

# Pine Tree Hospice Volunteer Bulletin

September 2020

## Why We Do What We Do.....

Pine Tree Hospice's Coordinator of Volunteers & Client Services (this is such a long title) stood watching in the driveway as a veteran and his wife carefully made their way to the waiting pickup, chauffer-driven by a Pine Tree Hospice volunteer. The afternoon plan would be a ride to a place where lobster rolls could be purchased, and boats observed afloat in the sun. Three hours later as they rested in their apartment, the veteran and his wife shared happy conversation and reflected on their day as they considered plans for next week's outing. Pine Tree Hospice's mission was met when the staff and volunteer provided "non-medical care.... with respect and dignity....thereby enhancing and honoring quality of life." We thank you, Bill.



## Events & Other Happenings

### **Dexter Tea Talks have restarted!**

Cheryl will have a table there to meet and talk to attendees. Please feel free to drop by!

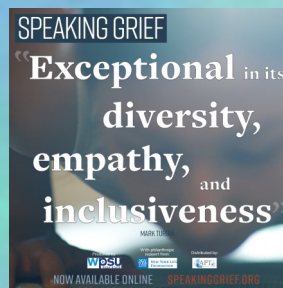
**When:** September 10<sup>th</sup> 2020 from 10:00 – 11:30 am. {Rain date of Sept. 17<sup>th</sup>}

**Where:** at Wayside Park on Main Street. *Consider bringing your own chair.*

**Who:** Open to the public, everyone is welcome! The tea talks are sponsored by the Dexter Age Friendly Community Committee.

**FREE:** *Coffee, Tea and Refreshments!*

The guest speaker will be Kelly Adams from EAAA the entertainment will be Rose Hinckley and friends.



*A National Public Media Initiative, Speaking Grief* explores the transformative experience of losing a family member in a death- and grief-avoidant society. This national public media initiative includes a one-hour television documentary, media-rich website, social media campaign, and numerous community engagement

events, all aimed at starting a national conversation about grief. To learn more and to watch the documentary, go to: <https://speakinggrief.org/>

Please share with others, and let's engage people in the discussion.



## Note from the Coordinator

September is the final month of Pine Tree Hospice's fiscal year. Get those reports in today! As the weeks quickly pass, be sure to send in September reports at your earliest convenience. It will make the last few weeks of the month less tense as we bring the data collection to a close. 2020 has been such a weird year, I like the looks of new paperwork with the label 2020-2021.



If you were unable to attend the August Team Meeting please find the handouts on the Pine Tree Hospice Website under the tab: For Volunteers>Class Notes. Look at the *next page* for a quote that was part of the presentation by Dr. Deborah Drew titled **Boundaries: Good Fences Make Good Neighbors....or Do They?** Request the recorded presentation by e-mailing Cheryl Crabtree.

## Team Meetings

September 16th 9-10:30  
Topic:  
Continuing Education: What Counts (see below)

October 21st 9-10:30  
Topic:  
Role of PTH Spiritual Advisor

November 18th 9-10:30  
Topic:  
Special Guest Speaker

## Celebrating Volunteer Anniversaries September—October

**Chris Ryder**  
**Alison Barkley**  
**Rita Corbin**  
**Doris Coy**  
**Donna Hathaway**  
**Helen Higgins**  
**Sue McNulty**  
**Rita Mountain**  
**Bill Orton**  
**Janet Sawyer**  
**Lisa White**

*Thank you for the years  
and support you give!*

## Committee Meetings

Bereavement  
September 2 4:15pm

Hospice  
September 9 4:00pm

Fund Development  
September 14 6:00pm

Executive  
September 21 8:00am

Board Meeting  
September 22 6:00pm

Education  
September 24 4:00pm

## September Team Meeting

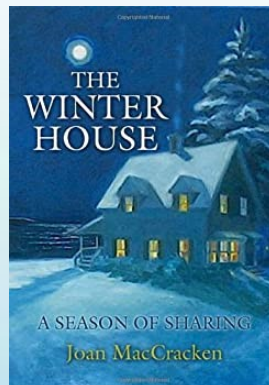
Please join us at the Kiwanis Park in Dover-Foxcroft for the September Direct Care Team Meeting. There will be some fun activities, light refreshments, time to visit with each other **IN PERSON** and other surprises!

Rain or shine.  
More details to come.

Thanks to volunteers Alison Barkley and Esther Ireland as they share Outreach in Greenville. Pine Tree Hospice is aiming to expand our volunteer base and inform more people across that area how volunteers make positive differences one family at a time.

**We are Planning on  
Volunteer Training in  
Greenville  
Spring 2021.**

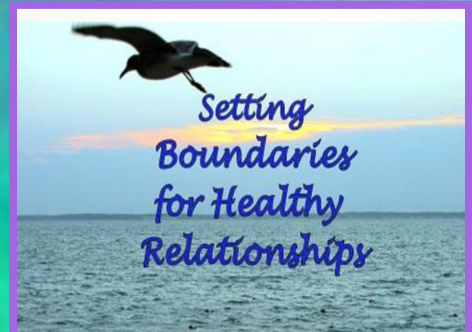
*Books are a fantastic way to  
get your education hours.*



This lovely book, *The Winter House*, by Joan MacCracken, is in our PTH library. It is an interesting and and poignant read.

Elizabeth, Janet, Marty, and Catherine are 4 older women living on their own in a coastal Maine town. They decide to close up their houses for the winter and share one house.

They learn about themselves, and about each other, forming a friendship that goes beyond the winter house.



**A Quote from Deb  
Drew's presentation.**

**Self-care: "The love and responsibility are admirable traits, but how long can the patient "feel better" at the caregiver's expense? Caregivers must direct that love and responsibility to their own well-being first. You are not abandoning them. You are caring for them better by strengthening their main support system—yourself." Wegenast, S. (2014) -2021.**