



Brattleboro Area Hospice Newsletter

June 2009

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

For My Daughter



When I die choose a star
and name it after me
that you may know
I have not abandoned
or forgotten you.
You were such a star to me,
following you through birth
and childhood, my hand
in your hand.

When I die
choose a star and name it
after me so that I may shine
down on you, until you join
me in darkness and silence
together.

~ David Ignatow

“Just Listen”

by Rachel Naomi Remen, M.D.

from *Kitchen Table Wisdom*, available in our library

I suspect that the most basic and powerful way to connect to another person is to listen. Just listen.

Perhaps the most important thing we ever give each other is our attention. And especially if it's given from the heart. When people are talking, there's no need to do anything but receive them. Just take them in. Listen to what they are saying. Care about it. Most times caring about it is even more important than understanding it. Most of us don't value ourselves or our love enough to know this. It has taken me a long time to believe in the power of simply saying, "I'm sorry," when someone is in pain. And meaning it.

One of my patients told me that when she tried to tell her story people often interrupted to tell her that they once had something just like that happen to them. Subtly her pain became a story about themselves. Eventually she stopped talking to most people. It was just too lonely. We connect through

listening. When we interrupt what someone is saying to let them know that we understand, we move the focus of attention to ourselves. When we listen, they know we care. Many people with cancer talk about the relief of having someone just listen. I have even learned to respond to someone crying by just listening. In the old days I used to reach for the tissues, until I realized that passing a person a tissue may be just another way to shut them down, to take them out of their experience of sadness and grief. Now I just listen. When they have cried all they need to cry, they find me there with them.

This simple thing has not been that easy to learn. It certainly went against everything I had been taught since I was very young. I thought people listened only because they were too timid to speak or did not know the answer. A loving silence often has far more power to heal and to connect than the most well-intentioned words.

For Death

By John O'Donohue

From: *To Bless the Space Between Us*, available in our library

From the moment you were born,
Your death has walked beside you.
Thought it seldom shows its face,
You still feel its empty touch
When fear invades your life,
Or what you love is lost
Or inner damage is incurred.

Yet when destiny draws you
Into these spaces of poverty,
And your heart stays generous
Until some door opens into the light,
You are quietly befriending your death;
So that you will have no need to fear
When your time comes to turn and leave.

That the silent presence of your death
Would call your life to attention,
Wake you up to how scarce your time is
And to the urgency to become free
And equal to the call of your destiny.

That you would gather yourself
And decide carefully
How you now can live
The life you would love
To look back on
From your deathbed.

Congratulations to New Volunteers

This spring 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: Helen Anglos of Vernon, Sandy Brodsky of Brattleboro, Daphne Kilbourne-Jacob of Putney, Brenda Lawrence of Putney, Joelle Montagnino of Brattleboro, Vikki Putnam of Brattleboro, Lauri Richardson of Williamsville, Eva Shelby of Brattleboro, Carrie Walker of Dummerston and Ruth Woodcock of Brattleboro. Congratulations to all!

Hospice Staff Recognized for United Way

Brattleboro Area Hospice was recognized at the recent United Way NASCAR themed campaign wrap-up breakfast with "The Most Valuable Pit Crew Award". This award was for "a small organization that showed big improvement" in giving. It's nice to know that in these difficult times our staff recognizes our community's need and acts to fill it. Congratulations to all!

Memorial Planting Service

Sunday, June 7 at 1:30 pm

Come join us and plant a flower
in memory of someone you love

“The cloud weeps,
and then the garden sprouts.
The baby cries, and the mother’s milk flows.
The Nurse of Creation has said,
Let them cry a lot.
“This rain-weeping and sun-burning twine
together to make us grow.
Keep your intelligence white-hot
and your grief glistening,
so your life will stay fresh.
Cry easily like a little child.”



~ Mevlana Jelaluddin Rumi,
translation by Coleman Barks

Gospel Concert Plans In Motion

By Greg Moschetti

Development Director and Board Member

It is a bit early, but please save the date, Saturday November 7, for the second annual gospel concert in support of Hospice. Board members Connie Baxter, Kris McDermet, Mike Welsh and I are teamed up to produce this year’s event. Last year will be hard to top—a sellout crowd, a night of foot stomping hand clapping inspirational music—but we’re up to the challenge.

We are fairly certain that the Harvard College Kuumba Singers will be back as will our own Brattleboro Union High School Madrigals under the direction of Patty Meyer. New participants may include some surprises as we expand our talent search beyond the college scene to include more

traditional gospel music and some smaller and different kinds of ensembles.

If you attended last year’s concert, there is a way you can help right now. We’d like to have good quotable endorsements to include in press releases and publicity leading up to the concert. So, if you had a really good time and want to let us know about it, please send me an email (greg-hospice@myfairpoint.net) with your rave review or just send me an email and I’ll call you for the review. We’re especially interested in hearing from those of you who may have been skeptical going in, but felt thoroughly entertained coming

We still need bakers!

Please help us raise money for Hospice by baking for the Coffee Break at the I-91 Welcome Center on Saturday, June 13. We need cookies and bars such as brownies for this event; if they could be individually wrapped that would be very helpful. Items can be dropped off at our office by 12 pm on June 12. If you can help, please contact Sarah Edwards who is coordinating this fundraiser at: 257-4630 or email her at: <sedwards1515@yahoo.com.>

Brattleboro Area Hospice

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Ellen Graham
Eric Morgan
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Imelda Reilly
Karen Zamojski
Store Assistants

Calendar

June 5. Volunteer Report Forms due.

June 7, 1:30 pm. Memorial Planting Service, Hospice Garden, Living Memorial Park, Brattleboro.

June 9 & 23, 5:10–6:00 pm. Silent sitting, with reading and discussion.

June 10, 12–1:30 pm. Volunteer Gathering to meet Ryan and Muriel, refreshments provided. RSVP: Jennifer at 257-0775.

June 10 & 24, 2nd & 4th Wednesdays, 4:30–6:00 pm. Spouse / Partner Loss Support Group. Facilitated by Cheryl Richards. Call Melissa or Elizabeth to register.

June 11, Thursday, 9:00 am–4:30 pm. Annual Hospice Conference. Lake Morey.

June 11 & 25, 2nd & 4th Thursdays, 6:30–8 pm. Bereaved Parents Support Group. Facilitated by Lynn Martin. Upstairs meeting room. Call Melissa or Elizabeth to register.

June 15, 5:30–7:30 pm. Board of Directors meeting, Hospice Office.

June 24, 5:30–7:00 pm. Volunteer Gathering to meet Ryan and Muriel, refreshments provided. RSVP: Jennifer at 257-0775.

Save the date: 30th anniversary party at the Brattleboro Museum & Art Center, Tuesday, September 1st.

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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