



Brattleboro Area Hospice *Newsletter*

January 2010

Brattleboro Area Hospice • 191 Canal Street • Brattleboro, Vermont 05301
802-257-0775 • E-mail: brattleborohospice@myfairpoint.net

Sayings by Brian Andreas

After his father
died, He carried
his life more
gently & left an
empty space
for the birds
& other creatures.

The first time her laughter
unfurled its wings in the wind
we knew that the world would
never be the same.

Don't you hear it? she
Asked & I shook my head
no & then she started to
dance & suddenly there

was music everywhere & it went on for a very long
time & when I finally
found words all I could
say was thank you.

I spent a long time trying to find my center
until I looked closely at it one night
and found it had wheels
& moved easily in the slightest breeze.
so now I spend less time sitting and more time sail-
ing.

I once had a garden
filled with flowers
that grew only on dark
thoughts
but they need constant attention

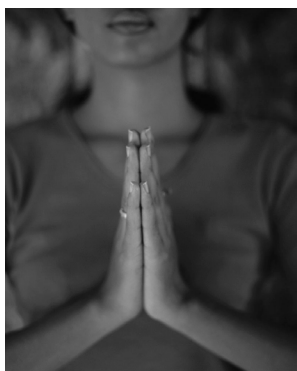
& one day I decided I had better things to do

ALTARS: HONORING A LOVED ONE

Saturday, February 6, 10am -1pm

[Snowdate: February 13, 10am -1pm.]

RSVP by January 27 to Shirley, 257-0775 x105



You are invited to create an altar to honor one who has died or a particular aspiration (love, transformation, healing) that inspires us. You can use the materials provided or those you bring with you. Personalize your altar with favorite objects, images of saints, or whatever feels right. Please bring copies of personal images and pictures, along with mementos and items which have special meaning to you that can be used for the altar. Refreshments will be served.

IN-SERVICE: BEGINNINGS

Thursday January 7, 2009 (snow date: Wednesday, January 13)

5:30-7 pm in the BAH upstairs meeting room

Do you remember your first visit as a hospice volunteer? Perhaps you have not made one yet and are wondering what it will be like. Most times when we accept a volunteer assignment, there is a first meeting. This in-service will be a venue to talk about those first visits and how we prepare ourselves for them. Additionally we will have a chance to review how volunteer assignments are made and what information you can expect to have before meeting a client or family for the first time. To RSVP for this gathering, please call the office at 257-0775.

A LETTER TO OUR HOSPICE VOLUNTEERS FROM MURIEL

A New Year is upon us, and I would like to take this opportunity to wish all of you a year filled with grace, growth, and blessings in all forms. For me, these three categories characterize the work we do as Hospice volunteers and staff. Today I met a new client whose presence and attitude I found so inspiring that I know I will think of her when the time comes for me to live the last of my days in this body. This time of year fills me with gratitude for this work, and for you, with whom I am fortunate enough to share it.

We ended the year with our in-service training on Vigil Care, which was attended by 70 volunteers! Although we faced some communication snags in informing some of you of the change of location, it all worked out well, and we'll devise an improved way of organizing so many calls and emails. Ryan and I have gotten some wonderful feedback about the helpfulness of the in-service, and we are pleased that so many volunteers are willing to respond to calls for vigil care. We are also grateful to our five new coordinators, Mary Quinn, Carol Greenberg, Stewart McDermet, Carrie Walker, and Suzette Theodorou, for their willingness to

take on this responsibility and their helpful ideas in organizing it. Many thanks.

We offer a number of excellent in-service trainings throughout the year, and are sometimes disappointed when there is not an adequate enough turn-out to conduct them, or when so few people reap the rewards of the offering. Clearly, our telephone calls to you, inviting you to attend this particular vigil in-service, made a difference, and it is a practice we hope to continue routinely. Bettina has arranged a rich line-up of in-services for the coming year. We encourage you to attend some of them, and want to remind you that a minimum of one attendance annually is required of all volunteers. Because there are so many good in-services to choose from over the next months, Ryan and I will be suspending our monthly gatherings for the time being, and would like to encourage you to attend our in-services instead.

Wishing all of you a Healthy, Happy and Peaceful New Year.

~Muriel,

Hospice Care Coordinator, ext. 101

AND I WAS TIME

There is a classic Zen koan that asks you to describe your own original face, the one you had before you were born. I've never come as close to being able to answer that question as I did the year my mother died. She had cancer and became bed-ridden for a very short time. During the last three or four days of her life, she began to change outwardly a great deal. She lost weight rapidly, and her skin began to tighten and become less wrinkled. She, in fact, began to appear transformed into someone very relaxed and quite young. She began to closely resemble the old photos of her that

I had seen, pictures taken when she was in her early twenties. She was like a young woman who had dyed her hair gray, as if on a whim—a restless echo of happier times.

When I looked at her, I felt swallowed up in some kind of enormous gift. It was as if I had been given the opportunity of seeing my mother as she was before I was born. Time seemed to stand still. And time became exceptionally real for me, only because it ceased to exist. The woman before me was time. And I was time. And the room was time.

~Gary Thorp

MY HEART BROKE OPEN: ART EXHIBIT & LIVE PERFORMANCE

Coming in the Spring of 2010

You are invited to submit work for these events

ART EXHIBIT

Opening during Gallery Walk on April 2010, Blue Moon Cafe (formerly Cafe Lotus)

All art work will remain up for the month of April

You are invited to submit visual artwork on the theme of loss and grief for this art exhibition.

Call our office at 257-0775 for submission guidelines and forms.

All submissions must be received by February 1, 2010 to be considered for the show.

LIVE PERFORMANCE

Spring of 2010, location TBA

You are invited to submit short readings, poetry or music on the theme of loss and grief to be performed during a live show. One can choose to read their own work, or have the piece read by a friend or actor. Call our office at 257-0775 for submission guidelines and forms.

All submissions must be received by February 1, 2010 to be considered for the show.

THE SHOP'S RENOWNED WINDOW DISPLAYS: SECRETS REVEALED

by Sarah Rice, Shop Volunteer Coordinator

As most people that frequent at the Thrift Shop know, the window displays at Experienced Goods are extravagant, whimsical, imaginative, and full of incredible "stuff." We are fortunate to have two windows at the Flat Street location to rotate our displays and keep our creative juices flowing. Many have wondered at who is responsible for such designs, what kind of time goes into building these installations, and if they can buy this gizmo or that gadget out of the display. I hope to shed light on all these questions without giving away too many of our well guarded secrets.

Although in the past we have had many individuals responsible for taking charge of the window displays, and even though one person may be in charge of the initial brainstorming and execution of one window in particular, we include all of the staff in the process. There are, however, two individuals that currently deserve an awful lot of credit for the most recent and upcoming windows: Hannah Curtin, Clothing Manager, and Ellen Graham, Housewares Manager. These two Masters use the Shop as their Muse when conjuring up new themes for future works of window art or to re-construe re-occurring subjects. Often it can take several months to collect enough paraphernalia to make one visual poem sing. As often as not, the items used are taken

from the shop inventory, saved particularly for window displays, and sometimes even borrowed from staff or friends of staff to help make one particular window shine.

Many people naturally want to own the items placed in the displays and ask to purchase them from the volunteers running the register. This of course couldn't flatter us more, and, reasonably, we want to offer the objects that will be for sale fairly to the patrons of Brattleboro Area Hospice. So we ask our supporters and benefactors to please be patient with us: all windows are featured for two months, after which they are disassembled and sorted through to remove "Not For Sale" items, then the for sale objects are priced and put out on the floor within a week of deconstruction. We feel this is the fairest way for all that are interested in a particular charm that was included in a window display to get a chance to purchase it. Right now our windows include the Alpine Holidays window that will continue to show through the month of January; and the White Winter window that celebrates the chilly beauty of the season and will show through February. Happy New Years from all of us at Experienced Goods to all our friends, patrons, donors, and fellow knick-knack lovers!

Brattleboro Area Hospice

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Ryan Murphy, *Hospice Care
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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

January 4. Volunteer Report Forms due.

January 7, Thursday, 5:30-7pm. Volunteer In-service: Beginnings. More information in this newsletter.

January 11 & 25, 2nd & 4th Mondays, 6:30-8 pm. Bereaved Parents Support Group. Facilitated by Lynn Martin. Upstairs meeting room. Call Melissa or Elizabeth to register.

January 13 & 27, 2nd & 4th Wednesdays, 4:30-6:00 pm. Spouse/Partner Loss Support Group. Facilitated by Cheryl Richards. Call Melissa or Elizabeth to register.

January 18, Hospice office closed for holiday.

Jan 23, Saturday, 10:30am-12 noon. Making Memory Magnets, a "Fourth Saturday" Art Project for Children, Teens, & the Adults Who Love Them. Facilitated by Elizabeth Ungerleider. (Snow date: Feb 6, 10:30am-12 noon.)

January 25. Board of Directors meeting, at the Hospice Office.

January 28-March 4, Thursdays, 5:30-7pm. A Grief Support Group for Adults whose parent, sibling, friend or other cared-for person has died. A 6-week writing and discussion group facilitated by Elizabeth Pittman. Call to register.

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!

Return Service Requested

Brattleboro, VT 05301
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Brattleboro Area Hospice

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