



Brattleboro Area Hospice Newsletter

July 2010

Brattleboro Area Hospice • 191 Canal Street • Brattleboro, Vermont 05301

THRIFT SHOPS RULE Part Two: Stories about Our Own Experienced Goods

by Hannah Curtin and Ellen Graham

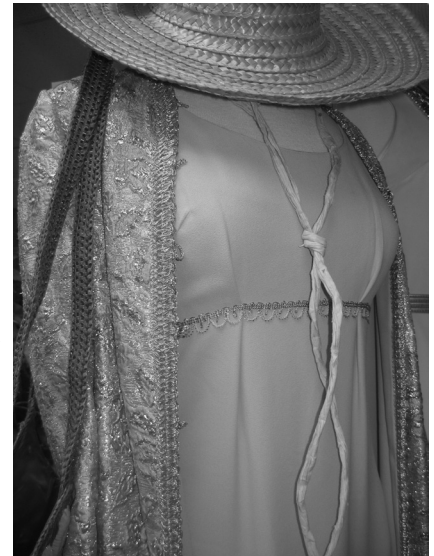
Thrift shops are common throughout New England and are fast becoming big in cities across the country. Whether in Portland, Maine or Portland, Oregon, you can be sure to find a variety of specialty vintage shops, consignment shops, antique shops, second hand shops, charity shops... the list goes on and on. Although the economic times have called out for more variety in salvage stores, it's not just the economy that is driving it, as we've all witnessed, trends do their cycling. What was in thirty years ago just might be the new best old thing tomorrow. Neon colors from the 80's were being worn by our youth again this last year. Styles and trends such as steam punk bring a variety of Victorian styles back to life with quite an unusual twist. What a way to not only recycle trends but keep cycling them over and over. And how much cooler is it when that key piece of your stylish ensemble is a vintage piece from the first fashion cycle. I wonder if Hammer Pants will ever be cool again.

Last month Sarah Rice and Jennie Reichman shared stories about their own histories with thrift shops. This month we'd like to continue with sharing our own stories with you about our fondness for thrift shops.

Hannah: Growing up in a large New England family, I'm surprised that Thrift isn't my middle name. Anyone who had anything in our family had gotten it from someone else, extending the wear and writing the legacy for some items that have almost become heirlooms. As a small child I remember rummaging through my aunts, uncles, and older cousins giant bags of clothes and toys that they had outgrown and finding myself some exceptional treasures. I even have foggy memories of sifting through tables of goods at the local recycling center and at church sales with my Nana. Thrifting has always been a thrill— an adventure! What precious treasure is waiting for me to give it another chance at glory? Will it be a beautifully made vintage dress, or maybe that item that I've seen in the New York Times Style section that is so far out of my price range, brought gracefully down to earth in the shop?

As a costumer for local theatre productions I am almost never at a loss for the perfect piece, no matter what production is in the works. I have dressed everyone from Elizabethan romantics to 1950s sirens to contemporary gentleman, often leaving people in awe when I tell them, "I found this at Experienced Goods", frequently just in the nick of time for curtain call!

I never cease to be amazed at the spectrum of things that one can find in a thrift shop. Almost everything one could dream to wish for has, at one time or another, passed through Experienced Goods. Of this I am almost certain and it is truly a blessing. As a person with eclectic style, hobbies, and a penchant for collecting, thrift shops are and always have been my haven. *continued on page 2*



"Thrifting has always been a thrill; an adventure!"

~ Hannah

"I can't count the amount of times I have responded to a compliment about an article of clothing with 'Thanks! I got it at Experienced Goods!'"

~ Ellen

Ellen: I have been wearing second hand clothing my whole life. Thrift is one of the major values my mother passed on to me. Even before I can remember thrift shopping, I can remember the thrill of receiving large boxes of hand me downs in the mail from my aunties, smelling of their different fabric detergents and full of my older cousin's outgrown clothing. Once, the box was entirely full of my cousin Amy's sparkly gymnastics costumes! Those pieces got a lot of dress-up mileage, and, because my parents let me dress myself, a fair amount of everyday wear as well.

The first thrift store I can remember shopping at was in Townshend, Vt. It started small, as these things often do, in the front parlor of a house, expanding up the stairs and into the bedrooms as the business grew. It was a classic overstuffed thrift shop, with bursting racks and all available surfaces covered with all kinds of treasure. My mother, who was quite petite, was always finding wonderful vintage clothing, including a velvet opera cape I still have. Later, a family friend who specialized in timeless oil paintings would commission my mom to find vintage and antique clothing for his models to pose in.

Later, in high school, I discovered Experienced Goods, and it was the start of a beautiful friendship. I remember shopping in the little old store off the harmony parking lot. I think the first thing I bought there was a three piece suit in green velour. Although my style has evolved (somewhat) since I was in high school, I have relied on the Goods as my primary source of clothing ever since. I can't count the amount of times I have responded to a compliment about an article of clothing with "Thanks! I got it at Experienced Goods!"

Stay tuned for more reflections of thrifting from those of us that work amongst things.

FROM ELIZABETH, WITH APPRECIATION

Though our 13th Annual Memorial Planting Service was postponed due to stormy weather, about sixty people gathered on the designated rain date—a beautifully balmy afternoon!—for planting, singing, and remembrance of loved ones who have died. Once again we are indebted to Lerna for accompanying the planting on hammered dulcimer and to Kathy Leo and the fourteen other Hallowell singers, who treated us to new and old songs.

We are so grateful for all the volunteers who participated: without you the garden and garden service would not exist! In the weeks preceding the service, Hospice Gardener Betsy Bates and gardening volunteers Ann and Doug Switzer, Ruth Lane, Wesley Pittman and others prepared the garden. Hollis Melton contacted nurseries for plant donations that several volunteers transported to the garden. Susan Avery, Jane Buckingham, Noel Dery, Kris McDermet, Mary Quinn, and Shirley Squires baked and brought a variety of delectable refreshments and drinks. Marilyn Buhlmann provided invaluable assistance in creating and hanging the Prayer-Remembrance flags that brightly wave over the garden patio.

On the day of the service, Carolyn Kasper, Brenda King and family, Kathy Leo, Lynn Martin, Hollis Melton, Wesley Pittman and Cheryl Wilfong helped before, during and after the service. Bill Schmidt accompanied a client and Jonathan Morse and Karolina Oleksiw helped with reading the names of those being remembered.

The now well-established garden is available in all its blooming splendor for visits, enjoyment, reflection, picnics, and sharing throughout the growing season with clients, friends and family. If you or a client would like to add a planting in memory of a loved one who has died, please contact Betsy at 257-0734 or betsy3@sover.net or call Winnie at 257-0775 x108 and we will help you with placement.

And if you'd like to weed, mulch or water, join us for a garden workday, July 19, 2-4pm or stop by whenever the timing is right for you.

GREETINGS TO ALL!

I am Winnie Ganshaw, newly on board at BAH as the Bereavement Volunteer Coordinator. I am so very pleased to be joining with others in the ongoing service to those who seek support in their grieving process. I feel blessed to be working with volunteers who reach into the well of compassion and patience to offer good listening skills and a 'can do' attitude to help with day-to-day tasks. I have been affiliated with the hospice movement for 25 years, beginning as a volunteer, becoming an administrator, and then, many years later, moving into a chaplain role. At mid-life I moved from Boston to Berkeley, CA to pursue a master of divinity degree at Starr King School for the Ministry and went on to serve as hospital chaplain in St. Louis, MO. Returning to

Massachusetts, I served until recently as chaplain associate and taught in the religious studies program at Northfield Mount Hermon School. I reside in Shelburne Falls, MA and am affiliated with Hospice of Franklin County where I facilitate grief groups and serve on the Board of Directors. I am the mother of two daughters (who live too far away!) –one in Wisconsin, the other in Amsterdam. Lastly, I am a lover of cats and quilts! I look forward to meeting you in the coming weeks and months.

Wishing you a summer of recreation and re-creation.

Warmly,
Winnie

INSERVICE: Visual Journaling with Susie Crowther **Thursday, July 22 from 7–9 PM** **BAH Upstairs Meeting Room**

Volunteer Susie Crowther leads a fun and provocative workshop on Visual Journaling. Visual Journaling is an expressive arts tool for meditation, self-awareness, healing, and grieving.

Visual Journaling is simple. Participants create images using a variety of prompts, and then consider and interpret the images and their messages. Together, we reflect on our responses through writing and sharing.

Visual Journaling is powerful. As we listen to ourselves, we begin to understand how our thoughts, feelings and reactions affect the body, mind and spirit. And we learn to make changes that honor ourselves and others.

Visual Journaling is relaxing. It can relieve stress and ease physical and emotional discomfort.

Come create and rejuvenate in the company of other volunteers! No art experience is needed. All materials are provided. Dress comfortably.

To reserve a space for this special in-service opportunity, please RSVP to Bettina or Shirley at the office 257- 0775.

The Hospice Memorial Garden

"Our local Hospice has a memorial garden, and every June offers a planting ceremony service to the community. Nearby garden centers each donate a flat or two of annuals, so the bereaved can plant a petunia in memory of a loved one. Some people bring their own perennials to plant. My neighbor, for instance, is taking daisies from my garden to plant in memory of her Aunt Daisy.

There's something primal about planting something in the earth to remember the dearly departed. Their bodies have either been planted in cemeteries or had their remains sprinkled over earth or water.

At the Hospice garden, people can write on flat rocks, as big as the palm of their hand, the name of the loved one, and place this "tombstone" next to the plant. All the while, a dulcimer plays softly.

Now in the season when plants are practically leaping out of the ground, we take time to remember where we came from ourselves as well as those we've planted in the earth this past year.

Now in the season of birth and blooming, we recall those who have already returned to the great recycling machine of Earth."

*Cheryl Wilfong, volunteer, from her blog
www.themeditativegardener.blogspot.com*

Brattleboro Area Hospice

Board of Directors

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Connie Baxter, *Secretary*
Judy Carpenter
Penfield Chester, *Co-President*
Theresa Masiello, *Treasurer*
Kris McDermet, *Co-President*
Greg Moschetti
Patti Pusey
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Hospice Office

Bettina Berg, *Hospice Volunteer
& Education Coordinator*
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Melissa Hays, *Bereavement
Volunteer Coordinator*
Shirley Kasanoff, *Office Manager*
Ryan Murphy, *Hospice Care
Coordinator*
Susan Parris, *Executive Director*
Elizabeth Evans Pittman
Bereavement Care Coordinator
Muriel Wolf, *Hospice Care
Coordinator*

Experienced Goods

Thrift Shop

Gemma Champoli, *Store Manager*
Sarah Rice
Shop Volunteer Coordinator
Hannah Curtin
Ellen Graham
Assistant Store Managers
Christopher John
Jen Reichman
Brandi Lyn Younger
Store Assistants

Experienced Goods

Home Furnishings

Karen Zamojski, *Store Manager*
Karen Abel
Emily Freeman
Tom Harris
Store Assistants

Calendar

July 6. Volunteer Report Forms due.

July 12 & 26, Monday, 6:30–8 pm. Bereaved Parents Support Group. This group meets the second and fourth Monday of each month. Facilitated by Lynn Martin. Call Winnie or Elizabeth to register.

July 14 & 28, Wednesday, 5:00–6:30 pm. Spouse/Partner Loss Support Group meets the second and fourth Wednesday of each month. Facilitated by Cheryl Richards. Call Winnie or Elizabeth to register.

July 19, Monday, 5:30–7:30 pm. Board of Directors meeting, at the Hospice Office.

July 19, Monday, 2–4 pm. Hospice Memorial Garden Work Bee. Bring drinking water and hand tools. Work alongside other garden volunteers. Refreshments provided.

July 19, 21, 22 & 23, Monday, Wednesday, Thursday, and Friday, 10am–noon.

Creative Ways to Deal with Grief. 4-Day Photography-Bookmaking Workshop for Teens. Facilitated by Elizabeth Ungerleider, 258-0763.

July 21, Wednesday, 5:00–6:30 pm. Suicide Loss Support Meeting, for 5 or more interested participants. RSVP to Shirley, 802-257-0775 x105.

July 22, Thursday, 7:00–9:00 pm. In-service: Visual Journaling with Susie Crowther, RSVP to Bettina or Shirley at the office 257-0775.

July 22, Thursday, 5:45–7:45pm. Eighth Annual Summer Garden Visit/Labyrinth Walk. Please RSVP by phone or email. Meet at BAH office by 5:25pm to carpool.

CANCELLATION ANNOUNCEMENTS NOW AVAILABLE ON OUR VOICEMAIL:
We have updated our voicemail system to include an option allowing you to call in and check to see if a meeting, event or support group has been cancelled. When you call in and get the general voicemail greeting, press '4' and you will hear if any of our events or meetings have been cancelled.

All of our services are free because of you!

We rely on donations from the community to keep our services free of charge. Help support our work by sending a donation to: Brattleboro Area Hospice, 191 Canal Street, Brattleboro, VT 05301. Thank you!

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