AUTUMN 2026

The Pine Tree STITCH

Your Quarterly Connection with Pine Tree Hospice

Small & Mighty!



Pictured left to right: Kazia, Kristen, & Tracey

Meet the Staff

Our three-person team may be small, but the impact we make is anything but!

Kristen Wortman, Executive Director, provides leadership and direction for Pine Tree Hospice. With a background in social work, Kristen guides the organization's programs and planning, builds community relationships, ensures high-quality service delivery, and works to secure funding.

Tracey Gray, Client and Family Services Coordinator, is at the heart of our Direct Care Program. Tracey manages referrals, assesses clients and families ongoing needs, and recruits, trains, manages and supports the volunteers who provide companionship, respite, practical help, and other meaningful support.

Kazia Knepp, Administrative Office Coordinator, supports the day-to-day operations of Pine Tree Hospice. She manages office systems and records, coordinates communications with donors, volunteers, and the community, and provides administrative support for programs, events, and fundraising efforts.

Some of what we accomplished last year:

- Organized three volunteer training courses which added 16 new volunteers to our network
- Managed 72 volunteers who contributed over 3,700 hours of service to our community
- Passed our state licensing review with flying colors

Small Team Mighty Community

We couldn't do this alone. Our volunteers give their time and compassion, and our donors support not only our services, but also the people and coordination that make them possible.

Thank you for being part of Pine Tree Hospice! Whether you give, volunteer, spread the word, or connect someone with our services, you help us keep showing up for our community.

Pine Tree Hospice
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Volunteer Spotlight
Cheri Goodspeed



For many volunteers, the path to Pine Tree Hospice begins with devastating loss. For Cheri, that introduction came at the end of her husband's life. "When my husband was dying, Pine Tree Hospice came and worked with us and it was a good experience." What stayed with her was not just the care, but the possibility it revealed. "How cool to be able to stay at home—it gives them [client and their families] someone else to talk to if medical or volunteer hospice is involved." That experience became the foundation of her decision to give back.

Cheri began volunteering with Pine Tree Hospice in 2022 and now supports the organization in several ways. She facilitates a monthly Death Café, serves on the Bereavement Committee, and is a direct care provider to clients. When it comes to direct care, she knows what works best for her. "For direct care, it has to be the right person. I prefer to work with older men. I can relate better to them than women sometimes."

What she values most is connection. "Meeting new people and making a difference in most people's lives." Volunteering has also shifted how she views death itself. "People are not so cognizant of death, and we need to talk about it. It's amazing how many people—even those dying—don't want to talk about it."

That awareness has shaped her personal life as well. "It's made me better with my own aging mother. It has given me the tools to know how to help her and to know how I might want my death to be."

Her advice to new volunteers is: "Be open to discussions about all things considering death and dying. Come to team meetings. It's great to interact with other volunteers and the topics are engaging."

And for anyone interested but unsure about volunteering? "You can make your own hours—client visits can be 15 minutes or an hour—it's not a hard commitment. People want you there. You're there because your help is wanted and needed and that's a wonderful gift to be able to give."

Death Café

If you've ever wondered what a Death Café is like, join us at an upcoming meeting! Death Cafés are held 1-3 pm on the 2nd Sunday of each month at Guilford Memorial Library. Since reviving the Maine Highlands Death Café back in December, we've been encouraged by the response from our community! Our monthly gatherings have been well-attended, and we've seen how meaningful these conversations can be.

A Death Café is an informal, group-directed gathering where people—often strangers—meet over coffee and cake to talk openly about death and dying. This is not a grief support group. The meeting is intended to be a welcoming, agenda-free space where people can explore thoughts, feelings, questions, and experiences related to mortality in a respectful and supportive environment.

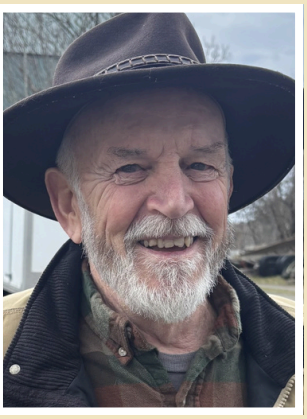
Some of the topics that have emerged during Death Café conversations over the last 6 months include:

- Advance care planning and Five Wishes
- Funeral and burial choices
- Caregiving, dementia, and aging
- Spiritual and religious perspectives on death
- Loneliness, legacy, and memorialization
- Hospice, DNRs, and community resources
- Living fully while acknowledging our mortality

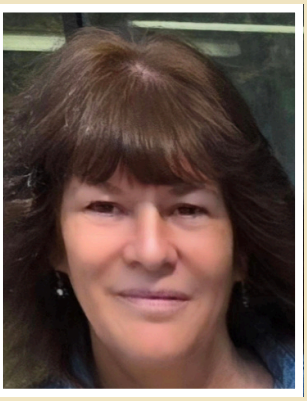
What would you like to talk about? Bring your curiosity and join the conversation!

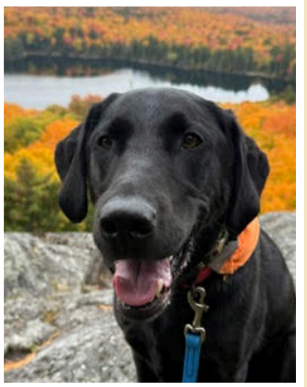
Welcome Fall 2026 Volunteer Class!

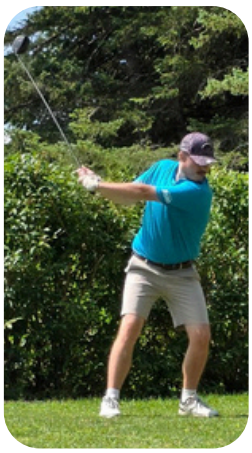
In September, we welcomed new direct care volunteers! Congratulations and welcome to the team.
Pictured left to right:
[Row 1] Chuck McCaffrey, Richard Swett, Lisa Farley;
[Row 2] Vanda Madeiros, Lisa Dearborn, Linda Cagle, Zelda Cagle.










Golf for a Good Cause

Pine Tree Hospice's 19th Annual Golf Tournament held on August 15th was a wonderful day on the Foxcroft Golf Club greens! Beautiful weather, 20 teams of golfers, and plenty of community spirit helped make this year's event a success. Golfers, sponsors, and volunteers raised more than $14,000 to help sustain our free services throughout the region.

We were honored to have Maria Wooten of Maine Highlands Federal Credit Union, our Albatross Level Sponsor, kick off the day with opening remarks. We are grateful to all of our sponsors and participants who made this event possible. Thank you for helping Pine Tree Hospice ensure that no one faces illness, caregiving, grief, or loss alone.

Save the date for our 20th Golf Tournament—August 21st, 2027!

Pine Tree Hospice

20 Center Theatre for the Performing Arts

Betcha Didn't Know

A Monthly Community Speaker Series

Come learn with us!

No registration required.

Free @ Center Theatre!

18 Nov. — **10:00 AM**

REVERSING INSULIN RESISTANCE & METABOLIC SYNDROME

Learn about metabolic syndrome and insulin resistance, their connection to chronic illnesses, and practical strategies for managing and potentially reversing these conditions to improve overall health.

16 Dec. — **10:00 AM**

WISHES & LIVING WILLS

Participants will get familiar with advance directives, powers of attorney, funeral planning options, life-sustaining treatment options, communicating wishes with loved ones, completing Five Wishes, and organizing important personal information.

