

Brattleboro Area Hospice
191 Canal Street
Brattleboro, VT 05301

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Brattleboro Area Hospice Newsletter

Spring 2013

191 Canal Street, Brattleboro, VT | 802-257-0775 | www.brattleborohospice.org

Brattleboro Area Hospice

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Cheryl Richards, *Hospice Care Coordinator & Bereavement Care Counselor*

Experienced Goods Thrift Shop

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Ellen Graham, *Asst Store Manager*
Eric Cutler, *Volunteer Coordinator*
Christopher John, *Clothing Manager*
Gemma Champoli, *Store Assistant*
Jennie Reichman, *Store Assistant*

Calendar

April 1st–May 20th, Mondays, 5:00–6:30 pm

Eight Week Bereaved Parents Support Group for parents mourning the death of their teenage or young adult child. Call Cheryl, ext. 108, to register. Facilitated by Lynn Martin.

April 11–May 23, Thursdays, 5pm–8:00 pm

Bereavement Care Volunteer Training, contact Bettina, ext. 102, for an application if you are interested.

Friday, April 26, 10:30–noon

Poetry Writing Workshop with visiting poet Catherine Wald. To register call Connie, ext. 104. Location TBD.

Wednesday May 8, 2013, 1:00–4 pm

with a local panel discussion until 5:00

Improving Care for Veterans Facing Illness and Death
Hospice Foundation of America's Annual Living With Grief Teleconference at the Marlboro College Graduate Center.

Sunday, June 2, 1:30–2:30 pm

Annual Memorial Garden Service, Living Memorial Park

Thursday, June 6, 2013

Everything I Know About Conscious Grieving I Learned from my Dog, a session with BAH Hospice Care Coordinator & Bereavement Care Counselor Cheryl Richards. A presentation at the Hospice & Palliative Care Council of Vermont Annual Teleconference in Fairlee, Vermont.

Poetry Writing Workshop

April 26, 10:30–12:00

We're excited to offer a Poetry Writing Workshop with visiting poet Catherine Wald. Catherine is the author of *Distant, Burned-out Stars*, a poetry chapbook published in 2011 by Finishing Line Press. Please join us to explore self-expression through writing poetry—no experience necessary! This workshop is free and open to all, but space is limited and registration is strongly recommended. *To register call Connie at (802) 257-0775 x104; location to be determined.*

Mother

by Ted Kooser

Mid April already, and the wild plums bloom at the roadside, a lacy white against the exuberant, jubilant green of new grass on the dusty, fading black of burned-out ditches. No leaves, not yet, only the delicate, star-petaled blossoms, sweet with their timeless perfume.

You have been gone a month today and have missed three rains and one nightlong watch for tornadoes. I sat in the cellar from six to eight while fat spring clouds went somersaulting, rumbling east. Then it poured, a storm that walked on legs of lightning, dragging its shaggy belly over the fields.

The meadowlarks are back, and the finches are turning from green to gold. Those same two geese have come to the pond again this year, honking in over the trees and splashing down. They never nest, but stay a week or two then leave. The peonies are up, the red sprouts burning in circles like birthday candles,



for this is the month of my birth, as you know, the best month to be born in, thanks to you, everything ready to burst with living.

There will be no more new flannel nightshirts sewn on your old black Singer, no birthday card addressed in a shaky but businesslike hand. You asked me if I would be sad when it happened

and I am sad. But the iris I moved from your house now hold in the dusty dry fists of their roots green knives and forks as if waiting for dinner, as if spring were a feast. I thank you for that.



Brattleboro Area Hospice is a non-profit, community supported, United Way agency

JANE BRODY TO SPEAK AS PART OF WESTMINSTER CARES "SPEAKING OF AGING SERIES"

April 16, 5:30 pm, at Kurn Hattin, Westminster

Jane E. Brody, Personal Health columnist for *The New York Times* and writer on science and nutrition, will speak at the first event in Westminster Cares' 25th Anniversary Speaker Series, "Speaking of Aging." It is open to the public; donations are appreciated and light refreshments will be served.

Westminster Cares is celebrating its twenty-fifth anniversary by presenting this series of four speakers to explore key issues in aging, such as physical and mental health, financial well-being, maintaining social connections, and end-of-life issues. "Speaking of Aging" is sponsored through a generous grant from the Fanny Holt Ames & Edna Louise Holt Fund, Bank of America, N.A., Trustee.

Jane Brody's recently published book will be the subject of her talk: *The Great Beyond Can Wait, But You Can't! Helping You and Your Loved Ones Prepare Medically, Legally, and Emotionally for the End of Life*. Brody joined *The New York Times* in 1965 as a full-time specialist in medicine and biology. In 1976 she became *The Times*' "Personal Health" columnist. Her column appears every Tuesday in *The Times*' "Science Times" section and in many other newspapers around the country.

Brody has written ten books including the best-sellers *Jane Brody's Nutrition Book* and *Jane Brody's Good Food Book*. She has also written many magazine articles and lectures frequently on health issues. She has appeared on hundreds of radio and television shows throughout the country and has received numerous awards for journalistic excellence.



Other speakers and dates in the "Speaking of Aging" series:

May 28 ~ Vickie Wilk, APRN, CS, psychiatric nurse practitioner with Matrix Health System/Otter Creek Associates, will speak at 5:30 p.m., at the Westminster Institute, Route 5, Westminster, Vermont. "Helping Prevent and Living with Cognitive Decline"

August 6 ~ Dennis McCullough, M.D, geriatrician at Dartmouth Medical School, author of *My Mother, Your Mother* and practitioner of Slow Medicine, will speak at 5:30 p.m. at the Westminster Institute, Route 5, Westminster, Vermont. "Embracing Slow Medicine, The Compassionate Approach to Caring for Your Aging Loved Ones"

September 17 ~ Willem Lange, author and commentator for Vermont and New Hampshire public radio, will speak at 5:30 p.m. at the Westminster Institute, Route 5, Westminster, Vermont. "Aging with Humor"

For more info on this or other Westminster Cares events go to westminstercares.org or call 802-722-3607.

Welcome New Board Member

We are happy to announce that Eaddy Sutton has joined the Board of Directors. Eaddy was the Executive Director of Oak Meadow Curriculum and School from 2008 - 2011. Previously she was a classroom teacher for over ten years, serving eight years at the Upper Valley Waldorf School in Queechee. Her board experience includes six years on the Finance Committee at Upper Valley, and she is currently on the Finance and Admission committees of the Compass School Board in Westminster. Her interests and skills include marketing, writing, and outreach. She is currently enjoying stay-at-home motherhood while working to complete an MBA degree. She took the Hospice training course this past fall and is currently working with her first hospice family. Other Hospice Board Members include Ann Fielder, President, Bobbe Ragouzeos & Michael Fannon, Co-Vice Presidents, Gloria Klein, Secretary, Theresa Masiello, Treasurer, Cynthia Nims and Gordon & Jean Bristol.

IMPROVING CARE FOR VETERANS FACING ILLNESS AND DEATH

*Hospice Foundation of America's Annual Living With Grief® Teleconference
Wednesday May 8, 2013, 1- 5 pm, Marlboro College Graduate Center*

The service, rigors, values and experiences inherent to serving in the U.S. military contribute to shaping and defining a veteran's life. As veterans age, these factors may also directly influence how they approach serious illness and confront their own deaths. Since one in four deaths in the United States today is that of a veteran and many will die in healthcare institutions outside of the Veterans Administration Healthcare System, it is essential to increase understanding of veterans' needs in all healthcare settings, and particularly those that will care for dying veterans. This program is designed to enhance sensitivity and understanding of veterans among professionals providing end-of-life care to veterans and their families. The program is free and open to the public and CEU credits are available. Doors will open at 12:30 and light refreshments will be available. Space is limited and registration is required. To register, please call Brattleboro Area Hospice at 257-0775.

EVERYTHING I KNOW ABOUT CONSCIOUS GRIEVING I LEARNED FROM MY DOG

by BAH Hospice Care Coordinator & Bereavement Care Counselor Cheryl Richards
Thursday, June 6, 2013 at the Hospice & Palliative Care Council of Vermont Annual Teleconference in Fairlee, Vermont.

In this session we will explore the doorway conscious grieving beckons us to walk through – a realm where death is not separate from life, and in fact can offer us a quintessential experience of life's riches. Cheryl will share her personal story of love, loss and transformation during the dying process and death of her dog. She and participants will discuss the transcendent relationships that can occur between species, and what the animal kingdom can teach its human partners about consciousness, life, and loss. By learning to embody the experience of conscious grief, participants can develop access to the "inner witness" thereby honing their ability to be a present and effective resource for others' grieving journeys. Volunteers are encouraged to attend this conference. For more information contact Joyce after May 1st at (802) 257-0775 ext. 105 for a conference brochure.

