

*Thank you for your volunteer service!*

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## February Volunteer Team Meeting

Due to falling ice from the roof of the Basket House.

Due to extremely limited parking spaces.

We are going to try a [new gathering place for February Team Meeting](#). The Thompson Free Library in Dover-Foxcroft has offered their meeting room. Park your vehicle and enter through the back door (sounds edgy, but trust me). Follow the indoor ramp down to the spacious meeting room. There is a small kitchen so we will have coffee and hot water for tea, if you prefer. **THERE WILL BE MUFFINS!!**

**Meeting time:** 9:00-10:30

**Agenda:**

- Check-in
- Volunteer review of Client Plan of Care
- Brainstorm ideas for education topics for April, May, June
- Story Time: Volunteers share learning experiences from their time serving as a Pine Tree Hospice Volunteer

“It's really a wonder that I haven't dropped all my ideals, because they seem so absurd and impossible to carry out. Yet I keep them, because in spite of everything, I still believe that people are really good at heart.”

— Anne Frank, [The Diary of a Young Girl](#)

“You cannot swim for new horizons until you have courage to lose sight of the shore.”

— William Faulkner



# Community Matters More

A PROGRAM OF THE BANGOR SAVINGS BANK FOUNDATION

**GUESS WHAT ORGANIZATION HAS BEEN SELECTED BY COMMUNITY MATTERS MORE**

**PINE TREE HOSPICE IS ON THE BALLOT**

**Community Matters More** is a program of the Bangor Savings Bank Foundation that directly engages the public in grant-making. During the month of February, voters will determine the recipients of over \$140,000 awarded to 55 local nonprofit organizations in Maine and New Hampshire. The two organizations with the most votes in each geographical region will receive a \$5,000 grant, while the remaining organizations will receive \$1,000. Just by being on the ballot you are guaranteed to receive \$1,000!

**Q. What is *Community Matters More*?**

A. Community Matters More is a program of the Bangor Savings Bank Foundation that directly engages the public in grant-making. During the month of February, voters will determine the recipients of over \$140,000 awarded to 55 local nonprofit organizations in Maine and New Hampshire. The two organizations with the most votes in each geographical region will receive a \$5,000 grant, while the remaining organizations will receive \$1,000.

**Q. What type of organizations are eligible for *Community Matters More*?**

A. Whether appearing on the online ballot or participating as a write-in, eligible organizations must be a registered 501c(3) nonprofit to participate in Community Matters More. The organization's programs must be open to all (nonsectarian). Political and religious organizations, as well as public and private schools, are not eligible. Organizations that benefit animals are eligible.

**Q. When does voting take place?**

A. Voting takes place during the month of February, beginning February 1<sup>st</sup> and ending February 29<sup>th</sup>.

**Q. How do I vote?**

A. Visit [www.bangor.com/cmm](http://www.bangor.com/cmm) to complete an online ballot.

*\*Please note that Community Matters More informational slips are available at any Bangor Savings Bank branch, which include the online voting link. A supply will be given to your organization by a local Bangor Savings Bank representative in late January. Community Matters More voting is available online.*

**Q. Who is eligible to vote?**

A. Any Maine or New Hampshire resident, of any age, is eligible to vote.

**Q. How many times can I vote?**

A. One (1) online ballot per person is eligible for submission. Vote for up to five (5) different organizations from any of the regions listed including any write-in organizations. See the question below, "How do I vote for a nonprofit organization that is not listed on the ballot" for more information on write-in organizations.

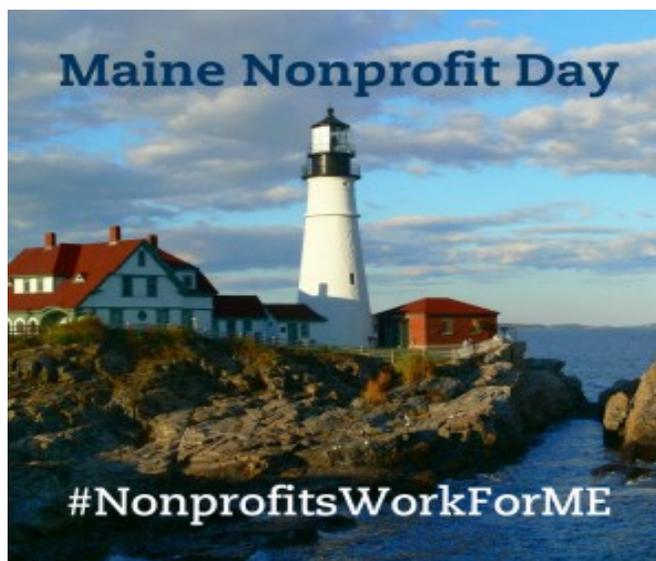
**Q. How do I vote for a nonprofit organization that is not listed on the online ballot?**

A. You may vote for a nonprofit that is not listed on the online ballot by selecting "other" and entering the name of the nonprofit. Organizations that do not appear on the ballot are considered write-in nonprofits. To determine if an organization qualifies as a write-in, please see the question above, "What type of organization is eligible for Community Matters More?"

**Q. How late can I vote on February 29<sup>th</sup> (ending date for voting)?**

A. Online voting will end at 11:59 p.m. on February 29<sup>th</sup>.

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## Maine Nonprofit Day 2020

### Showcase Your Mission on Nonprofit Day!

MANP's 17th Annual Nonprofit Day on **February 11, 2020** helps organizations like yours raise awareness about the importance of Maine's nonprofit sector and how **#NonprofitsWorkforME**. Each year, MANP selects 12 members to join us in the Hall of Flags for a collective day of action to showcase the diversity and impact of the nonprofit sector.

Every day, Mainers rely on nonprofits to nurture our minds, protect our environment, inform our government, educate our children, and drive our economy – all while investing significant financial and human resources into our state.

#### Together we can:

- ▶ increase **policymaker awareness** of nonprofits and their vital contributions to Maine's economy and way of life;
- ▶ strengthen **relationships** between nonprofit leaders and public officials;
- ▶ prepare to **participate fully in the formation of public policy**.

## Pine Tree Hospice Volunteer

### Review Topic of the month

#### Effective Communication

Effective communication is essential when serving those who are coping with illness, dying, and/or bereavement. Our interactions must be responsive to those we serve and need to be carried out in thoughtful and caring ways. While serving families in our communities, keep these key elements in mind:

#### **Attention**

Be aware of the signs, signals, and clues that indicate what is important to someone. Be fully present!

#### **Acknowledgement**

Let the person know that you recognize and appreciate him/her as a unique individual.

#### **Affection**

The human touch of warmth, comfort, humor, and kindness.

Acceptance. Allow things to be as they are. Accept the person's beliefs, values, and wishes, even though they may be very different from your own.

# Upcoming Events

## Pine Tree Hospice Book Club

When: 3rd Thursday (February – April), 3:30 – 5 p.m.

Where: Thompson Free Library, Dover-Foxcroft, ME 04426

Description: This Book Club group is open to the public with discussion taking place on a different book each month. The Book Club is free of charge.

## Pine Tree Hospice “Growing Through Grief”

When: 3rd Tuesday of each month (September – May), 1 – 3 p.m.

Where: Dover-Foxcroft, ME 04426

Description: Pine Tree Hospice’s Growing Through Grief program is for those who have lost loved ones. This program assists the survivors by providing support and training in areas of life they were not responsible for prior to the loss of their loved one. A wonderful and needed resource for the grieving. Coffee, tea and dessert are provided. Pre-registration is required by calling the Pine Tree Hospice office at 564-4346. Growing Through Grief is free of charge.

Feb 18	Growing Through Grief Spiritual Aspects of Grief	Dover-Foxcroft	1:00pm–3:00pm
Feb 20	Book Club	Thompson Free Library	3:30pm–5:00pm
Mar 7	All About You	Guilford Methodist Church	9:30am–2:00pm
Mar 14	Trivia Night	The Commons at Central Hall	7:00pm
Mar 17	Growing Through Grief Artful Grief	Dover-Foxcroft	1:00pm–3:00pm
Mar 19	Book Club	Thompson Free Library	3:30pm–5:00pm
April 4	Yoga Nidra	Congregational Church DF	9:00am–10:00am
April 16	Book Club	Thompson Free Library	3:30pm–5:00pm

***“We must accept finite disappointment, but never lose infinite hope.”  
– Martin Luther King Jr.***