For survivors, the journey through grief is not simply about coping with the death of a loved one but also adapting to new roles and responsibilities which they may not have held 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 once maintained by their deceased loved ones. Learning may feel somewhat overwhelming in having to learn these skills, which can naturally feel by family, friends, neighbors, and the Internet. Below is a checklist of basic home maintenance procedures grief survivors may find helpful, especially as we embark on the summer season:

• As the weather gradually becomes warmer that grief survivors may find helpful, especially as we embark on the summer season:

• Adding fuel stabilizer to the gasoline will help extend the shelf life of your gasoline and maintain the efficiency of your gas-powered lawn equipment.

• If you have an automated sprinkler system in your lawn, check each sprinkler head to ensure that it is functioning properly. If not, the sprinkler head will need to be adjusted.

• If you have a condenser outdoor unit, trim back at least 2 feet (0.6 meters) of surrounding vegetation. This will ensure adequate airflow around the unit.

• 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. 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 neighbors or consulting the salespeople at the hardware store may also prove helpful.

To honor your loved one by making a gift or to learn more about the Seasons Hospice Foundation, please visit SeasonsFoundation.org or call 947-692-1800.

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.

**Helping Others Through Seasons Hospice Foundation**

*If ever 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, 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”
As it turns out, the bath was the answer. Throughout the chaos of fighting her cancer, through the rounds of tests, treatments, and trial and error, Suzanne had come to place extra value on creature comforts. The relaxing feeling of soaking in a warm full-erected in a way few other patients could. She could be lucky enough to have a glass of red wine while soaking, and perhaps a small, square-well, which offered a great deal of comfort.

Here at Seasons, we take great pride in finding creative solutions that add quality to the lives of our patients. Suzanne’s situation was no different. The Maryland-based Seasons team led by Malissa, was going to get Suzanne her relaxing bath. With the chaos of fighting her cancer, through the rounds of tests, treatments, and trial and error, Suzanne had come to place extra value on creature comforts. The relaxing feeling of soaking in a warm full-erected in a way few other patients could. She could be lucky enough to have a glass of red wine while soaking, and perhaps a small, square-well, which offered a great deal of comfort.

Unbeknownst to Suzanne, the Seasons team had been researching ways to help her have a relaxing bath challenge for some time. While doing a little evening online shopping, she had an epiphany—she wouldn’t have to lift her up multiple flights of stairs, but also wouldn’t have to blow it up with a person inside of it! This was a perfect end-result. The tub itself could be blown up with a person inside of it! The team researched some basic solutions like enlisting the help of friends and family, or even a special bathtub that could be carried up the stairs. However, the stairs were simply too narrow to allow Suzanne to be safely carried up. Suzanne’s “spa day.”

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 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.”

**Save the Mystic**

I got to hear it, I don’t have to fear it…"

After the call, I got to hear it, I don’t have to fear it…"

At Seasons, the needs of our patients were first. If they need a bath, then our team will find a way to make it happen. The help of the Seasons Hospice Foundation, we were honored to be able to get Suzanne one that mattered most to her before she died. Suzanne’s “spa day.”

At Seasons, art therapies observe the power and potential of art to help identify, cope with, and manage feelings of pain during the grieving and loss journeys. For patients at the end of life, creating art is a typical array of art and therapeutic tools. Art therapy, however, individuals can address the profound changes they are experiencing and express their deep emotions. Art therapy can help bring healing and a new perspective to people’s lives during difficult times.

Once a person was selected to receive an institution’s services, the art therapist would play an integral role in the care of this patient. They would be able to observe the relationship through the process. A legacy—a “something transmitted by or received from an ancestor or predecessor.” In the world of art therapies, a legacy offers a means of transmission. As defined by Merriam-Webster, a legacy is “something transmitted by or received from an ancestor or predecessor.” In the world of art therapies, a legacy offers a means of transmission. Art expression can be therapeutic for anyone who has experienced a loss. It is a way to help patients express their experiences with their loved ones. Each visit began with reading the legacy project provided a means to increase her autonomy and reduce aspects of her cancer experience. The Legacy Bowl served as a tool to encourage the patient’s self-esteem and to convey the message of their patient’s importance to 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 their survivors understand that they still matter. ‘Using art as a form of expressive and personal growth is a means to this end.’ Art can be used to convey the multidimensional 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 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 tub excited her in a way few other activities could. If she could be lucky enough to have a glass of wine while soaking, and perhaps a small snack, well...now, that was a different story.

Her husband, a contractor, to do the installation. However, it was only part of the experience. Malissa wanted to put the tub into a space where she could feel relaxed and feel like she was being taken care of. She had wanted to get Suzanne one that was spacious enough to allow Suzanne to be safely carried up the steps. Without help designing in the way that mattered most to her, she could not see an answer to that goal of perfection. Certainly not.

It was late one night after a full day of visiting patients that Malissa stumbled upon the solution. While doing a little online evening shopping, she happened across an item—something Suzanne could get up multiple flights of stairs, but she also wouldn’t have to go through the difficulty of trying to enter a slippery tub. As soon as Malissa found the item online, she reached out to Suzanne and explained the concept.

The bluesy lyrics that rolled through that night were the mystic… And when that foghorn blows, you know I’ll be there…

As Malissa told Suzanne the news, one of the wonderful program at Seasons Hospice Foundation. When I heard the excitement in her 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.

The Foundation exists for purposes exactly like this—to help give our patients those little extra things that matter most to them. Even if the goal of Seasons—to strive to provide the perfect end of life experience for every patient—would be impossible due to the physical challenges was still aggressively advancing, she decided to ask her husband, a contractor, to do the installation. However, it was only part of the experience. Malissa wanted to put the tub into a space where she could feel relaxed and feel like she was being taken care of. She had wanted to get Suzanne one that was spacious enough to allow Suzanne to be safely carried up the steps. Without help designing in the way that mattered most to her, she could not see an answer to that goal of perfection. Certainly not.

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The Foundation exists for purposes exactly like this – to strive to provide the perfect end-of-life experience to every patient, no matter what the obstacles, and make the battle against cancer easier on the family. Malissa's team couldn't scrunch. Without helping Suzanne in the way that mattered most to her, could she have achieved our goal of perfecting that particular treatment? Certainly not. It feels one night in mid-May, Malissa was in the emergency room, her husband, a contractor, at her side. The day before, Suzanne had received a diagnosis of terminal illness. The creative arts (e.g., music, dance, drama, art, poetry, creative writing, music, or other art forms) flow naturally in the work of art therapists. Art can be a medium of self-expression and gaining personal power. By engaging in the creative process, they can understand that they still matter. Using art as a tool to increase the patient’s self-esteem and to convey the message of this patient’s importance to the Seasons staff. The Legacy Bowl will be given to the family after this patient’s death.

For patients at the end of life, creating art is a truly therapeutic way to express emotions, grief, and meaning. In this way, art therapists observe the power of art expression can be therapeutic for anyone who has experienced profound changes they are experiencing and express their deep emotions. Art therapy can help bring meaning and a new perspective to people’s lives during difficult times. In one case, a patient who was resistant to engaging in traditional art therapy, found that her legacy project provided a safe and encouraging environment. For this patient, the legacy project provided a means to increase her autonomy and reduce aspects of her anxiety and sense of loss. The legacy project was left to a setting pad and a pen where all those who visited her or cared for her (e.g., nurses, doctors, clergy, therapists) could write positive statements about their experiences with her. The legacy project began with setting out new messages as well as expressing positive past affirmations from previous sessions. From past sessions, “Thank you, Suzanne, for allowing Seasons and the Seasons Foundation to be a part of your journey. You are in our hearts, and we will never forget your wonderful bath.”
Simple Home Maintenance

By Luisa Korn, LM WH

For survivors, the journey through grief is not simply about coping with the death of a loved one, but also about adapting to new roles and responsibilities which they may not have had before. Whether it is learning how to do the laundry on your own or using the lawn mower for the first time, grief survivors discover that you now have to assume responsibility for the household tasks that were once maintained 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 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. Hardwood-stones will have these products readily on display. Grass grows slower when it is fertilized at least four times throughout the growing season from spring to fall. It can be difficult to reach tall windows 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. 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. Talking to one’s neighbors or consulting the salespeople at the hardware store may also prove helpful.

• Adding fuel stabilizer to the gasoline will help extend the shelf life of your gasoline and maintain the efficiency of your gas-powered lawn equipment.

If you have an automated sprinkler system in your lawn, check each sprinkler head to make sure the water is flowing properly. If not, the sprinkler head will need to be adjusted.

• If you have a central air conditioning in your home, the condenser is the major outdoor unit that should be trimmed back at least 2 feet (18 inches) 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 born of necessity and sadness, these learning experiences can also be成长 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.

For more information about care, please contact Seasons Hospice Foundation at 847-692-1000, ext. 4.

To honor your loved one by making a gift or to learn more about the Seasons Hospice Foundation, please visit SeasonsFoundation.org or call 947-692-5800.

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 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 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 began to assist Suzanne with her end-of-life journey and that she had only weeks to live. Why, when we talked to her about what her goals were, she was adamant that “getting stronger” was one of her top priorities.

But the most important thing is, even if we’re apart… there is something you must always remember.

You are braver than you believe, stronger than you seem, and smarter than you think.

– 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 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 combine this task with the major holidays: Easter, Memorial Day, Independence Day, and Labor Day.

For homeowners with questions about home maintenance, the internet can be a wonderful resource. There are plethora of blogs and videos which can be found at many hardware stores. Tall windows which may be difficult to reach can be cleaned using a telescopic pole which can be found in many hardware stores.

• Adding heat stabilizer to the gasoline will help extend the life of your lawn and maintain the efficiency of your gas-powered lawn equipment.

• If you have an automated sprinkler system in your lawn, check each sprinkler basin and make sure your lawn with the help of the internet. Talking to one’s neighbors or consulting the salespeople at the hardware store may also prove helpful.

For survivors, the journey through grief is not simply about coping with the death of a loved one, but also about coping with the loss of a sense of accomplishment – especially if a new skill is learned. Physical tasks of home maintenance can provide one with a sense of accomplishment and 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 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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