



Volunteer Bulletin

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It Only Takes a Moment

It only takes a moment
to do a thoughtful thing.
Just think of all the happiness
our thoughtful acts might bring.
Why, it only takes a moment
to pick up the telephone
And say hello to someone
who is sitting home alone.
And it only takes a moment,
when someone is feeling blue,
To send a cheery little card
or pen a line or two.
It will only take a moment
to extend a helping hand
or give someone assurance
that we really understand.

And it only takes a moment
from our busy working day
to say a prayer for someone,
be they near or far away.
"But I can't, for I'm too busy...
I just haven't got the time,"
How often have we said it,
like an old familiar rhyme.
Yet each moment is God-given,
every one a treasure rare,
not to be hoarded selfishly
but meant for us to share
In our little acts of kindness,
words that cheer and comfort bring,
for it only takes a moment
to do a thoughtful thing.

Alice J. Christianson



Submissions Wanted!

I hope you have been enjoying our new Volunteer Bulletin!

I would 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 include some original works. Please email me with any thoughts or submissions at coordinator@pinetreehospice.org

HAPPY BIRTHDAY WISHES to our March Volunteers!!

Vicki French
Priscilla Higgins
Dodie Curtis
Pam Tower



"We are all on this journey of life together, each given certain gifts to make this world a better place and to help make one another's burdens a little lighter along the way." Michael Ramsdell

Upcoming Events

"It's All About You!"

Our Caring for the Caregiver event will be held on **Saturday, March 4th** at the Guilford United Methodist Church from 10 A.M. to 2 P.M.

This is an opportunity for all caregivers in the area to receive some personal care and 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. Please **RSVP** with the office. And be sure to spread the word to all caregivers you know!

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.

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 session is scheduled for **Tuesday, March 7th at 6 p.m.**

Estate Planning

Kim Cavanagh, Esquire will be giving a presentation on estate planning on **April 5 at 6:30 p.m.** at the Charlotte White Center. This event is open to everyone in the community.

Kim will be discussing:

- ◆ **THREE LEGAL DOCUMENTS** everyone should have;
- ◆ **TRUSTS:** A legal document everyone should consider; and
- ◆ **FIVE COMMON MISTAKES** people make.

Volunteers will receive continuing education credit for attending.

Educational Opportunities

PTH Book Club

Enjoy reading? Join the book club any time a selected book grabs your interest! Book Club meets on the **4th Tuesday of each month at 3 P.M. at the PTH office.** PTH volunteers can receive *up to* 3 hours of continuing ed! On **March 28th** the featured book is "Mulberry Park" by Judy Duarte. Summary: *In this novel, a woman shattered by grief responds to a little girl's urgent note and sets in motion a chain of events that helps to heal the lives of all those around her, in wholly unexpected ways...*

Volunteer Training Sessions

A great way to get connected with other volunteers, give insight to new trainees, and earn your educational credits is to attend one or more sessions of the New Volunteer training! Content and presenters change over time, so this isn't the "same 'ol training"!

Core training dates are March 16, 18, 21, and 23. (Exact schedule of topics and times sent separately.) You do **NOT** need to attend the entire training! Pick a session that is of interest to you and register for that session by contacting the office.

Educational Hours also available for attending the Estate Planning event described above in the Upcoming Events section!



Timesheets

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

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

Team Meeting

Our next Team Meeting is scheduled for **WEDNESDAY, March 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.

