



# Brattleboro Area Hospice *Newsletter*

July 2006

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



## GARDEN VISIT AND LABYRINTH WALK

Walking through the beauty of the natural world can bring solace to a grieving heart. Hospice volunteers Kris and Stewart McDermet extend their fourth annual invitation to those who would like to visit their gardens and/or walk the labyrinth they have created on their West Brattleboro land.

Labyrinths are found in many cultures, including Medieval Christian, Hopi and others, as far back as 3500 BC. Unlike a maze, the labyrinth's curving single path leads to the center and back out again with no loops, cul-de-sacs, forks, or dead ends. Some people find psychological and spiritual renewal by walking the winding passages of a labyrinth; some liken the experience to taking a symbolic pilgrimage or journey; others just find it relaxing. Further information can be found at [www.labyrinthsociety.org](http://www.labyrinthsociety.org) and [www.paxworks.com](http://www.paxworks.com).

If you are not interested in walking the labyrinth and just want to stroll through the gardens, feel free to do so. There will be time for us to talk together at the end of our visit.

You are invited to meet at the hospice office for carpooling to the garden and labyrinth site off Sunset Lake Road. Please note that these two scheduled visits are open to BAH clients AND volunteers, therefore it is NOT an "in-service". We will gather at our 191 Canal Street office on Tuesday morning, July 25 at 8:40 am and also Thursday evening, July 27 at 5:45 pm for carpooling. If you'd like to participate in either or both of these sessions or have other questions, **please RSVP to Jennifer, Melissa or Elizabeth at 257-0775 as we will only meet if there is sufficient interest.** For those coming from west of Brattleboro, call for directions and you can meet us there.

## A NOTE FROM WREN...

In mid-May Hospice held an evening event for which I was required to sing in front of a group of people. I must admit I did not look forward to this event for a number of reasons. Typically, I don't want to talk to anyone after eight o'clock at night. I get tired early and like to keep to myself in the evening hours. Though I appreciate music and might sing along to songs in my car, I don't like to sing in public, plus I think I am tone deaf. Finally, it was damp and rainy as it had been for two weeks. Thus, attending an evening event in

which I was required to sing publicly was not appealing to me.

The event involved a house full of people who volunteer for hospice. It was our Annual Volunteer Appreciation Party, which Bettina, Melissa and Betsy collaborated to create. There was incredible food and wonderful people to see and catch up with. And then we had to sing...I put on my sombrero and marched out with the other brave staff members. The truth is I mostly mouthed the words and laughed

*continued on next page*

---

*continued from page one*

with Nika during the majority of the songs. But then came a simple but profound round that I had learned when I first found my home in New England as a teenager. Jennifer had altered the words to fit the evening. For the few moments we sang this round, I felt the power of my gratitude. This gratitude comes to me daily through my contact with you as Hospice volunteers. I feel it when I make a volunteer request and am responded to with an energetic yes. I feel it when I pick up my messages and the volunteer thanks me for the opportunity to sit with the hospice client and family. I feel this gratitude when volunteers know when to say

“no” and take care of themselves. The list of gratitude goes on...and I feel it often.

As the party wound down, a group of us did dishes, loaded cars and joked with each other. I walked back to my car in a sunlit evening humming “Volunteers oh Volunteers, let me tell you how I feel, you have given time and comfort, I love you so...” And the truth is, I enjoyed the evening immensely and I meant every word of the song.

I now have willingness to go out on a rainy evening and sing my gratitude out in public... but only for you.

*Karen (Wren) Gore*

## **EXPERIENCED GOODS JULY GALLERY WALK**

**F**or July Gallery Walk we are all about the 50's! We will be playing pre-recorded music of the 50's by the original artists. The Silent Auction Window will feature 50's collectibles, with a large apron collection up for viewing, bidding starts at 5:30 on Gallery Walk and remains open until

Monday, July 31st. Anyone who comes in to the shop during Gallery Walk wearing legitimate 50's attire will earn a 20% discount on their next purchase. Cookies and lemonade will be available from our lemonade stand. All proceeds support Brattleboro Area Hospice.

## **BACK TO BASICS: BOUNDARIES AND THE HOSPICE VOLUNTEER A POTLUCK AND DISCUSSION Wednesday, July 12, 5:30 – 7:30 BAH Kitchen**

**S**ituations arise all the time which require us to think about appropriate boundaries and confidentiality when we volunteer with clients and their families, regardless of how long we have been volunteering. “It’s okay if she introduces me as her hospice volunteer, but I would not offer that information, right?” “My sister was surprised to hear that I am visiting her old fifth grade teacher.” “I was late for my meeting, but I knew that that the family really needed me to stay, and besides, I was interested in knowing how things were going to turn out.”

On Wednesday, July 12, bring a dish to share and a story or a question that would be relevant to the topic of boundaries. Hearing about experiences from which others have learned allows us to consider our own actions and also support each other in this sometimes confusing area.

BAH will provide plates, cups, utensils and beverages. Please call the office at 257-0775 to let us know to expect you.

---

## FIRST FRIDAY NIGHTS AT EXPERIENCED GOODS

*February* brought Grand Openings  
with food and festivities  
and all sorts of new experienced things  
*March* brought  
Cynthia Hughes and her Harp  
A little bit of heaven here on Earth  
*April* brought the month of the child  
And the Annies entertained young and old alike  
And rocked the shop  
*May* brought Fashion,  
With live models  
starring none other than our own lovely ladies  
*June* brought live music  
Clayton Sabine entertained  
Customers enjoyed  
Some while sitting and some while shopping

*Alas, What will Future Friday Nights Bring?*  
*Thinking out of the Box*  
*Dancing lessons*  
*Benefit Appraisals*  
*Acrobats*  
*Magicians*  
*Bring us your ideas*  
*Bring us your entertainers*

**It is a Great Way to:**  
**Advertise**  
**Do Co-op hours**  
**Support Hospice & Experienced Goods**  
**Enjoy Life!**

**Contact: Betsy Hall at Experienced Goods**  
**802-254-5400**

### A REMINDER FOR MEMORIAL GARDEN VOLUNTEERS

**Saturday, July 8, 9:30 am - 12:00 pm**

Join us in the garden for some mid-summer garden maintenance.

Bring gloves and hand tools.

Drinks and light refreshments will be provided.

Please let Melissa know if you can come. 257-0775 x108

## LOOKING FOR A FEW VOLUNTEERS

**THURSDAY, JULY 13 AND/OR FRIDAY, JULY 14**

**WEST VILLAGE MEETING HOUSE**

On Thursday July 13 and Friday July 14, The United Way is holding a forum at the West Village Meeting House for people involved with local non-profit organizations in Windham County. As a way of supporting this event, Brattleboro Area Hospice has agreed to help organize the serving of meals for the attendees.

We are looking for some people to help receive food, which will be catered and delivered, set it up buffet style, and clean up when the meals are over. Paper products will be used, so there will not be dishes to wash. There may be tables to set up on Thursday and to take down on Friday.

Times needed: Thursday, July 13, 5:00 pm set up, 7:30 pm clean up

Friday, July 14, 10:45 am set up, 1 pm clean up

If you are interested in helping out with any part of this, please call Bettina at the office, 257-0775 x 102. While this falls outside of typical volunteer asks, as part of a United Way supported agency, we are pleased that we can help out.

*Bettina*

## Brattleboro Area Hospice

### Board of Directors

Penfield Chester  
Sarah Edwards  
Jane Krochmalny  
Nancy Lord  
*Vice-President*  
Andrew MacFarland  
*President*  
Kris McDermet  
Tracy Sloan  
*Treasurer*  
Ann Switzer  
*Secretary*

### Hospice Office

Bettina Berg  
*Hospice Volunteer and  
Education Coordinator*  
Beth Newman  
*Hospice Care Coordinator*  
Wren Gore  
*Family Care Coordinator*  
Jennifer Hall  
*Office Manager*  
Melissa Hays  
*Bereavement Volunteer Coordinator*  
Susan Parris  
*Executive Director*  
Elizabeth Evans Pittman  
*Bereavement Care Coordinator*

### Experienced Goods

Gemma Champoli  
*Store Manager*  
Aurora Corsano  
*Store Assistant*  
Nika Feldman  
*Store Assistant*  
Libby Garofalo  
*Assistant Store Manager*  
Betsy Hall  
*Store Volunteer & Special  
Projects Coordinator*  
Mark Harding  
*Store Assistant*

## CALENDAR

July 4. Office closed for holiday.

July 5. Volunteer Report Forms due.

July 6, 13, 20, 27, *Thursdays*, 5:00 - 6:30 pm. Loss Writing Support Group facilitated by Muriel Winter Wolf, for those who have previously been in a bereavement support group.

July 7, *Friday*, 5:30 pm. Gallery Walk Celebration with live music and a new auction window at Experienced Goods. Information in this newsletter.

July 11, 18, 25, *Tuesdays*, 12:15 - 12:45 pm. Silent sitting in Hospice Library. Information: 257-0775.

July 12 & 26, *Wednesdays*, 4:00 - 5:30 pm. Spouse/Partner Loss Support Group. Facilitated by Cheryl Richards.

July 12, *Wednesday*, 5:30 - 7:30pm. Back to Basics: Boundaries and the Hospice Volunteer A Potluck and Discussion. More information in this newsletter.

July 13, *Tuesday*, 5:00 - 6:30 pm. Monthly Tuesday Afternoon Support Gathering for those grieving the death of a parent, sibling, or friend. Feel free to bring a picture or memento. If you like, you may also bring a snack to share that reminds you of your loved one. Elizabeth Pittman will facilitate.

July 25 at 8:40 am. Garden and Labyrinth Walk. More information in this newsletter.

July 27 at 5:45 pm. Garden and Labyrinth Walk. More information in this newsletter.

July 31 – August 11, *Monday – Friday*, 10 - 12 pm: Creative Ways to Deal with Grief: A Free workshop for 11-18 year olds at Insight Photography. Information: Elizabeth 257-0775, x 104.

Brattleboro Area Hospice  
191 Canal Street  
Brattleboro, VT 05301  
Return Service Requested

U.S. Postage Paid  
Non-Profit Org.  
BRATTLEBORO, VT 05301  
PERMIT NO. 109