



Brattleboro Area Hospice *Newsletter*

December 2010

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

Sometimes

Sometimes when day after day we have cloudless blue skies
warm temperatures, colorful trees and brilliant sun, when
it seems like all this will go on forever,

When I harvest vegetables from the garden all day,
then drink tea and doze in the late afternoon sun,
when we walk in the woods every evening over fallen
leaves,
through yellow light, when nights are cool, and days warm,
when I am so happy I am afraid I might explode or
disappear
or somehow be taken away from all this,

At those times when I feel so happy, so good, so alive, so in
love
with the world, with my own sensuous, beautiful life,
saddening
I think about all the suffering and pain in the world, the agony
and dying...But I still feel happy and good, alive and in love with
the world and with my lucky, guilty, sensuous, beautiful life because,

I know in the next minute or tomorrow all this may be
taken from me, and therefore I've got to say, right now,
what I feel and know and see, I've got to say, right now,
how beautiful and sweet this world can be.

David Budbill



December In-Service: Endings and Rememberings **Thursday December 16, 4:30–5:30 pm** **BAH Upstairs Meeting Room**

The end of the year is often a time when we look back and reflect on all that has transpired over the course of the last 12 months. At this in-service you are invited to take some time to remember someone in your life who has died. Perhaps it is a client who you would like to remember, perhaps a family member, friend or pet. You may bring a memento or a story to share or you can come simply to be in the company of others as you do your reflection silently.

Please RSVP by calling the at 257-0775 or e-mailing <bettinahospice@myfairpoint.net>

LOCAL COMMUNITY SERVICES OF REMEMBRANCE

Atamaniuk Funeral Home will sponsor their fourteenth annual Memorial Service at the VFW Hall on Black Mountain Road on December 7, 7:00. The date for the service will be announced in area newspapers. Call Michael Atamaniuk at 254-8183 to make reservations.

Covey and Allen Funeral Services are offering an ecumenical memorial service at the Mt. Anthony Union High School in Bennington on December 12, 5:00 PM. For more information, please call Mark Shea, 464-3782.

Celebration of Lights is a holiday event sponsored by the Brattleboro Memorial Hospital Auxiliary to honor and commemorate loved ones. For a \$5.00 donation to the Auxiliary, a light on the outdoor tree will be lit in the name of the person being remembered. Monday afternoon, Dec. 6 with a Reception at 4:00 in the Coffee Shop and tree lighting at 5:00. Please call Christin Fagan at 257-8238 to obtain a form and more information.

Remembrance of a Child, Thursday, December 2 at 7:00 pm, at St. Michael's R.C. Church in Brattleboro. Anyone who has lost a child through death, adoption, miscarriage, or abortion is invited to join us as we remember our children at this special Mass celebrated by the Rev. Rich O'Donnell. You are welcome to bring any pictures, memorabilia, or letters that we will place on the altar before Mass. For details, call Shirley Squires at 254-2696 or Betty F. at 387-4214.

Sponsored by Compassionate Friends, a national organization supporting bereaved parents, siblings and grandparents, the **14th Annual Worldwide Candle Lighting** in memory of any child of any age who has died from any cause will be held on Sunday, Dec 12 at 7:00 PM. Individuals may join with families from around the world in lighting candles with others or in their homes.

http://www.compassionatefriends.org/News_Events/Worldwide_Candle_Lighting.aspx.



CHRISTMAS TREAT

Have you seen the fabulous collection of nativities at the home of hospice volunteer Shirley Squires in Guilford? It has grown to over 1000 nativity sets that come from all over the world and are made from a variety of materials. To accommodate Shirley's ever expanding collection, her son, Tim Squires of Guilford, built her a brand new display room. It's a wonderland of lights and nativities. Shirley's nativities will be on display from December 10, 2010 to February 15, 2011. Please call 254-2696 to make an appointment to visit. If you have never been to Shirley's home, make this a must-do on your Christmas list. If you have been there before, this year you will find new nativities on display. Shirley has been collecting for 15 years and has opened her home to the public for the past 8 years.

HOLIDAYS, SIMPLIFIED

As the holidays approach, the days grow shorter and the nights stretch out. The garden is long gone, as is the bright foliage of autumn. My aunt sent me a photo she took this week, via email. "Can you believe this is a color picture?" she asked. The photo shows the lake by her house, surrounded by trees, beneath a cloudy sky. It is beautiful, austere, and very cold looking. There is not a bit of color to be seen, a study in grayscale.

It is perhaps in reaction to all that darkness and cold that we throw ourselves into the holiday season with such abandon. Plans are made, gifts are sought, and cookies are baked. There are parties to go to and to host, shopping to be done and so many loved and special people to share well wishes with. While many people have extra time around the holidays, they quickly fill it up with activity. All the hustle and bustle, while exciting, can quickly overwhelm, at a time of year that is often fraught with expectations.

Simplifying the holidays is often easier said than done. Although in this economy, moving away from lavish gifts seems like a no-brainer, the temptation to replace material presents with food or time and leave us drained of energy, if not cash. Only we can say what is best or healthiest for ourselves, and decide how best to use our resources. The decisions regarding what part of the expected holiday traditions and events can be

trimmed are deeply personal, and what works for you may not work for the next person. Start by evaluating what is most important to you, and resist the urge to pile on more and more obligations. Most people feel overloaded around the season, reach out to your friends and loved ones with your feelings; you will find that you are not alone.

One way to bring the most to your holiday experiences is to explore the idea of giving through service or donation. Being volunteers, the impulse to give of yourself comes naturally. Volunteering can be a group activity! Gather your family or friends together and give your time to a cause that resonates with you and yours. If you plan on gift giving, consider a donation in the name of the giftee to a cause that is important to them. If you need inspiration, our intrepid volunteer coordinator, Sarah Rice, has compiled a list of organizations, local or with local offices, which would accept the gift of time or money. This list is available online at the Brattleboro Community Brain Trust, off of the iBrattleboro website.

So Volunteers, please enjoy this holiday season and keep yourselves healthy and happy. Brattleboro Area Hospice depends on your good works, and we are so blessed by all your help. Thank you all, and see you in the New Year!

CONGRATULATIONS TO NEW VOLUNTEERS

This fall ten new volunteers completed the 33 hour training Hospice Care Training and most will be joining BAH as active volunteers. We are pleased to welcome them. They are: Linda Barry of Bellows Falls, Elizabeth Christie of Putney, Helen Cornman of Brattleboro, Lori Daniels of Brattleboro, Michelle Kilduff of Brattleboro, Judith Kinley of Brattleboro, Robin Mathiesen of Brattleboro, Sue Ellan Nelson of Brattleboro, Bill Patterson of Walpole, Sara Ryan of East Dummerston and Ruth Unsicker of Dummerston. Thanks and congratulations to all.

As the Holidays approach, please consider a donation to Brattleboro Area Hospice! Donations are crucial to our financial stability. By sending a donation you are helping to keep our services free of charge. Mail your contribution to: Brattleboro Area Hospice, 191 Canal Street, Brattleboro, VT 05301. Thank you for your support—together we are making a difference in the lives of our neighbors who are dealing with a terminal illness or the loss of someone they love.

Brattleboro Area Hospice

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Experienced Goods

Thrift Shop

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Ellen Graham
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Christopher Gabriel
Christopher John
Jayml Mistry
Jen Reichman
Brandi Lyn Younger
Store Assistants

Experienced Goods

Home Furnishings

Karen Zamojski, *Store Manager*
Karen Abel
Sharon Dunn
Tom Harris
Store Assistants

Calendar

December 1 & 15, Wednesday, 5:00–6:30 pm. Suicide Loss Support Group meets the first and third Wednesdays of each month facilitated by Andrea Edwards. This group is co-sponsored by The Samaritans, Inc. Visit their website at <http://www.samaritansnh.org/> Call Winnie or Elizabeth to register.

December 6. Volunteer Report Forms due.

December 8 & 22, Wednesday, 5:00–6:30 pm. Spouse/Partner Loss Support Group meets the second and fourth Wednesdays of each month facilitated by Cheryl Richards. Call Winnie or Elizabeth to register.

December 13 & 27, Monday, 6:30–8:00 pm. Bereaved Parents Support Group. This group meets the second and fourth Mondays of each month facilitated by Lynn Martin. Call Winnie or Elizabeth to register.

December 16, Thursday, 4:30–5:30 pm. Volunteer inservice: Endings & Rememberings, more info in this newsletter.

December 20, Monday thru February 15. **CHRISTMAS TREAT—This year with new nativities!** Call Shirley Squires for an appointment. More info in this newsletter.

December 20, Monday 4:00–5:00 pm. The Good Grief Program for Children 8-10 years old meets monthly on the third Monday.

Facilitated by Elizabeth Ungerleider

December 20, Monday, 5:30–8:00 pm. Board of Directors meeting, at board member's home in Dummerston.

December 27th, Monday, Hospice Office closed for holiday.

January 3, Monday, Hospice Office closed for holiday.

Coming in the New Year: A 6-8 week Grief Support Group for Adults.

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!