

# Volunteer Bulletin

MARCH 2018

## State Licensure Visit & Background Checks

We had our state licensure visit on February 14th. I am happy to report that we passed! The examiner spent several hours looking over policies, Board and committee minutes, our strategic plan, client files, volunteer files, personnel files, and more! (FYI, they can pull whatever random files they want.) She also met with Jane and me, together and individually, to ask us questions about specific programs, training, documentation, etc. The examiner was very pleased with the services that PTH provides and stated that we go above and beyond the minimum of what a volunteer hospice needs to do. We can be proud of all of our programs—hospice, caregiver,

bereavement, and community education—as well as the community events we put together to raise funds. We have a wonderful Vision and Mission and are doing the right things to achieve them! I am especially proud of the hard work that so many of you—our awesome and crucial volunteers—have done to make sure we are always in compliance with state regulations. Things such as client documentation, time sheets, and continuing education are important, among other reasons, to be able for the state to see evidence of the amount and quality of services we provide and that we are doing so within the scope of regulations. So thank you all so very much!

I would also like to say a special thank you to the direct care volunteers and bereavement facilitators who have so quickly returned the new background check forms. I am very pleased that I have gotten more than half already—and several of them came in the same day of my request! Very impressive! Because of your prompt response, I shouldn't have any problem meeting the state deadline.



### INSIDE THIS ISSUE:

Spring Volunteer Training	2
Book Club	2
Suicide Awareness & Prevention	2
It's All About You!	3
Yoga Nidra	3
Direct Care Team Meeting	4
PTH Vision, Mission, & Values	4

## Birthday Wishes to our March Volunteers

- Vicki French
- Priscilla Higgins
- Suzanne Stacey
- Dodie Curtis
- Pam Tower
- Andrea Koltai-Price



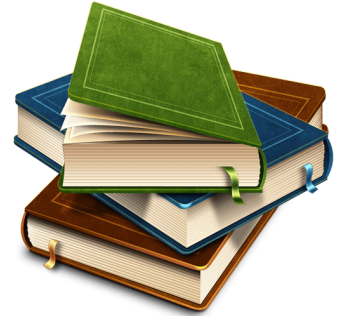
## Continuing Education

### **Spring Volunteer Training.**

A new direct care and bereavement volunteer training will be starting on March 15th. **This training is not just for brand new volunteers!** Whether you are an indirect care volunteer, do direct care with clients, or are a bereavement facilitator, and whether you have been volunteering for a year or 15 years, this is for you!!

The schedule is always posted on the website. Look it over, decide which session(s) you are interested in or would benefit from, and sign up by calling the office.

This is a super easy way to get continuing education and having veteran volunteers in with the new trainees always makes the training more fulfilling for everyone! Sign up today!



### **Book Club.**

The new monthly Book Club continues in March. This spring time series has been put together in collaboration with the Maine Humanities Council. There was a strong turnout for our February meeting and we hope that this will continue!

You do not need to attend every session. Look over the schedule and decide which months work for you! Invite friends!

For March, there is a collection of short readings. With poetry by Louise Aronson, Veneta Masson, and Gregory Orr along with a short reading by Alain de Botton, you will find yourself pondering and reflecting on the meaning of tenderness in life. This group provides a platform to read different, distinctive works that will fascinate and intrigue you. Read, discuss, or feel free just to listen – and enjoy this

experience.

**When: March 27 at 3 p.m.**  
**Where: the Mill Inn & Café**  
in Dover-Foxcroft.

Please contact Pine Tree Hospice at 564-4346 if you are interested in attending. The scheduled readings are all set and are already available to borrow at the PTH office.

Future Book Club Dates:  
April 24  
May 2

### **Suicide Awareness & Prevention Seminar**

Suicide in older adults is often overlooked, yet it is becoming one of the leading causes of death among this age group.

The JD Foundation president, Cheryl Morin, will lead a seminar on suicide awareness and prevention, with a focus on suicide in older adults. The seminar will include warning signs, risk factors, and protective factors as well as

how to intervene with someone who may be suicidal. This seminar will be held on **Thursday, March 29th**, at the Mayo Regional Hospital Resource Center, 6:00 – 7:30 p.m. RSVP by calling the PTH office at 564-4346.



For more information on the JD Foundation, go to [thejdfoundation.org](http://thejdfoundation.org)

# Caregiver Events

## “It’s All About You!”

Have you reserved your spot yet??? If not, it isn’t too late! 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.

## Yoga Nidra.

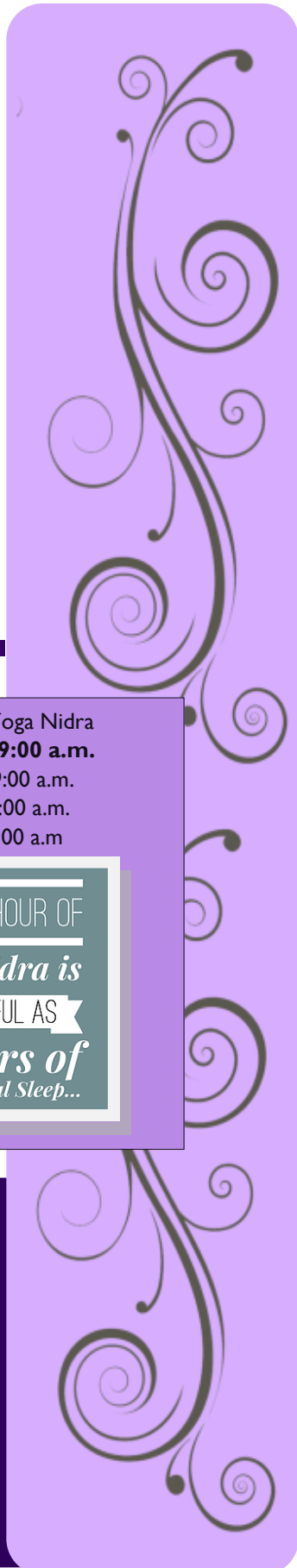
Yoga instructor and PTH Volunteer, Gayle Worden RYT, is offering FREE Yoga Nidra sessions for ALL CAREGIVERS in the community and for Pine Tree Hospice volunteers. Please be sure to tell any and ALL caregivers you know about this as well... a caregiver does not need to be receiving PTH services or be 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 monthly on the second Saturday 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](mailto:wecare@pinetreehospice.org) Also visit Gayle’s website: [www.centeryoga.vpweb.com](http://www.centeryoga.vpweb.com)

FYI—we were booked in February, so be sure to sign up early!!

Schedule for Yoga Nidra  
**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

A SINGLE HOUR OF  
*Yoga Nidra is*  
AS RESTFUL AS  
*4 Hours of*  
Conventional Sleep...



# Direct Care Team Meeting

Our next Team Meeting is scheduled for **Wednesday, March 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.

In March, it is very possible that we will have a special guest attending, so it would be great to have a full house! We hope to see you there! And remember, you can count up to 4 hours of team meeting toward your annual continuing education!



## Vision

Pine Tree Hospice foresees a community in which members openly discuss caregiving, end of life, and bereavement issues and actively provides compassionate care to one another through these precious life journeys.

## Mission

Pine Tree Hospice staff and volunteers provide non-medical care, support, and education, with respect and dignity, to people journeying through progressive life-limiting illnesses, caregiving, and bereavement, thereby enhancing and honoring quality of life.

## Values

- Respect and Dignity
- Comfort and Peace of Mind
- Learning and Education
- Empathy and Compassion
- Open and Honest Communication
- Quality and Safety of Care

