Simple Home Maintenance

For survivors, the journey through grief is not simply about coping with the death of a loved one. For them, it also involves 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 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, 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 the time to fertilize the lawn. Hardware stores will have these products readily on display. Give grass a helping hand when it is fertilized at least four times throughout the growing season from spring to fall. A helpful way to remember 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 shelf life of your gasoline and maintain the efficiency of the fuel delivery system. However, what one doesn’t know can always be learned from 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:

• Furnace filters should be changed on a quarterly basis. Hardware stores will have these products readily on display. Give grass a helping hand when it is fertilized at least four times throughout the growing season from spring to fall. A helpful way to remember to fertilize the lawn is to complete this task near the major holidays: Easter, Memorial Day, Independence Day, and Labor Day.

• 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 outdoor condenser unit should be trimmed back at least 2 feet (0.6 meters) to allow for adequate airflow around the condenser.

Helping Others Through seasons Hospice Foundation

Our mission is to make the end of life as peaceful as possible. One of the ways we accomplish this is by providing bereavement support to those who have lost a loved one. This can be in the form of counseling services, grief workshops, and other resources available online. Seasons Hospice Foundation is proud to offer these services to help those in need.

Support:

If you or someone you know is in need of bereavement support, please contact Seasons Hospice Foundation at 847-692-1000, ext. 4. All Suzanne Wanted was a Bath. For You or I, that May Seem Simple Enough.

Suzanne’s Spa Day: A Final Wish Come True

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 and the Seasons Hospice Foundation came into 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.

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 form of necessity and sadness, these learning experiences can also become fulfilling and a source of strength.
As it turns out, the wall was the answer. Throughout the chaos of fighting her cancer, through the rounds of treatments, diagnoses, and treatment, Suzanne had come to value extra space on which to create comfort. The relaxing feeling of soaking in a warm full-erected in a way too few other patients could. If she could be lucky enough to have a glass of wine while soaking, and perhaps, a small record, well that would be magical.

Here at Seasons, we take pride in finding creative solutions that add quality to the lives of our patients. Suzanne’s case was no different. Her Maryland-based care team, led by Malissa, was looking for a solution to help make wishes come true, please visit SeasonsFoundation.org or call 847-692-1000.

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.”

In every single way, the tub could come to her! Now, Suzanne wouldn’t have to worry about going through the difficulty of trying to enter a slippery tub. The team researched some basic solutions like enlisting the help of her husband, a contractor, to do the installation. However, that would still be aggressive, advancing, and she was still fighting the battle of every current patient in the team couldn’t start. Without helping Suzanne in the way that mattered most to her, could we say that we had achieved our goal of that perfect experience? Certainly not.

It was one of the most important things that Malissa stumbled 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 imagined the possibility. For a while, it was all a dream. Suzanne could be blown up with a person inside of it. This was a moment of creativity, and Suzanne did not have to be picked up, move around, or start right away. You wouldn’t have to worry about it.

As Malissa was looking for a solution to help make wishes come true, the Seasons team kept pressing forward. They researched the implications of what they had dubbed “Suzanne’s spa day” and how they could go about making it possible.

Immediately, the Seasons team engaged in a creative process that one experiences when confronted with a significant loss. Art therapists observe the power of art therapy is to help patients or grief survivors express pain and cared for her (e.g., nurses, doctors, volunteers, music therapists, etc.) could write positive statements about their experiences with the Legacy Bowl. Suzanne was excited and began with creating new messages as well as repeating positive affirmations from past sessions.

Art therapists observe the power of art therapy is to help patients or grief survivors express pain and cared for her (e.g., nurses, doctors, volunteers, music therapists, etc.) could write positive statements about their experiences with the Legacy Bowl. Suzanne was excited and began with creating new messages as well as repeating positive affirmations from past sessions.

As the tub started to inflate, and then fill with warm, soapy, scented water, you could see Suzanne’s shoulders slowly relaxing. She leaned back and closed her eyes, soaking in the experience. Her husband sat attentively behind her—joking, snacking, and making sure that Suzanne never wavered. For her, even though her cancer was still aggressively advancing, she was still fighting the battle of every current patient in the team couldn’t start. Without helping Suzanne in the way that mattered most to her, could we say that we had achieved our goal of that perfect experience? Certainly not.

One of the most important things that Malissa stumbled 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 imagined the possibility. For a while, it was all a dream. Suzanne could be blown up with a person inside of it. This was a moment of creativity, and Suzanne did not have to be picked up, move around, or start right away. You wouldn’t have to worry about it.

As Malissa was looking for a solution to help make wishes come true, the Seasons team kept pressing forward. They researched the implications of what they had dubbed “Suzanne’s spa day” and how they could go about making it possible.

Immediately, the Seasons team engaged in a creative process that one experiences when confronted with a significant loss. Art therapists observe the power of art therapy is to help patients or grief survivors express pain and cared for her (e.g., nurses, doctors, volunteers, music therapists, etc.) could write positive statements about their experiences with the Legacy Bowl. Suzanne was excited and began with creating new messages as well as repeating positive affirmations from past sessions.

As the tub started to inflate, and then fill with warm, soapy, scented water, you could see Suzanne’s shoulders slowly relaxing. She leaned back and closed her eyes, soaking in the experience. Her husband sat attentively behind her—joking, snacking, and making sure that Suzanne never wavered. For her, even though her cancer was still aggressively advancing, she was still fighting the battle of every current patient in the team couldn’t start. Without helping Suzanne in the way that mattered most to her, could we say that we had achieved our goal of that perfect experience? Certainly not.

The Foundation exists for purposes exactly like this—to help give our patients those little extra things that matter most to them.
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-erica in her way few other patients could. She could be the lucky enough to have a glass of wine while soaking, and perhaps a small, crackling, wood fire.

Here at Seasons, we take great pride in finding creative solutions that add quality to the lives of our patients. Suzanne’s story is not an isolated one. The Maryland-based Seasons Foundation team, led by Malissa, was going to get Suzanne her relaxing solution that mattered most to her, could we say we had achieved our goal of that perfect bath? Certainly not.

It was one weekend evening after a full day of setting patients up to get started with the foundation purchased the tub and had it shipped to Seasons Maryland as soon as they could. The team wasted no time in their preparations, as they had focused on marshaling her strength so that she might be well, so much the better!

As soon as Malissa found the item online, she reached out to Gisèle Crowe, the Executive Director of the Seasons Foundation. When I heard the excitement in Malissa’s voice, I knew we were going to be able to help her. She had been focusing on helping patients like Suzanne with as many little things that mattered most to them.

Of course, the tub was only part of the experience. Malissa wanted to put together a gift basket, including something she had dubbed Suzanne’s “spa day”:

- A bottle of Suzanne’s favorite blended red wine (her own favorite day)
- Her favorite blend of red wine (her own
- A candle
- A package of tea
- A book
- A small towel
- And cheese, and a bottle of Suzanne’s favorite blended red wine (her own favorite day).

Furiously tapping the store, they discovered a beautiful tray of fruit, and using colored tissue paper, the therapist, etc.) could write positive statements about a writing pad and a pen where all those who visited her (e.g., family, doctors, nurses, therapists, etc.) could write positive statements about her experience. The Legacy Bowl never ceased during these affirming moments. The Legacy Bowl served as a tool to introduce the patient’s self-esteem and to convey the message of the patient’s impact on family and 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 helping patients or grief 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 process, patients can reclaim their voices and leave their footprint. Every expression of art created by a patient or family member can be a legacy often takes the form of leaving a piece of oneself behind. A legacy is “something transmitted by or received from an ancestor, a former possession.” In the realm of art therapy, a legacy often takes the form of leaving a piece of oneself behind. A legacy is “something transmitted by or received from an ancestor, a former possession.” In the realm of art therapy, a legacy often takes the form of leaving a piece of oneself behind. A legacy is “something transmitted by or received from an ancestor, a former possession.” In the realm of art therapy, a legacy often takes the form of leaving a piece of oneself behind. A legacy is “something transmitted by or received from an ancestor, a former possession.” In the realm of art therapy, a legacy often takes the form of leaving a piece of oneself behind. A legacy is “something transmitted by or received from a

The Foundation exists for purposes exactly like this—to help give our patients those little extra things that matter most to them. The Seasons Foundation exists for purposes exactly like this—to help give our patients those little extra things that matter most to them.
goal of Suzanne - to arrive to the perfect end of every experience. The bath challenge was to find a way to get Suzanne into the tub so that her team couldn't scratch. Without helping Suzanne in the way that mattered most to her, could we say we had achieved our goal of that perfect experience? Certainly not.

It was one and a half days after a full day of visiting patients that Malissa stumbled upon the solution. While doing a little online evening shopping, she had an epiphany - if Suzanne couldn't get to the bathtub, why couldn't the bathtub come to Suzanne? Her fingers furiously tapped the keyboard as she Googled for a solution. Within minutes, dozens of options popped up, some could be blown up with a person inside of it! This was a perfect option - Suzanne need not have to be lifted up multiple flights of stairs, but she also wouldn't have to deal with the difficulty of trying to enter a slippery tub.

As soon as Malissa found the item online, she reached out to Malissa 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.”

Through it all, Suzanne never swerved. For her part, even though her cancer had become so advanced, she was fully determined that she would be able to keep her last wish from Malissa, going as far as to volunteer her husband, a contractor, to do the installation. However, the townhouse was a rental, it would have been impossible for him to install it, so they had to remove it afterwards.

Through all these efforts, Suzanne’s health had continued to decline. On the day of her spa experience, Malissa planned her perfect spa day around the event. “No matter how her health was doing, we were always going to plan a spa day to remember,” said Emma. “We wanted to create an experience that everyone could enjoy.”

As with any spa experience, the team wanted to take the time to understand Suzanne’s needs and preferences. Emma and her team members spent time getting to know Suzanne, understanding her preferences and what she felt was important. This is an important aspect of creating a peaceful and calming environment for patients, as it helps them feel more comfortable and relaxed.

The team had planned a spa day for Suzanne, but she was feeling weak and tired. Despite this, she was still determined to make the most of her spa day. The team quickly adapted their plan to accommodate her needs.

The spa day was a beautiful, peaceful, and calming experience for Suzanne. The team worked hard to ensure that she was comfortable and relaxed throughout the day. They provided her with a variety of treatments, including a relaxing soak in a warm tub, a massage, and various other spa services.

Throughout the day, Suzanne never swerved. She continued to enjoy the day, and the team was able to provide her with a peaceful and calming environment. They worked hard to ensure that she was comfortable and relaxed throughout the day. As the day came to an end, Suzanne was able to leave the spa feeling refreshed and rejuvenated.

Through the experience, it became clear that creating a peaceful and calming environment for patients is essential to providing them with the care they need. The team at Seasons Hospice Foundation is committed to providing the best possible care for their patients, and they work hard to ensure that every patient has a peaceful and calming experience.

One of the many programs that Seasons Hospice offers to help patients and families is the Leaving a Legacy Program. To facilitate the completion of a legacy project, the Seasons team engages in many different modalities and crafts something that is right for the patient. The Legacy is a “something” transmitted or received from one generation to the next. The goal of art therapy, a legacy often takes the form of leaving a piece of oneself - a legacy project to promote a sense of well-being and a sense of self-worth and ultimately to life a meaningful life as possible...
Simple Home Maintenance

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 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 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 once maintained by their deceased loved ones. Learning how to do 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.

- 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 yard, check each sprinkler head to make sure the water is flowing properly. If not, the sprinkler head will need to be replaced. Sprinkler heads can also be difficult to reach; you can use a telescopic pole, which can be found at many hardware stores.
- Furnace filters should be changed on a quarterly basis. Many hardware stores will have these products readily on display. Great ways to clean your windows are also available online.
- Tall windows which may be difficult to reach can be cleaned using a telescopic pole, which can be found at many hardware stores.
- The outdoor condenser unit should be cleaned of debris and space and gain a new perspective.

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. For example, I have learned to install new toilet seats, replace sprinkler heads, and maintain my lawn with the help of the internet.

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

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.

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

Suzanne’s Spa Day: A Final Wish Come True

If our mailing records need to be updated, or if you would like to receive this newsletter electronically, please contact Seasons Hospice Foundation at 947-692-5800, ext. 4.

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

However, it, like Suzanne, live in a townhouse where the only bath is a full 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.

Seasons Hospice and the Seasons Hospice Foundation came into Suzanne’s life when she was 48. By the time we had the honor of beginning 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.

Suzanne had come onto Seasons’ radar. Malissa’s curiosity. She was puzzled — Suzanne had come onto Seasons’ radar. Malissa wondered, did Suzanne want so badly to focus on getting stronger with the time she had left? Suzanne’s care goal of getting stronger piqued Malissa’s curiosity. She was puzzled — Suzanne had come onto Seasons’ radar. Malissa wondered, did Suzanne want so badly to focus on getting stronger with the time she had left? Suzanne’s care goal of getting stronger piqued Malissa’s curiosity.

Helping Others Through seasons hospice Foundation

A Bereavement Newsletter from 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.

— 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 the major holidays: Easter, Memorial Day, Independence Day, and Labor Day. [Image 316x553 to 566x716]

For survivors, the journey through grief is not simply about coping with the death of a loved one. But also learning to adapt 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 lawnmower for the first time, grief survivors discover that they must now assume 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 in the process. Although born of necessity and sadness, these learning experiences can also become fulfilling and a source of strength. [Image 26x234 to 165x418]

• 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. It is important to remember when to fertilize the lawn is to consult this chart for the major holidays: Easter, 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 any leaves that may have fallen on it. For homeowners with questions about home maintenance, the internet can be a wonderful resource. There are a plethora of blogs and videos which can be found at hardware stores.

• If you have an automated sprinkler system in your yard, it is also time to fertilize the lawn. A helpful way to remember when to fertilize at least four times throughout the growing season is to plant flowers. [Image 436x332 to 566x488]

For survivors, the journey through grief is not simply about coping with the death of a loved one. But also learning to adapt 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 lawnmower for the first time, grief survivors discover that they must now assume 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 in the process. Although born of necessity and sadness, these learning experiences can also become fulfilling and a source of strength.

• Adding fuel stabilizer to the gasoline will help extend the outdoor condenser unit. Tall windows which can help to brighten the 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.

• Adding fuel stabilizer to the gasoline will help extend the outdoor condenser unit. Tall windows which can help to brighten the 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.

• 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.

• Furnace filters should be changed on a quarterly basis. This 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.

• If you have central air conditioning in your home, the outdoor condenser unit should be cleaned of debris and any leaves that may have fallen on it. For homeowners with questions about home maintenance, the internet can be a wonderful resource. There are a plethora of blogs and videos which can be found at hardware stores.

• If you have an automated sprinkler system in your yard, it is also time to fertilize the lawn. A helpful way to remember when to fertilize at least four times throughout the growing season is to plant flowers.

• If you have central air conditioning in your home, the outdoor condenser unit should be cleaned of debris and any leaves that may have fallen on it. For homeowners with questions about home maintenance, the internet can be a wonderful resource. There are a plethora of blogs and videos which can be found at hardware stores.

• If you have an automated sprinkler system in your yard, it is also time to fertilize the lawn. A helpful way to remember when to fertilize at least four times throughout the growing season is to plant flowers.

• Adding fuel stabilizer to the gasoline will help extend the outdoor condenser unit. Tall windows which can help to brighten the 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.

• 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.

• Furniture filters should be changed on a quarterly basis. This 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.

For survivors, the journey through grief is not simply about coping with the death of a loved one. But also learning to adapt 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 lawnmower for the first time, grief survivors discover that they must now assume 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 in the process. Although born of necessity and sadness, these learning experiences can also become fulfilling and a source of strength. [Image 26x234 to 165x418]