For survivors, the journey through grief is not simply about coping with the death of a loved one. It can also mean 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 lawn mower 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 will find it somewhat overwhelming in having to learn these new skills. 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 household tasks that were once managed 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 trying 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. Hardware stores will have these products readily on display. Grass grows quickly and it is important to fertilize it at least four times throughout the growing season from spring through fall. It is a helpful way to remember. When to fertilize the lawn is to complete this task near the major holidays: Easter, Memorial Day, Independence Day, and Labor Day.

• Adding heel stabilizer to the garden will help extend the life of your garden 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 that the water is not being obstructed. Tall sprinkler heads 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 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.

• 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 loose around the unit should be trimmed back at least 2 feet (60 inches) 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.

• Clogging of the air vents can be fixed by securing them with duct tape. 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.

For more information on home maintenance procedures and other helpful tips, please visit SeasonsofLife.org.
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She enlisted her coworkers Kisha and Hillary from the Seasons inter disciplinary 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 slipped into the gravy, and pasta and cheese, and a bottle of Suzanne’s favorite red wine (her own favorite day). She trimmed herself, filled with warmth, soap, scented water, she could see Suzanne’s shoulders slowly relaxing. She leaned back and closed her eyes, soaking in the tub. Her husband sat attendant beside the tub. The relaxing feeling began to every patient, made every tim e. This

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 847-692-1000.

As it turns out, the bath was the answer. Throughout the whole of this, the teamresearched som e basic solutions like enlisting the help of several of the stronger Seasons aides to carry the tub, with Malissa going so far as to volunteer her support. Once the team had found the item online, they reached out to Gisèle Crowe, the Executive Director of the Seasons Hospice Foundation, and asked if the Foundation could help in any way. Gisèle was delighted, and Malissa was surprised by how quickly the request was handled.

The Legacy Bowl

By Lee Cohen, REACT, Art Therapy Intern

One of the wonderful programs that Seasons Hospice utilizes with 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 techniques to help the patient find meaning and a legacy is “something transmitted or received from an ancestor.” In the words of art therapists, a legacy often takes the form of leaving a piece of oneself that patients and families can cherish and hold as a way to honor the patient. The Legacy Program captures a weight of love and remembrance. It was designed to

…then magnificently we will float into the future, as one person, as a group, as a team."

The Legacy Bowl served as a tool to instill patient’s self-esteem and to convey the message of this patient’s importance to the Seasons staff. The Legacy Bowl will live in the home after the patient’s death.

If your patients at the end of life, creating art is a typical way of art therapists can help patients with grief. Often difficult. With the support and guidance of an art therapist, however, individuals can address the 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, I encountered a patient who was resistant to engaging in traditional art therapies. In one session, I introduced the patient to the Legacy Project, a tangible and visible and tangible art project representing the patient’s hope for reconciliation. As an art therapy intern at Seasons Hospice, I felt that the Legacy Program captures a weight of love and remembrance. It was designed to

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As it turns out, the goal 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 comfort. The relaxing feeling of soaking in a warm full-fledged spa 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, square, white candle, to help set the mood.

Here at Seasons, we take pride in finding creative solutions that add quality to the lives of our patients. Suzanne’s need for help was no different. The Maryland-based care team, led by Malissa, was going to get Suzanne her bathing wish, no matter the obstacles. Malissa began brainstorming ways to help Suzanne have a bath, and help solve the problem of her being unable to get upstairs to have a bathtub bath. Her Maryland-based care team couldn’t wash. Without helping Suzanne in the way that mattered most to her, it could have been considered an overall failure. Certainly not.

It took one night and a full day of visiting patients that Malissa stumbled upon the solution. While doing a little online evening shopping, she had an epiphany—Suzanne couldn’t get to the bathtub, why couldn’t the bathtub come to Suzanne? Her fingers immediately tapped the keyboard as she Googled the item online. Within minutes, the solution was found. An inflatable tub that could be blown up with a motor, and then filled with warm, soapy water. Malissa knew she had found a perfect option—an inflatable tub that Suzanne couldn’t get to the bathtub, why couldn’t the bathtub come to 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 in Malissa’s voice, I knew we were going to be able to do something special for our patient,” shared Gisèle. “The Foundation exists for purposes exactly like this—to help our patients have those little extra things that matter most to them.”

So Malissa and Suzanne’s case was no different. Her Maryland-based care team couldn’t wash. Without helping Suzanne in the way that mattered most to her, it could have been considered an overall failure. Certainly not.

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One of the wonderful programs that Seasons Hospice utilizes with patients and families is our Legacy Bowl Program. To facilitate the completion of a legacy project, the Seasons team engages in many different modalities and activities with the patient and their families. A legacy is “something transmitted by or received from an ancestor; a heritage.” 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 in the works of art therapy. As a legacy therapist at Seasons Hospice, I feel that the Legacy Program creates a vessel of love and remembrance. It was designed to benefit the patient, family members according to the wishes and hopes of the patient.

Art expression can be therapeutic for anyone who has been confronted with a significant loss. For the 96-year-old woman, the legacy project provided a means to increase her autonomy, and reduce aspects of her existential crisis. Art expression can be therapeutic for the woman as well—to express herself, to find a way to make it happen. The Legacy Bowl served as a tool to increase her autonomy, and to help her express herself. For this patient, the Legacy Bowl served as a tool to help her 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 process, it can reclaim their voices and leave their footprint. Every expression of art created by a patient or grief survivor is a potential legacy.

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The Foundation exists to help give our patients those little extra things that matter most to them.

Suzanne couldn’t get to the bathtub, so why couldn’t the Seasons team to help arrange those final details. They played: “Into The Mystic,” by Van Morrison. The lyrics of that song that had been萦绕 in her mind for what seemed like months, finally melded with the lyrics of the song to create a new version of the song that was familiar yet new.

The Legacy Bowl

The Seasons Foundation

Art therapy is a powerful method of self-expression and gaining personal empowerment. Art therapy can be used to convey the multidimensional nature of grief. By using various art processes, individuals can reclaim their voices and leave their footprint. Every expression of art created by an artist or grief survivor is a potential legacy.
By Luisa Konick, CASW

Simple Home Maintenance

For survivors, the journey through grief is not simply about coping with the death of a loved one. For them, it is also 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 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. Hardware stores will have these products readily on display. Give grass the nutrients it needs 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 complete this task near the major holidays: Easter, Memorial Day, Independence Day, and Labor Day.

• Adding fuel stabilizer to the gasoline will help extend the life 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 adjusted.

• 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 plethora of blogs and videos available online. Personally, I have learned to install new exhaust outlets, 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.

• 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.

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.

As Seasons Hospice and the Seasons Hospice Foundation entered Suzanne’s life when she was 48, 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.

From the moment she entered their narrow, cozy townhouse, Seasons RN Melissa bonded closely with Suzanne and her family. They discovered that they enjoyed the same sort of music, and were able to communicate in an easy, familiar style. Suzanne’s care goal of getting stronger paved Melissa’s path to providing Seasons Hospice service with her eyes wide open. She knew Suzanne was her only patient who had only one wish to live. When Melissa wondered, did Suzanne want so badly to focus on getting stronger with the time she had left?

Did 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.

• Largest hospice employer in the United States
• 27 Medicare-certified sites
• 27 Medicare-certified sites
• Served more than 40,000 patients in 19 states
• Ranked the 7th largest hospice organization in the United States
• Numbered of charity care provided in the last 12 months
• Number of children’s bereavement groups offered from 2012 through present: 20
• Number of final patient wishes granted by the Seasons Hospice Foundation since its inception: 1,000

For more information about Seasons Hospice Foundation, please visit SeasonsFoundation.org or call 947-692-5800.
Simple Home Maintenance

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