Dear Volunteers,

Despite the many and varied challenges of these days, Pine Tree Hospice is adapting and continuing to look toward the future. Dexter Spring Volunteer Training has been restarted using Zoom technology. Six potential volunteers are engaged and eager to complete the necessary classes to be ready for the day we are back in homes serving families.

Until that day, Pine Tree Hospice Direct Care Volunteers creatively serve their clients and families through cards, calls, and following appropriate precautions, drop groceries or wave from the driveway. Thank you all for reporting every connection you make!

Indirect Volunteers continue to participate through Zoom committee meetings, e-mail, and phone. These important volunteers assist to keep this fine organization on track, looking ahead, and adapting in the present limitations.

Thank you for all you continue to do to serve many.

Happy sunshine days ahead.

Cheryl Crabtree
Coordinator of Volunteers & Client Services
Facebook Auction Fundraiser

Pine Tree Hospice volunteers and friends have begun to drop off items for the first Pine Tree Hospice Facebook Auction Fundraiser scheduled to begin Monday, May 18\textsuperscript{th}. Our goal of at least 14 items is being met with some amazing creativity. Thank you to everyone who has already brought their items for the important next step by “Pam the Photographer”. If you have items, there is still time!

Please drop them off at the office by May 11\textsuperscript{th}. The office will be staffed Monday through Friday 9:00 – 2:00.

Call ahead to be sure someone knows that you are planning to stop by. 564-4346

LIKE us on Facebook. INVITE family and friends to LIKE the Pine Tree Hospice page! This will give them access to the auction fun.

The more involvement we get the more successful it will be!

Please do not hesitate to call the office at 564-4346 with any questions.

― Mark Twain

“Never put off till tomorrow what may be done day after tomorrow just as well.”

― Lewis Carroll

“It’s no use going back to yesterday, because I was a different person then.”
Stress is a normal part of life. It is a natural response to an external pressure that disrupts your equilibrium. It often causes symptoms such as:

- Sadness, confusion, irritability, anger, uneasiness, and suicidal thoughts
- Reduced concentration, efficiency, and productivity
- Social withdrawal and isolation
- Interpersonal problems (e.g., lies, defensiveness, communication concerns)
- Tension (e.g., headaches, jaw clenching, teeth grinding)
- Body pain (e.g., headaches, muscle spasms)
- Reduced energy (e.g., tiredness, weakness, fatigue)
- Sleeping problems (e.g., insomnia, nightmares)

The first important step to managing these symptoms is to recognize that they are related to stress. According to the Four Branch Model of Emotional Intelligence, the ability to recognize your emotional state is essential in order to understand and manage your emotions. Therefore, if you skip the phase of acknowledging that you are stressed, you impede your ability to manage your stress.

This notion may seem simple, but it is often easier said than done. It is common to miss the signs of stress early on, preventing your ability to handle them before they grow. Even if you notice these symptoms, it is also tempting to think that you can manage them by brushing them under the rug. The danger in this tactic is that it does not allow you to tackle the problem head on, and the catalyst of time can cause you to miss the crucial moment to intervene before your stress becomes overwhelming.

If you have been noticing these symptoms since you learned about the Coronavirus, it is possible that you may be experiencing a normal stress response. Not only is it natural to be concerned about physical illness, but the uncertainty about a spreading virus can increase your stress level as well. The World Health Organization has declared COVID-19 a pandemic to highlight the level of concern and spark measures of precaution. In a parallel process, your stress is doing the same for you as it sets off a warning alarm that calls you to action.

Manage what you can; release what you cannot.