



Brattleboro Area Hospice *Newsletter* November/December 2011

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

Wild Night on the Catwalk: Compassion for Fashion

Benefit to aid Brattleboro Area Hospice and Experienced Goods Thrift Shops

Features Dare to Wear Runway Show and Not So Silent Auction

Local and regional designers will create one of a kind repurposed fashions for a major runway show to benefit Brattleboro Area Hospice and the Experienced Goods Thrift shop that suffered damage from Tropical Storm Irene. Wild Night on the Catwalk, slated for Saturday, November 19th at the Currier Center in Putney, promises to be a fundraiser like no other.

Susan Parris, Executive Director of Brattleboro Area Hospice, says, "Now, more than ever, we need the community's help. Tropical storm Irene washed out 50% of our entire inventory. This fashion event that has been in the works for months now, couldn't come at a more critical time. The Hospice Thrift Shops directly fund our home services. By dramatizing the recycling aesthetic with an extraordinary and dramatically different runway event, featuring local and regional designers, professional models, hairdressers, makeup artists, music and lighting, we hope to encourage more people to shop for used clothing and also to donate. The Runway Show will take the idea of 're-fashioning' to a whole new level."

With inspiration akin to the green drapery dress from *Gone With The Wind*, the Dare to Wear runway show will feature the most extravagant, beautiful and re-purposed wearable art fashions. Ask anyone to describe fashion in Vermont and you might receive a derisive snort. Vermont is better known for outdoorsy, practical wear highlighted by fleece, flannel and down—haute couture is as scarce as the elusive catamount.

Come Saturday, November 19, the fashionistas at Experienced Goods Thrift Shops, the production group Team Decor and dedicated volunteers plan to change all that at least for one night. They are going all out to bring the aura, fun, glitz and

experience of a high-style New York Fashion Week show. Highlights include a well-known host – WRSI's Monte Belmonte – a red carpet scene with Desha Peacock, a self-described lover of fashion and design (the deshashow.blogspot.com) who will interview guests as they arrive. And, to help showcase the creativity and art involved in fashion design, on loan from the Shelburne Museum's IN FASHION: High Style, 1690-2011, is the winning Curators Choice design created by Kyle Edmund Pearson, a student from the Fashion Institute of Technology. The display will greet guests as they enter the building. Pearson competed in a competition sponsored by the Shelburne Museum.

The Not So Silent Auction will feature vignettes to dramatize the auction items. Major items include stays in apartments or homes in Florida, Italy, New York and Boston. The Boston auction vignette includes tickets to the Patriots game on New Year's Day and also tickets to a Red Sox game.

The local and regional designers who are creating these unique fashion looks include Truly Alvarenga, Maria Pugnetti, Alice Vogel, Rene Gerrior, Pamela Moore, Cindy Lesczak, Maia Bisette, Kris McDermet, Cynthia Nims, and Benjamin Clark.

Fine hors d'oeuvres, desserts and drinks are being provided by some of the area's leading purveyors including Terri Ziter, Sharon Myers & Kris McDermet, Tristan Toleno, Our Lady of Fatima Guild, and Twin Valley Junior Iron Chefs. A full cash bar is being set out by Avigliano Catering (a division of Honora Winery & Vineyard).

In the early 80s, rock and roll icons like the Go-Gos, Cyndi Lauper, Boy George and the rag-tag "Material Girl" Madonna, helped popularize the

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Wild night on the Catwalk, continued from page one

cheap is chic, anti-establishment style of the young and hip. Thrift stores became the place to shop for hip, vintage fashions, and you didn't have to be a designer-clothing junkie to afford it. Today, people love to hunt through thrift shops for treasures to create one-of-a-kind outfits. It's not only a great way to be uniquely fashionable, but it's good for the environment. Textiles are becoming one of the fastest growing sectors in landfills. America throws away two quadrillion pounds of used clothing each year.

Trust Company of Vermont is lead sponsor of the event. Other sponsors include:

Brattleboro Memorial Hospital
The Richards Group
Dartmouth Hitchcock Medical Center
The Windham Foundation

Brattleboro Savings & Loan
Edward Jones – Philip George & Anna Saavedra
Pine Heights at Brattleboro
Members First Credit Union
Entergy Vermont Yankee.

Doors will open at 6:30 p.m.

Ticket prices: Runway seating – \$50.

Standing Room Only – \$35.

Tickets are available at the Brattleboro Area Hospice office at 191 Canal Street and Experienced Goods Home Furnishings store at 51 Elliot Street, or by calling 802-257-0775, or by using the 'Buy Tickets Now' button (purchasing via PayPal at: experiencedgoodshome.blogspot.com or compassionforfashion.org).

Experienced Goods Thrift Shop is now open!

As of Monday, October 10th, the Flat Street shop is open for business during our regular hours of Monday-Saturday 10am–5:30pm. We're back to accepting donations Monday –Saturday, excluding Wednesday, 10am–5pm. Whether you volunteered time, muscle, vehicles or brought by food, donated space, or sent us well wishes, we couldn't have done it without you! From the staff at both shops, thank you to everyone from the bottom of our hearts for all the support. Come on down to Flat Street to check out the renewed, spic-and-span space and new floor plan! It's great to be back and we look forward to seeing you down at The Goods!

November In-service:

Funerals: Traditional and Alternative. What is Possible?

Presented by Bettina Berg

Monday, November 14, 6:00–8:00 pm

Brew Barry Conference Center, Brattleboro Memorial Hospital

Please RSVP by calling the office at 257-0775.

We spend a great deal of time planning for life's big events such as births and weddings. We consider our options and make choices for ceremonies based on what best suits our beliefs, values and budgets. Why shouldn't we also give time to the planning of funerals?

Tonight's presentation will begin with the showing of the 2003 documentary entitled A Family Undertaking. A good introduction to the subject of home funerals, the film provides information about what options are available for caring for loved ones when a death occurs. During the discussion portion of the evening we will hear from local resident Mike Mayer whose family provided a home funeral (including making the casket) and home burial for his mother.

Home funerals are not for everyone and we are fortunate in our community to have a number of professionals who can assist when death occurs and decisions need to be made, but by becoming aware of what possibilities there are for end of life and beyond, we can be better prepared to move ahead when it is time to do so.

COMMUNITY ALTAR
To Honor Our Loved Ones
at
Experienced Goods Home Furnishings
51 Elliot Street
The Altar opens on November 4th, 5:30 pm
Hallowell will sing at 6:30 pm

Dia de los Muertos is a holiday in many Latin countries to remember and honor those we love who have died. We encourage you to bring an item on the altar (note: please bring xeroxed pictures and/or objects of no great concern as items can not be returned). At 6:30 we will hear the healing songs of the Hallowell singers. Call Brattleboro Area Hospice for more information: 257-0775

Remembering Our Dead

by Frederic and Mary Ann Brussat, Spirituality & Health Magazine

All Saints Day (November 1) and All Souls Day (November 2) are annual reminders to remember, honor, and celebrate the dead. Today these ancient observances are overshadowed by Halloween, originally observed as the eve of All Saints Day but now more known as a time of costumes, candy, and trick or treating, or by national days of remembrance such as the anniversary of 9/11. Yet the ritual of consciously remembering loved ones who have passed is an important spiritual practice in all our lives. It brings death into the context of our daily experience and reminds us that dying is not the end.

In our family three out of four parents are gone now, and it has been too long for us to be in obvious mourning. We live too far away to visit their graves more often than every few years. Fortunately, we have not lost too many relatives or friends of our generation, but we know the time is coming when we will want to create rituals to help us honor others who have died. As we age, All Saints/All Souls become more important days on the calendar.

Many religions and cultures remember the dead on the anniversary of the death. Since that date may bring back painful memories of a passing, we prefer to remember our departed loved ones on their birthdays. Here are some of the practices we have found meaningful.

- **Light a candle.** We choose a candle in a color that reminds us of the person. As we light it, we say a prayer of thanks to God for our memories of this loved one. During the day, as we look up from our work at the flickering flame, we recall the blessing this person was in our lives.

- **Make a donation.** One way to signal that you still feel connected to someone who has died is to make a donation to a cause he or she supported. You might send a check to a church, school, local service organization, or favorite charity. One grandmother we know gives a small bill to each grandchild on their grandfather's birthday. She includes a note saying that she knows their grandfather would want them to have a special gift and tells them a story about one of his interests.

- **Find something to remember them by.** The inspiration for this practice comes from the Bible account of Jesus' disciples on the road to Emmaus. They were joined by a stranger whom they did not recognize as Jesus until they stopped to eat and he broke the bread for their meal. They knew him in that act; it was something he had given them earlier to remember him by.

When we think back on our relationships with people who have died, we can find something to remember each of them by. Mary Ann's mother was an avid rose gardener, so roses are always special to her family. Fred's father was a consummate storyteller; now when we see people laughing over a story in a restaurant or at a party, he comes to mind. Mary Ann's father was a lifelong learner who used to read the encyclopedia after dinner. Often when we find ourselves looking things up in our reference books or browsing the Internet for a piece of information, we recall how much he savored this kind of activity.

Other common triggers to memory are a favorite song, a particular recipe, a certain type of weather, a special fragrance, a piece of jewelry. Each creates a feeling of connection beyond the grave.

Hospice Lending Library

“When my grandfather died in late spring, he left a list of what items should go to whom in the family. Rather than disposing of these items immediately after the funeral, our family chose to reconvene at Thanksgiving for what we called ‘The Great Giveaway.’ After a wonderful turkey dinner, Grandpa’s list was read and each person received the items designated for him or her. As they did so, each took time to share their memories of the fun times and special moments they had shared with Grandpa. I will always remember it as a very special day.” ~ Sandy

“I am overwhelmingly sad. When Mom died, my three older sisters took it upon themselves to divide up Mom’s dishes and household items. They assumed that, as a guy, I wouldn’t want any of these things. At the time, I didn’t object. I was used to having them boss me around. Now I have two beautiful daughters who will never have a special remembrance from their grandmother. I wish I had something of Mom’s to give my daughters. Who should get to make the rules? What would have happened if I had stood up to them?” ~ Tim

Excerpts from *Who Gets Grandma’s Yellow Pie Plate? Workbook: A Guide to Passing on Personal Possessions* by the University of Minnesota Extension Service. This recent addition to the Hospice Lending Library is one of over 650 books and other materials for all ages available for checkout during office hours, Monday-Friday, 9am–4pm.

Volunteer Appreciation

During the Volunteer Appreciation Party in September many nice things were said, read and sung. Board President Greg Moschetti closed his remarks with a meditation attributed to the Dali Lama which follows:

May I be peaceful
May I be calm
May I be forgiving of self and others
May I be present
May I be happy
May I be healthy
May I be at ease in my life
May I be kind
May I be of service to others (added by Greg)

Jennie Reichman and Sarah Rice had written the following haiku poems that were recited by members of the staff.

So Many Talents ~ Flowing Through These Willing Hands ~ Abundant Giving
Our Work is Made Light ~ By Your Lively Repartee ~ We Laugh Every Day
All the Time You Give ~ Helps So Many Through Hard Times ~ We’re Proud to Know You
Generosity ~ Encompasses Goods and Hearts ~ Offering Yourselves
Volunteering Time ~ For Brattleboro Hospice ~ You Super Hero
Giving Time to Us ~ Volunteer, Oh, Volunteer ~ Thanks for All You Do

And finally Hallowell sang four beautiful songs including *I Still Have Joy* which summed up the feeling of so many gathered in honor of our volunteers in the aftermath of tropical storm Irene. It was wonderful to have so many of you in attendance.

Congratulations to New Bereavement Volunteers

This fall nine people completed the seven week Bereavement Training and will be joining BAH as active volunteers. We are pleased to welcome them. They are: Elizabeth Christie, Rick Cowan, Laury Greening, Helen Hawes, Cindy Hutcheson, Lauri Miner, Sara Ryan, Annie Thompson and Steve Walton. Congratulations to all.

Praise Song

Praise the light of late November,
the thin sunlight that goes deep in the bones.
Praise the crows chattering in the oak trees;
though they are clothed in night, they do not
despair. Praise what little there's left:
the small boats of milkweed pods, husks, hulls,
shells, the architecture of trees. Praise the meadow
of dried weeds: yarrow, goldenrod, chicory,
the remains of summer. Praise the blue sky
that hasn't cracked yet. Praise the sun slipping down
behind the beechnuts, praise the quilt of leaves
that covers the grass: Scarlet Oak, Sweet Gum,
Sugar Maple. Though darkness gathers, praise our crazy
fallen world; it's all we have, and it's never enough.

~ Barbara Crooker

Letting go doesn't mean we don't care. Letting go doesn't mean we shut down.
Letting go means we stop trying to force outcomes and make people behave.
It means we give up resistance to the way things are, for the moment.
It means we stop trying to do the impossible--controlling that which
we cannot--and instead, focus on what is possible--which usually means
taking care of ourselves. And we do this in gentleness, kindness,
and love, as much as possible.

~Melody Beattie

Brattleboro Area Hospice

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Assistant Store Manager
Store Assistants Flat Street
Christopher Gabriel
Christopher John
Jen Reichman
Store Assistants Eliot Street
Karen Abel
Tom Harris
Liza King
Dar Tavernier-Singer

Calendar

November 4, Friday, Gallery Walk, 5:30–7:30pm. Dia de los Muertos /Day of the Dead Community Altar at Experienced Goods Home Furnishings.
6:30pm: Hallowell singing.

November 7 & December 5. Volunteer Report Forms due.

November 9 & 23; December 14 & 28, Wednesday, 5 to 6:30 pm. Spouse/Partner Loss Support Group meets the 2nd and 4th Wednesdays of each month. Facilitated by Cheryl Richards. Call Elizabeth to register.

November 14 & 28; December 12 & 26, Monday, 6:30 to 8 pm. Bereaved Parents Support Group meets the 2nd and 4th Mondays of each month. Facilitated by Lynn Martin. Call Elizabeth to register.

November 14, 6:00–8:00 pm. Funerals: Traditional and Alternative. What is Possible? Presented by Bettina Berg at Brew Barry Conference room, BMH. More info in this newsletter.

Saturday, November 19, doors open at 6:30 pm. **Wild Night on the Catwalk Compassion for Fashion**—the ultimate fashion fantasy and entertainment extravaganza to benefit Brattleboro Area Hospice! More info in this newsletter.

November 19, Saturday. 13th Annual International Survivors of Suicide Day. View online, 1-2:30 pm or attend a conference in Concord, New Hampshire, 12:30–3:30pm. More info at www.afsp.org or at www.naminh.org.

November 21 & December 19, Mondays, 5:30pm. Board of Directors meeting.

See the Nov-Dec issue of SEASONS for other Bereavement Support Activities.

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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