



Brattleboro Area Hospice *Newsletter* September 2010

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

Annual Volunteer Appreciation Party

Tuesday, September 14, 5:30–7:30 PM *RSVP required*

The Dummerston Grange (directions below)

RSVP required by September 9 (257-0775)



Please join us for an evening of food, music and camaraderie as we honor and celebrate the work that you do in the community through volunteering for BAH. The party is a chance to meet volunteers that you may not know as well as to reconnect with friends you have not seen for awhile. There will be delicious light picnic fare to feed you, the talented Hallowell singers to serenade you, and the ever-captivating Hospettes to amuse you. So whether you volunteer through patient care, bereavement, the shop, the garden or the board, we hope that you can attend this yearly gala. Spouses, partners and children are welcome.

Directions to The Dummerston Grange: East-West Road, Dummerston, Vermont

- From I-91 Exit 3: Travel north on Rte 5 for about 1 mile. Bear left onto the Middle Road. Proceed 3.7 miles on this winding, climbing road to Dummerston Center to 'Stop' sign. This is the junction of the East-West Road and the Middle Road. The Grange is on the right.
- South From Putney Rte 5: Turn right on the East-West Road and proceed approximately 1.1 miles to the Grange.
- Parking suggestions: Parking is available in front of the Grange and across the street at the church and Town Clerk's office.

Sabbaths 2000 III

As timely as a river
God's timeless life passes
Into this world. It passes
Through bodies, giving life,
And past them, giving death.
The secret fish leaps up
Into the light and is
Again darkened. The sun
Comes from the dark, it lights
The always passing river,
Shines on the great-branched tree,
And goes. Longing and dark,
We are completely filled
With breath of love, in us
Forever incomplete.



~ Wendell Berry

FREE All About Alzheimer's Family Education Program Offered

Caring for someone with Alzheimer's disease can be tough and frustrating, but realizing you are not alone and that there are ways to make the job easier can reduce some of the stress. The Alzheimer's Association, Vermont Chapter is offering a six hour education program for families (and friends) of those with Alzheimer's disease or related disorder in collaboration with the Southeastern Vermont Council on Aging, The Gathering Place Adult Day, and Brattleboro Area Hospice. The program is being presented in one Saturday session and will provide caregivers with a basic understanding of memory loss, dementia, Alzheimer's disease and the changes in daily living that these bring. The program also includes

practical information and strategies to help deal with these changes, to help identify supports available and to care for yourself and be a healthy caregiver.

The program is being offered on Saturday, September 11, 2010, from 9 AM-4PM at The Conference Room, Brattleboro Retreat, Anna Marsh Lane. Attendees should plan to attend the entire day. This program is being offered free of charge to the community. Advanced registration is required, contact the Vermont Alzheimer's Association at 802-316-3839 or e-mail: <Maggie.Lewis@alz.org..

In-Service: Eternal Blessings Crematory Visit Wednesday September 22, 2010 4:45-6:30 PM

On Wednesday evening September 22, we will have the opportunity to visit Eternal Blessings Crematory. Tom Robinson and Ellen and Jim Curley are the owners and operators of the facility which is located on the Gaines Farm in Guilford. The in-service will include a tour and a chance for questions and answers with these very knowledgeable and caring people.

Because of parking considerations at the crematory, we have been asked to bring as few cars as possible. Therefore we will meet at BAH and carpool from there promptly at 4:45. If you wish to attend, please call Bettina or Shirley at the office before September 21st. (257-0775)

People Who Take Care

People who take care of people
get paid less than anybody
people who take care of people
are not worth much
except to people who are
sick, old, helpless, and poor
people who take care of people
are not important to most other people
are not respected by many other people
come and go without much fuss
unless they don't show up
when needed
people who make more money
tell them what to do
never get shit on their hands
never mop vomit or wipe tears
don't stand in danger

of having plates thrown at them
sharing every cold
observing agonies
they cannot tell at home
people who take care of people
have a secret
that sees them through the double shift
that moves with them from room to room
that keeps them on the floor
sometimes they fill a hollow
no one else can fill
sometimes through the shit
and blood and tears
they go to a beautiful place, somewhere
those clean important people
have never been.

~ Nancy Henry

Goodbye Hannah!

by Ellen Graham

This month, the Experienced Goods staff is saying goodbye to our clothing manager, Hannah Curtain, as she transitions from full time worker bee to full time student. Often, when staff leaves the shop, they go on to achieve glory in something they are truly passionate about, and Hannah is no exception (although she is quite exceptional) it must be all that good energy! I sat down with Ms. Curtain for a brief interview about The Goods, the future and cows.

How long have you worked at Experienced Goods? I have worked at the Goods since October 2006, starting part time in the housewares department while finishing my plan at Marlboro. Eventually I moved over to the clothing department, started full time and then took over as manager when Libby Garafalo left.

Describe your new adventure. I am moving to the middle of a cow field in Randolph VT to begin studies in veterinary technology at Vermont Technical College. Exciting...I love cows. Mooo. I love animals so much I can't imagine doing anything else with the rest of my life.

What are your long term goals? I plan to work with animals, focusing on large animals and wildlife rehabilitation. One day, I would like to combine my experience with Brattleboro Area Hospice and Experienced Goods with my veterinary experience to found an animal hospice/ shelter, supported by a thrift store. While in Ireland, my favorite thrift shop was the SPCA. I had so many positive experiences there. Then, when I returned to Vermont, I started working here. I realized my dreams were possible.

What will you miss most? My people.

Awwww. When will we see you again? Soon, I hope. I will be here to shop, of course, but I also plan to make myself useful as a volunteer on school vacations.

Sounds good!

A LIFE THAT MATTERS

by Michael Josephson

Ready or not, some day it will all come to an end. There will be no more sunrises, no minutes, hours or days. All the things you collected, whether treasured or forgotten, will pass to someone else. Your wealth, fame and temporal power will shrivel to irrelevance. It will not matter what you owned or what you were owed. Your grudges, resentments, frustrations and jealousies will finally disappear.

So too, your hopes, ambitions, plans and to-do lists will expire. The wins and losses that once seemed so important will fade away. It won't matter where you came from or what side of the tracks you lived on at the end. It won't matter whether you were beautiful or brilliant. Even your gender and skin color will be irrelevant.

So what will matter? How will the value of your days be measured? What will matter is not what you bought, but what you built; not what

you got, but what you gave. What will matter is not your success, but your significance.

What will matter is not what you learned, but what you taught. What will matter is every act of integrity, compassion, courage or sacrifice that enriched, empowered or encouraged others to emulate your example. What will matter is not your competence, but your character. What will matter is not how many people you knew, but how many will feel a lasting loss when you're gone. What will matter is not your memories, but the memories that live in those who loved you. What will matter is how long you will be remembered, by whom and for what.

Living a life that matters doesn't happen by accident. It's not a matter of circumstance but of choice. Choose to live a life that matters. It really matters!

Brattleboro Area Hospice

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Sarah Rice
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Ellen Graham
Assistant Store Managers
Christopher John
Jen Reichman
Brandi Lyn Younger
Store Assistants

Experienced Goods Home Furnishings

Karen Zamojski, *Store Manager*
Karen Abel
Tom Harris

Calendar

- September 1 & 15, Wednesday, 5:00–6:30 pm.* Suicide Loss Support Group. This group meets the first and third Wednesday of each month. Facilitated by Andrea Edwards. This group is co-sponsored by The Samaritans, Inc. Visit their website at <http://www.samaritansnh.org/>
- September 5.* Volunteer Report Forms due.
- September 8 & 22, Wednesday, 5:00–6:30 pm.* Spouse/Partner Loss Support Group meets the second and fourth Wednesday of each month. Facilitated by Cheryl Richards. Call Winnie or Elizabeth to register.
- September 11, Saturday, 9:00–4:00 pm.* All About Alzheimer's Family Education Program. More information in this newsletter.
- September 13 & 27, Monday, 6:30–8 pm.* Bereaved Parents Support Group. This group meets the second and fourth Monday of each month. Facilitated by Lynn Martin. Call Winnie or Elizabeth to register.
- September 14, Tuesday, 5:30–7:30 pm.* Volunteer Appreciation Party. More details in this newsletter.
- September 15, Wednesday, 4:00–5:00 pm.* The Good Grief Program for Children 8-10 years old meets monthly on the third Wednesday. Facilitated by Elizabeth Ungerleider.
- September 20, Monday, 5:30–7:30 pm.* Board of Directors meeting, at the Hospice Office.
- September 21 to October 26, Tuesdays at 5:30–7 pm.* A Grief Support Group for Adults, if there is sufficient interest. This 6-week discussion and writing group for adults whose parent, sibling, friend or other cared-for person has died, facilitated by Elizabeth Pittman.
- September 22, Wednesday, 4:45–6:30 pm.* Eternal Blessings Crematory Visit. More info in this newsletter.
- September 29, Wednesday, 6 pm.* A Social Gathering, for current and former Buchanan at the Riverview Restaurant. Mary Lou asks that people RSVP to her at manciab@comcast.net or 254-4253.

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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