



Brattleboro Area Hospice *Newsletter*

May 2010

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



My Heart Broke Open

Live Performances: Stories of Loss, Grief and Healing
A Live Show in the newly renovated Latchis 4 Theatre

Saturday, May 15, 7:30 pm & Sunday, May 16, 4:00 pm

All sorrows can be borne if you put them into a story or tell a story about them ~Isak Dinesen

Recognizing the healing power in revealing one's experience, in being heard and witnessed, Brattleboro Area Hospice has organized this unique presentation in celebration of our 30th anniversary. This live performance is an opportunity to experience hospice and other personal stories of grief, loss and healing, sometimes laced with humor, through the prose, poetry, dance or song created and performed by hospice volunteers, clients and staff offered in tribute to clients and loved ones.

Shared joy is double joy; Shared sorrow is half-sorrow. ~Swedish proverb

Tickets are limited: Each performance is free of charge, however tickets are both required and limited; there are also several handicapped & easy access tickets. To arrange a ticket, contact Shirley at Brattleboro Area Hospice at 257-0775.

LEARNING TO SAY GOODBYE – LOVING OUR COMPANION ANIMALS THROUGH THEIR END OF LIFE JOURNEY

Free, 2 1/2 hour Workshop for community members, animal lovers and critter caregivers.

Facilitated by Cheryl Richards, MA, CT

Saturday, May 22nd, 10:00–12:30pm

Offered by Brattleboro Area Hospice and Windham County Humane Society

Held at Windham County Humane Society

Call BAH (802-254-3365) to RSVP

Anyone who has experienced the intimate bonding that can occur between humans and their critter companions must also face the deep sorrow that comes when it's time to say goodbye.

This workshop offers information and resources for:

- knowing when and if euthanasia is appropriate
- preparing and involving children in their pet's dying process
- celebrating and honoring the gifts you and your animal friend shared
- moving through the grief that accompanies your loss

THE COMMUNITY CYCLE

By Ellen Graham, Shop Housewares Manager

This month, visitors to our two stores can look forward to new windows in both locations, displays of objects carefully collected to represent the themes we have chosen. Sometimes an idea for a window is formed from a single unique item; sometimes the concept comes first and is followed by the product. Both approaches are in play with our newest windows. The White Window, on view at Experienced Goods Home Furnishings, is a favorite of ours, reconstructed every summer using some key props and ideas (metal bins, clothesline and river rocks) and goodies saved throughout the year. At Experienced Goods Thrift Shop, we are welcoming summer in a more colorful way, with a window celebrating a great American institution, the cross country road trip. The genesis for this window was a pack of wonderful postcards, depicting hot dog stands, giant balls of twine and other marvels of our modern world.

These windows reflect our enthusiasm for the coming months and the things they bring—a dip in the river, the taste of a freshly picked tomato, the feel of the warm sun. These simple joys seem impossibly far off in February, when the first seed catalogs start to arrive. And yet, as we collect objects to fill the windows, the worn, yet beautiful white garments that will hang on the clothesline, the tiny metal cars that will decorate the ledges of the window, we feel summer drawing closer. They remind us that, someday soon, we will venture outside without a cocoon of winter clothing, drive with the window down and wear big straw hats to shade us from the sun. Whether you prefer to relax by a brook with a book or roam the countryside in search of treasure and adventure, we hope that our windows will resonate with your own sense of the season.

We are fortunate to live in a community with a strong focus on local production and sustainability. A combination of voluntary simplicity, thrift and the legendary Yankee ingenuity help form the philosophy of the area. We are invested in reducing our dependence on outside goods by strengthening our own community resources. This is a community with a history of farming. As the economic culture of the country evolved, the smaller farms that are more

sustainable to the area began to struggle. However, the local food movement has revitalized the family farm, and as a result more people are choosing to farm in this area. Community supported agriculture shares (CSA's) and farmers' markets make locally produced food accessible. The Brattleboro Farmers' Market is more than a picturesque stopping point for visitors to our town; it is a thriving example of local sustainability at work. The Market organizers are committed to sustainability and reuse, choosing to use metal silverware (purchased off Experienced Goods' own 25¢ shelf!) as an alternative to plastic flat wear. The Farmers' Market also accepts EBT cards, ensuring that fresh local produce is available to all members of our community.

At Experienced Goods Thrift Shop and Experienced Goods Home Furnishings, we both benefit from and perpetuate the philosophy of local sustainability. Shoppers at the thrift shop frequently tell me that Experienced Goods is their first stop when they are looking for a specific item. Rather than going "across the river", people are choosing to use us as an everyday resource. This sense of connection encourages these same shoppers to donate product to the store, keeping the cycle turning. Giving can take many forms, as community members donate not just stuff, but time and expertise as well. At Experienced Goods Home Furnishings, a master carpenter donates his time to rehabilitate antique furniture, returning the pieces to their former glory. Other volunteers repair rugs, quilts and linens, increasing their value.

The nature of the Hospice Organization is one that both serves and is supported by the community. By giving the community a wide range of options to support the Hospice, from financial donation to the gift of time, any community member, regardless of their economic situation, is able to give to a resource that will be there to offer support and care to those who need it. This serves to empower both the community and the organization. As our bodies are nourished by the wholesome foods produced and supported by our community, our spirits are nourished by supporting and being supported by Brattleboro Area Hospice.

RECYCLING VOLUNTEER NEEDED: Would you like to support us in our efforts to recycle at our office? Do you have time once a month to bring our recycling to the landfill? If so, we need your help! Please contact Shirley at the Hospice office, 257-0775 x105

Brattleboro Area Hospice Memorial Planting Service

Sunday, June 6, 2010, 1:30 pm

Living Memorial Park,
Guilford Street, Brattleboro
RSVP by calling 257-0775



You and your family (children to elders!) are invited to plant an annual or perennial to honor loved ones and hospice clients who have died in the past year.

Perhaps you've stayed in touch with a hospice family member who you would like to accompany to this service. A variety of plants will be provided; if you prefer to bring your own, please leave a message at the office or e-mail Hospice Gardener Betsy Bates at betsy3@sover.net so we can plan garden space accordingly. The reading of names and Hallowell's singing will be included in this simple service. If you would

like to include a name on our list to be read aloud, please call the Hospice office, 257-0775, by May 26.

As this event is outdoors, please wear suitable clothing. A few chairs will be available for those who need them; feel free to bring a blanket to sit on. We also need a collection of smooth stones on which family members can write their loved one's name or decorate as they choose.

The planting takes place at the flowerbeds on the side of the park (directly across from 21 Guilford Street, on the hillside adjacent to the road). Afterwards, refreshments will be served. Please join us!



Volunteers are needed for preparing the garden in May, providing snacks, and helping on the day of the service. Please call Shirley, Melissa, or Elizabeth at 257-0775 if you can help with any of these tasks. Thank you!

“Welcome Spring”: A note from Betsy Bates, the Hospice Gardener

I had an hour yesterday at our Memorial Garden to clip away winter and welcome spring. Things are popping up and sprouting out. What a welcome sight! Thank you all who helped with many hours of volunteering last year; we would love to see you and new friends this season.

Here are the dates that we have scheduled for work bees:

Tuesday May 4 from 11am–2pm

Monday May 17 from 1pm–4pm

Wednesday May 26 from 9am–12noon

Hope lots of you can give us a hand making the garden beautiful for our Memorial Planting Service on Sunday June 6. I can be contacted at 802-257-0734 or betsy3@sover.net.

Many blessings,
Betsy Bates

Brattleboro Area Hospice

Board of Directors

Karen Abel
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Judy Carpenter
Penfield Chester, *Co-President*
Theresa Masiello, *Treasurer*
Kris McDermet, *Co-President*
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Coordinator*

Experienced Goods

Thrift Shop

Gemma Champoli, *Store Manager*
Sarah Rice
Shop Volunteer Coordinator
Hannah Curtin
Ellen Graham
Assistant Store Managers
Christopher John
Jen Reichman
Brandi Lyn Younger
Store Assistants

Experienced Goods

Home Furnishings

Karen Zamojski, *Store Manager*
Karen Abel
Emily Freeman
Tom Harris
Store Assistants

Calendar

May 5. Volunteer Report Forms due.

May 8, 10:30 am–noon, “Second Saturday.” Making Prayer-Remembrance

Flags to hang at the Memorial Garden for the Memorial Planting Service and also to take home. Facilitated by Marilyn Buhlmann and Elizabeth Ungerleider.

May 10 & 24, Monday, 6:30–8 pm. Bereaved Parents Support Group. This group meets the second and fourth Mondays of each month. Facilitated by Lynn Martin.

Call Melissa or Elizabeth to register.

May 11, Tuesday, 10:45–11:45 am. Spirituality Panel In-service. Location to be announced. RSVP to Bettina 257-0775 x 102.

*May 12 & 26, Wednesday, *Note new time* 5–6:30 pm.* Spouse/Partner Loss Support Group meets the 2nd & 4th Wednesday of each month. Facilitated by Cheryl Richards.

Call Melissa or Elizabeth to register.

May 15, Saturday, 7:30 pm. My Heart Broke Open: Live Performance: Stories of Grief, Loss and Healing at Latchis 4. Free, however tickets are required.

More information in this newsletter.

May 16, Sunday, 4:00 pm. My Heart Broke Open: Live Performance: Stories of Grief, Loss and Healing at Latchis 4. Free, however tickets are required.

More information in this newsletter.

May 17, Monday, 5:30–7:30 pm. Board of Directors meeting, at the Hospice Office.

May 22, Saturday, 10:00–12:00 noon. Pet Loss Workshop for community members at the Windham County Humane Society. Facilitated by Cheryl Richards. Information in this newsletter.

THE BRATTLEBORO CAREGIVERS COLLABORATIVE – Upcoming Workshops

May 19: Janet Cramer will offer “Single but Married? Coping with Life Changes When a Spouse is in a Nursing Home”. The meeting is free, open to the public and held at The Gathering Place from 5:30–7pm.

In early June, there will be a morning gathering for grandparents who are raising grandchildren. Also free and open to the public, other info TBA.

For questions or to arrange for adult day services during either of these gatherings, call Michelle Grist-Weiner at The Gathering Place 254-6559.

Return Service Requested

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