

June 2018

Inside this issue:

Golf Open	2
Yoga Nidra	2
Whoopie Pie Festival	2
Palliative Care Seminar	3
Caring for the Person with Dementia	3
Direct Care Team Meeting	3

Volunteer Bulletin

BIRTHDAY WISHES TO OUR JUNE VOLUNTEERS!

Sue McNulty

Pam Goulette

Melissa Veraldo

Kim Gilbert

Jean Giacomuzzi

Deb Drew

Barbara Brown

Scott Ludwig



THIS & THAT

Vacations.

Summer is the time for vacations! Please kindly let the office know when you will be away. Also, if you are serving a hospice client, please be sure the family is aware as well.

Hope you all have a wonderful summer!

Time Sheets.

Time sheets are due on or before **June 7th**. If you are serving a medical hospice client, please try to submit your time sheet by June 4th. There are lots of activities going on right now. Are you participating in any way? Be

sure to document your time! Every 15 minutes counts!! Thank you!





UPCOMING EVENTS

Golf Open.

Time to get those golf clubs out and join in the fun at Foxcroft Golf Club. The 2018 Golf Open co-hosted by Pine Tree Hospice and Mayo Regional Hospital will take place on **Saturday, June 9th** with a rain date of Saturday, June 16th. Shotgun starts will be at 8 a.m. and at 1 p.m. Registration fee is \$40 per person and will include a cart and a hearty lunch.

Prizes include:

- ◆ 1st Gross: 18 holes and carts for a foursome at Webhannet Golf Club in Kennebunk Beach;
- ◆ 1st Net: 18 holes, carts and shuttle passes for a foursome to Mt. Kineo Golf Course.
- ◆ Many other fabulous prizes will be available.

To register, players should call Pine Tree Hospice at 564-4346. We hope you will join us along with family and friends in a fun-filled day of golf, delicious food, and wonderful prizes, all in support of a great cause. All proceeds will benefit Pine Tree Hospice's volunteer hospice, caregiver and bereavement services.



Yoga Nidra.

Yoga instructor and PTH Volunteer, Gayle Worden RYT, is offering a FREE Yoga Nidra session for ALL CAREGIVERS in the community. 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. The session will be approximately 45 minutes and will be held on Saturday, June 9 at 9:00

a.m. at the Congregational Church on West Main Street in Dover-Foxcroft. 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



Whoopie Pie Festival.

Pine Tree Hospice is joining the Whoopie Pie Festival! Come visit the PTH booth on **June 23rd from 10:00 am - 4:00 pm**, right in the center of Dover-Foxcroft. Not only will PTH volunteers be selling whoopie pies and water but they will also be raffling off several baskets of goodies from local businesses and

individuals as well as a handmade quilt! There are plenty of activities, too. Start your day with the Earn Your Whoopie Pie 3K Race/Walk, or browse the arts, crafts and food offered by more than 100 vendors. Listen to live music, enjoy rides and games, take part in a whoopie pie eating contest and more.

Come check out the baskets and quilt and support the work of PTH while having a great time. Remember to tell all your friends to visit us! For more information, visit www.mainwhoopiepiefestival.com/ Also, visit the PTH Facebook page for updates on baskets! www.facebook.com/PineTreeHospice/

EDUCATIONAL OPPORTUNITIES

Palliative Care Seminar and Discussion

Have you ever noticed that gaining understanding often takes away the fear of a situation? Palliative (pronounced pal-lee-uh-tiv) care is a term that can frighten folks because they don't understand it. Simply said, palliative care focuses on treating symptoms for people

who have a life-limiting illness, at any point in their illness and whether or not they are seeking curative treatments. Like hospice, palliative care focuses on improving a person's quality of life—not only the physical illness, but also their mind and spirit. Join hospice and palliative care nurse Jill Bixby, APRN to learn about palliative care—

what it is, what it isn't, similarities and differences between it and hospice. There will be plenty of time for questions and comments. This event is being held on **Tuesday, June 5th, from 6-7:30 p.m. at the Mayo Regional Hospital Resource Center.** Register today for this fascinating and informative seminar!

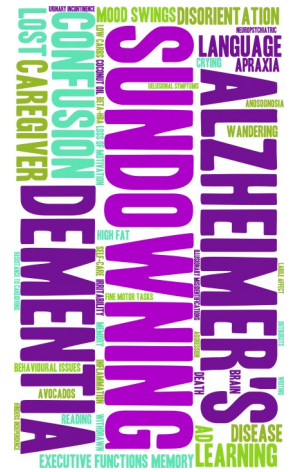


Caring for the Person with Dementia

PTH and Beacon Hospice are offering a Free One-Day Training on Caring for the Person with Dementia on **Wednesday, June 27, from 10:00 am to 3:30 pm at the Dover-Foxcroft Congregational Church.** Lunch will be provided. Peter Baker, LMSW, Manager of Helpline Services for the Alzheimer's Association,

Maine Chapter, will present this training, which will begin with an overview of Alzheimer's disease and other dementia-related illnesses. Participants will learn about effective communication strategies and find out current best practices on dealing with dementia-related behaviors. There will also be a discussion about ways in which caregivers of those with dementia can take care of themselves and

avoid burnout. The day will conclude with an overview of programs and services and a time for Q&A. To register call PTH at 564-4346 or email wecare@pinetreehospice.org. This program is offered free of charge and is open to any community member caring for someone with Alzheimer's or other dementia-related illness, as a family member, friend, or professional caregiver.



DIRECT CARE TEAM MEETING

Our next Team Meeting is **Wednesday, June 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/family.

Team meetings are a great way to share information and provide support to one another about issues related to serving families. And remember, you can count up to 4 hours toward your annual continuing education!

