



Brattleboro Area Hospice Newsletter

August 2010

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

What Personnel Handbooks Never Tell You

by James Autry

They leave a lot out of personnel handbooks.
Dying for instance.
You can find funeral leave
but you can't find dying.
You can't find what to do
when a guy you've worked with since you
both were pups
looks you in the eye
and says something about hope and
chemotherapy.
No phrases,
no triplicate forms,
no rating systems.
Seminars won't do it
and it's too late for a new policy on sabbaticals.

They don't tell you about eye contact
and how easily it slips away
when a woman who lost a breast
says, "They didn't get it all."
You can find essays on motivation
but the business schools
don't teach what a good manager says
to keep people taking up the slack
while someone steals a little more time
at the hospital.
There's no help from those tapes
you pop into the player
while you drive or jog.
They'd never get the voice right.

And this poem won't help either.
You just have to figure it out for yourself,
and don't ever expect to do it well.

August In-service

LITTLE MOMENTS OF JOY: BROWN BAG LUNCH

Wednesday, August 18

BAH Kitchen, noon-1 pm

"We're conditioned to think that our lives revolve around great moments. But great moments often catch us unaware—beautifully wrapped in what others may consider a small one." So ends a short story by an unknown author, a cab driver who had an interesting fare one early morning. If you would like to hear the entire story and tell or read one of your own please join us in the BAH kitchen on August 18 from noon until 1 pm. Bring your lunch and a story or an anecdote and I will provide something cold to drink while we consider "Little Moments of Joy." It is, after all, not how many breaths we take, but rather the moments that take our breath away that are truly the most important.

I hope that you may be able to take a little time out on a summer afternoon to attend this relaxing and fun gathering.

~Bettina



ANNUAL APPEAL 2010

On behalf of the entire Hospice Board and Staff, I would like to sincerely thank everyone who has already donated to this year's Annual Appeal. Your donations have been coming in steadily and I am grateful for the many committed individuals who show such strong support for our work.

As you may already know, we receive no federal or state money. United Way provides a portion of our budget, but the majority of our financial support comes from sales at our thrift store, local towns, and individual donations. In fact, we rely on your generous contributions for nearly half of our funding every year!

If you have not yet donated to our Annual Appeal, I hope that you will consider making a donation to support our work today. Any amount that you can donate will directly support all of our Hospice care and bereavement support programs, and will also help us keep our services free of charge for everyone in the community.

Thank you again for all of your support!

~Susan Parris, Executive Director

The Busy Time: Experienced Goods is Blessed with Many Donations by Shop Volunteer Coordinator, Sarah Rice

Ah, midsummer. School is out, the kids are at camp, yards sales are bustling, the heat wave has been in full swing and the shop is overflowing.

We have reached what we call "the busy time", the mid-summer crazies. Recent visitors to the shop may have noted that the space is looking especially full, in contrast to our usual controlled chaos. Somehow the super-hero staff is still able to keep up with making it all look great. If you dared to poke your head into the sorting room you'd see that mountains of donations are overtaking our working space. If you look more carefully you'll see that there are staff members buried in the middle of these piles diligently working through it to try to keep it at a manageable level and not succumb to an accidental stuff avalanche.

The busy time is when our mountains of donated goods grow to giant Mount Everests. The supersized donations, the carloads and housefuls that we are blessed with are at an all time high. We are so lucky to have a community that is so giving. We get so many thoughtful donations all

year round and now it's apparent how large our generous community is. At this time of year, people retreat from the heat and humidity to get relief in the cool air conditioning. As a result people not only start cleaning and getting rid of their extras by mindfully bringing them to their local charity to help out, they also love to linger in our cool air while shopping for that set of cocktail glasses for the summer chillers they like to serve at their BBQ's, or a book for a quick beach read, or a light summer dress to make it through the rest of this humidity.

At the shop, we are at "full steam ahead" mode trying to keep up and get those great new donations out as soon as we can. We know that soon enough, like colorful leaves falling off the maple tree, the donations will start to slowly drop. The days will get shorter and darker, and we'll all start moving a little more slowly. In the meantime, come and get it while it's hot! The shop is a horn o' plenty thanks to all our supporters with their bountiful donations!

Thrift Shops Rule Part Three: Stories about Our Own Experienced Goods

by Karen Zamojski and Karen Abel

Being “Green,” “Eco-friendly” and self-sustainable is becoming more and more the norm throughout all industries and communities. Trends like “Up-cycling” and back-yard farming are sweeping the nation as people start thinking for themselves when it comes to recycling, re-using and being self-sufficient. No wonder thrift shops are at an all-time high in popularity right now. Charity stores like our own Experienced Goods Shops offer places where not only can you donate those things that you no longer need but know can get more use out of them, but you get quality used goods at low prices and are supporting a local charitable cause as a result. At thrift shops you can find an old record that you will then melt into a bowl or cut and shape into a bracelet; you can buy an old derby hat and a piece of fabric to dress it up with; you can find a fireplace screen that you will turn into a door for your chicken yard. We have hundreds of customers here at the Goods that are constantly on the search for that perfect piece to add to their current piece of artwork. Some are fashion aficionados that mix a few clothing items that you or I wouldn’t guess go together and then surprise us with their wonderful new hip outfit exclaiming they found it all at Experienced Goods. Just about everyone in our wonderful community has a story to tell of what they like about thrift shopping. Here are a few more words continuing the theme of our love of thrift stores:

Last month Hannah Curtin and Ellen Graham 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 with stories from Karen Zamojski and Karen Abel.

Karen Z.: My thrift store experience started late in my life. Having grown up in a family of five kids we did most of our shopping through the out-grown pants, shirts and sometimes sneakers of my cousins. It was always great to fit into that one cool pair of Levi jeans found at the bottom of the bag. My siblings and I learned early on that we could reinvent much that came our way.

The first time I walked through the doors at Experienced Goods on Elliot Street, I was in hot pursuit of matching wine glasses for one business and a set of oven bake dishware for another. I remember the store was packed with all sorts of interesting items. I found myself trying on clothes and sneaking a peek at

all the great shoes lined up before I ever reached the housewares section. From that day on, I really had no interest in shopping at any of the retail giants. Here was a store in downtown Brattleboro with everything I needed. Little did I know that one day I would come back to this space to manage Experienced Goods Home Furnishings for Brattleboro Area Hospice.

The store has given me a great opportunity to be in an environment where people and product come together to tell a story. Whether it is a tin canister set that sat on a grandmother’s kitchen counter, a dry sink purchased for a daughter’s wedding, or a bottle of perfume that Mother wore every Saturday night when she stepped out with Father; Memory Lane is just around the corner on Flat and Elliot Street.

Shopping has never been one of my favorite past times, but give me a thrift store and let the fun begin!

Karen A.: I discovered thrift shop back in the early 80’s when I was looking for dress-up clothes for my daughters and their friends. One very exceptional black taffeta dress from the 50’s became my oldest daughter’s favorite; she was 12 years old at the time. For her 21st birthday she was going on a cruise and she needed a special dress. She decided to bring that wonderful black dress from her childhood dress-up box for the occasion.

Fashion is usually a gentle progression of revisited ideas. I have gotten such a rush when I have found amazing jewelry, scarves and fabulous accessories in thrift shops. I am always on a treasure hunt for myself and my family.

I am fortunate to be part of the Experienced Goods Home Furnishings shop. The shop is always filled with great and unusual finds. The imaginative displays in the windows usually draw customers inside this wonderful store to browse among the eclectic selections of furniture, memorabilia, china, silver and vintage clothing and much, much more; prints and artifacts from preceding generations and all kinds of “stuff.” The selection of merchandise is constantly changing and bargains can be found. The shop is a nice alternative for gift shopping. You must think creatively when you are in a thrift shop and my mind is always thinking and considering.

Thanks for reading and we hope you have enjoyed our three part journal on our love of thrift shops.

Brattleboro Area Hospice

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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

August 2 & 9, Mondays, 9:30am–noon. Creative Ways to Deal with Grief. Free 2-Day Photography-Bookmaking Workshop for Teens. Facilitated by Elizabeth Ungerleider, 258-0763. Co-sponsored by Insight Photography.

August 6. Volunteer Report Forms due.

August 9 & 23, 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.

August 11 & 25, 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.

August 16, Monday, 5:30–7:30 pm. Board of Directors meeting, at the Hospice Office.

August 18, Wednesday, 12:00 pm–1:00 pm. In-service: Little Moments of Joy. Brown bag lunch, drinks provided, more info on page 1.

August 18, Wednesday, 5:00–6:30 pm. Suicide Loss Support Meeting, **for 5 or more interested participants. RSVP to Shirley, 802-257-0775 x105.**

August 31, Tuesday, 9–11am. Eighth Annual Summer Garden Visit/Labyrinth Walk. Please RSVP by phone or email. Meet at BAH office by 8:40am to carpool.

Save the Date:

Mark your calendar! Our annual Volunteer Appreciation Party will be happening on Tuesday evening September 14 from 5:30–7:30 PM. Look for details in the September newsletter.

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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