

## Legend of the Butterfly

An ancient legend of the butterfly states that, as a gift to his human children, the Great Spirit created butterflies. He took black from a maiden's hair, yellow from the warm summer sun, and blues from the lake and sky. Once he gathered the most beautiful colors, he made them into butterflies.

The legend goes on to say that if you whisper a secret wish or prayer to a butterfly, it will carry your thoughts to the Great Spirit. Since butterflies make no sound, they cannot tell your wish to anyone but him. He will easily see the butterfly because of its beauty and will quickly answer your prayer.

For the ancient Greeks, the transformation of butterfly from pupa to adult was a metaphor of the soul's resurrection and immortality. Native Americans embroidered butterflies onto their children's caps to bring sweet dreams.

The butterfly is a fitting symbol of the cycle of life - birth, transition, healing and renewal. As the butterflies float skyward so, too, will the good wishes and prayers of those who watch them fly.

## About the VNA & Hospice

Hospice is a philosophy of care that supports patients who are living with a terminal illness and those who care for them; families, friends and professional caregivers. As the largest Hospice in the Upper Valley, we provide individualized care emphasizing pain and symptom management. Our diverse team of health care professionals works together with each patient and family to provide medical, emotional and spiritual support.

We are committed to providing the best hospice and palliative care experience. Our commitment includes:

- All ages – including children
- Physician involvement – regularly scheduled visits by our Medical Directors
- Over 100 volunteers for non-medical needs
- Bereavement services for families and the community
- Skilled care professionals available 24/7
- Assistance with pet care through Pet Peace of Mind

The Visiting Nurse Association & Hospice of Vermont and New Hampshire is a non-profit homecare and hospice organization. Serving our communities for over 100 years, we are committed and honored to be providing clinically excellent services to you, your families and friends.

## 2010 Sponsors

We are grateful to the following for their generous sponsorship of Wings of Hope:

### Monarch Level

**Enclara Hospice Pharmacy**

**Lincare**

### Swallowtail Level

Anne Page, West Lebanon, NH

### Rainbow Level

Nancy and John Sinclair, Springfield, VT

Ram in the Thicket Hand Dyed Wool, Plainfield, NH

### Special Thanks To:

Mark Hamilton, CFO Visiting Nurse & Hospice of VT and NH - Architect and builder of the Butterfly House

AVA Gallery

City of Lebanon

Lebanon Police Department

Lebanon High School Superlatives

The Volunteers and Benefactors of the VNA & Hospice of VT and NH

The Honeymooners Quartet, Norwich VT and Grantham, NH

Debra Kraemer, Jungles of VT, Thetford Center, VT



Visiting Nurse & Hospice  
of Vermont and New Hampshire

*Presents*

## The 1<sup>st</sup> Annual



## Wings of Hope

Butterfly Release

*September 11, 2010 at one o'clock  
Colburn Park, Lebanon, NH*

## Program

Welcome..... Jeanne McLaughlin  
President & CEO, Visiting Nurse & Hospice of VT and NH

Inspirational Message ..... Reverend Susan Church  
Chaplain, Visiting Nurse & Hospice of VT and NH

Reflections on a Hospice Experience..... Bente Torjusen  
Executive Director AVA Gallery

Erin's Story ..... Erin's Daddy

Butterfly Poem ..... Maria Blackmore  
Daughter of a hospice patient

You Raise Me Up..... Lebanon High School Superlatives

### Reading of Names

Roberta Berner, Executive Director Grafton County Senior Citizens Council

Paul Boucher, President and CEO Lebanon Chamber of Commerce

John Carroll, Hospice Volunteer

Chris Christopoulos, Lebanon Fire Chief

Laurie Harding, NH State Representative

Jeanne McLaughlin

Dr. Georgia Tuttle, Mayor of Lebanon

Over the Rainbow ..... Alexa Beal  
Plymouth State University student and granddaughter of a hospice patient

Butterfly Blessing..... Reverend Susan Church

Release of the Butterflies

Scottish Highland Bagpiper, Doug Cals ..... Amazing Grace

**After their release, butterflies may come to rest on the ground.  
Please watch your step when leaving Colburn Park.**

## Butterfly Handling

Be gentle when handling your butterfly envelope. Please wait until the appointed time during the ceremony to open the container. Some butterflies may need a little time to warm up and flex their wings before taking off. Others may be ready for immediate flight. Allow your butterfly to take the flight initiative on its own. Gently hold the envelope open in your hands until it takes off.

It is possible that some of our butterflies did not survive their journey today, or may take longer than expected to be ready to fly. Don't be alarmed; your butterfly can go to the Flutter By Hospital, and one of our VNA & Hospice event volunteers will provide you another butterfly.

Butterflies are attracted to smells and colors so don't be surprised if a butterfly (yours or someone else's) lands on you during or after the release. These monarch butterflies are natives and will thrive here, keeping the memory of our loved ones alive. Some may make the incredible journey to the forests of Mexico in the next few weeks.

Thank you for joining our 2010 Wings of Hope Butterfly Release.

### Irish Blessing

May the wings of the butterfly kiss the sun  
And find your shoulder to light on,  
To bring you luck, happiness and riches  
Today, tomorrow and beyond.

*We delight in the beauty of the butterfly, but  
rarely admit the changes it has gone through to  
achieve that beauty.*

-Maya Angelou

**The Wings of Hope Butterfly Release is a unique and personal event. If you have photos from today's event that you would like to share with the VNA & Hospice for inclusion in our on-line Butterfly Photo Gallery, please email us at [vnah@vnavnh.org](mailto:vnah@vnavnh.org).**

## You Raise Me Up

When I am down and , oh my soul, so weary  
When troubles come and my heart burdened be  
Then, I am still and wait here in the silence,  
Until you come and sit awhile with me.

You raise me up, so I can stand on mountains  
You raise me up, to walk on story seas  
I am strong, when I am on your shoulders  
You raise me up.. to more than I can be.

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### A Butterfly Poem

*Author Unknown*

With closed eyes, I see you among the flowers,  
High above the clouds.  
Your presence blows through me with the breeze.  
Your smile beams down through the sun.  
The full moon brings the light of your laughter to my mind.  
And the butterfly, in all its splendor, reminds me  
Of your beauty and freedom now,  
Leaving your love for me lingering in my world.

*But these are flowers that all but sing...*  
-Robert Frost

**September 11 is a day of reflection for the United States of America. Let us remember and honor all those whose lives were changed by the events of that day.**