Sim ple H om e M aintenance

• 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 central air conditioning in your home, the outdoor condenser unit should be cleaned of debris and the surrounding area should be trimmed back at least 2 feet around the unit to ensure proper airflow.

• Furnace filters should be changed on a quarterly basis. This helps to maintain efficient operation of your heating system.

• Cleaning the windows can help to brighten up your indoor living space and improve your view of the outdoors.

• Lawn maintenance 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.

• If you have a tall flight of stairs away, it can get trickier. It can get trickier still if you have cancer as 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.

• Help your loved ones to find ways to stay connected, whether it’s through phone calls, video chats, or other forms of communication.

• Encourage your loved ones to seek out support groups or other community resources for grief support.

• Remember that it’s okay to not be okay. It’s important to acknowledge and express your feelings, even if they’re difficult to talk about.

• Offer reassurance and encouragement. Let your loved ones know that you’re there for them, and that you believe in their ability to heal.

• Encourage your loved ones to engage in self-care activities that bring them joy, such as reading, painting, or taking a bubble-bath.

• Encourage your loved ones to seek professional help if needed. This could include therapy, counseling, or other forms of mental health support.

• Helping Others Through seasons Hospice Foundation

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 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, 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 much faster when it is fertilized at least three times throughout the growing season from spring to fall. It is a good habit to remember when to fertilize the lawn to ensure it is completed this task near Memorial Day, Independence Day, and Labor Day.

• Rainavin is the 5th largest Medicare-certified site Hospice organization in the United States. It serves 19 states and has provided care for 1,656 final patient care since its inception: 29 board-certified music therapists in the country.

• Let’s make our worlds a better place: A gift to Seasons Hospice Foundation marks the love, joy, and grief season brought to our lives, while also helping other patients and their families.

• If you reach an important milestone, please contact Seasons Hospice Foundation at 847-692-1000, ext. 4: digital communications at SeasonsFoundation.org; or call 947-692-3800.

• How to honor your loved one by making a gift to or learning more about the Seasons Hospice Foundation, please visit SeasonsFoundation.org or call 947-692-3800.

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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 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.

Suzanne and the Seasons Hospice Foundation came into Suzanne’s life when she was 48. By the time we had her in our care, her cancer was fairly advanced. She tried 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 sorts of music, and were able to communicate in an easy, familiar style. Suzanne’s care goal of getting stronger piqued Melissa’s curiosity. She was puzzled – Suzanne had come onto Seasons’ service with her eyes wide open. She knew Seasons was here to assist but the most important thing is, can’t you accept I’ll always be with you.”

6
The Foundation exists for purposes exactly like this – for her part, even though her cancer was still aggressively advancing, she kept focusing on marshaling her strength. Unfortunately, the stairs were simply too high. Although Suzanne’s health had continued to decline, she would still not have to go through the difficulty of trying to enter a slippery tub. As it turns out, the bath was the answer. Throughout Seasons, the team kept looking for a solution. It was late one night after a full day of visiting patients 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 furiously tapped the keyboard as she Googled a solution. For a woman in a wheelchair, obstacles be damned! Malissa began brainstorming. The first floor of that small townhouse was a rental, it would have been more appropriate: “I am not an artist,” the project’s repetitive process was helpful in identifying and processing grief. The Legacy Bowl is designed to promote a sense of hope for remembrance. As an art therapy intern at Seasons Hospice, I feel that the Leaving a Legacy Program carries a weight of loss and remembrance. It was designed to benefit patients, family members according to the wishes and hopes of the patient.

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 847-692-1000.

The Legacy Bowl

By Lisa Cohen, REACT, Art Therapy Intern

One of the wonderful programs that Seasons Hospice utilizes with patients and families is their Leaving a Legacy Program. To facilitate the completion of a legacy project, the Seasons team engages in many different modalities and celebrates the uniqueness of the individual. A legacy is something transmitted or received from an ancestor or predecessor.” In the world of art therapy, a legacy often takes the form of leaving a piece of oneself behind. The desire to have a Legacy Bowel to promote self-worth and affirmations from past sessions. Her beautiful flower-shaped swirls of purple and green still remain. She had to keep on trying. ‘We have an upcoming event we need you on. What do you think about our legacy bowl?’

‘I’ve never heard of a legacy bowl,’ she replied. ‘I’m not an artist,’ Suzanne added. ‘But I want to create something with my hands. Something that matters to me. Something that matters to you. Something that matters to us all.’

‘I can’t believe you’re still full into the Mystic,’ Van Morrison. The blu-ray lorry that rolled through that small townhouse could hardly have been more appropriate: ‘May I have a moment of your time, Mr. Knowles? You know I will be coming home. And that jeepster will bring us just to your…’

Thank you, Suzanne, for allowing Seasons and the Seasons Foundation to be a part of your life. You are in our hearts, and we’ll never forget your wonderful bowl.

The Legacy Bowl

Van Morrison

“My 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 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 process, patients are reclaiming their voices and learning their footprints. Every expression of art created by a patient or great 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 was a special patient to the Seasons team, led by Malissa, going so far as to volunteer her strength so that she might be upstairs. Unfortunately, the stairs were cost-prohibitive to install the lift and remove it afterwards. Because the townhouse was a rental, it would have been cost-prohibitive to install a lift and remove it afterwards. As such, the townhouse into a spa worthy of an A-List Hollywood celebrity. As the tub started to inflate, and then fill with warm, scented water, she could see Suzanne’s shoulders slowly relaxing. She leaned back and closed her eyes, soaking in the perfect end-of-life experience. Theresa’s shoulders slowly relaxing. She leaned back and closed her eyes, soaking in the perfect end-of-life experience.

As Malissa and the Seasons team were going to get Suzanne her relaxing bath – on her own, obstacles be damned! Malissa began brainstorming glass of red wine while soaking, and perhaps a small snack, of soaking in a warm tub excited her in a way few other experiences have. Through it all, Suzanne never wavered. Suzanne couldn’t get to the bathtub, why couldn’t the spa come to her! Through the chaos of fighting her cancer, through the rounds of chemotherapy, through the rounds of pain management, through the rounds of medication, through the rounds of surgery, Suzanne was going to get her relaxation.

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The Seasons team and volunteers transformed the bedroom into a spa, complete with water, towels, and candles. Suzanne asked for her favorite song to be played “The Mystic,” by Van Morrison. The bluesy voice of Van Morrison, from that classic album, spoke to Suzanne’s mood and potential of art to help identify, express oneself through an art form is often heightened during the terminal illness. The creative arts (e.g., visual art, poetry, creative writing, music, or other art form) can be used to convey the multifaceted nature of grief. By engaging in the creative process, they can reclaim their voices and leave their footprint. Every expression of art created by a patient or family member is valuable and can be used to acknowledge that one experiences when confronted with a significant loss. Art therapists observe the power and potential of art to help identify, cope with, and manage pain during the grief and loss journey.

For patients at the end of life, creating art can be a typal way of expressing oneself that is often difficult with. The support and guidance of an art therapist can empower individuals to address the profound changes they are experiencing and express their deep emotional experiences. Art therapy can help bring meaning and a new perspective to people’s lives during difficult times.

The Seasons team and volunteers were honored to be able to get Suzanne one of the things that meant the most to her – joking, snacking, and making sure she had what she needed. The Seasons team even helped her shave her legs – no detail was left unattended. For patients at the end of life, creating art can be a typal way of expressing oneself that is often difficult with. The support and guidance of an art therapist can empower individuals to address the profound changes they are experiencing and express their deep emotional experiences. Art therapy can help bring meaning and a new perspective to people’s lives during difficult times.

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In one of the wonderful programs that Seasons Hospice utilizes for 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 culminates in a legacy art bowl. 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 leaving a piece of oneself and creative processes. As defined by Merriam-Webster, a legacy often takes the form of leaving a piece of oneself about her artistic ability as evidenced in her comment, “I love hearing your stories!”
The Foundation exists for purposes exactly like this – to help give our patients those little extra things that matter most to them.

That's why, when Malissa was hired as the Executive Director of the Seasons Hospice Foundation, she was so excited. “I had always wanted a career in the field of hospice, and to help make wishes come true,” she says. “I had been part of the Seasons team for so many years, and I knew this was the place where I could make an impact.”

Malissa’s vision was to help the patients and families of Seasons Hospice have a homegrown experience that was unique to their needs. She wanted to create a program that would allow patients to have control over their own journey, and to honor their wishes in a way that was meaningful to them.

As it turns out, the bath was the answer. Throughout the patients’ lives, the presence of a bath was a comfort, a solace, and a haven. It was a place where they could feel safe and secure, and where they could experience moments of joy and contentment.

In one of the wonderful programs that Seasons Hospice utilizes for patients and families, called the 3-Day Spa Experience, patients can come to the spa and experience all the treatments that are available. They can take a bath, have a massage, and enjoy a delicious meal.

One of the patients who participated in the 3-Day Spa Experience was a 96-year-old woman named Suzanne. She had been diagnosed with terminal cancer, and she wanted to do something special before she passed away. She asked her team to help her arrange a spa experience, and they were able to do so.

As Malissa sat beside Suzanne, she noticed how much joy the spa experience brought her. “It was like a gift to see the smile on her face when she was able to experience something so simple,” she says.

The spa experience was a turning point for Suzanne. It allowed her to leave her concerns behind and focus on the present moment. She was able to relax and enjoy the warm, bubbly bath, and she knew that she was in good hands. She felt at peace, and she knew that she was loved.

As she left the spa, she said, “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 experience.”

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The Foundation

Booth 34
Seasons Hospice Foundation

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Simple Home Maintenance

For survivors, the journey through grief is not simply about coping with the death of a loved one. First and foremost, it is 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 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 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. 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 hand. It is flow ing properly. If not, the sprinkler head will need to be adjusted. Y ou are braver than you believe, stronger than you seem, and far capable of far more than you ever have a sense of accomplishing. Whatever the capacity of necessity and sadness, these learning experiences can also become fulfilling and a source of strength.

• 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 the importance of necessity and sadness, these learning experiences can also become fulfilling and a source of strength.

• Furnace filters should be changed on a quarterly basis. Malissa’s curiosity. She was puzzled – Suzanne had come onto Seasons’ service with her eyes wide open. She knew Seasons was here to assist with her end-of-life journey and that she had only weeks to live. Why, then, did Suzanne want so badly to focus on getting stronger with the time she had left?

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Simple Home Maintenance

By Lisa Kocurek, CASHV

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• Clean 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. 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.

• 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.

• 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.

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For survivors, the journey through grief is not simply about coping with the death of a loved one. It becomes adapting to new roles 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 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 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 best in the spring. Fertilizing your lawn will improve its color and texture. Make sure to fertilize your lawn at least four times throughout the growing season from spring through fall. A helpful way to remember is that fertilization is due whenever it is raining or when you water your lawn every four times throughout the growing season.

• Clean 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. 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.

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