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 may not have been 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 once maintained by their deceased loved ones. 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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• Adding blood stabilizer to the gasoline will help extend the shelf life of your gasoline and maintain the efficiency of your gas-powered lawn equipment.

• Furnace filters should be changed on a quarterly basis.

• Outdoor condenser unit should be cleaned of debris and 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 spaces 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.

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goal of Seasons – to strive to provide the perfect end of life experience for every patient. Suzanne’s battle was of course only one of many. The battle challenge was that the townhouse she lived in was a rental, so Malissa had to find a solution that made it possible for her to have a weekend spa night. Malissa’s hard work was worth it. Without help from the Seasons team, the washroom may never have become a spa worthy of an A-List party.

Throughout all of this, Suzanne’s health had continued to decline. As the Seasons staff and volunteers worked tirelessly to care for her (e.g., nurses, doctors, volunteers, music therapists, etc.) could write positive statements about the patient’s importance to the family. The Legacy Bowl was given to the family after this person passed away. The Legacy Bowl serves as a tool to assist the patient’s self-esteem and to convey the message of the patient’s important role to Seasons staff. The Legacy Bowl will be given to the family after this person’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 multidimensional nature of grief. By engaging in art-making processes, 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.
goal of Suzanne – to arrive at the perfect end of her journey. 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 knew we were 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 every person out there who has battled cancer, it is the strength of Malissa that might be the inspiration you need to keep going. That’s why Malissa was so important, and why the situation was so unique.

As Malissa went to pick up the tub at the Seasons Hospice Foundation in Baltimore, she thought about what she had dubbed Suzanne’s “spa day” and all the things that she, with the help of several of the stronger Seasons aides to carry the tub up multiple flights of stairs, but she also wouldn’t have to be blown up with a person inside of it! This was a perfect end to Suzanne’s experience. She and Malissa had transformed the first floor of that small townhouse into a spa worthy of an盖特 Hollywood celebrity. As the tub started to infuse, and then fill with warm, scented water, you could see Suzanne’s shoulders slowly relaxing. She turned back and closed her eyes, savoring the moment. Her husband sat attendantly beside her. Her joking, snacking, and making sure that all the final touches on her spa experience were just right. The bluesy lyrics that rolled through that foghorn blows, you know you’re in great hands…"

"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."

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. seasonsfoundation.org or call 847-692-1000.

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As it turns out, the bath was the answer. Throughout the chaos of fighting her cancer, through the rounds of treatments and tests, Suzanne had come to place extra value on creature comforts. The relaxing feeling of soaking in a warm, bubbly bath was the perfect end to every patient’s day. This was the perfect experience. Suzanne couldn’t get to the bathtub, why couldn’t the bathtub come to her?

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Simple Home Maintenance

By Luisa K com t, LM SW

Sim ple H om e M aintenance

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• 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. Give grass some nutrients when it is fertilized at least four times throughout the growing season from spring to fall. A helpful way to remember when to fertilize the lawn is to complete this task near Memorial Day, Independence Day, and Labor Day.

• At the grocery store, replace sprinkler heads, and maintain my outdoor surroundings.

• If you have central air conditioning in your home, the condenser should be cleaned. Hardware stores will have 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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3221 St. Louis Catholic Church, Room A
7270 SW 120th St., Pinecrest
7-8:30 p.m.
2nd & 4th Tuesdays of each month.
For more information, please contact our Bereavement/Grief Support Group team at 305-762-3883, ext. 4.

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

To honor your loved one by making a gift or to learn more about the Seasons Hospice Foundation, please visit SeasonsFoundation.org or call 947-692-3880.

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In the moment she entered their narrow, cozy townhouse, Seasons Hospice was there to assist Suzanne with her end-of-life journey and that she had only weeks to live. Why Malissa wondered, did Suzanne want so badly to focus on getting stronger with the time she had left?

Adapted from "Suzanne’s Spa Day: A Final Wish Come True"

All Suzanne Wanted was a Bath. For You or I, that May Seem Simple Enough.

Bereavement/Grief Support Groups

• Number of final patient wishes granted by the Seasons Hospice Foundation since its inception: 1,656

Helping Others Through Seasons Hospice Foundation

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Bereavement/Grief Support Groups

• Number of Children’s Bereavement Lamps offered from 2012 through present: 29

Do You Know?

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:

Suzanne’s Spa Day: A Final Wish Come True

However, it, like Suzanne, you live in a townhouse where the only bath is a full-size or a shower, 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.

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