



PTH Volunteer Bulletin

February 2017

Pine Tree Hospice



Our Superheroes

Hip replacements, knee replacements, accidents, illnesses, vacations, weddings, births of grandchildren, deaths of friends and family members. These are all life events that we all, even you — our “superheroes” disguised as volunteers — face on a daily basis. And yet, you continue to serve. Sure, you might take a bit of time away from volunteering as the situation calls for, but, being the superheroes you are, you are right back at it as soon as you are able. It’s amazing!

enough. We LOVE our volunteers! So many of you often say that giving of yourselves make your lives fuller and enhances your meaning and purpose in life. It shows in all you do! **THANK YOU!**



Perhaps we do not express our thanks and gratitude loud enough or often

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Time Sheets

Timesheets are due in the office on or before **February 7th**. You may submit either the paper form or the online version via the PTH website.

Direct Care: 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: If you have not yet submitted your indirect care time for any volunteer hours since October 1, 2016 please do so. Remember, this includes attending or assisting with events, meetings with PTH staff or other volunteers regarding PTH business, preparing for committee meetings, and more.



HAPPY BIRTHDAY WISHES to our February Volunteers and Staff

- Paul Preble
- Lisa White
- Emily Poland
- Judy Dell'Olio
- Sherri Jackins



Upcoming Events

Yoga Nidra.

Gayle Worden provides 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.

“It’s All About You!”.



PTH’s Caring for the Caregiver program will host a special caregiver event on **Saturday, March 4th** at the Guilford United Methodist church from 10 A.M. to 2 P.M.

This is an opportunity for all the caregivers in the area to receive some personal care. We invite

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:

Saturday, February 18th at 9 a.m.

Tuesday, March 7th at 6 p.m.

ALL caregivers to join us for a special time of pampering. There will be massage therapy, manicures, reiki, aromatherapy, and guided meditation—all to help relieve stress and promote relaxation. Everyone will be treated to a delicious lunch provided by Dillon Catering of Milo. The Caring for the Caregiver program supports and educates these heroes in our community — caregivers.

Educational Opportunities

Five Wishes.

Come learn about the comprehensive care of the Five Wishes advance directive. Whether you want to learn how to discuss it with PTH clients, your own family, or want to explore completing an advance directive for yourself, this is an excellent training session to attend! This will be held on Thursday, February 16th at 6:00—7:30 p.m. in the Sebec Room of the Mayo Regional Hospital Resource Center.

Spring Volunteer Training.

The new spring training is in the works for March and April. Lots of educational opportunities! More to come.

Book Club.

PTH’s Book Club meets on the **4th 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 **February 28th** the featured book is “Wave” by Sonali Deraniyala.

Summary: *In 2004, at a beach resort on the coast of Sri Lanka, Sonali Deraniyagala and her family—parents, husband, sons—were swept away by a tsunami. Only Sonali survived to tell their tale. This is her account of the nearly incomprehensible event and its aftermath.*

PTH Team Meeting for Direct Care Volunteers

Our next Team Meeting is scheduled for **WEDNESDAY, February 15, at 8:30 a.m. at the PTH office**

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!

