



# Brattleboro Area Hospice *Newsletter* September/October 2011

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

## PARTY !!

Volunteer Appreciation Party!!

On September 1, 2011 from 6:30 – 8 PM

Living Memorial Park (Kiwanis Shelter)

Unable to thank you with expensive gifts we

Nevertheless we want to honor you with

Treats: delightful camaraderie, delicious desserts, divine music from Hallowell

Even a few surprises.

Eternally grateful for your service, we want to thank you at this annual event.

RSVP to the office by August 30th (257-0775)

See you there!!



## HOSPICE AND MANITOU COLLABORATE

This fall, Brattleboro Area Hospice will be exploring a collaboration with the Manitou Project, a non-profit based on a 245 acre wild piece of wild land in Williamsville. Part of the bond that Manitou and Hospice have shared over the years is through the unique legacy and inspiration that Pam Mayer brought to both as one of the founders. Pam saw Hospice and Manitou as “sister organizations,” with similar purposes in the broadest sense as caring for human needs. But more specifically, both are committed to healing, transformation, and the sacred.

Manitou’s unique contribution lies in its deep ties with the natural world, and its grounding in nature as a wellspring of healing and transformation. Its mission is to “celebrate the sacred interdependence of humans and nature...We offer a healing sanctuary to affirm and celebrate this interdependence in our lives and throughout the greater community.” Manitou was founded as a healing place for healing journeys. The Manitou land has served as a healing sanctuary in a variety of ways. Several Manitou members had significant experiences on the land as part of their dying process. Dick Bremmer, a hospice volunteer who later died of cancer, spent many hours during his final years wandering the land, helping to dowse our sacred places, sharing his gift of laughter and humor even as he faced death. Manitou programs have facilitated journeys of healing and transformation in a variety of ways: vision quests and rites of passage; deep ecology programs such as the “Council of All Beings;” seasonal celebrations to honor the transitions between the seasons and in our own inner lives. In the last several years, the Hallowell singers have come to Manitou to share their music, and those times have further nourished the deepening connections



*Pam Mayer on a healing walk at Manitou*

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between Manitou and Hospice.

One of Manitou's founding premises is that it's essential to true healing to be still, to quiet the everyday mind, interrupt our daily routines, in order to open to experience of other dimensions. Pam once said, "We offer an awakened land, so everything is possible." Manitou, through its sacred places, and the energy that has been given to tending the land, offers this healing sanctuary that enables us to more readily experience this stillness, receptivity and openness.

Pam embodied these qualities in a way that touched everyone who met her. Her ability to be open and present in the moment to whatever arises was easily visible. With Manitou, this manifested as a presence in nature that enabled her to feel and hear the land speaking to her, an openness to the healing energy of the land. For Hospice, this meant an ability to stand in the presence of death and feel it as a great mystery and a teacher. As she reflected on her experience of living with cancer, she recognized the way in which that led to her opening to a more inclusive sense of her self, what she called a "transparency" to aspects of her being she might otherwise have walled out or excluded. "What I am discovering is that occasionally it is possible to release my linear, comparing, judgmental mode of self-definition in order to merge into a larger and cancer-inclusive reality. By this I do not mean that I say 'yes' to the cancer and thereby empower it. Not at all. Yet somehow in the paradoxical tension

of the allowing and the not allowing, I believe that a movement toward transparency can happen.... However it comes about, the point is for us to accept ourselves in our entirety, with nothing - not even a malignant tumor - excluded. At that point, I believe we are on the way to becoming healed. And if other necessary, probably medical, things have happened, perhaps we may be cured as well." This sense of transparency and receptivity to whatever arises was apparent to anyone who walked on the Manitou land with her. Whether getting lost in the woods, finding a dead hawk on the porch of her cabin, or encountering an unusual "energy" or spirit through her dowsing, each occurrence for her became an occasion for wonder and discovery.

One of Manitou's very special traditions, initiated by Pam, is the Healing Walk, held on the second and fourth Friday of each month, from 4-6 PM, from May to October. This is a reflective walk around Manitou's Sanctuary Trail, lightly facilitated by a Manitou member. The walks include the opportunity for both contemplative time and voluntary sharing. Many members of the Hospice community have participated in these walks over the years.

For information about these and other programs of interest, including a day-long event sponsored by Manitou, "Free-Fall: Conscious Living and Dying," on Sept. 24, please contact Fred Taylor at 802-387-2681, [rtaylor@antioch.edu](mailto:rtaylor@antioch.edu).

## **HOSPICE VOLUNTEER INSERVICE: HEALING WALK AT MANITOU**

Wednesday, September 14th, 4:00-6:30pm. *Please RSVP to Joyce at [info@brattleborohospice.org](mailto:info@brattleborohospice.org). or 257-0775 by September 9th.*

Directions: Head north on Route 30 toward Newfane. Turn left on Depot Road heading toward Williamsville. Go 1.9 miles and turn left, just before the bridge, onto Sunset Lake Road. Go 1.5 miles and Manitou is on the right.

### **BOUNDARIES**

October In-Service Training with guest facilitator Manny Mansbach  
*Date, time and location will be announced in September via email.*

That all-encompassing, all-important aspect of relationship known as Boundaries will be explored with guest facilitator Manny Mansbach and Muriel. Because good boundaries play such a crucial role in successful relationships between volunteers and clients, we hope that Hospice Care and Bereavement Volunteers alike will attend. Come prepared for a rich look at facets of healthy relating, along with group discussion.

Manny Mansbach is a Buddhist practitioner and Dharma teacher, family therapist, and educator in the field of Non-Violent Communication.

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## OUR FOUNDER'S LEGACY

*By Ryan Murphy, Hospice Care Coordinator*

During the years she lived in Southern Vermont, Pam Mayer was instrumental in the creation of three separate local organizations: The Brattleboro Area Hospice, the Vermont Healing Tools Project and the Manitou Project. Pam felt these three were "Sister Organizations" as each was devoted to offering members of the Community support in challenging times; and the opportunity for Healing to occur in whatever manner was needed.

The Healing Tools Project, begun in the late 1980s, was an outgrowth of Hospice work, providing education and support to people facing terminal illness. It worked with people regardless prognosis length (that is, it moved beyond the medical guidelines for medical hospice care which requires a prognosis of six months or less and precludes curative treatments.) Over time, other resources, such as illness specific support groups, emerged in the Community to meet some of these needs and the Project ended. The Brattleboro Area Hospice has for several years, through its' Pathways program, filled some of the need once met by Healing Tools, as we now serve terminally ill people for up to two years and curative treatment remains an option.

The Manitou Project is the latest of Pam's offerings to our community, established over

twenty years ago. One facet its mission is to provide a sanctuary where people can come and experience the healing available through sacred interaction with our natural world.

Past wounds of all variety, and illness—especially life threatening illness—often block our ability to be present to ourselves in an embodied manner. Conscious exploration of our experiences within the natural world provides opportunity for us to settle into our bodies and in so doing brings us closer to recognizing and accessing what we need to heal. To be on the land with a sense of reverence and focused attention is to open ourselves to the beneficent energies of our earth which are available in abundance.

So the shared legacy of Brattleboro Area Hospice and the Manitou Project is compelling both organizations to explore and develop new ways of partnering to offer opportunities for nurturance and healing to our respective communities.

We invite our readers to join us our ongoing healing walks from 4pm–6pm every second and fourth Friday of the month, and we offer volunteers the opportunity to join us on the land on September 14 from 4:00–6:30pm for a program of reflection and nurturance of body and soul.

## OUR COMMUNITY...

*by Shop Volunteer Coordinator, Sarah Rice*

Here at Experienced Goods we experience a sense of community on a regular basis. We have our regulars and our supporters, most of the time the very same people. It might be seen as being on a smaller scale than the larger community of Brattleboro, but it is a community nonetheless. This is a place where people come not only to shop and volunteer, but it is also a meeting place, a place to connect with other members of the larger community. People share their trials and their celebrations here and we mourn or rejoice along with them. The shop is comfortable and safe, and there are no higher expectations here. You can come in as a community member and shop, browse or commune, or spend a few hours

helping the staff by volunteering. When the greater community is suffering or joyous we here at the shop see directly how quickly our neighbors rally and respond. What a wonderful community we find ourselves a part of, one that is able to unite together in good times and bad. In light of not only the recent events that have happened here in our own community in the last year, but also the upcoming anniversaries of other difficult times in the recent history of the world, it is comforting to know that our community will share the burdens of grieving these events and help us all commemorate the wonderful beauty of the world that surrounds us.

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## WILD NIGHT ON THE CATWALK

*Compassion for Fashion—the ultimate fashion fantasy and entertainment extravaganza  
to benefit Brattleboro Area Hospice*

Brattleboro Area Hospice presents *Wild Night on the Catwalk* on **Saturday, November 19** at 7pm at the Michael S Currier Center at the Putney School. *Dare to Wear Runway Show* featuring re-imagined, re-fashioned and re-purposed treasures from yesteryear into “runway outrageous one-of-a-kind wearable art fashions.” Food, Music, Not So Silent auction. More information will be in the November/December Hospice newsletter, and on our website, [brattleborohospice.org](http://brattleborohospice.org) after October 1st.

### WE NEED YOUR HELP!

The planning committee for Wild Night on the Catwalk is looking for friendly volunteers to help before, during and after the event; everything from set-up, to help backstage, ticket takers, ushers, and clean-up after the event on Sunday, Nov. 20. If you would like to volunteer in any capacity please email Bette Abrams for more details. [betteabrams@gmail.com](mailto:betteabrams@gmail.com)



Designers meet at the Elliot Street Store to gather materials for their entries in the upcoming fashion show

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## “ART HELPS THE HEART” WISHING TREE PROJECT

*Saturday, September 10, 10am–1pm*

For All Ages ~ At the Hospice Office, 191 Canal Street

On the day before the ten-year anniversary of 9/11, and as we heal from violence in our own community, artist, gallery owner, and hospice volunteer Mary Therese Wright will lead this special workshop at the hospice office. She writes, “Wishing Trees have been with us for centuries. From hammered coins in trees in Scotland to cloth tied trees in Japan, Wishing Trees have held the hopes and dreams of communities worldwide for ages. People write wishes on cloth, paper and ribbons and tie them to the designated trees to invoke their hopes, dreams, desires and needs. We will make ‘Wishing Sticks’ from driftwood, wrapped and adorned with yarn, ribbon, buttons, pine cones, fly ties and other beautiful whatnots. Participants can make two sticks; one to take home and one to add to our community wishing tree. Materials will be provided but you are welcome to bring beloved buttons, ribbons, shells, etc to incorporate into your wish stick. The Tree will be placed outside Experienced Goods so community members can add their wishes. RSVP to Joyce at [info@brattleborohospice.org](mailto:info@brattleborohospice.org) or 257-0775.

### **Wage Peace**

by Judyth Hill

Wage peace with your breath.  
Breathe in firemen and rubble,  
breathe out whole buildings  
and flocks of redwing blackbirds.  
Breathe in terrorists and breathe out sleeping  
children  
and freshly mown fields.  
Breathe in confusion and breathe out maple trees.  
Breathe in the fallen  
and breathe out lifelong friendships intact.  
Wage peace with your listening:  
hearing sirens, pray loud.  
Remember your tools:  
flower seeds, clothes pins, clean rivers.  
Make soup.  
Play music, learn the word for thank you in three  
languages.  
Learn to knit, and make a hat.  
Think of chaos as dancing raspberries,  
imagine grief as the outbreath of beauty  
or the gesture of fish.  
Swim for the other side.  
Wage peace.  
Never has the world seemed so fresh and precious.  
have a cup of tea and rejoice.  
Act as if armistice has already arrived.  
Celebrate today.

## Brattleboro Area Hospice

### Board of Directors

Karen Abel  
Connie Baxter, *Secretary*  
Gordon Bristol  
Jean Bristol  
Ann Fiedler  
Theresa Masiello, *Treasurer*  
Greg Moschetti, *President*  
Cynthia Nims  
Patti Pusey

### Hospice Office

Bettina Berg, *Hospice Volunteer  
& Education Coordinator*  
Jen Carr, *Development Director*  
Joyce Drew, *Office Manager*  
Ryan Murphy, *Hospice Care  
Coordinator*  
Susan Parris, *Executive Director*  
Elizabeth Evans Pittman  
*Bereavement Care Coordinator*  
Cheryl Richards  
*Hospice Care Coordinator*  
Muriel Wolf, *Bereavement  
Volunteer Coordinator*

### Experienced Goods Thrift Shops

Gemma Champoli, *Store Manager*  
Karen Zamojski, *Store Manager*  
Sarah Rice  
*Shop Volunteer Coordinator*  
Ellen Graham  
*Assistant Store Manager (on leave)*  
Store Assistants Flat Street  
Christopher Gabriel  
Christopher John  
Jen Reichman  
Store Assistants Eliot Street  
Karen Abel  
Tom Harris  
Liza King  
Dar Tavernier-Singer

## Calendar

September 6 & October 5. Volunteer Report Forms due.

⇒ September 1, 6:30–8pm. Annual Volunteer Appreciation Party at the Kiwanis Shelter, Living Memorial Park, Brattleboro. More info in this newsletter.

September 6 & 20; October 4 & 18, Tuesdays, 5:30 to 7 pm. Suicide Loss Support Group meets the first and third Tuesdays of each month. Facilitated by Andrea Edwards. This group is co-sponsored by The Samaritans, Inc. [www.samaritansnh.org](http://www.samaritansnh.org)

September 7, Wednesday, & October 4, Tuesday, 8am–12 noon. Hospice Memorial Garden Work Bee. Bring gloves and hand tools. Work with Hospice Gardener, Hilary Farquar and alongside other garden volunteers. Refreshments provided.

September 9 & 23, October 14 & 28, Fridays, 4:00–6:00 pm. Healing Walks at Manitou open to the public.

September 10, Saturday, 10am–1pm. “Art Helps the Heart” Wishing Tree Project. Facilitated by Mary Wright and Elizabeth Pittman. RSVP to Joyce. More info inside.

September 10, Saturday. Southeastern Vermont Walk to End Alzheimer’s at the Brattleboro Retreat. Info: [alz.org/walk](http://alz.org/walk) or 800-272-3900

September 12 & 26; October 10 & 24, Mondays, 6:30–8 pm. Bereaved Parents Support Group meets the second and fourth Monday of each month. Facilitated by Lynn Martin. Call Elizabeth to register.

September 14, Wednesday, 4:00–6:30pm. Volunteer Inservice: Healing Walk at Manitou. More info in this newsletter.

September 14 & 28; October 12 & 26, Wednesdays, 5:00–6:30 pm. Spouse/ Partner Loss Support Group meets the second and fourth Wednesday of each month. Facilitated by Cheryl Richards. Call Elizabeth to register.

September 19 & October 17, Mondays, 5:30pm. Board of Directors meeting.

October 1 & 15, Saturdays, 10am–4pm. Grieving Pre-Teens & Teens Bookmaking Workshop. Call Elizabeth Ungerleider, 258-0763 or Elizabeth Pittman, 257-0775 x104.

October date TBA: Volunteer Inservice on Boundaries. Contact the office at 257-0775 or Joyce at [info@brattleborohospice.org](mailto:info@brattleborohospice.org) for more information.

See the Sept-Oct issue of SEASONS for other Bereavement Support Activities.

**Save the date** ⇒ Saturday, November 19, 7:00 pm: *Wild Night on the Catwalk*  
*Compassion for Fashion — the ultimate fashion fantasy and entertainment*  
*extravaganza to benefit Brattleboro Area Hospice!*