**Why We Do What We Do………..**

Pine Tree Hospice’s Coordinator of Volunteers & Client Services (this is such a long title) stood watching in the driveway as a veteran and his wife carefully made their way to the waiting pickup, chauffer-driven by a Pine Tree Hospice volunteer. The afternoon plan would be a ride to a place where lobster rolls could be purchased, and boats observed afloat in the sun. Three hours later as they rested in their apartment, the veteran and his wife shared happy conversation and reflected on their day as they considered plans for next week’s outing. Pine Tree Hospice’s mission was met when the staff and volunteer provided “non-medical care…. with respect and dignity…..thereby enhancing and honoring quality of life.” We thank you, Bill.

**Events & Other Happenings**

**Dexter Tea Talks have restarted!**

Cheryl will have a table there to meet and talk to attendees. Please feel free to drop by!

**When:** September 10th 2020 from 10:00 – 11:30 am. {Rain date of Sept. 17th}

**Where:** at Wayside Park on Main Street. *Consider bringing your own chair.*

**Who:** Open to the public, everyone is welcome! The tea talks are sponsored by the Dexter Age Friendly Community Committee.

**FREE:** Coffee, Tea and Refreshments!

The guest speaker will be Kelly Adams from EAAA the entertainment will be Rose Hinckley and friends.

**Speaking Grief**

*Exceptional in its diversity, empathy, and inclusiveness*

*National Public Media Initiative, Speaking Grief* explores the transformative experience of losing a family member in a death-and grief-avoidant society. This national public media initiative includes a one-hour television documentary, media-rich website, social media campaign, and numerous community engagement events, all aimed at starting a national conversation about grief. To learn more and to watch the documentary, go to: [https://speakinggrief.org/](https://speakinggrief.org/)

Please share with others, and let’s engage people in the discussion.

**Note from the Coordinator**

September is the final month of Pine Tree Hospice’s fiscal year. Get those reports in today! As the weeks quickly pass, be sure to send in September reports at your earliest convenience. It will make the last few weeks of the month less tense as we bring the data collection to a close. 2020 has been such a weird year, I like the looks of new paperwork with the label 2020-2021.

If you were unable to attend the August Team Meeting please find the handouts on the Pine Tree Hospice Website under the tab: For Volunteers>Class Notes. Look at the *next page* for a quote that was part of the presentation by Dr. Deborah Drew titled Boundaries: *Good Fences Make Good Neighbors….or Do They?* Request the recorded presentation by e-mailing Cheryl Crabtree.
September Team Meeting

Please join us at the Kiwanis Park in Dover-Foxcroft for the September Direct Care Team Meeting. There will be some fun activities, light refreshments, time to visit with each other IN PERSON and other surprises! Rain or shine. More details to come.

We are Planning on Volunteer Training in Greenville Spring 2021.

September Team Meeting

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td>September</td>
<td>9-10:30</td>
<td>Continuing Education: What Counts (see below)</td>
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<tr>
<td>October 21st</td>
<td>9-10:30</td>
<td>Role of PTH Spiritual Advisor</td>
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<tr>
<td>November 18th</td>
<td>9-10:30</td>
<td>Special Guest Speaker</td>
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Celebrating Volunteer Anniversaries

September—October

Chris Ryder
Alison Barkley
Rita Corbin
Doris Coy
Donna Hathaway
Helen Higgins
Sue McNulty
Rita Mountain
Bill Orton
Janet Sawyer
Lisa White

Thank you for the years and support you give!

Books are a fantastic way to get your education hours.

This lovely book, The Winter House, by Joan MacCracken, is in our PTH library. It is an interesting and and poignant read.

Elizabeth, Janet, Marty, and Catherine are 4 older women living on their own in a coastal Maine town. They decide to close up their houses for the winter and share one house.

They learn about themselves, and about each other, forming a friendship that goes beyond the winter house.

Committee Meetings

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Bereavement</td>
<td>September 2</td>
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<td>Hospice</td>
<td>September 9</td>
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<tr>
<td>Fund Development</td>
<td>September 14</td>
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<td>Executive</td>
<td>September 21</td>
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<td>Board Meeting</td>
<td>September 22</td>
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<td>Education</td>
<td>September 24</td>
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A Quote from Deb Drew’s presentation.

Self-care: “The love and responsibility are admirable traits, but how long can the patient “feel better” at the caregiver’s expense? Caregivers must direct that love and responsibility to their own well-being first. You are not abandoning them. You are caring for them better by strengthening their main support system—yourself.” Wegenast, S. (2014) -2021.

Thanks to volunteers Alison Barkley and Esther Ireland as they share Outreach in Greenville. Pine Tree Hospice is aiming to expand our volunteer base and inform more people across that area how volunteers make positive differences one family at a time.

Setting Boundaries for Healthy Relationships

Thanks to volunteers Alison Barkley and Esther Ireland as they share Outreach in Greenville. Pine Tree Hospice is aiming to expand our volunteer base and inform more people across that area how volunteers make positive differences one family at a time.