

# PTH Volunteer Bulletin

February 2019

## HAPPY BIRTHDAY WISHES to our February Volunteers and Staff

**Pine Tree  
Hospice**

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### "It's All About You!"

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PTH's Caring for the Caregiver program will host a special caregiver event on **Saturday, March 2nd** at the Guilford United Methodist Church from 9:30 A.M. to 2 P.M.

This is an opportunity for all caregivers in the area to receive some personal care. We invite ALL caregivers to join us for a special time of pampering. There will be massage therapy, manicures, reiki, aromatherapy, guided meditation, and much, much more—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.

Mark your calendars now and don't forget to RSVP! More information to come.



## Educational Opportunities

### Advance Care Planning.

Advance Care Planning (ACP) isn't just for those with life-limiting illnesses – but for all of us. PTH is offering a **FREE** informative seminar at the **Congregational Church in Dover Foxcroft on Saturday, February 16, from 9:30 a.m. to noon.**

For more information and to register, call Pine Tree Hospice at 564-4346 or email [wecare@pinetreehospice.org](mailto:wecare@pinetreehospice.org).

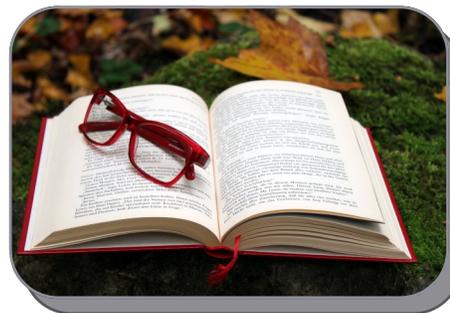


### Winter Movies & Discussion.

PTH volunteers and previous book club members are invited to be part of our Winter Movie & Discussion Series. January was a huge success! February is sure to be just as fabulous! You may attend any month(s) that are of interest to you. For PTH volunteers, attendance will count towards continuing education hours.

The next movie will be on **February 24th, at 2:00pm**, at the PTH office. The movie selection is *Heaven is for Real* and is based on the New York Times best-selling book by Todd Burpo and Lynn Vincent. Told from a Christian perspective, this is a touching and true story.

Please **RSVP by Feb. 21st**, as space is limited.



### Caregiver's Book Group, sponsored by Maine Humanities Council and PTH

Experience something new and thought-provoking this winter with our Caregivers Book Group. This group offers readings that will broaden and deepen your understanding of loss, injustices and the American experience.

Join us once a month on a Monday afternoon from **3:30 – 5:00 p.m., at the Thompson Free Library** in Dover-Foxcroft to delve into the works of some amazing American writers.

The next meeting will be held on **March 4th. Reading materials may be picked up at the Thompson Free Library** and include: *What We Lose*, by Zinzi Clemmons (novel) and *American Journal*, ed. Tracy K. Smith (selected poems)

### Spring Volunteer Training.

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

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## PTH Team Meeting for Direct Care Volunteers

Our next Team Meeting is scheduled for **WEDNESDAY, February 20, 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!

