

# TRANSITIONS

VOL 8.3 • JULY '25

## milkweed & monarchs

by Andrea Ruggieri

When did you ever think we'd be talking about milkweed at the funeral home? There comes a time for every little thing under the sun! As you know, the Monarch butterfly has been an integral part of the brand of our funeral homes and, more importantly, it symbolizes transformation. As we navigate through the mire of loss, we are reminded that changes are not always easy, but with time and encouragement it can transform us, allowing beauty to still be in our lives.

So why bring this all up? It's been a tradition for years to hold a Monarch butterfly release every year- to not only honor our loved ones who have passed, but also to create a time to heal harmoniously with others who have also felt loss. This year the threatened condition of the Monarch species has led us to pause this event and consider how we can address the problem.

**MILKWEED.** Monarch butterflies lay their eggs on it, their caterpillars thrive on it and then they magically transform with its nourishment into a new generation of butterflies that migrate across our country to warmer climates, to hibernate until the process of migration, life and evolution begins again! Milkweed is the Monarch's primary habitat and KEY to their survival.

I remember growing up and seeing milkweed everywhere! Their seeded pods opening in the fall, cascading out white parachutes to guide seeds to fertile ground. So what happened to the milkweed? As we humans tend to do, we solve one problem and cause another. We spray pesticides on farmland... killing pests, but also killing milkweed. Milkweed often gets mowed down on roadsides and expressways instead of continuing to grow and flourish.

**So what do we do?...** What we did is take a look at Monarch conservation. We also took a look at our current butterfly garden right outside the doors overlooking Round Pond Creek; we decided to clean it up, and above all, be sure our milkweed plants were healthy and thriving. After researching how to help the Monarch ([monarchwatch.org](http://monarchwatch.org)), we became an official Monarch waystation!

The finale to this story is we invite you to the grand opening of this beautiful Monarch waystation on Sunday, July 20th. We feel great about lending a hand to our little winged friends! We'd love to share how you, too, can join this important conservation movement and inspire more peace in your life. *Please join us!*

### GRAND OPENING EVENT: BARTOLOMEO & PEROTTO MONARCH WAYSTATION

Sunday, July 20, 1pm - 3pm

RSVP by 7/16

[andrea@bartolomeo.com](mailto:andrea@bartolomeo.com) | 585.720.6000



  
**Bartolomeo & Perotto**  
FUNERAL HOME, INC.  
*A Life Remembered, Lives On.*  
[bartolomeo.com](http://bartolomeo.com)

Greece, NY  
(585)720-6000

  
**Walker Brothers**  
FUNERAL HOME, INC.  
*A Life Celebrated, Lives On.*  
[walkerbrothersfh.com](http://walkerbrothersfh.com)

Spencerport, NY  
Churchville, NY  
(585)352-1500

# so many ways to volunteer at a hospice home

*Hospice homes oversee physical, emotional and spiritual care for the dying, as well as caring for the family's needs.*

*Hospice homes have traditionally welcomed help from their community to reinforce a small team of medical and administrative personnel. Many hospice homes rely largely on donations to run, so paid staff is limited and often are multi-tasking. This is why volunteers are so essential! When considering volunteering, keep in mind your help may only be needed a day or two a week. There are so many ways to help, and training is always provided!*



## **HANDS-ON HELP** is MY THING ♥

Hospice homes love retired medical professionals, or anyone who loves hands-on care!

## **TAKING WALKS** is MY THING ♥

Getting someone out in the fresh air and sun, regardless of mobility can feel restorative!

## **READING** is MY THING ♥

You can bet that many patients were also readers who appreciate listening to a good story!

## **CHATTING & LISTENING** is MY THING ♥

Do you just love to listen & talk with people? Hearing a nice voice and having companionship can have a profound impact.

## **BAKING** is MY THING ♥

Are you the one who brings dessert to social gatherings? People at hospice homes like sweets too!

## **CLEANING** is MY THING ♥

Some find cleaning therapeutic! Get your rubber gloves on and come on over!

## **HELPING WITH EVENTS & FUNDRAISING** is MY THING ♥

A lot of hospice homes fundraise and hold events (golf tournaments- walkathons- dinners); if you love these organizational tasks, jump in and help!

## **OUTDOOR WORK** is MY THING ♥

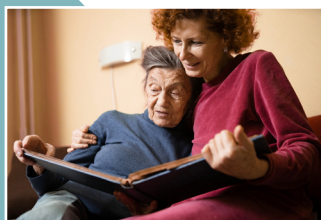
Keeping outdoor areas well-kept, offers a change of scenery and a space to restore.

## **FIXING** is MY THING ♥

Things always need fixing, step right up handy-people!

## **LAUNDRY** is MY THING ♥

All you laundry fanatics out there! You have a purpose!



## volunteer today!

let your ♥ be moved!

*Many people who've taken  
the step to volunteer, had  
questions too!*

*No worries, just ask!*



585-225-1240



Mt. Carmel House

585-366-4949

**FIND OUT**  
**Volunteering can be**  
**therapeutic!**

## SHARE YOUR BULK



***Next time you buy bulk,  
pay it forward!***

Consider DONATING some of  
your bulk-buys (or purchases)  
to our HOSPICE friends!

### Drop Your Donations in the Bartolomeo Perotto DROP BOX

1411 Vintage Lane, Greece | Drop box is located just inside  
the main entrance foyer of the funeral home | 8am - 4pm

MORE INFO:

585-720-6000 | [andrea@bartolomeo.com](mailto:andrea@bartolomeo.com)

Donations will be shared & distributed  
among local hospice homes.

## WISH LIST

### HOUSEHOLD SUPPLIES

Hi-Eff. Unscented Laundr Det.  
Unscented Dryer Sheets  
Bleach Wipes  
Stain Spray Detergent  
Hand Sanitizer  
Spray Air Freshners  
Lightbulbs (dimmable)  
Tall & Sml. Kitchen Trash Bags  
Cleaning Sponges  
Bleach Spray Cleaner  
Glass Cleaner  
Swiffer WetJet Cleaner/Pads  
Swiffer Duster Refills

### OFFICE

Paperclips  
Sticky Notes  
White Copy Paper  
Colored Copy Paper  
Mannila File Folders  
Stamps  
Tape  
Pens

Pencils

### FOOD

Vegetable/Olive Oil  
Flour  
Sugar  
Applesauce  
Peanut Butter | Jelly  
Condiments  
Pasta  
Spices  
Oatmeal  
Cereal  
K-Cups: Coffee/Caf.-Decaf/Tea  
Diet & Regular Soda  
Cans of:  
Fruits | Vegetables | Soups

### Box Mixes:

Pudding | Jello  
Cake | Brownie

### GIFT CARDS

Visa | Wegmans | Target | Home Depot  
Loews | Staples | Office Max

### PERSONAL CARE

Shaving Cream  
Toothpaste  
Body Wash  
Shampoo  
Conditioner  
Lotion  
Antibacterial Liq. Soap  
Hypoallergenic Baby Wipes  
Hand Towels  
Wash Cloths  
Bath Towels  
Twin Sheets XLong:  
(non-slippery/non-jerseyknit)  
Mattr. Pads XLong

### PAPER GOODS

Paper Towels  
Napkins  
Toilet Paper



# why gardening ROCKS

by Andrea Ruggieri



healthy • soulful • nurturing • meaningful

The simple act of gardening may be more than just simple, but the fruits of your labor may just be worth the effort.

For many of us Northern folk it's an opportunity to soak in that vitamin D we've been lacking during the grind of winter. For all, it's an opportunity to get fresh air, feel revived and connected to the earth we live on. Getting on our feet and becoming less sedentary gets the blood pumping and wakes up muscles we haven't used in awhile, making us stronger and more vital.

Gardening can activate hormones that will allow you to feel happier and less stressful. What a simple yet delightful discovery! All natural, gardening promotes healthy living! It also give us time to think,... or not think, in our crazy lives. It removes us from our daily travails and into the "zone," feeding the soul and allowing a needed break from the regiment that may rule the rest of your day.

## So just how does it feed our soul?

**Beauty.** Whether you're surrounded by the beauty of flowers, fruit or vegetables, it inspires gratitude and awe.

The multitude and variety of flowers alone will get your endorphins flying! And for those who are talented enough to tend carefully to fruits or veggies... you've created an opportunity to provide food for yourself and others. It brings incredible satisfaction to be a part of nurturing a seed into a beautiful producing plant.

**Relaxation.** At the moment you take that turn into the "gardening sphere" you can almost feel each muscle, one by one leaving the world of responsibility, decision-making and general angst. They breathe a collective sigh... Gardening frees your mind of all the grit of everyday living and at the same time, it gives permission to transform your negativity by digging holes, hacking down twisted, dead vines or yanking weeds.

**Control.** When the rest of your life seems out of control, there's something beautiful about having the freedom to lay out your garden beds in an order that you decide and makes sense to you.

**Responsibility.** What a great way for all humans to feel genuinely responsible. Tending to living things and keeping them alive is the ultimate duty. It takes time, energy and knowledge and hey, you might even learn something as you care for that new species of flowering vine! And what a better way for a child to learn responsibility than to introduce them to gardening!

**Being Present.** It's a joyful thing to just be present in the moment. So often we get caught up in our over-scheduled days, not allowing this simple delight of just being present. Caring for living things in a nurturing way grants focus that is unparalleled.

**Feeling connected.** How much more connected to earth and other living things can you get when your up to your elbows in dirt?! Mother Earth intended for us to get dirty and co-habitate with the trees, plants, insects and the occasional skittering rodent. Like our distant cave dwelling ancestors, we are supposed to commence with nature!

So, if you're a seasoned gardener or on the cusp of stepping into the gardening arena, you may find it is the journey you've been waiting for. Sunny days are here, so get your seeds, pull on your gardening gloves and rubber boots and embrace the joys of gardening!

