

VOLUNTEER BULLETIN

MAINE HUMANITIES COUNCIL BOOK CLUB FEBRUARY—MAY

PTH, in collaboration with the Maine Humanities Council, is hosting a new monthly Book Club. *The scheduled readings are all set and are already available to borrow at the PTH office. You do not need to attend every session. Look over the schedule and decide which months work for you! Invite friends!*

February's book is entitled "Torch," a novel by Cheryl Strayed. The author weaves a searing and luminous tale of a family's grief after unexpected loss. "Work hard. Do good. Be incredible!" is the advice Teresa Rae Wood shares with the listeners of her local radio show, Modern

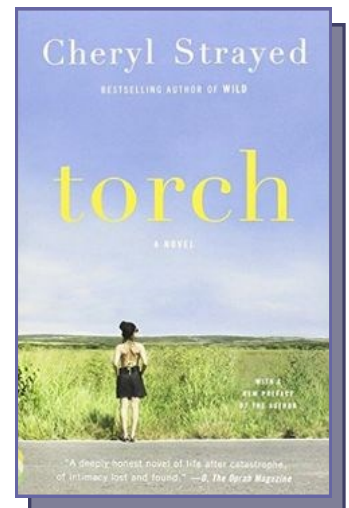
Pioneers, and the advice she strives to live by every day. She has fled a bad marriage and rebuilt a life with her children, Claire and Joshua, and their caring stepfather, Bruce. Their love for each other binds them as a family through the daily struggles of making ends meet. But when they received unexpected news that Teresa, only 38, is dying of cancer, their lives all begin to unravel and drift apart. Strayed's intimate portraits of these fully human characters in a time of crisis show the varying truths of grief, forgiveness, and the beautiful terrors of learning how to keep living.

When: February 27th at 3:00 p.m.

Where: the Mill Inn and Café in Dover-Foxcroft.

Please contact Pine Tree Hospice at 564-4346 if you are interested in attending.

Future Book Club Dates:
March 27
April 24
May 22



Open to ALL!

Continuing education credit for PTH Volunteers!!

BIRTHDAY WISHES TO OUR FEBRUARY VOLUNTEERS AND STAFF!

Lisa White
Judy Dell'Olio
Sherri Jackins



CAREGIVER EVENTS

Yoga Nidra.

Yoga instructor and PTH Volunteer, Gayle Worden RYT, has graciously offered to provide FREE Yoga Nidra sessions for **ALL CAREGIVERS** in the community and for Pine Tree Hospice volunteers.

Please be sure to tell any and ALL caregivers you know about this as well... a caregiver does not need to be receiving PTH services or be caring for someone with a progressive life limiting illness in order to participate in this fabulous opportunity. Professionals and non-professionals are welcome.

Sessions are approximately 45 minutes and are held on Saturday mornings at the Congregational Church on West Main Street in D-F.

For more information and to **RSVP** contact PTH at 564-4346 or email wecare@pinetreehospice.org

Also visit Gayle's website:
www.centeryoga.vpweb.com



Schedule for Yoga Nidra
February 10 at 9:00 a.m.

March 10 at 9:00 a.m.

April 14 at 9:00 a.m.

May 12 at 9:00 a.m.

June 9 at 9:00 a.m.

Yoga Nidra, or yogic sleep, is the science of deep relaxation. There is NO movement necessary; the instructor leads a guided session with her voice to promote deep relaxation with inner awareness for each participant.

It's All About You!"

You are invited to attend "It's All About You" on **Saturday, March 3rd from 9 a.m. to 2 p.m. at the Guilford United Methodist Church.**

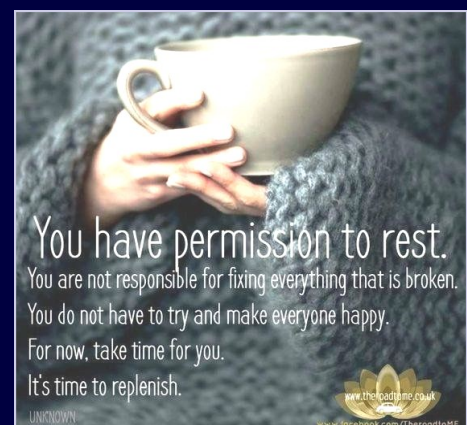
This is an opportunity for ALL caregivers in the area to receive some personal care. And pampering. There will be massage therapy, manicures, reiki, aromatherapy, guided meditation, and more—all to help relieve stress and promote relaxation. A delicious lunch will be provided by Elaine's Bakery of Milo.

This FREE event is part of the PTH Caring for the Caregiver

program, which supports and educates those who are involved in the many aspects of caregiving. For some, it means being a family caregiver and caring for a spouse or parent. For some, it means supporting and caring for a person with disabilities. For others, it means working for an agency or facility, providing in-home or residential care. For still others, it means being a childcare provider.

One in five Maine residents is involved in caregiving. PTH realizes the incredible worth of

caregivers to our community and the Caring for the Caregiver program is designed to reflect the value we place on these community heroes—caregivers.



DIRECT CARE TEAM MEETING

Our next Team Meeting is scheduled for Wednesday, February 21st 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/family.

Team meetings are a great way to share information and provide support to one another about issues related to serving families as a direct care volunteer.

We hope to see you there! And remember, you can count up to 4 hours of team meeting toward your annual continuing education!



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:

Your indirect care timesheets may be turned in quarterly, if that is easier for you than submitting them monthly.

PTH Quarters are:

Oct–Dec 2017;
Jan–Mar 2018;
Apr–June 2018;
Jul–Sept 2018

Did you assist with or attend any events this past quarter? If so, please be sure to submit your time!

REMINDER:

We can be notified of a **State licensure visit any day now.** It is imperative that **ALL TIMESHEETS BE SUBMITTED ON TIME!** PLEASE help us to stay in compliance with State regulations!!

Thank you!



ONE LAST THING...

We are working on the Winter PTH Newsletter and are hoping to get it out in early February. Be on the lookout for it—There is a lot of great stuff to be seen and read!!

Thank you ALL for ALL you do every day to support Pine Tree Hospice and those we serve!

YOU ARE TRULY APPRECIATED!