

# Volunteer Bulletin

## Pittsburgh Bound for ADEC Conference!

I'm so excited!!! On Saturday, I will be on my way to Pittsburgh, Pennsylvania to attend the annual conference for the Association of Death Education and Counseling (ADEC). This conference is the premiere educational, interdisciplinary meeting for professionals working in the field of thanatology (death, dying and bereavement). It's where I get to strengthen my knowledge and skills from some of the best of the best in thanatology.

For five very long and intense days I will be learning, practicing, networking, and gathering new ideas to benefit Pine Tree Hospice, our volunteers, and those we serve. I am so honored to have this opportunity. It's an experience I have been dreaming of and looking forward to for a long

time!

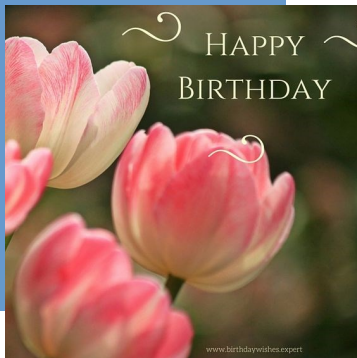
Some of the classes I will be attending:

- ◆ Helping Families with Life Threatening Illness;
  - ◆ Partnering in End of Life Decisions;
  - ◆ Running a Death Café;
  - ◆ Healing the Helpers;
- And many more!!

I will be out of the office from April 20 through May 1. If you need assistance with anything, please contact Jane, Sherri or Pam at 564-4346 — they promise to take great care of you!



## Happy, Happy Birthday to our April and May Volunteers and Staff



Gary Larson

Pam Pultz

Kathy Willey

Marsha Hansen

Bev Crockett

Anita Perkins

## Volunteer Appreciation Week

National Volunteer Appreciation week is April 15-21. I hope you all received your postcard and have had a chance to see our posts on Facebook and on our website.

We truly do appreciate each and every one of you and we could not accomplish what we do without YOU!!

So, take a moment to congratulate yourselves and be sure to treat yourselves extra special this week—you totally deserve it!

Also, in honor of ALL the volunteers of PTH and Mayo, there will be an appreciation dinner on May 1st at 4:30 at the Congregational Church. We encourage you to attend to recognize others who serve along side you!

A delicious meal is planned. Please RSVP by Monday, April 23rd.

Call the office for more details.



## Variety Show

The curtain will rise for the 24th time for the always entertaining Pine Tree Hospice Annual Variety Show on **Friday, April 27 at 7:00 P.M. at Center Theatre**. The night promises a great time with music, drama, humor and plenty of laughs!! Toby Nelson will emcee this year and there will be an array of new acts for your entertainment. Acts of all ages will feature ballroom dance, guess

the tv show music for interactive fun, youth cheerleaders, clogging, songs, comedy and more will be in the lineup!

The ever popular Parade of Sponsors featuring local children making their way across the stage carrying signs with Pine Tree Hospice's business sponsor names will again hit the stage. A gorgeous quilt crafted by Rita Mountain and Helen Higgins,

machine-quilted by Quilting Mania, will be raffled during the evening. Show tickets will be by donation and are available at the Pine Tree Hospice office at 883 West Main Street in Dover-Foxcroft, or at the door the night of the show. Please join us for what promises to be a fun evening of family entertainment!

## Yoga Nidra—a great self care experience!

Yoga instructor and PTH Volunteer, Gayle Worden RYT, is offering FREE Yoga Nidra sessions for ALL CAREGIVERS.

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. **Saturday, May 12 at 9:00 a.m.** Saturday, June 9 at 9:00 a.m. Be sure to register early—classes fill up quickly!!

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)