puzzled – Suzanne had come onto Seasons’ radar when she was 48. By the time we had the honor to begin caring for her, her life when she was 48. By the time we had the honor to begin caring for her, her bone density was on the decline. She tried to take more than a few steps, she was at risk of fracturing her bones. For her, getting into a warm, bubble-lined bath seemed almost too difficult. She needed Seasons Hospice Foundation came into Suzanne’s life when she was 87. 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 one of her top priorities.

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Helping Others Through Seasons Hospice Foundation

A gift to Seasons Hospice Foundation marks the love and joy that someone brought to our lives, while also helping other patients and their families.

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A Bereavement Newsletter from Seasons Hospice Foundation

**A Bereavement Newsletter from Seasons Hospice Foundation**

**SEASONS HOSPICE Bereavement Groups**

New bereavement groups are forming.

To honor your loved one by making a gift or to learn more about the Seasons Hospice Foundation, please visit SeasonsFoundation.org or call 847-492-1980.

**SEASON HOSPICE & Palliative Care of Connecticut**

1797 Main Street, Suite 111, Middletown, CT 06457

203-490-3989

For both in-person and virtual groups, contact Karen Hale or Anne-Marie Davenport at 203-490-1000 for information.

**SEASON HOSPICE Bereavement Camps**

Bereavement Camps offered from 2012 through present: 29

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**SEASON HOSPICE Bereavement Support**

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