Happy Birthday
To all
Volunteers celebrating another year around the sun in December

At the end of life we will not be judged by how many diplomas we have received, how much money we have made, how many great things we have done.

We will be judged by “I was hungry and you gave me to eat, I was naked and you clothed me, I was homeless and you took me in.”

Hungry not only for bread — but hungry for love. Naked not only for clothing — but naked for human dignity and respect.

Homeless not only for want of a room of bricks — but homeless because of rejection.

Quote of Mother Teresa

_Pine Tree Hospice Volunteers indirectly and directly offer affirmation, respect, love, and kindness._

_Thank you for all you do_
Growing Through Grief is one of Pine Tree Hospice’s bereavement programs for adults. The Growing Through Grief program begins with a facilitated grief support group which is then followed by a presentation or workshop.

On December 17th, Gayle Worden, RYT, will talk about self-care for the bereaved and will lead a Guided Meditation. This form of meditation helps calm a busy mind, and helps with sleep. It also has been known to heighten creativity and connectedness. For those who are bereaved, and are having a difficult time finding any inner peace, guided meditation can help lessen thoughts that bombard the mind and make it difficult to think clearly.

Growing Through Grief is held on the 3rd Tuesday of each month, September through May, from 1:00-3:00 in Dover-Foxcroft. The grief support group, presentation, and delicious dessert is FREE of charge. Participants must pre-register by calling Pine Tree Hospice at 564-4346.

For more information about Pine Tree Hospice bereavement services, contact Lisa White, our Bereavement and Education Coordinator.

Direct Care Team Meetings

Direct Care Team Meeting
December 18th
8:30-10:30
Pine Tree Hospice office
Coffee and muffins

Team meeting is a time to share, support, and learn from one another. December’s meeting will focus on what is “Normal Aging” and how to keep our brains healthy.

We hope to see you there! And remember, you can count up to 4 hours of team meeting toward your continuing education!
Time Sheets

Timesheets are due in the office on or before January 7th.
You may submit either the paper form or the online version via the PTH website.

Direct Care:
IF you are providing direct care to a client on medical hospice, please try to get your paperwork to me by Friday morning (Jan 3rd) so I can do proper updates for the IDT meetings.

Remember, IF you serve a client who dies or is discharged from PTH services, your final timesheets must be turned in to the office within five days of the death/discharge.

Indirect Care:
Your indirect care timesheets may be turned in monthly or quarterly. Whatever works best for you.

PTH Quarters are:
- Oct—Dec 2019;
- Jan—Mar 2020;
- Apr—June 2020;
- Jul—Sept 2020

Did you assist with or attend any events this past quarter? If so, please be sure to submit your time!

Thank you!

Holiday Greetings!

May this season bring joy and hope to you and yours.

As another calendar year comes to an end, thank you for the many acts of kindness you share as a volunteer and within your personal sphere of influence.

I look forward to serving you in 2020!

Cheryl
In case you do some reading over the holidays or watch a movie, bring this form to the next Team Meeting or scan it to ccrabtree@mayohospital.com

VOLUNTEER: ______________________________  MONTH/YEAR: __________________________

Reading a PTH-relevant **book** counts for up to two hours. A **video** counts for the length of the video. Please provide a brief written summary and a comment about how the book or video helps you as a PTH volunteer.

For any other education (seminar, workshop, class, etc.) please send documentation of attendance, including date, length of event, and description of topic to the Coordinator in order to receive credit for continuing education. (There is no need to include it on your timesheet.)

<table>
<thead>
<tr>
<th>DATE</th>
<th>TITLE/AUTHOR &amp; SUMMARY OF BOOK or VIDEO</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TOTAL HOURS**

**DATE**