

Pine Tree Hospice Volunteer Bulletin

January 2021

*Wishing You a Safe and Peaceful
New Year.*

We're looking forward to what 2021 will bring!

Events & Other Happenings

Book Club Dates

**Right now we are meeting via
ZOOM. Join us from anywhere!**

January 19	9:30-11:00am
February 16th	9:30-11:00am
March 16th	9:30-11:00am
April 20th	9:30-11:00am

Upcoming readings include:

Souvenir, by Jayne Anne Phillips, for January
And selections by authors Annie Proulx,
Sue Monk Kidd, Edith Wharton, and
David Guterson.

Readings are available through the
Thompson Free Library.
Contact us for more information!



**Reading is good
for you!**

Knowledge is Power Via ZOOM

Caregiver Health	
January 5	10-11:30
One Day at a Time	
February 2	10-11:30
Exploring the Road Ahead	
March 2	10-11:30

Caring for an individual with dementia
can be overwhelming. This series will
offer you tools for managing.

Discussions led by
Cheryl Crabtree

~ Benefits of Volunteering ~

- Volunteering builds community
- Ends loneliness
- Increases socializing
- Builds bonds, creates friends
- Develops emotional stability
- Improves self-esteem
- Helps those most affected by mental illness
- Promotes longevity
- Reduces risk of Alzheimer's
- Leads to graceful aging 😊
- Burns stubborn belly fat! 😊

Altruism Research at Indiana University, says that volunteering was associated with 38% fewer nights spent in the hospital. "What this shows is that volunteers make decisions about their health that are different from non-volunteers, one way to think about this is that when we care for ourselves, in a fundamental way, it allows us to care for others."

Note from the Coordinator

Volunteering is good for you and the community. If you visit [15 Unexpected Benefits of Volunteering \(thebalancesmb.com\)](https://thebalancesmb.com), you will see all 15 reasons. Volunteering is really good for all of us!!

There are cognitive health benefits from volunteering. From this article, [Volunteering can reduce dementia risk in seniors, study finds \(medicalxpress.com\)](https://medicalxpress.com), the authors "found that the people who did volunteer work for at least one hour a week on a regular basis were 2.44 times less likely to develop dementia than the seniors who didn't volunteer," says Yannick Griep, of the University of Calgary. Sara Konrath, director of the Interdisciplinary Program on Empathy and

**Thank you to all who helped with the holiday cards—there were over 200 delivered!!!
Thank you ALL for volunteering!**

Team Meetings

January 20 9-10:30
Review of PTH Bereavement and Support Options, with Cheryl Crabtree

February 17 9-10:30
Education topic TBA

March 17 9-10:30
Active Listening, with Sherry Corbin

Be on the lookout for a postcard with all 2021 Team Meeting dates.

Do you know anyone who needs Pine Tree Hospice services? Do you know about our brochures? We produce brochures for the public and they are here, in our office, free for anyone who needs them. If you think you'd like to read them, and pass them on, please stop in and pick them up!

Pine Tree Hospice Bereavement Programs



...offering a safe space where children, teens, adults, and families grieving a death can share and grow through their experiences.

Pine Tree Hospice Our Programs



We can't add days to your life but we can add life to your days!

ADVANCE CARE PLANNING

Phone: (207) 563-3448

educational, progressive, illnesses, caregivers, the bereaved.

Celebrating Volunteer Anniversaries January

**Wendy Berce
Marsha Hansen
Deanne Merrill**

Thank you for the years and support you give!



A Note from Kristen

Here's to a Happy and Safe New Year!

Although Pine Tree Hospice's fiscal year starts in October the true New Year bring thoughts of new possibilities, new volunteers, new programs! We are looking forward to a year of growth—our goal is to train more direct care volunteers and reach out to more individuals to utilize our services.

A new donor and volunteer software will be implemented and focus will be on recruiting and supporting indirect volunteers for board and committee work vital to the health of any organization.

Every day is a gift.



Committee Meetings

Bereavement
January 6th 4:15pm

Hospice
January 13th 4:00pm

Fund Development
January 4th 6:00pm

Executive
January 11th 4:00pm

Education
January 7th 4:00pm

There should be a GPS that gets you to your destination, and tells you why you're there.



Ardie Hacker photo

Educational Opportunity

Hospice Foundation of America's Annual Living With Grief 2020 Conference: Intimacy and Sexuality During Illness and Loss
Thursday January 7, 9:30am - 1:00pm

See attached flyer in this email for more information.