Please be sure to submit your timesheets for your volunteer activities on or before November 7th.
If you do direct care for a medical hospice patient, please submit your timesheets by November 2nd so I can submit the required paperwork to the medical hospice on Nov. 5th.

Please don't forget that timesheets for deceased clients are due within 5 days of death.
You may submit either the paper form or the online version via the PTH website at www.pinetreehospice.org

Reminder: Please record your time in quarter-hour increments:
1 – 20 minutes = .25 hour;
21 – 35 minutes = .5 hour;
36 – 50 minutes = .75 hour;
51 – 65 minutes = 1.0 hour
THANK YOU!

To be a volunteer, it takes...

Generosity, a willingness to give your time to others
Understanding, because their lives might be very different from your own
Empathy, an ability to put yourself in someone else's shoes and feel what they must feel
Compassion, to truly care about making someone else's life better
Patience, because the process doesn't always go as smoothly as it might
Dedication, to stick with the project and see it through

You've shown these qualities and so much more, so thank you for all that you do.
What They Had stars Hillary Swank, Blythe Danner, Michael Shannon and Robert Forster. It is the story of a family struggling with Alzheimer’s. An elderly man wakes up during the night to find that his wife has gotten up and left the house during a snowstorm. He calls his son who helps look for his mother, but they also call the daughter, who lives in California, and asks her to help with the situation that is getting worse, and more than the father can deal with. This poignant movie is a story that plays out in countless households today, and makes us think deeply about our responsibilities, and what we might face in the future.

AARP Maine is proud to partner with the Center Theater and Pine Tree Hospice to present a screening of the award-winning film, What They Had

Our next Team Meeting is scheduled for Wednesday, November 20th at 8:30 a.m. at the PTH office.

If you are a direct care volunteer, you are encouraged to attend whether or not you are currently providing direct care to a Client/family.

Team meetings are a great way to share information and provide support to one another about issues related to serving families as a direct care volunteer.

Remember, you can count up to 4 hours of team meeting toward your annual continuing education!

This month we will continue brainstorming ideas for education topics for 2020, consider changing start time to 9:00 a.m. beginning in January, and continuing our discussion of Self-care.
Annual Dinner & Meeting

Each fall Pine Tree Hospice invites its volunteers, Board members, and members from the community to celebrate our continued commitment to supporting those who are living with life-limiting illness or those experiencing grief and loss by attending our Annual Meeting and Dinner.

This year’s meeting and dinner will be held on Thursday, November 21st at the Congregational Church in Dover-Foxcroft beginning at 6 p.m.

We encourage ALL amazing volunteers of Pine Tree Hospice, to attend this wonderful evening of fine food, friends, and fun. There is always a bit of special recognition to several volunteers. Who will they be this year???

Please RSVP that you will be joining us for this special night by November 15, 2019.

We look forward to seeing you at this wonderful event celebrating all that is Pine Tree Hospice.

BEREAVEMENT FACILITATOR TRAINING 2019

November 7, 5:00-8:15 pm
Sebec Room, MRH
- Pre-Group: Bereavement Services and Volunteer Roles
- Grief and Mourning
- Post Group

November 16, 9:00-1:40 pm
Sebec Room, MRH
- Approaches to Mourning
- Complicated Grief
- Communication Techniques in Groups

December 5, 5:00-8:45 pm
Sebec Room, MRH
- Veterans Grief & Mourning
- Suicide Grief & Mourning
- Adult Support Groups: Structure, Function, and Practice

December 21, 9:00-12:15 pm
Sebec Room, MRH
- Family Panel
- Children’s Grief
- Children’s Support Group Structure, Function, and Practice
Our work calls us to serve others in immeasurable ways that both serve and draw from us as individuals. It is important and challenging to maintain the necessary combination of self-awareness and balance in our work. Following are some areas to consider that may lend to greater individual self-care and a more wholesome approach to our lives and service.

**AWARENESS**: Is being in tune with one’s needs, limits, emotions. Considering your internal and external resources, including practicing mindfulness and acceptance. Awareness requires conscious attention to all aspects of our experience, including thoughts, feelings, and our sensate responses. This kind of attention requires quiet time and space that supports self-reflection.

**BALANCE**: Of activities at work, between work and play, between activity and rest, between focus on self and other. Balance provides stability and helps us be more grounded when stress levels are high.

**CONNECTION**: To oneself, to others, and to something greater. Connection decreases isolation and increases confidence and hope.

Leaps and Boundaries, National Hospice Volunteer Conference, Portland, Maine
M.J.Wolford-Tucker, 10/18/19