



Brattleboro Area Hospice *Newsletter*

April 2008

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



It is better to light candles
than to curse the darkness.
It is better to plant seeds
than to accuse the earth.
The world needs all of our power
and love and energy,
and each of us has something that we can give.
The trick is to find it and use it,
to find it and give it away.
So there will always be more.
We can be lights for each other,
and through each other's illumination
we will see the way.
Each of us is a seed,
a silent promise,
and it is always spring.
~Merle Shain

Keeping GREEN at Experienced Goods

By Victoria Chertok, Shop Volunteer Coordinator

Raising money for Brattleboro Area Hospice is our #1 goal, but an underlying philosophy at Experienced Goods is to resell, reuse, reduce and recycle as much as possible. We know that selling used clothing and household goods keeps thousands of pounds of garbage from entering the landfill each year. We often hear this statement from our customers, too.

Recycling means taking a product or material at the end of its useful life and turning it into a usable raw material to make another product. Reuse means to find a new function for an item that has outgrown its original use; and use it again. (www.earth911.org)

There are many ways that we let our green philosophy shine at Experienced Goods. Here are just a few:

- blankets and towels that are donated to us but do not meet our resale standards are donated to the Windham Humane Society and the Brattleboro

Veterinary Clinic;

- we donate prescription eye glasses to the Lions Club;

- cell phone components and used batteries are recycled;

- our fabulous quarter shelf is one way we resell things that would normally be tossed out; we often donate many of these items to the Windham Solid Waste Swap program;

- all paper and plastic bags, gift boxes, jewelry bags and newspaper are reused in the shop;

- we have a free toy box for children in our community;

- we sell scrap silver and gold from broken jewelry.

Several of our wonderful volunteers help us in this important effort: George Lagro picks up all of our cardboard and recycling every week. He also takes scrap metal to someone who can reuse it.

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Kristin Haislett recycles books that don't sell on a weekly basis. Did you know that each ton of recycled paper can save 17 trees, 380 gallons of oil, three cubic yards of landfill space, 4,000 kilowatts of energy and 7,000 gallons of water? (www.resourcefulschools.org)

Alan Partridge of West River Rubbish & Recycling picks up bags of un-sellable clothing, fabric, stuffed animals and shoes every week and brings them to our trailers at the landfill on Old Ferry Road. Three times a year, the trailers get emptied and thousands of pounds of salvage goods are transferred to a company that redistributes them.

Assistant Shop Manager Beverly Miller is coordinating our recycling efforts at the shop and we are glad to have her keeping us green. She is researching a place that will take plastic grocery bags, since we use thousands of plastic bags every

week and have thousands more that we can not re-use.

We are also compiling a list of recycling resources to better aid our donors for things that we don't accept, like mattresses, cribs, car seats and computers. (Recycling tip: bring your metal coat hangers back to your dry cleaner to be reused.)

As Shop Manager Gemma Champoli explains, "Even though our goal is to raise money for Brattleboro Area Hospice, we are all committed to making the best use of resources that are donated to us." She continues, "We depend on our donors to give generously and responsibly. It gives us a sense of pride that we can find alternative uses for the percentage of donations that we can't use, and that someone in our community can benefit from this."

LIVING WITH GRIEF: CHILDREN AND ADOLESCENTS

**Hospice Foundation of America's Annual Teleconference:
Co-Sponsored by Brattleboro Area Hospice and The Marlboro College Graduate Center
Wednesday April 16, 2008; 1:30-5pm
Marlboro College Graduate Center**

This year's Hospice Foundation of America's teleconference has as its focus children and adolescents who are grieving. Statistics indicate that in the United States approximately 2.5 million children and young people under the age of 18 have experienced the death of a parent. An estimated 1.8 million are currently grieving the loss of a sibling. Many thousands of children, particularly those living on military bases, are dealing with the death of a parent in combat.

The teleconference will feature a panel of ethicists, educators and hospice experts who will focus on the experience of grieving children and

adolescents and the ways they can best be supported. The live telecast runs from 1:30 until 4 pm and is followed by a local panel discussion until 5 pm with professionals from the community who work with grieving children. This program is free and open to the public and continuing education credits are available. The doors will open at 1:00 and light refreshments will be available. The Graduate Center is located on the second floor of The Technology Center next to The Brattleboro Museum.

To register for this free event please call Brattleboro Area Hospice at 257-0775

MARK YOUR CALENDAR

June 1, 2008, Sunday, 1:30 pm. Memorial Planting Service. Hospice Memorial Garden.

Call Melissa x 108 if you would like to help prepare the garden.

June 26, 2008, Thursday, 5:30-7:30 pm. This year's Volunteer Appreciation Party will be held at the All Souls Church in West Brattleboro. Mark your calendar and join the staff, board and fellow volunteers of Brattleboro Area Hospice and Experienced Goods for good food and entertainment by the Hallowell Singers and the Hospettes.

A BUDDHIST VIEW OF DEATH AND DYING

Introductory Talk: Friday, May 9th, 7:30 pm

Suggested donation: \$10

Workshop: Saturday, May 10th, 10 am-4 pm

Suggested donation: \$60

Shambhala Meditation Group of Brattleboro

167 Main Street, Suite 203. Information: 802-257-1984

Emily Bower is a senior teacher or Acharya in the Shambhala tradition. She is a professional book editor with Shambhala Publications and served as editor to Sakyong Mipham Rinpoche on his book, *Turning the Mind into an Ally*. Acharya Bower has a strong interest in death and dying and regularly leads workshops on this topic. The day includes:

- Guided Sitting Meditation
- Discussion
- Traditional Buddhist Contemplations on Life, Death, Karma, and the Human Condition
- Buddhist Practices for Cultivating Compassion toward Oneself and Others.

Note: Scholarships are available for volunteers of Brattleboro Area Hospice, contact the office at 257-0775.

Presence

dedicated to Jodi

How does the hand slip from our hand—
the hand formed in miniature perfection,
inside her mother—the hand her father held,
wrapping his large, warm one
around its colder smallness?

It was cupped as he walked her down the aisle
of a holy place and gave it to a man who waited for it,
holding his breath until the last minute.

And when, this year, it slipped away—
from children, brothers, mother, lover, and father—
it was still there...like the hand once pressed
onto a wet sidewalk of new cement,
a handprint on each heart—
in mud, in stone, in shining,
chiseled diamond, still there,
right now...still here.

~Katherine Lansing Davis



Brattleboro Area Hospice

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Store Volunteer Coordinator
Hannah Curtin
Assistant Manager
Beverly Miller
Assistant Manager
Hannah Dancing
Ellen Graham
Eric Morgan
Imelda Reilly
Store Assistants

Calendar

Wednesdays, 3:30-5 pm. Good Grief Children's Program. A program for 5-7 year olds who have experienced the death of someone close to them. Facilitated by Elizabeth Ungerleider at Westminster Center School. Call to register or refer a child.

March 3–May 5, Monday, 6:30-8:00 pm. Healing Through Writing. Ten-week group for those who have previously been in a support group. Facilitated by Muriel Winter Wolf.

March 31–May 19, Monday, 5:30-7:00 pm. Eight-Week Support Group for those whose parent, sibling or friend has died. Facilitated by Cheryl Richards.

April 4. Volunteer Report Forms due.

April 1, 8, 15, 22, 29, Tuesdays, 12:15-12:45 pm. Quiet sitting at Hospice Office. Information: 257-0775.

April 9 & 23, 2nd & 4th Wednesday, 4-5:30 pm. Spouse/Partner Loss Support Group. Facilitated by Cheryl Richards.

April 9, 12:30-2 pm. Monthly Volunteer Support Meeting, BAH Downstairs Kitchen Meeting Room.

April 10 & 24, 2nd & 4th Thursday, 6:30-8 pm. Bereaved Mothers Support Group. Facilitated by Lynn Martin and Cheryl Richards.

April 10 & 24, 2nd & 4th Thursday, 6:30-8 pm. * **New*** Bereaved Fathers Round table. Facilitated by Bill Warriner.

April 12, Saturday, 10 am-12 noon. Second Saturdays: Decoupage Glass Candle Holders. Come socialize while over an art activity with other individuals and families who have experienced the death of a loved one. Materials provided but you may want to bring copies of your loved one's picture or handwriting. For adults and children. Facilitated by Elizabeth Ungerleider and Elizabeth Pittman. Drop-ins welcomed. Refreshments served.

April 16, Wednesday, 1:30-5:00 pm. "Living With Grief: Children and Adolescents" Hospice Foundation of America's 15th Annual Bereavement Teleconference. Marlboro College Graduate Center, Brattleboro; more information in this newsletter.

April 21, Monday, 5:30 pm. Board of Directors Meeting, Hospice Office.

May 9th & May 10th. A Buddhist View of Death and Dying workshop at the Brattleboro Shambhala Group in Brattleboro; more information in this newsletter.

Brattleboro Area Hospice
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