

Volunteer Bulletin

What to say?

We received word that two of our friends had just died due to very tragic circumstances. This precious husband and wife team whom we had come to know and love over the last few years of our military career had their lives cut short - cut way too short it seemed.

It was all so extremely sad, and as I contemplated what to say in writing to their family, the words simply would not come. It was as if something had taken away my words or they were stuck so deep down inside, I just could not access them. I think that is the way it is sometimes with death and grief.

However, all throughout this heart-wrenching situation, I knew I could not remain silent because not only had we formed a bond with this couple, but their extended family was very dear to us as well. We had to offer our condolences.

I tried to remember happy times with our friends. Like the time they came over to our house and made us homemade waffles using their famous recipe, or the time they helped to celebrate our daughter's 1st birthday... Did you know they were the ones who watched our boys when they were small during the time I (along with my husband) went into the hospital to give birth to our daughter?

Yes, I had to say something to the family to acknowledge how much they had meant to us. So as I often do, I prayed and asked the Lord what to say. He told me to "simply speak from the heart." It was good advice; I found that my words were not quite so deep after all, as I began to share all the joyful recollections of times spent together.

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HAPPY BIRTHDAY WISHES
to our May Volunteers!!

Beverly Crockett
Marsha Hansen
Anita Perkins





What to say? (continued from page 1)

The family was very thankful that my family had acknowledged their grief. They were thankful that their son and daughter-in-law had such great friends, and they were thankful for the happy memories too.

We continue to keep in good contact to this day. As a matter of fact, I recently remembered a video I had of our friends' participation during a military ceremony; I made a copy and sent it out to their family. "It was great to receive the video," they said and "it brought back more wonderful memories!"

As I reflect back on this very difficult time, I find myself being grateful for the growth of it and the simplicity of just remaining present and "treating others as I would want to be treated," a practice I try to employ in every area of my life. I am also reminded of one of the videos I'd seen at a Pine Tree Hospice educational offering where the family members of the deceased urged others to speak of their family members "by name" and to just remember them as people, no matter how they had died. That point has always stuck with me

and has given me great comfort in my thinking and feeling. It can be a thought, so beneficial, when the words simply will not come.

Submitted by Adrienne Clarke



This and That

Direct Care Team Meeting.

Our next Team Meeting is scheduled for **WEDNESDAY, May 17, 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.

Face Book.

Do you visit the Pine Tree Hospice and Evergreen FB pages??? If not, I encourage you to check them out today and to "Like" them. This is a great way to spread the news about PTH and all the events we put on.

www.facebook.com/PineTreeHospice
www.facebook.com/EvergreenPTH

Let's see how many new Likes we get over the next month!



Vacation

I will be on vacation from **May 6 through May 14th.**

If you need anything during that time, please contact the office—Jane, Sherri, or Yvonne will be happy to help!

Time Sheets.

I know that technically timesheets are not due in to the office until the 7th of the month, but in May, I will be on vacation. So, **please try to submit timesheets no later than May 5th** so I can review them and submit my paperwork in a timely manner. Thank you so much for your cooperation and understanding! You're the best!!

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



Upcoming Events & Educational Opportunities

Elder Law.

Kim Cavanagh, Esquire will be giving a presentation on Elder Law on **May 3 at 6:30 p.m. at the Charlotte White Center.** This event is open to everyone in the community.

Kim will be discussing:

- ◆ NURSING HOME FINANCING,
- ◆ THE RISKS OF GIFTING, and
- ◆ HOW TO PROTECT ASSETS

Volunteers will receive continuing education credit for attending.

Community Movie.

Beacon Hospice and Pine Tree Hospice will host a free community movie on **May 17th at 6:00 P.M. at the Center Theatre** in Dover-Foxcroft. "My Life" is a soaring family love story that will engage your mind and cause you to wonder how you would feel and what you would do. Michael Keaton plays a high powered executive, Bob Jones, who has received some good news and some bad news. The good news is that his wife, played by Nicole Kidman, is pregnant, and they are going to have their first child. The bad news is that he has been diagnosed with cancer and is not expected to live more than about four months. Bob starts to make videotapes of himself, in which he talks to the unborn child - telling of his life, his beliefs, things he has learned. This is a beautiful story of how this one family copes with the changes of these two intertwined life transitions.

PTH Book Club.

Become a part of the book club any month 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 education for reading the book and attending the book club meeting!

On **May 23rd**, the featured book is "Smoke Gets in Your Eyes" by Caitlin Doughty.

Summary: *Most people avoid thinking about death, but Caitlin turned her morbid curiosity into her life's work. Thrown into a profession of gallows humor and vivid characters, Caitlin learned to navigate the secretive culture of those who care for the deceased. Now a licensed mortician with an alternative funeral practice, Caitlin argues that our fear of dying warps our culture and society, and she calls for better ways of dealing with death (and our dead).*

She tells an unusual coming-of-age story full of bizarre encounters and unforgettable scenes. Caring for dead bodies of every color, shape, and affliction, Caitlin soon becomes an intrepid explorer in the world of the dead. She describes how she swept ashes from the machines (and sometimes onto her clothes) and reveals the strange history of cremation and undertaking, marveling at bizarre and wonderful funeral practices from different cultures.

"We Need to Talk"

Court Dwyer, a trained AARP instructor, will facilitate this seminar on **May 31, 6:00 – 7:30 pm at the Mayo Regional Hospital Resource Center.**

Participants will learn to:

- ◆ Hold conversations about remaining active when it is time to limit or stop driving.
- ◆ Better understand the psychological and social impact of limiting or stopping driving;
- ◆ Recognize the warning signs indicating an older driver may need to limit or stop driving;
- ◆ Identify opportunities to hold "family conversations"; and
- ◆ Help meet transportation needs if driving is limited.

This seminar is open to the community and is free of charge.

To pre-register please call 564-4346 or email

wecare@pinetreehospice.org





Pine Tree Hospice Mission and Vision

You volunteer for Pine Tree Hospice—perhaps for many years. You know that PTH does many wonderful things for the folks in our communities. But are you familiar with its Mission and Vision statements?

As volunteers, part of our role is to be an ambassador of PTH, spreading the word about who PTH is, what we do, how we help community members, and how communities can help PTH. Understanding the Mission and Vision statements is a great place to start in this ambassadorship.

Mission

PTH honors life and offers comfort with dignity to people of any age living with a progressive life-limiting illness.

PTH educates and supports its volunteers and staff to maintain a high standard of care, and responds to care-giver, family and community needs for continued bereavement support.

Vision

PTH will be seen as a valuable resource not only for clients, but also for families, friends, and the entire community regarding care at the end of life and bereavement.

Whether you choose to memorize these statements or find a way to put the mission and vision in your own words, it is a crucial role of both staff and volunteers to be able to educate the community about our purpose.

Interested in earning some easy educational credit? Read the article below ...



Volunteer Hospice versus Medical Hospice

Pine tree Hospice is a volunteer hospice, not a medical hospice. Many times when folks in the community hear this, they ask, “What’s the difference?” It is important as volunteers that we are able to explain the various differences so community members may make informed decisions about care.

There are five basic differences to be aware of:

Volunteer Hospice:

- **Non-medical supports by trained volunteers**
- **No physician referral necessary**
- **No time limits to services (able to assist as soon as diagnosed with a progressive, life-limiting illness)**
- **Client can pursue curative and/or alternative treatments**
- **No charges or fees for services**

Medical Hospice:

- **Medical supports by nurses, home health aides, etc.**
- **Physician’s referral necessary**
- **Limited life expectancy (expected death within 6 mths.)**
- **Client cannot pursue curative treatments**
- **Fees for services (Medicare and insurance reimbursable)**

A medical hospice may provide services once a person receives a 6 month prognosis and the physician makes a referral. A volunteer hospice such as PTH may begin providing non-medical support as soon as a person receives a progressive, life-limiting diagnosis. This means we often serve a family for weeks or months before the family chooses to seek the services of

a medical hospice. If and when the family chooses to utilize a medical hospice, PTH is able and happy to continue providing non-medical support. *Together*, a medical hospice and a volunteer hospice can make a greater difference in a family’s quality of life during this most precious stage of life. It is important for people to understand it isn’t an “either/or” decision between medical and volunteer hospice.

So, that continuing education opportunity? Email me a few comments about what you learned from the articles on this page along with your thoughts about our new Bulletin and you will earn 30 minutes of education credit!