It has been a busy few months—let’s get you updated!
Kristen Sutherland, LMSW, became our new Executive Director in October, and hit the ground running. After an 8-week grant funded transition, Kristen took over and has been busy.

Kristen’s grandfather Edward was an important figure in her life, and influenced her choice of career. With a Master’s Degree in Social Work, and a focus on gerontology, she has become fully immersed in Pine Tree Hospice.

Another change that has taken place is our new Coordinator of Volunteers and Client Services.

Cheryl Crabtree, MS, comes to us from a life of caregiving. She and her siblings cared for her father after their mother died, and in Cheryl’s words, “work with Dad prompted a desire to study his disease, caregiver burden, aging, and family challenges in caregiving.” Cheryl brings great energy and empathy to Pine Tree Hospice’s clients and volunteers.

It’s a great time at Pine Tree Hospice, and we welcome both Kristen and Cheryl to our staff.

Please stop in and visit to meet them!

Getting Outdoors in the Winter

Does the cold winter air keep you indoors? Even though it’s cold, it can be a great time for exercising.

In Maine, we’re lucky to be surrounded by beautiful scenery and have access to plenty of outside activities like skiing, snowshoeing, or skating. The benefits of getting more sunlight boosts your vitamin D, wards off seasonal depression, and improves sleep.

Before going out, make sure you have safe and sturdy boots or shoes.

And don’t forget your creepers—they go on the bottom of your boots and keep you from slipping! Invite a friend to take a walk with you—not only is it safer, but it’s a great way to catch up and it’s fun, too!
Growing Through Grief is one of Pine Tree Hospice’s new Adult Bereavement programs and is taking the place of the former Lunch and Learn group. This program has been a success since it began in September 2019.

The Growing Through Grief program begins with a facilitated grief support group which is then followed by a grief-related presentation or workshop, and coffee, tea, and delicious dessert.

Upcoming topics include: Spiritual Aspects of Grief, Artful Grief, The Eb and Flow of Grief, and Disenfranchised Grief.

Are you grieving the death of a loved one? Whether your loved one died recently or in the past, we invite you to join the Growing Through Grief group.

The group meets on the 3rd Tuesday of each month, September through May, from 1:00-3:00 in Dover-Foxcroft.

Like all of Pine Tree Hospice’s programs, the grief support group is FREE of charge. Participants must pre-register by calling Pine Tree Hospice at 564-4346.

Volunteer Spotlight—Rita Mountain

Rita Mountain has been a volunteer with Pine Tree Hospice for 6 years. Rita is a direct care volunteer and sees clients, and, as she loves to sew, she also is one of the quilt makers who creates the amazing quilts that are auctioned at our Variety Show each year. The quilts are spectacular!

PTH: Why did you become a volunteer?
Rita: When I was taking care of my sister, who was in a nursing home, I realized the importance of volunteering.

PTH: What does volunteering do for you?
Rita: I meet new friends, and become a part of the family of my clients. It’s rewarding and broadens my horizons. One of my clients in particular really makes me laugh!

PTH: What are the parts you like the most?
Rita: Well, it can take a little bit for clients to warm up to the idea of having someone from Hospice visit them. But then they really become happy to see me, and treat me like part of their family.

Rita says that when she goes out to lunch with a client, it’s a fulfilling experience.

PTH: How did you get involved in making the quilt? (This interviewer knows how much hard work it is, and how time consuming, so just had to know).
Rita: We were sewing in our group, and one day a couple of us decided it would be a fun thing to do, so that’s what we’ve been doing.

THANK YOU, Rita, for being such a wonderful volunteer!
Lisa Joy White, MA, CT has been with Pine Tree Hospice for 5 years during which time she served as the Coordinator of Volunteers and Client Services and helped coordinate educational and bereavement programs.

The Board of Directors has separated the duties to create two positions. Cheryl Crabtree has taken on the position of Coordinator of Volunteers and Client Services, and Lisa has taken the position of Bereavement and Education Coordinator.

With her degree and experience in thanatology, Lisa is committed to developing and coordinating education for volunteers and community members. She is also passionate about caring for those who are grieving.

Pine Tree Hospice’s educational events, including Advance Care Planning, and bereavement programs are immensely important in our communities, and require year ‘round planning and implementation.

What is Thanatology?
It is the scientific study of death and the practices associated with it, including the study of the needs of the terminally ill and their families.

Bereavement and Education Coordinator

Monthly and On-Going Events

**Book Club for Caregivers and the Bereaved**
Meets February-April, the 3rd Thursday 3:30—5:00pm at the Thompson Free Library in Dover-Foxcroft
This group is open to anyone, even if they have not used Pine Tree Hospice services. The book club’s books have been by authors such as Nicholas Sparks, Annie Proulx, Juan Thompson, Sue Monk Kidd, and others. Our reading leads to interesting discussions and is led by a Pine Tree Hospice staff member. You don’t have to read the book of the month to attend—everyone is welcome to listen and enjoy the company.

**Evening Grief Support Group**
Meets the 2nd and 4th Wednesdays 6:30—7:30pm in Dover-Foxcroft
This facilitated group is for adults who have lost someone recently or in the past. Members must pre-register before first attending.

**Growing Through Grief**
Meets the 3rd Tuesday, 1:00-3:00 in Dover-Foxcroft
The facilitated Adult Grief Support Group is followed by dessert and a presentation. Pre-registration is required.

**Yoga Nidra NO Movement Yoga!**
April 4, May 9, June 6 9:00am—10:00am Congregational Church, Dover-Foxcroft
Yoga instructor and Pine Tree Hospice volunteer Gayle Worden RYT, is offering FREE Yoga Nidra sessions for both professional and family caregivers in the community. The sessions are about 45 minutes.

**Advance Care Planning Call us for locations.**
A trained volunteer leads this informative and important class. Advance care planning involves ongoing conversations and review of written wishes and goals for your life, end of life, and death. It encompasses several areas of concern including financial, property and health care decisions, how you want to be treated, how you want to be remembered and what you want to have done after your death. For you and your loved ones, advance care planning is the way you can make a difficult time easier.
Did you know that feelings of loneliness can negatively impact physical and mental health? And isolation is linked to cognitive decline.

Combatting loneliness can be difficult, especially as we grow older and lose family and friends over the years. Many people don’t want to make new friends, thinking that those people will only know them as the old person they are today, and not the young, adventurous person they were. Or one might feel that starting new relationships will just make life more difficult if that friend dies.

In our area, we are lucky to have places to meet people, or to go for activities. Many towns have libraries where one can go for books or videos. Most libraries host book clubs and other events. But seniors often have feelings of melancholy and sadness over multiple losses, and going out becomes ever more difficult.

Combined with ailments, winter weather, and feelings of loneliness, one can become depressed. Looking for meaning in life, or purpose, can keep depression at bay.

If church or book groups are not your cup of tea, you can volunteer to help others in the community, take a photography class (smart phones make this really enjoyable), or other adult education offerings.

An activity that would do you AND a pet a world of good might be offering to visit a dog or other pet who is alone during the day. An hour a day is a wonderful way to help a friend, help a pet. Dogs, cats, and other pets can raise our spirits and really make us feel better.

Support groups may be a good place to learn about how to cope with melancholy, feelings of loss, and grief over the deaths of loved ones. Pine Tree Hospice offers two groups (one with an educational component), that are well-attended and helpful.

You aren’t alone! Come out and visit with us!

Pine Tree Hospice’s Wish List—Help Comes in Many Forms

<table>
<thead>
<tr>
<th>Here are some examples of what you can do as a volunteer:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Martha K. delivers posters to businesses about upcoming events.</td>
</tr>
<tr>
<td>Cheryl F. does data input in the office and sits on a committee.</td>
</tr>
<tr>
<td>Debra S. sends gifts for events for volunteers and caregivers.</td>
</tr>
</tbody>
</table>

| *Sit on committees |
| *We always need 1st class postage stamps |
| *Gas cards |
| *Monetary donations in honor of or in memory of a loved one |
| *Have your business as an event sponsor |

| *Share the news of Pine Tree Hospice events & services to those around you |
| *Attend Pine Tree Hospice events |
| *Designate Pine Tree Hospice when bringing your returns to the Redemption Center in Dover-Foxcroft |
Being intellectually engaged may benefit the brain. People who engage in meaningful activities, like volunteering or hobbies, say they feel happier and healthier. Learning new skills may improve your thinking ability, too. For example, one study found that older adults who learned quilting or digital photography had more memory improvement than those who only socialized or did less cognitively demanding activities.

Lots of activities can keep your mind active. For example, read books and magazines. Play games. Take or teach a class. Learn a new skill or hobby. Work or volunteer. These types of mentally stimulating activities have not been proven to prevent serious cognitive impairment or Alzheimer’s disease, but they can be fun! Scientists think that such activities may protect the brain by establishing "cognitive reserve." They may help the brain become more adaptable in some mental functions, so it can compensate for age–related brain changes and health conditions that affect the brain.

We have made a Word Search for you to try!

ANSWERS ARE ON PAGE 6

PRESENCE RESPIRE
GIFT GRIEF
COMPANION TRAINING
PLAN DONATE
HELP REVIEW
FAMILY GROWING
PINETREE SERVICE
INDIRECT FUN
ADVOCATE CARE
ADVANCE HOSPICE
EDUCATION LIFE
ENDINGS DEATH
DIRECTCARE
Upcoming Events

Pine Tree Hospice has events for everyone. We look forward to seeing you.

March 7
It’s All About You:
Part of our Caring for the Caregiver Series, this is an event that thanks area caregivers, whether family or professional, male or female, for what they do. It is a day of relaxing and pampering, meeting other caregivers, and rejuvenating. Held in Guilford, from 9:30am—2:00pm, this is an event for YOU.

March 14
Trivia Night:
Enjoy a fun evening of trivia with friends—lots of laughing and friendly competition. Tables of 6 compete for the title of Trivia Master and win GREAT prizes. Fantastic auctions during the event, too! This is a FUNdraiser that everyone loves!

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May 1
Variety Show and Quilt Raffle:
This great event is in its 26th year! Skits, dancing, singing and more from people you know!! The Variety Show is an entertaining and fun night for all. This is an important fundraiser for Pine Tree Hospice and helps us continue to meet the needs of our neighbors.

May 16
Remembrance Ceremony:
This is a community event that celebrates the lives of those who have died, whether recently, or in the past. Visit with old friends and new, and learn how to express grief through activities, or just relax and remember your loved one.

June 13
Golf Open:
Always popular, our Golf Open is enjoyed by so many people. Teams of 4 compete for over-the-top fantastic prizes. Enjoy food, laughter, lots and lots of fun, and GOLF! This is a significant fundraiser for Pine Tree Hospice, and is always very well attended. Beautiful summer days in Maine with fun people and a great cause. Who could ask for more?!

If you’re interested in being a sponsor for this very well attended event, be in touch with us!
Upcoming Trainings

Pine Tree Hospice volunteer education programs, in compliance with Maine State regulations, prepare volunteers to offer hospice and/or bereavement care for families in our community during and after a progressive life-limiting illness and grief.

**Hospice 101: Introduction to Hospice for Indirect Care Volunteers**

This 4-hour orientation program prepares volunteers to serve as indirect care providers. Indirect care includes services such as cooking, working in the office or library, serving on a committee, but does not include direct interaction with clients or families.

**Our 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.

**Core Curriculum for Direct Care Hospice Volunteers and Bereavement Facilitators**

This 12.5-hour program is the first part of the educational preparation for direct care hospice volunteers and for bereavement facilitators.

**Direct Care Hospice Volunteers**

After completing the Core Curriculum, this 9-hour program prepares volunteers to provide direct service to hospice families. Direct care volunteers serve hospice clients and families, but do not provide physical, nursing, or medical care. Bereavement facilitators support adults, children and families in structured group settings.

From a family caregiver:  
“We are so grateful to know we can go out to breakfast once a week, if the volunteer is here.”

What do Direct Care volunteers do? Direct care involves being with a hospice client and family and may include quiet companionship, respite care, transportation, or activities such as fishing, playing cards, reading or excursions. Offering respite to caregivers is such a wonderful way to help in our community.

From a volunteer:  
“What I received from Pine Tree Hospice far exceeded anything I imagined. I learned so much about how people experience death and grief, I learned about myself...”

Direct care volunteers may choose to participate in any direct or indirect care Pine Tree Hospice function.

**Volunteer Bereavement Facilitators**

After completing the Core Curriculum, this 14-hour program prepares volunteers to provide bereavement support to adults, children and families through the Pine Tree Hospice Bereavement Programs. Bereavement Facilitators may choose to participate in structured group settings, which include the Nights of Service program for grieving children and families, the Growing Through Grief program for grieving adults; and the Evening Grief Support Group for Adults.

Our 2020 Spring trainings will begin in March, and will be held in Dexter. For more information, please call us at 564-4346, or stop and visit us in Dover-Foxcroft at 883 West Main Street.
**Volunteer hospice? Medical hospice?**

**They’re different??**

<table>
<thead>
<tr>
<th>Volunteer Hospice:</th>
<th>Medical Hospice:</th>
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<tbody>
<tr>
<td>*Non-medical supports by trained volunteers</td>
<td>*Medical supports by nurses, home health aides, etc.</td>
</tr>
<tr>
<td>*No physician referral necessary</td>
<td>*Physician’s referral necessary</td>
</tr>
<tr>
<td>*No time limits to services (able to assist as soon as diagnosed with a progressive, life-limiting illness)</td>
<td>*Limited life expectancy (expected death within 6 months)</td>
</tr>
<tr>
<td>*Client can pursue curative and/or alternative treatments</td>
<td>*Clients do not pursue curative treatments</td>
</tr>
<tr>
<td>*No charges or fees for services</td>
<td>*Fees for services (Medicare and insurance reimbursable)</td>
</tr>
</tbody>
</table>

A medical hospice may provide services once a person receives a 6 month prognosis and the physician makes a referral. A volunteer hospice such as Pine Tree Hospice may begin providing non-medical support as soon as a person receives a diagnosis of a progressive, life-limiting illness. This means we often serve a family for weeks or months before the family chooses to seek the services of a medical hospice. If and when the family chooses to utilize a medical hospice, Pine Tree Hospice is able and happy to continue providing non-medical support. Together, a medical hospice and a volunteer hospice can make a greater difference in a family’s quality of life during this most precious stage of life. Both volunteer and medical hospices focus on living life to the fullest!

Just remember both volunteer hospice and medical hospice are here to serve you; it isn’t an “either-or” choice.