

Seasons

Brattleboro Area Hospice Bereavement Newsletter

May – June 2011

You, your family and friends (children to elders!) are invited to join us in planting an annual or perennial to honor loved ones who have died. As we plant, we will read the names of hospice family members and others who have died in the past year. If you do not want your family member's name included, please call to let us know. If you would like to include a name not already on our list (no prior connection to hospice required), please call the Hospice office, 257-0775, by May 25th.

The planting takes place at the Hospice Memorial Garden on the side of the park (directly across from 150 Guilford Street, on the hillside adjacent to the road). Plants will be provided. If you want to plant something that you choose to bring, please call Muriel at ext. 101 so we can plan garden space accordingly. We will also have flat stones that family members can decorate with provided markers to place near your planting.

A simple service will include a responsive reading and music by the Hallowell singers and Lerna on hammered dulcimer.

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. Afterwards, refreshments will be served. If there's heavy rain, we'll postpone till Tuesday, June 7th, at 5 pm.



~Please Join Us~

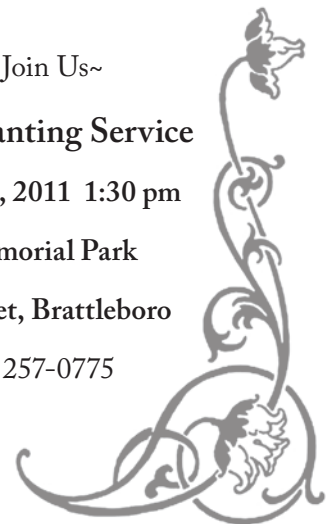
Memorial Planting Service

Sunday, June 5, 2011 1:30 pm

Living Memorial Park

Guilford Street, Brattleboro

RSVP to 257-0775



"Good memories are the perennials that bloom again after the hard winter of grief begins to yield to hope."
~Sascha



From Elizabeth ~

At this time of year the earth is renewing itself, a process we participate in when we garden. We hope many of you will accept our invitation to honor your loved one by joining us for our fourteenth annual Memorial Planting Service. This low-key event, designed for all ages and levels of participation, lasts about an hour. Once planted, this community garden can be enjoyed and added to throughout the growing season.

If you receive this newsletter because a parent or stepparent, a child, or a spouse with whom you've parented children has died, you may find Mother's Day or Father's Day particularly poignant. There are challenges both for those who had a close and loving relationship with the deceased and for those whose relationship was less than, maybe much less than, ideal. Memorial Day, graduations, weddings, the bursting of spring, birthdays and anniversaries may also evoke bittersweet memories and feelings. Candy Lightner, founder of Mothers Against Drunk Driving, writes in her book *Giving Sorrow Words*, "Don't ignore holidays. Take time to reminisce; take time to cry; and make a concerted effort to do something enjoyable." However you choose to spend ordinary or special days, remember to be gentle with yourself.

The following passage from *Motherless Daughters* by Hope Edelman suggests that each of us might choose some simple activity that provides a comforting connection with the one we are remembering.

Thirty-one-year-old Addie, who was nineteen when her mother died of heart failure, used to dread spending Mother's Day alone. "When I was working at a gift shop, I once worked on Mother's Day for a co-worker who wanted to be with his mother," she recalls. "All day long, mothers and daughters came into the shop together. I hated it—I felt so angry and sad. Cheated. I went home that night and cried for at least an hour. Just this past year my therapist helped me to see I needed a way to still honor my mother. So I decided to garden on Mother's Day. I made a ritual of planting flowers and praying for strength, life, and light. It fits for me because I'm honoring my mother and nature, and celebrating the life-giving aspect of myself—which was truly the gift my mother gave to me."

Hospice Lending Library

The Lending Library, at our 191 Canal Street office, has a collection of over 650 books, CDs, DVDs, video and audio tapes for all ages. Browse and borrow during office hours Monday-Friday, 9am – 4pm (and often later.) Books quoted in this issue are available for checkout.

Cal Ripkin On Losing His Father

Excerpted from USA Today when Ripkin was a ballplayer for the Baltimore Orioles

When asked "How do you deal with all the negative and painful emotions hitting you now?" Cal replied, "One at a time. There are new things happening that I have to sort out. . . I have never had to deal with a death that is as close as my father." Later the question "What have you learned about grieving?" elicited the following response. "I don't fully understand it. . . There are daily reminders of things that are not totally sad. Those reminders are good, but they are emotional. . . They remind you of your dad. When that happens you well up.



One of the hard parts is coming to the ballpark where everybody knew my dad. . . I really appreciate everyone caring, but at the same time, it plays with your emotion and brings up those feelings. You want to get that under control, so you can focus on what you are doing. You understand it is going to take time, and you can't fight it."

Bereavement Support Activities

Bereavement Support Groups offer a safe, mutually supportive environment in which to share stories and experiences and explore the changes in our lives due to loss and grief. Groups are free of charge and meet at our 191 Canal Street office. Please call Elizabeth at 257-0775 x104 to make a pre-group meeting appointment or for further information.

****NEW** A Grief Support Group for Adults, 5:30-7pm, Every Other Tuesday, May 3, 17 & 31; June 14 & 28.** A peer support grief group, facilitated by Elizabeth Pittman, for adults whose parent, sibling, friend or other cared-for person has died. **Call Elizabeth to register.**

THE FOLLOWING ONGOING GROUPS MEET YEAR-ROUND

Dates Shown Are For Current 2 Month Period

Bereaved Parents Support Group meets 6:30-8 pm, the 2nd & 4th Mondays of each month, May 9 & 23 and June 13 & 27, facilitated by Lynn Martin.

Spouse/Partner Loss Support Group meets from 5:00-6:30 pm, the 2nd & 4th Wednesdays of each month, May 11 & 25 and June 8 & 22, facilitated by Cheryl Richards.

Suicide Loss Support Group meets from 5:30-7 pm, the 1st & 3rd Wednesday of each month, May 4 & 18, June 1 & 15, facilitated by Andrea Edwards. This group co-sponsored by The Samaritans, Inc. www.samaritansnh.org

Individual and family support is also available with trained bereavement volunteers and staff. Please call Elizabeth or Muriel for more information, an appointment, or just a listening ear.

Coming This Summer

***For Teens Only* Creative Ways to Deal with Grief** A Free Three- Day Photography Workshop in July

Brattleboro Area Hospice and In-Sight Photography are offering this annual photographic workshop for 13-18 year olds who have experienced the death of a significant person. We will provide digital cameras, guidance, instruction and support and will suggest ideas for creative projects using words, pictures and music. The July-August SEASONS will have more information or call facilitator Elizabeth Ungerleider, 258-0763, or Elizabeth Pittman, 257-0775, ext.104.

Camp Knock Knock, June 3-5, 2011, a weekend camp for families with children and/or teens who have experienced the death of a loved one, is held annually at YMCA's Camp Abnaki in North Hero, Vermont. For more information about this camp, please call Ally Parker at 802-860-4410 x3405.



Camp Stepping Stones, July 9, 9 am-3 pm and July 10, 9 am-2:30 pm in Beverly Farms, MA. A unique weekend day-camp open to any children and families grieving the death of someone close to them. For families traveling more than 30 miles, overnight accommodations may be arranged by request. To register, call 978-774-5100 or visit www.hns.org/camp. Pre-registration is required by June 17.

***For Girls* ~ Circle of Tapawingo, August 21 - 26, 2011** in southwestern Maine, is a tuition-free overnight camp for girls 8-12 years old who have experienced the death of a parent. To register, call Cathy Spear, Director of Camper Services, 781-820-3388. Also see www.circleoftapawingo.org.

Brattleboro Area Hospice
Bereavement Program
191 Canal Street
Brattleboro, Vermont 05301

Return Service Requested

Non-Profit Org.
U.S. Postage Paid
Brattleboro, VT 05301
Permit # 109

Seasons Mailing List

To add or remove a name, please call 257-0775
or email info@brattleborohospice.org



Saturday, May 14, 10 am to 12 noon • For All Ages • At the Hospice office, 191 Canal Street

Make Prayer-Remembrance Flags to hang at the Memorial Garden for the Memorial Planting Service and also to take home. For the fourth year in a row, we will use cloth squares, paints and markers to create simple flags. The flags made by some of you last May have hung along the garden arbor for a year: go by the Hospice Garden and take a look! Then join us Saturday, May 14 in this fun and simple crafting of remembrance flags that honor loved ones and beautify our garden.

The Art Helps the Heart program provides an opportunity for you to socialize over an art activity with other individuals and families who are coping with the death of a loved one. Materials are provided. We appreciate **RSVPs** to Joyce at 257-0775, but drop-ins are welcomed. **Refreshments will be served.** Elizabeth Ungerleider and Elizabeth Pittman will facilitate.

Elizabeth Evans Pittman, Bereavement Care Coordinator
Muriel Wolf, Bereavement Volunteer Coordinator
Elizabeth Ungerleider, Youth Program Coordinator

Brattleboro Area Hospice • 191 Canal Street, Brattleboro, Vermont 05301 • (802) 257-0775
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