



# Brattleboro Area Hospice *Newsletter* January 2008

Brattleboro Area Hospice • 191 Canal Street • Brattleboro, Vermont 05301  
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## HAPPY NEW YEAR

It is only when we truly know and understand that we have a limited time on earth, and that we have no way of knowing when our time is up, that we will begin to live each day to the fullest, as if it was the only one we had.

~Elizabeth Kübler-Ross



## FROM ELIZABETH, BEREAVEMENT CARE COORDINATOR

Janus, the Roman God for whom January is named, had two faces: one looks backward while the other faces forward. The month of January, like its namesake, is a good time for pausing to remember and reflect on what has been and to consider what yet may be.

This January as I begin my fifteenth year as BAH Bereavement Care Coordinator, I recall with gratitude the staff, volunteers and clients I've had the good fortune to know and work with and the many memorable moments we've shared. Looking out at the snow, I recall a Winter Solstice inservice at Kris and Stewart's where we gathered 'round their glowing fireplace and read poems and stories after some of us had walked the labyrinth in the snow. I recently gave my annual presentation to students in the GCC nursing program and, having years ago completed that program myself; it is always a particular pleasure for me to give back in this way.

Though it is winter, garden memories come rushing back and how grateful I am to all who've helped to create and maintain our Garden. And then of course there are volunteer parties and the Hospettes, fabulously outfitted thanks to Experienced Goods. Once I get started I could fill the whole newsletter with memories and the

gratefulness they engender in me. . . but a client is due shortly and there is SEASONS yet to finish. I would especially like to thank Susan Parris, who by the way is starting her thirteenth year at BAH, for her steadfast support of all staff, for her good humor, her wisdom, and her hard work all of which contribute to the blessing it is to work here.

I'll close with some reminders for those who are grieving and for those who aren't. Winter is a good time for relaxing and replenishing ourselves, so find small ways ~ from popping popcorn to singing in the shower or taking a nap ~ in which to care for and be gentle with yourselves. And also take note that the word emotion comes from the Latin "ex-, -movere" meaning "to move out". Taking a walk, snowshoeing, many activities can literally be a way of moving through our feelings, of shifting them from the inside out.

Linda Hogan says, "Walking, I am listening to a deeper way. Suddenly all my ancestors are behind me. Be still, they say. Watch and listen. You are the result of the love of thousands".

With gratitude and love,  
Elizabeth

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## NEWS FROM THE SHOP

A Volunteer Profile by Victoria Chertok

If you come by the Shop on Monday mornings you'll meet Connie Kimball! Connie grew up in Elmore, Ohio and received a Bachelor's degree from Ohio State. She continued her education at Bowling Green University where she received a Master's degree. In 1965 she moved to Vermont to teach math at Whitingham High School where she taught until 2000. She started volunteering for Hospice in 2001 at the suggestion of Lucy Parker who worked with her on Caring & Sharing at the Dummerston Community Church.

She met her husband, Lynde, a Vermont native, while serving on the School Boards and Teachers Committee. Lynde is an optometrist and his office,



Ambler & Kimball, is located in the Vermont Building. Connie and Lynde go to Honduras every year to help poor communities get the eye care they need. In one week, they will see 300 people.

Connie has two step-children, Mark, who lives with his family in Putney and Alyson who lives in Florida. When not volunteering, Connie likes to garden, swim, bike and travel with Lynde. Connie says "When I began volunteering in Honduras and at Experienced Goods, I realized it's healthy to

focus on other people's needs and concerns." We couldn't agree more and are grateful for her years of service.

## IN-SERVICE:

### SHEDDING SOME LIGHT ON ALZHEIMER'S AND DEMENTIA

**Michelle Grist-Weiner, RN Presenter**  
**Tuesday January 22 from 5:-6:30 PM**  
**BAH Upstairs Meeting Room**

As volunteers, you are asked to enter into any number of situations. Whether visiting in a private home or in an institutional setting, it is likely that you will encounter someone with some form of dementia. It may not be your client but rather someone else in the home or a roommate with whom you want to interact who poses the quandary. It might be someone in your own life about whom you have questions. Volunteers who see Alzheimer's clients on a regular basis often wonder if they are making any difference in the quality of their lives.

In order to help us all learn more about Alzheimer's disease and dementia, Michelle Grist-

Weiner, RN, from The Gathering Place, will join us for a presentation and discussion on Tuesday evening January 22 from 5: until 6:30 pm. Whether you are seeing or know someone with dementia or not, you will find Michelle's experience and insights helpful and enlightening. She will provide us with information and also leave time for questions and discussion.

Please RSVP to Bettina or Jennifer if you are planning to attend this event. Light refreshments will be available.

As the heart mends, the meaning of life continues to change. At first perhaps with a bit of disappointment, but then with great relief and a sense of limitless possibility, we come to the realization that the meaning of life—to life—is the meaning we bestow upon it. That nothing but forgetting separates us from the divine.

How we approach not knowing what comes next is what gives meaning to our lives. Learning to trust the joy and pain of our unpredictable lives engages the richness of the heart and suggests purpose.

~Stephen Levine

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## DEATH AND DYING: A CLASS FOR BEGINNERS

Do you know someone who has expressed interest in taking the volunteer training but has not because they do not have the time to volunteer? This winter, Bettina will offer a five week class for those wishing to explore issues connected to death and dying. The curriculum will include material used in the training. The class will provide opportunities for participants to explore their own

attitudes and feelings about death and dying, as well as to learn about ways to support a friend or neighbor during a time of loss.

The class will meet on Tuesday evenings January 29th through February 26th from 5:30-8:00 pm at BAH, 191 Canal Street. Class size is limited to 10 and registration is required. For questions or to register please call Bettina at Brattleboro Area Hospice, 257-0775 x 102.

## A CHRISTMAS TREAT!

Have you seen the fabulous collection of nativities at the home of Shirley S. Squires of Guilford? It has grown to over 950 nativity sets that come from all over the world and are made of 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 5, 2007 to January 31, 2008. Please call 254-2696 to make an appointment to visit. If you have

never been to Shirley's, make this a must-do on your Christmas list. If you have been there, you know what a treat is in store for you when you come to visit!

Even if you have been there before, there is always something new to see. There is a whole new display this year! Shirley has been collecting for 14 years and has opened her home to the public for 7 years.

## CONGRATULATIONS...

to David and Deborah Tkatch, who are the lucky winners of a beautiful quilt created by Ellen Jenks. Ellen created the quilt in honor of her mother and donated it to Hospice to raise money for our programs. The raffle raised \$720, and we are very grateful to Ellen for this kind gesture.

"Strange is our situation here upon earth. Each of us comes for a short visit, not knowing why, yet sometimes seeming to a divine purpose. From the standpoint of daily life, however, there is one thing we do know: That we are here for the sake of others...for the countless unknown souls with whose fate we are connected by a bond of sympathy. Many times a day, I realize how much my outer and inner life is built upon the labors of people, both living and dead, and how earnestly I must exert myself in order to give in return as much as I have received."

~ Albert Einstein

## Brattleboro Area Hospice

### Board of Directors

Connie Baxter  
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### Hospice Office

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*Bereavement Volunteer  
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*Patient Care Coordinator*  
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### Experienced Goods

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

## Calendar

*January 1.* BAH office & Experienced Goods closed.

*January 4.* Volunteer Report Forms due.

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

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

*January 9 & 23, Wednesday, 4:00-5:30 pm.* Spouse/Partner Loss Support Group. Facilitated by Cheryl Richards.

*January 10 & 24, Thursday, 6:30-8 pm.* Bereaved Parents Support Group. Facilitated by Lynn Martin.

*January 12, Saturday, 10:00 am-12:00 noon.* New "Second Saturdays" Bereavement Program for all ages—providing an opportunity to socialize over an art activity with other individuals and families who have experienced the death of a loved one. At the January meeting we will draw, paint or glue pictures and objects that help us feel safe, protected and powerful onto cardboard shields. Facilitated by Elizabeth Pittman and Elizabeth Ungerleider.

*January 21, Monday.* BAH office closed.

*January 22, Tuesday, 5:00-6:30 pm.* Volunteer Inservice: Shedding Some Light on Alzheimer's and Dementia. BAH Upstairs Meeting Room. More information in this newsletter.

*January 28, Monday, 5:30 pm.* Board of Directors Meeting, Hospice Office.

*January 29-February 26, Tuesdays, 5:30-8:00 pm.* Death and Dying: A Class for Beginners. More information in this newsletter.

Starting in February, Mondays 5:30-7:00 pm. An eight-week support group for those whose parent, sibling or friend has died. Facilitated by Cheryl Richards. For 5-8 adults if there is sufficient interest.

**Brattleboro Area Hospice**  
**191 Canal Street**  
**Brattleboro, VT 05301**  
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