



# Brattleboro Area Hospice *Newsletter* December 2007

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

I want to write about faith,  
about the way the moon rises  
over cold snow, night after night

faithful even as it fades from fullness,  
slowly becoming that last curving and impossible  
sliver of light before the final darkness.

But I have no faith myself  
I refuse it the smallest entry.

Let this then, my small poem,  
like a new moon, slender and barely open,  
be the first prayer that opens me to faith.

~ David Whyte

## LOOKING FOR YOUR HELP

It will be a year in January that we began to hold monthly volunteer meetings as a way to get volunteers together to meet and support one another. The first meeting was well attended by both new and experienced volunteers, and there was a lot of discussion and even a decision to extend the time from 60 to 90 minutes in the coming months. New volunteers and those who are the only volunteer on a case have particularly appreciated the opportunity to hear from and get advice from others. However, attendance has dropped off over time and therefore the original goal of these gatherings has been more difficult to achieve than it was at the start.

There has been some discussion about changing the format of these meetings, and your input would be appreciated. Would having a particular topic announced ahead of time be helpful? Would a different time be better for you? We currently meet from 12:30-1:30 on the second Wednesday of the month.

Attending some of these gatherings is a way of meeting the requirement of coming to two inservice events annually. You may remember from your training that that is something you agreed to. Spending time with others who do the work of Hospice volunteering is a way of staying fresh and reminding ourselves of the skills with which we excel or conversely face challenges. The work that we do in the community is important, and in order to continue to do it well, we encourage you to support not just the families to which you are assigned, but other volunteers who may in turn be able to offer insights you didn't even know you needed.

Please, let us hear from you by phone or by e-mail with your thoughts.

Thanks.

Bettina and Ryan

## BEREAVEMENT VOLUNTEER TRAINING

The dates for the winter Bereavement Volunteer Training have been set for January 15 to February 26. If you are interested in taking this Tuesday morning training, please call Melissa or Jennifer for an application. The completion of the Patient Care

Volunteer training is not a pre-requisite, so if you know of friends, neighbors, relatives or community members who, in your opinion, would make good Bereavement Volunteers, please tell them about this opportunity and have them call Melissa.

## LETTING GO OF CHAOS

No good work comes from unrest.

Unrest, fear, anger, or sadness may motivate us. These feelings are sometimes intended to compel action. But our best work emerges after these feelings have been replaced by peace.

We will not accomplish our task any sooner, or any better, by performing it out of a sense of urgency, fear, anger or sadness.

Let go of unrest. Let peace fill the void. We do not have to forfeit our power, our God-given personal power - or our peace - to do the work as we are called upon to do today. We will be given all the power we need to do what we are meant to do, when it is time.

Let peace come first. Then proceed. The task will get done, naturally and on time.

From *The Language of Letting Go*  
Harper Collins Publishers, 1990

## NEWS FROM THE SHOP

By Victoria Chertok, volunteer coordinator

Volunteer Profile – Linda Huebner

Born in Park Ridge, Illinois, Linda and her partner Ernie have recently moved back to the Brattleboro area after a brief stint in NH. She was a hospice patient care volunteer in Franklin County, Massachusetts before she came to volunteer at Experienced Goods. She says, "It was a difficult time, my father died and one of my good friends died, I wanted to do different hospice work, so I came to volunteer at Experienced Goods." She's been a thrift store shopper her whole life. She really



likes the Shop and likes the hospice mission. She works in animal welfare and travels between Springfield and Boston, MA for her work. She is a sub at Experienced Goods, which means she fills in at the desk when her job allows. When she's not working, she enjoys walking her dog, hiking, kayaking, horseback riding, and doing anything outside. We're glad to have her energy and expertise at Experienced Goods! Thanks Linda!

**Who ARE these beautiful people??!**

**Our staff of course...**

Experienced Goods Staff on Halloween:  
(l to r) Victoria, Ellen, Beverly, Gemma, Eric  
and Hannah



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## CONGRATULATIONS TO NEW VOLUNTEERS

This fall 10 new volunteers completed the 33 hour training Patient Care Training and will be joining BAH as active volunteers. We are pleased to welcome them. They are: Jessica Barnes of Brattleboro, Patricia Burlison of Townshend, Marshall Glickman of

Williamsville, Linda Hastings of Greenfield, MA., Mark Mayer of Brattleboro, Joy McCarrick of Guilford, Hollis Melton of Newfane, Sandy Pagniucci of Brattleboro, Laura Robertson of Brattleboro and Burt Tepfer of Putney. Congratulations to all!

This being human is a guest house.  
Every morning a new arrival.

A joy, a depression, a meanness,  
Some momentary awareness comes  
As an unexpected visitor.

Welcome and entertain them all.  
Even if they're a crowd of sorrows,  
Who violently sweep your house  
Empty of its furniture.

Still treat each guest honorably,  
He may be clearing you out  
For some new delight.

The dark thought, the shame, the malice,  
Meet them at the door laughing,  
And invite them in.

Be grateful for whoever comes,  
Because each has been sent  
As a guide from beyond.

~Rumi

## SIMPLE ATTENTION

The secret of beginning a life of deep awareness and sensitivity lies in our willingness to pay attention. Our growth as conscious, awake human beings is marked not so much by grand gestures and visible renunciations as by extending loving attention to the minutest particulars of our lives. Every relationship, every thought, every gesture is blessed with meaning through the wholehearted attention we bring to it. In the complexities of our minds and lives we easily forget the power

of attention, yet without attention we live only on the surface of existence. It is just simple attention that allows us truly to listen to the song of a bird, to see deeply the glory of an autumn leaf, to touch the heart of another and be touched. We need to be fully present in order to love a single thing wholeheartedly. We need to be fully awake in this moment if we are to receive and respond to the learning inherent in it.

~ Christina Feldman and Jack Kornfield

## Brattleboro Area Hospice

### Board of Directors

Connie Baxter  
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Penfield Chester  
*Co-President*  
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Sarah Edwards  
Tim Gerdes

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Greg McAllister  
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### Hospice Office

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*Hospice Volunteer &  
Education Coordinator*  
Jennifer Hall  
*Office Manager*  
Melissa Hays  
*Bereavement Volunteer  
Coordinator*  
Ryan Murphy  
*Patient Care Coordinator*  
Susan Parris  
*Executive Director*  
Elizabeth Evans Pittman  
*Bereavement Care Coordinator*

### Experienced Goods

Gemma Champoli  
*Store Manager*  
Victoria Chertok  
*Store Volunteer Coordinator*  
Hannah Curtin  
*Assistant Manager*  
Beverly Miller  
*Assistant Manager*  
Hannah Dancing  
Ellen Graham  
Eric Morgan  
Imelda Reilly  
*Store Assistants*

## Calendar

Ongoing Monday *Loss Writing Support Group*. Facilitated by Muriel Winter Wolf. Inquire if interested.

*December 3, Monday, 5:30-7 pm.* Holiday Discussion for anyone grieving a death who wants to sort out plans and feelings about the holiday season. Facilitated by Cheryl Richards.

*December 4, Tuesday.* Volunteer Report Forms due.

*December 4, 11, 18, Tuesdays, 12:15-12:45 pm.* Quiet sitting at Hospice Office. Information: 257-0775.

*December 12, Wednesday, 12:30-2 pm.* Monthly Volunteer Support Meeting, BAH Upstairs Meeting Room.

*December 12 & 26, Wednesday, 4-5:30 pm.* Spouse/Partner Loss Support Group. Facilitated by Cheryl Richards.

*December 13 & 27, Thursdays, 6:30-8 pm.* Bereaved Parents Support Group. Facilitated by Lynn Martin.

*December 17, Monday, 5:30 pm.* Board of Directors Meeting, Hospice Office.

*December 25 & January 1:* Hospice office closed for holiday.

*December 25 through January 2:* Experienced Goods closed.

### Community Services of Remembrance

Atamaniuk Funeral Home in Brattleboro and Covey and Allen Funeral Services in Wilmington will both be sponsoring annual community memorial services in early December. Watch area newspapers for dates, or call Michael Atamaniuk at 254-8183 or Mark Shea (Covey and Allen) at 464-3782.

*Celebration of Lights* is a holiday event sponsored by the Brattleboro Memorial Hospital Auxiliary to honor and commemorate loved ones. Call Christin Fagan at 257-8238 for details.

*Worldwide Candle Lighting*, Sunday, Dec 9 at 7:00 pm, is sponsored by Compassionate Friends, a national organization supporting bereaved parents, grandparents and siblings. Watch the Reformer for details or call Melissa at x 108.

*Mass for the Loss of a Child*, Sunday, December 2 at 3:00 pm, at St. Michael's R.C. Church in Brattleboro. Any parent who has lost a child through death, miscarriage, given a child up for adoption, or had an abortion is welcome to attend. For details, call Shirley Squires at 254-2696.

Brattleboro Area Hospice  
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Brattleboro, VT 05301  
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