

# Pine Tree Hospice Volunteer Bulletin



January 2017

## New Year's Resolutions

By Lisa Joy White

*Happy New Year!*

Resolution: [rez-uh-loo-shuh n] noun. the act of resolving or determining upon an action, course of action, method, procedure, etc.

What we now know as New Year's resolutions have origins from various religious beliefs and practices. Some of these practices include promising one's god to do some particular activity, such as return borrowed objects and pay their debts, re-affirming one's commitment to chivalry, or seeking and offering forgiveness. Regardless of specific religious origins, the concept is to reflect upon one's self each year and to resolve to do some activity toward self-improvement.

Nowadays, some of our popular resolutions include goals such as: exercise more, lose weight; learn a new activity; become more organized; get out of debt; watch less television; spend quality time with family members; volunteer time and skills; be closer to God; or become more spiritual. Have you thought about what you will resolve to do in 2017?

One of my resolutions for the coming year is to better connect with all of our awesome PTH volunteers – You! This new Volunteer Bulletin is my first attempt to do just that. I hope you enjoy this new format and I welcome your feedback. **I would also like to hear from some of you who might be interested in submitting a brief article, story, poem, etc. to share with your fellow volunteers through the Bulletin.** I think it would be really fun and inspiring to have some original works included in our monthly bulletin. Please email me with any thoughts or submissions at [coordinator@pinetreehospice.org](mailto:coordinator@pinetreehospice.org)

## Time Sheets

Timesheets are due in the office on or before **January 7th**.

You may submit either the paper form or the online version via the PTH website.

### **Direct Care:**

*IF you are providing direct care to a client on medical hospice, Please try to get your paperwork to me by Tuesday morning (Jan 3rd ) so I can do proper updates for the IDT meetings.*

Remember, IF you serve a client who dies or is discharged from PTH services, your final timesheets must be turned in to the office within five (5) days of the death/discharge.

### **Indirect Care:**

Your indirect care timesheets may be turned in quarterly, if that is easier for you than submitting them monthly.

PTH Quarters are:

Oct.—Dec 2016;                      Apr—June 2017;  
Jan—Mar 2017;                      Jul—Sept 2017

Did you assist with or attend any events this past quarter? If so, please be sure to submit your time!



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## Upcoming Events

### Yoga Nidra.

Gayle Worden, has graciously offered to provide FREE yoga nidra sessions to our volunteers and caregivers every month!! Please be sure to tell any caregivers you know about this as well... a caregiver does not need to be receiving PTH services to come. ALL are welcome.

Sessions are held at the Congregational Church in D-F. For more information and to RSVP for a session, please contact the office at 564-4346.



The next sessions are scheduled as follows:

**Tuesday, January 3<sup>rd</sup> at 6 p.m.**

Saturday, February 4<sup>th</sup> at 9 a.m.

Tuesday, March 7<sup>th</sup> at 6 p.m.

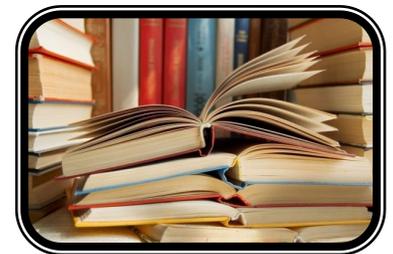
## Educational Opportunities

### Book Club.

PTH’s Book Club meets on the 4<sup>th</sup> **Tuesday of each month at 3 P.M. at the PTH office.** It is open to anyone in the community who enjoys reading and discussing books. PTH volunteers can receive up to 3 hours of continuing education for reading the featured book and participating in the group discussion.

On **January 24<sup>th</sup>** the featured book is “Wreckage” by Emily Bleeker.

Summary: *Lillian looks like a brave survivor of a plane crash but she’s been lying to the whole world since she and her fellow survivor, Dave, were rescued off a deserted island. Missing for almost two years, the castaways are thrust into the spotlight after their rescue, becoming media darlings overnight. But they can’t tell the real story—so they lie. This is an intriguing tale of survival, secrets, and redemption of two everyday people thrown together by tragedy who must finally face the truth.*



## PTH Team Meeting for Direct Care Volunteers



Our next Team Meeting is scheduled for **WEDNESDAY, January 18, at 8:30 a.m.**

If you are a direct care volunteer, you are encouraged to attend whether or not you are currently providing direct care to a Client. Team meetings are a great way to share information and provide support to one another.

We hope to see you there! And remember, you can count up to 4 hours of team meeting toward your continuing education!

## HAPPY BIRTHDAY WISHES to our January Volunteers

Kathleen Thibault	1/10	Ethan Annis	1/22
Karen Pomeroy	1/12	Matt Raynes	1/30
Rhonda Taylor	1/17	Karen Dow	1/31
Irene White	1/19	Rita Corbin	1/31
Deanne Merrill	1/20		

