



# HOSPICE LIGHT

## from the office:



*March 2011*

*Spring Edition*

*Hi everyone ... I can see out from behind the snow-drifts, which are rapidly melting, and am delighted to know Spring is nearly here. It seems to me that this horrid Winter has just worn people down, a lot of sickness & broken places & too much "dark-days-blues" all around.*

*It is a thrill to share with you all that the Board of Directors has made the firm commitment to establish a Children's Bereavement Program to start up this Summer. There is a good, active committee hard at work & Nikki Hopewill, our Bereavement*

*Coordinator, has agreed to head up this program. She & they are filled with enthusiasm & right at work doing the needs assessment necessary ... also some fund raising. Nikki will keep you posted as the work continues.*

*Our Spring Training (for new volunteers) is also underway. It is a small group, but seems like most of them are really interested in becoming certified. And there are 2 men in this class! We have had more men take the classes in the past year than in the 5 years before that. Don't know why & don't care, just really,*

*really glad to have them come along.*

*One of our newer male volunteers, Bob Hollister, recently told a story from his now deceased patient. When a friend asked Mary why she was feeding her husband (the patient) donuts, she replied, "Because he likes them!" Bob thought, & I must agree, that that is a good Hospice point of view ... Why do we do what we do? Because someone likes (or needs) us! Thanks, Bob, for sharing.*

*Love,  
Dee*



### **Lights to Remember**

Our annual "Lights to Remember" Fundraiser was a big success, raising \$5,254. for Hospice of York. Thanks to everyone who donated a light to remember or to honor a loved one.

Please see this year's list of names included with this issue.



## *Thoughts from the President ...*

SPRING is the time of year for rebirth and renewal. You can smell mud in the air, feel the sun warming your spirit, and hear a buzzing of new life.

How do you celebrate this feeling? Do you clean your home from top to bottom? Watch your garden in anticipation looking for early buds peeking out of the earth?

It's amazing to me how reliable the change of seasons emerge; slow and steady with an internal rhythm that completes the cycle of deep rest to

exhilaration. It follows a sacred path that I'm certain was created at the dawn of time.

Although I curse the piles of snow in winter, torrents of rain in early spring, "dog daze" of August, then the sweet sad goodbye to fall in November; our change of seasons offer great comfort. I KNOW it will continue long after I'm gone. We are sharing an experience of life that spreads across time with no boundaries. It whispers to my hearth, this

unseen energy and resides in my soul so I too spread across time with no boundaries.

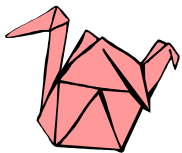
It is with appreciation that I share the upcoming promise of spring with our Hospice family. Rejuvenate yourself in some small way in honor of the changing season; a long car ride with the window open, rock gently in the backyard hammock, or a picnic lunch at your favorite spot. Over the next few months the best days are around the corner waiting for you ... ENJOY!

*~Julie*

## Mark the Date for "Festival of Hope"

Hospice of York provides the promise to *BE THERE* for those dealing with a terminal illness or grieving the loss of a loved one. And haven't most of us been in that situation and need that additional support and may or may not have used a hospice agency at the time? Their work is important and their support is priceless.

Hospice of York wants to continue to train volunteers and provide those services in the towns of Wells, Ogunquit, York, Kittery, Eliot, South Berwick, Berwick, and North Berwick. **So please consider joining Hospice of York on Thursday, October 13, 2011 from 6:00–9:00 pm at the American Legion Hall in York for our "FESTIVAL OF HOPE" fundraiser. The evening will offer hors d'oeuvres, live music, a Silent Auction, and a 50/50 Raffle with all proceeds going to the continuation of these services from Hospice of York. There will be a small cover charge of \$10.00.**



In May, we will be offering an art workshop making origami paper cranes, led by Laura Jacquays. More information will be forthcoming when we have all the details!

Save the Date for the  
Volunteer Appreciation Luncheon,  
which will be held this year  
on Saturday, April 30!



**"In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich."  
~ Dietrich Bonhoeffer**

*From our  
Bereavement Coordinator:*

*Just the other morning I woke early and to my great surprise I heard the birds singing! It's coming ... spring is really coming!*

*Our bereavement services are growing! Our Board of Directors voted unanimously to allow a new program expanding our bereavement services to include children. This means work, training and help ... from you. If you have ever thought that you might like to work directly with grieving kids or if you would like to be a support in some other way then please be in contact with me. Right now I am doing what's called a "needs assessment" which means going out into the communities we serve and identifying need for service as well as rousing support. This process will take some time. Later, there will be training for volunteers ... I'll keep you posted.*

*We are so fortunate to be part of an organization that wants to grow...please consider if you would like to join us.*

*My contact info is:*

*Phone 207.475.7308 and email:  
[nikkihopewill@yahoo.com](mailto:nikkihopewill@yahoo.com)*

*Always, thank you for allowing me to be part of such a wonderful opportunity,*

*~Nikki*



An article published in the *Canadian Medical Association Journal* says that rather than being negatively affected by working with dying patients, healthcare professionals "contend they have a better understanding of the meaning of life." Participants in the study said their work "helped them become more spiritual," which helps them deal "with their own mortality." (McKnight's Long Term Care News, 2/1, [www.mcknights.com/working-with-the-dying-can-be-rewarding/article/195256/](http://www.mcknights.com/working-with-the-dying-can-be-rewarding/article/195256/)).

*Isn't it nice to see that "studies" show that which we have always known?*



### ATLANTIC DESIGN CENTER

a division of Eldredge Lumber, 627 US Rt. 1, York, ME

Invites you to an ANTIQUES APPRAISAL DAY  
on Saturday, April 2 from 10:00 am—3:00 pm

To benefit HOSPICE OF YORK

*We all have "treasures in our homes. Wouldn't you like to know the value of your precious items? Whether it is just out of sheer curiosity, insurance, or for sell purposes, it would be great to know.*

*You will have an opportunity to find out the value of your treasures by talking to one of our experienced and professional specialists and save lots of money in appraisal expenses.*

*HAP MOORE will do appraisals of antiques and antique artwork. If an item is too big to take along, please bring a picture or Hap will go to your home at a later date for the same suggested donation as mentioned below.*

*DEWOLFE & WOOD will appraise old books, antique paper, historical documents, and old photography.*

*LEE HOROWITZ will appraise old coins, currency, stamps, jewelry, and silver.*

*In order to give as many people as possible an opportunity to see our specialists, we are limiting the number of items to be appraised to 2 pieces per person and suggest a donation of \$10.00 for one piece and \$17.00 for two pieces.*

***All proceeds will go to Hospice of York.***

*Please make reservations by email to [mclaesson@eldredgelumber.com](mailto:mclaesson@eldredgelumber.com) or by calling 207-363-3004.*

*Light refreshments will be served.*

### ***From Kennebunk Savings Bank:***

#### ***It's Customer Ballot Season!***

##### ***The Customer Ballot is in the mail***

*Our annual customer ballot has begun mailing to Kennebunk Savings' family of financial services customers. Again this year, we've made it so our customers can vote online. It's easy and quick to vote online, by going to [www.kennebunksavings.com/ballot](http://www.kennebunksavings.com/ballot). All that's required is the unique code (printed in red) from the paper ballot. To make sure that we don't miss any votes, we'll still accept votes as we have in the past—customers can mail in or drop off their ballot at one of our offices.*

##### ***Customers Votes Count!***

*We've changed the way the ballot works, though only slightly. We're making it so that only the top 125 non-profits will be eligible to receive funds. After reviewing ballot data from the last few years, we realized that we were spending an inordinate amount of time on organizations who hadn't received many votes. We also questioned how much impact such a small check has on an organization. Last year, the bottom 112 organizations each received fewer than 10 votes and the checks we sent to them were for \$70 or less. Based on that information, we decided to limit the ballot check distribution to the top 125 organizations. If an organization rallies their constituents, they will be able to elevate their standing enough to get into that tier. Also, bigger checks will have a greater impact.*

*Voting continues through April 30. Please feel free to be in touch with your Kennebunk Savings' branch if you have any further questions.*

***We at Hospice of York would greatly appreciate the votes of our members who are Kennebunk Savings' customers!***

***Thank you in advance for your vote!***




## LIGHTS TO REMEMBER 2010

### IN MEMORY OF:

Michelle Abbott  
Dorothy Apgar  
Paul Apgar  
Carolyn Anderson  
Donald Anderson  
Bill Armstrong  
Bill Baker  
Gwen Baker  
Bert Barkas  
Madeleine Barkas  
Marian Beals  
Cecile & Donat Beaulieu  
Frank G. Belleville, Jr.  
Kenneth Alan Belleville  
Henry A. Behrens, Jr.  
Arthur Berrigan  
Kevin Berrigan  
Virginia Berrigan  
Mary Ann Fabyan Fisher  
Blowney  
Grace Boisvert  
Bob Boyer  
Mary Boyer  
Milton B. Brake  
Margaret Leary Brann  
James W. Braun  
Richard Breitenfield  
Sherburne Bridges  
Henry G. Brooks  
Irene Brown  
Tom Bucknam  
Bill Bullis  
Leo H. Cain, Jr.  
Richard M. Carmel  
Hervey Carpenter  
Edith Cedoni  
Herman (Buff) Chase  
Linda Chase  
Mr. George Cherry  
James J. Childs  
Jimmy Ciali  
Capt. Matt Cote  
Paul Cote  
Julia Clemente  
Linda Chisholm  
Vesta Crockett  
Jo Crowell  
Mary Cunningham  
Doris Curra  
Ruth Currier  
Jim Curry  
Mom & Dad D.  
John A. H. Dale  
Anna Dallaire  
Aurele Dallaire  
Eric Dallaire

Donna Darling  
Albert Davis  
Henry (Hank) Delorey  
Mrs. Hazel DeMarchis  
Ray deMars  
George & Janet Donnell  
Donnell Family  
Ruth Donnelly  
Richard E. Draper, Sr.  
Weaver Dunnan  
Bill Dwyer  
Lloyd Ellison, Sr.  
Patrick Emmons  
Lois R. Erskine  
Richard Farnsworth  
Ruth Farrell  
John Fernald  
Anne Field  
Paul Finnegan  
Leo Flynn  
Richard C. Fox  
Ron Frazier  
Richard Freitas  
Son, Richard A. Freitas  
Julie Freland  
Alfred-Leonard Frese  
Shelley Frissore  
Robert Fuller  
Tom Gallagher  
Peter Gatsas  
Lisa Gerhan  
Donald Gerry  
Muriel Gessis  
John Richard Glick  
Edward Goebel  
Lawrence Golodner, M. D.  
Dorothy Goodell  
Wayne Goodwin  
Ruth Gough  
Myra & Lawton Grace  
Helen & Thomas Gracia  
Paula Greene  
John & Barbara Gregorowicz  
Paul Gross  
Joe Gulino  
Dorothy E. Hackney  
George K. Hall  
Jimmy Hallam  
C. Henry Hanson  
John J. Harrington  
Millie Harris  
Bill Hartley  
Sylvia Hathorne  
James E. Hawley, Sr.  
Jay Hayden  
John F. Heaney  
Helen Hebert  
Ellen Hendrickson

Eula Hicks  
Marie Higgins  
Rega Higgins  
Libby Hoffmeister  
Betty & Harper Holbrook  
Claudette Houde  
Ridgeway T. Howell II  
Eugene Hubbard  
Fr. James  
Dot Jaissle  
Tom & Sonia Johnston  
Erika Jolie  
Mary Kaminske  
Mitch Kaplan  
Sister Helene Marie Kelly  
Ag & Mary Kenney  
Estelle Kinnercom  
Acey Knowles  
George Koslowski  
Marjorie Kunkel  
Karaya LaFleur  
Rose Lange  
Rega Bridges Langille  
Fred Lauper  
Inez Lawrence  
Our son, Jay Ronald Lawrence  
Richard C. Leavitt  
Albert & Nancy Leslie  
Hartley Lewis  
John Little  
Charles Littlefield  
Gary Littlefield  
Nancy Littlefield  
Christian Lumenello  
Herta Lundin  
Nils Lundin  
Robert Maerz  
Edmund Mahoney  
Alice Malone  
Calvin Marden  
Louis & Gert Marston  
George & Margie Martin  
Linda Masella  
Bill Matthews  
Rena Mattuchio  
Richard Mattuchio  
Mr. & Mrs. Leon H. McAdams  
Mary McCarthy  
Laine Melbye  
Dick Michael  
James Moran  
Robert "Whispering Pines"  
Moquin  
Rumour McKenzie Moquin  
Billie Joanne Moulton  
Gary Moulton  
Mike Mulqueen  
Harold & Valerie Nelson



Winifred Nelson  
LeRoy Nightingale  
Mike Norton  
Robert Noyes  
Marion E. Nutting  
Dennis J. O'Neil  
Harold & Helen O'Rourke  
Joseph F. Osgood  
Sister Mary Patrick  
John Patten  
Carl W. Perkins  
Michael Peters  
Billy Peterson  
Juanita Foley Peterson  
Francis Phelan, Jr.  
David A. Phelps  
Effie & David Phillips  
Helen & Joseph Phillips, Sr.  
Marilyn Picott  
Robert W. Pierce  
Betty Poulin  
John Powell  
Scott Prince  
Patricia Puma  
Mahlon Ramsey  
Walter Rarus  
Emma & Sherman Raynes  
Mary & Wesley Raynes, Sr.  
Helen & James Reardon  
Dennis Reed  
Mrs. Patsy Reilly  
Jane & Fred Relyea  
Billie Richardson  
Mary Rittinger  
Mary Roberts  
Joshua Roch  
Helen Rollins  
Jane Ronnquist  
M. Jane Ronquist  
Gilbert S. Ross  
William Ruger  
Herbert Ryan  
Jack Sadowski  
Joyce Sadowski  
Joanne St. Pierre  
Faith A. Scire  
Leana Scire  
Katie Seamon  
Hazel & Albert Shaw  
Shelfhault family  
Mary & Oscar Shervanian  
Albert J. Shurkus  
Mrs. Grace Sills  
Mom & Dad Silvani  
Don Simard  
Dorothy Simard  
Joseph L. Simpson  
Larry Smith, Jr.  
Margaret R. Smith  
Donna Spigelmun  
Barbara J. Stevens, wife

Donald H. Stewart  
Sheila Stone  
Katie Sturtevant  
Bill Sullivan  
Skip Sullivan  
Beth Suzor  
Matthew Sylvester  
Tom Tanner  
Catherine Tapley  
James Tapley  
Virgil Tapley  
Ruth Terwilliger  
Thompson Family  
Charles Thorne  
Janice Tietjen  
Milton Todd  
Bob & Frances Tracy  
Grace Trafton  
Elizabeth Trafton  
Sandra Trafton  
Sherwood Treadwell  
Bev Tucker  
Turner Family  
Jim Upton  
James Vallee  
Robert Van Dyke  
Karen Van Os  
Kees Vogelaar  
Linda Walsh  
Franny Warrick  
Charlotte Watson  
Sofie Weber  
Karen Webster  
Mary E. Welch  
Edward Weir  
Tom Whalen  
Harold F. White  
Helen G. White  
Karen & Bill White  
Barbara Winkler  
Eldredge B. & Josie V. Woods  
Dorothy Wurzbacher  
Peter York  
Thomas York  
Dick Zacharias

Allison  
Beverly  
Bobby  
Charles  
Dad  
My beloved daughter Donna  
Marie  
Harry  
Helen  
Jim  
Katie  
Kona  
Marilyn  
Maurice  
Mom

Mother  
Myles  
Peter  
Phil  
Priscilla  
Rusty  
Sean  
Sister  
Sue  
Timmy  
"Tsuki"

Family  
Friends deceased  
My Love  
Loved ones  
Several

IN HONOR OF:

Dee Bickmore  
Debbie Bourcier  
Lenora Bowen  
Michelle & Bob Fanny  
Linda Flowers – sister  
Ralph & Dora Frissoe  
Cousin, Robert "Bud" Hall  
John Herring  
Mara Lamstein  
Charles Littlefield  
Jerry MacKay  
Stella Mayhan  
Roger McAdams  
McGrath family  
John McMahan  
Bob & Betty Mosher  
Kathy Mulqueen  
Rob Pacitti  
Karen Perkins  
Billy Peterson  
Guy Pollino  
Dorothy Ramsey  
Stella Rarus  
David K. Rocray, Sr.  
Jean & Dan Rothermel  
Hannah Rothermel  
Maybeth Sacharczyk  
Kathy Schmigle  
Billy Searles  
Joseph L. Simpson  
Lorraine Smith  
Bob Towle  
Dick Zacharias

All Hospice Volunteers  
Family  
Loved ones  
My parents  
Our troops in harms way



A BIG "THANK YOU" TO  
OUR SPONSOR:

**HOSPICE OF YORK**

15 Hospital Drive  
York, Maine 03909  
Phone: 207-363-7000  
Fax: 207-351-2126  
Email: dbickmore@yorkhospital.com  
Website: www.hospiceofyork.com

JEFF CLARK, ATTORNEY  
YORK LAW, LLC  
P. O. BOX 545  
YORK, ME 03909

*"We'll always be there for you!"*

*Your donation is greatly appreciated!*

----- (cut here) -----

PLEASE ACCEPT MY GIFT TO HOSPICE OF YORK

\_\_\_ \$10 \_\_\_ \$25 \_\_\_ \$50 \_\_\_ \$100 \_\_\_ \$250 \_\_\_ OTHER

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

PLEASE DESIGNATE MY DONATION AS A \_\_\_ MEMORIAL \_\_\_ TRIBUTE TO \_\_\_\_\_  
MAIL AN ACKNOWLEDGEMENT CARD TO  
\_\_\_\_\_  
\_\_\_\_\_

THANK YOU! ALL GIFTS ARE TAX DEDUCTIBLE