

# Pine Tree Hospice Newsletter

*“Pine Tree Hospice  
can’t add days to your  
life, but we can add life  
to your days.”*

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## PTH STAFF

### *Jane Stitham*

Executive Director

### *Amy Madigan-Dube*

Coordinator of Volunteers  
and Client Services

### *Sherri Jackins*

Administrative Assistant

### *Frances Spear*

Office Support  
(ABLE Network)

## PLEASE VOTE!

### Community Matters More Nomination

**P**ine Tree Hospice is honored to be nominated as a recipient of the 2012 Bangor Savings Bank Foundation’s “Community Matters More” grant program. Grants are awarded based on voting from community members. As a nominated nonprofit, we will automatically receive \$1000 and can receive up to \$5000 if we are able to secure enough votes! The voting period starts January 23rd and goes through March 5th. We are going to need your help to win! All you need to do is vote for Pine Tree Hospice either on a paper ballot or online on Bangor Savings Bank’s website <http://www.bangor.com>. It’s a one time vote, and the only requirement is that you are a Maine resident.



“We are proud to receive this honor, because being nominated means that there is recognition of the support our volunteers provide to the people of our large service area,” says Jane Stitham. “As we receive no State, Federal or insurance funding this award would go a long way in supporting our programs and services. Please take a quick moment to vote and join Pine Tree Hospice in helping our friends and neighbors during a very poignant time in their lives.” We will bring you more information as it becomes available, and will link the site to vote at on our website, [www.pinetreehospice.org](http://www.pinetreehospice.org)

## Unveiling Our New Logo!



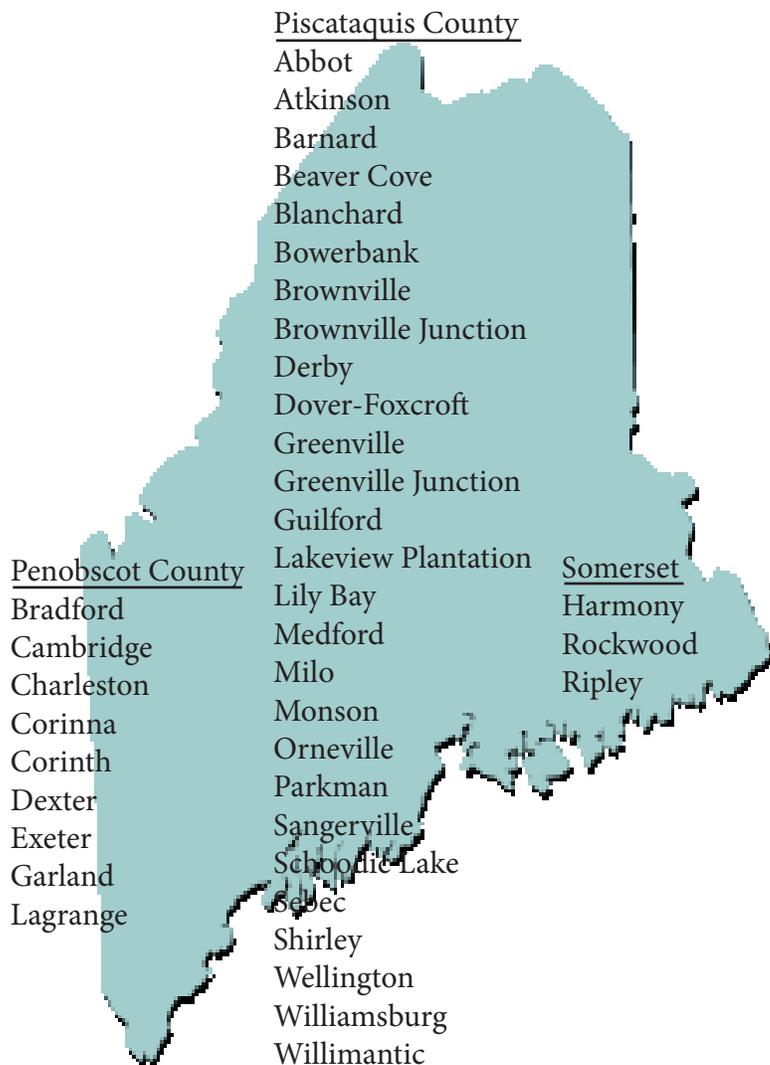
**P**ine Tree Hospice is proud to announce that we have a new logo. “We are pleased to display it at the top of this edition of our newsletter,”

says Jane Stitham, Executive Director. “We have had the same logo since our beginning in 1986, and while it has served us well, we felt that since technology has come so far, it was time for something new and updated.” This new and updated logo comes to Pine Tree Hospice from Debra Smith, a PTH volunteer who ‘virtually volunteers’ from her home in

Colorado. “Debra has been a wonderful addition to our volunteers,” says Amy Madigan-Dube, Volunteer Coordinator. “Her skills have improved our print media so much, and her creativity, as well as her skill technological, has taken us to places we never dreamed we’d be able to be at this point.” Debra has also redesigned Pine Tree Hospice brochures, designed our Annual Appeal letters, and created much of our PR materials for events and programs. Currently she is working on a new brochure for the Evergreen Program, which should be completed in the next few weeks.



## Towns Served by PTH



## Snow Golf To Hit Pine Tree Hospice Area by Storm

So, Christmas is over, and the winter blahs are setting in. Looking for a way to beat them? We have a solution for you. On February 25, Foxcroft Golf Club will host a “snow golf” event to benefit Pine Tree Hos-



pice. Snow golf is much like regular golf, subtract greens, golf balls, and holes, add snow, tennis balls, and hula hoops! How can hula hoops not be fun, even in February??? We will also have other activities like sliding, a bonfire, chili, cornbread, and hot beverages to warm you up. 2 person teams will be welcomed to tee off between 9 and 2. The cost is \$25 per golfer, which includes lunch and prizes. If you would like to register a team, or have questions about this event, please call Pine Tree Hospice at 564-4346 or email [wecare@pinetreehospice.org](mailto:wecare@pinetreehospice.org). See you there!

## Benefactor Helps Volunteers Go the Extra Mile with Gas Cards



This fall, a generous benefactor stepped forward to provide funding that allowed Pine Tree Hospice to purchase gas cards. “The benefactor was surprised to hear that volunteers receive no compensation, even for gas money. Given the rural nature of our communities, and the 3900 sq mile service area, the benefactor wanted to do something to help. Some of our volunteers drive great distances, so these will be a nice way for Pine Tree Hospice to help in a small way,” says Amy Madigan-Dube, Volunteer Coordinator. “Without our volunteers being willing to go that extra mile – sometimes literally – we wouldn’t be what we are. And it’s nice because they are redeemable at any Irving station of which there are many throughout our region. We are so thankful for this support.” These cards are also available for families throughout our large service area who would benefit from having gas cards to help with travel related to the care and support of their family member.



## VOLUNTEER SPOTLIGHT : Ardis Hacker



Everyone knows someone who they feel honored and blessed to know. Pine Tree Hospice Board, staff and families feel that way about Ardie Hacker. Ardie has been with Pine Tree Hospice since 2000, assisting in various roles with her sleeves rolled up and a “can do” attitude. Whether it is providing direct care support, being a member of the Education and Bereavement Committees or in her role as President of the PTH Board of Directors, her passion for helping, her ability to organize, and her unflappability have made her an incredible asset to Pine Tree Hospice and a friend to those who make her acquaintance.

Recently, Ardie and her husband Dave used their passion for photography to breathe new life into the wall art at Pine Tree Hospice. Their photographs and framing talents can be seen by all who visit. Please stop by and see their beautiful work.

*Thanks Ardie, for your dedication!*

## New Bereavement “Lunch and Learn” Series is Fulfilling

In June, Pine Tree Hospice started a new format for adult bereavement. Rather than holding a drop in group, the monthly groups are now centered on a particular topic with discussion time and a “lunch and learn” format. “It is working out very well for us. We’re getting a lot more participation, and we’re covering topics that are suggested by the participants, which make it more focused on their needs,” said Erin Callaway, volunteer Bereavement Team Leader. “What we’re doing makes sense, and it has worked for other Hospices in other parts of the country.” The first series of topics was “Cooking for One.” This series included tips and recipes for cooking, as well as discussion around the challenges of cooking and eating alone. “Feedback from participants has been overwhelmingly positive, so we know that what we’re doing is working for our communities. And people are coming from outlying towns to participate, which is a wonderful thing to see,” says Amy Madigan-Dube, Coordinator of Volunteers and Client Services.



The second series, which was completed in December, centered on coping with first holidays, anniversaries, etc. This topic was at the request of participants, many of whom had lost their loved ones recently. “We recognize that holiday times are particularly hard. Most people’s holidays are rich with tradition and family, and the loss of a loved one leaves an empty spot,” says Madigan-Dube. “This series was designed to help participants develop strategies for coping with the holidays and other milestones.”

Next, these “lunch and learn” gatherings will be exploring a series titled “Beating the Winter Blues.” This series will take place on January 17th, February 21st, and March 20th. All community members who have experienced a loss are welcome. Participants should feel free to come to one or all of the series gatherings. There is no charge for this program. Please RSVP to our office if you would like to attend. If you would like to be added to the mailing list for future dates, please call 564-4346 or email [wecare@pinetreehospice.org](mailto:wecare@pinetreehospice.org)



## Community Generously Responds to Annual Appeal

Pine Tree Hospice is thrilled to announce that we have met, and even exceeded our goal for the 2011-12 Annual Appeal. This is an important accomplishment because a generous donor who sincerely wants to help the people of this area agreed to match funds raised up to \$10,000. "The community has been so supportive this year, in spite of the challenging times that we all face. The funds we raise help us to be able to assist all the communities we serve. Maximizing the match was crucial as we must raise 100% of our funding," says Jane Stitham, Executive Director. "We are so thankful to all who have donated."



Pine Tree Hospice had until January 20th to raise the \$10,000 to be matched. Says Stitham: "It was able to be reached just a couple of days before Christmas. I am grateful for this Christmas gift given to our Pine Tree Hospice families by the community."

## PTH Regional Teams and You



If you have a few hours available to help Pine Tree Hospice strengthen its support to members of your community, please join your area team. Once on the team you can identify what areas of its work you would like to put your talents to work on.

*~Assist in recruiting additional volunteers and help to build regional strength in local service connections.*

*~Help to provide a support system for volunteers.*

*~Identify educational opportunities for volunteers.*

*~Aid PTH with publicizing and representing PTH in their communities; i.e., placing posters in public areas advertising PTH events, representing PTH at meetings or public opportunities, and assisting with programmatic or fundraising events in their regional area.*

*~Inform PTH of any opportunities in their local area to educate citizens about PTH and to make it more visible in their community.*

*~Expand PTH's ability to stay in closer touch with citizens throughout our service area to better respond to needs and opportunities.*

Please join us to help make all our communities have a stronger support base by adding your skills to your area team today. If you would like to sign up or have any questions, please contact Pine Tree Hospice at [wecare@pinetreehospice.org](mailto:wecare@pinetreehospice.org) or 564-4346.

### Newsletter Sponsored by:

Community Health and Counseling Services

**Home Health and Hospice Services**

*"Hospice is the best care I've had in a long time, the staff are great and I've never had it so good."*

CHCS Hospice Client

Call now 1-800-924-0366

Newsletter Created by Foxcroft Academy Student, Kate Morrison

## Maine Community Foundation Provides the “Magic” at Annual Dinner



“**M**agic” was the theme for the PTH Annual Meeting this year. The true magic of the evening was provided by the Maine Community Foundation, where Doug Cummings and Laura Reed on behalf of the MCF Piscataquis Fund presented Pine Tree Hospice with a check for \$2500. “Being chosen as one of two nonprofits to receive a \$2500 grant in honor of the Piscataquis County Fund’s 25th Anniversary, is a tribute we greatly appreciate,” Stitham stated upon being presented the check. “We are always most grateful for being awarded a grant that we have applied for but receiving this grant, without applying for it and solely in recognition of our work, is an accolade we will always treasure.”



*New Board Members*

Attendees were treated to a great show put on by Mitchell Chasse and his assistant Ivy, who wowed the crowd with their ‘quick change’ magic act. Wonderful appetizers and desserts were prepared by Jodi Arno and staff. New Board of Directors voted in

were Matt Raynes, Dr. Kathleen Thibault, Shannon Bishop and Ethan Annis (see picture left). Officers voted in were Dale Shaw, President; Rhonda Taylor, Treasurer, Art Jette, Vice President; and Ardis Hacker, Secretary (see picture right).



*Executive Committee*

## Can You Believe It? 25 Years!

**O**n a perfect summer’s evening over 300 people gathered on the grounds of Mayo Regional Hospital to celebrate the milestone and thank the community for its support through the years. July 15th saw volunteers, friends, and families from throughout our large service area come together to enjoy a delicious meal catered by Soup’s On of Rockwood, a silent auction with numerous items donated by local residents and businesses and music provided for the event by The Little Big Band.

We were privileged to have several of the original founding members in attendance, all of whom were recognized with gifts of appreciation. Pine Tree Hospice was honored to be presented with proclamations from both Governor LePage, as well as the Maine Legislature.

PTH wishes to thank Linda Howard and Barb Austin, co-chairs of the PTH 25th Anniversary celebration, for all their efforts to create this special event. They join us in thanking all who donated, as well as those who attended, to help make our 25th year a very special one!



*The Little Big Band*



## Community Learns About Veterans' Final Battle



Pine Tree Hospice recently hosted MS Dennis Whall, US Army (Ret), who spoke about Veterans and the challenges they face at the end of life. "What many Veterans fear is the truth about what they have had to do. They believe that if their friends and family knew these things, they would no longer love that person. And what happens when they die? Will they be forgiven?" His powerful presentation helped shed light on the challenges that are unique to Veterans at the end of their lives. "The end of life can be different for Veterans, because their coping skills start to fall away. The things that they've repressed for so long can begin to resurface, and family does not know how to handle it. We're hopeful that this was helpful to be aware, and perhaps more prepared, for those challenges," says Amy Madigan-Dube, Coordinator of Volunteers and Client Services.

Pine Tree Hospice is interested in reaching more Veterans – both those who could benefit from services, as well as those Veterans who may be interested in becoming a volunteer to serve Veterans at the end of life. "It's a camaraderie that those of us who haven't served will never understand, but can honor by bringing dying veterans someone who really understands them," says Madigan-Dube. "We want to be able to provide that as a last tribute for dying Veterans."

This event is part of Pine Tree Hospice's Caring for the Caregiver Series. This series is made possible through a grant from the Maine Community Foundation Piscataquis Fund.

## Community Resources for Caregivers



Our next Caregiver event will be held on February 9th from 6:30 to 8:30pm at Mayo Resource Center in Dover-Foxcroft. The focus of this night will be Caregiver Resources, including a panel discussion with area providers. Participants will be able to ask questions regarding the needs and resources available for the elderly or disabled. Refreshments will be served. For more info or to pre-register contact our office at 564-4346.

## 2nd Annual Celebration of Remembrance

Balloons flew skyward on a beautiful November day as friends and family came together to remember those who have gone before us. Pine Tree Hospice and Community Health and Counseling Services once again combined their efforts to make the day a special one. "This day is meant for memories, and for celebration of the lives of the ones we have lost," remarked Jane Stitham, Executive Director. "We want the community to know that we honor the losses that they have experienced, but also to let them know that through that difficult grief, there is healing and comfort in knowing that others understand that grief." The book The Next Place was read, offering inspiration to those who attended.

At the end of the day, during the balloon release, "I Hope You Dance" was sung by CHCS social worker, Linda Boyce. The white balloons against the blue sky could be seen for a long time, and spontaneously, some members of the group chose to dance.





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## Learn More About Pine Tree Hospice

*What is Hospice? How does it work? What do volunteers do? What don't volunteers do? Could I help?*

Get all these questions and more answered at one of our upcoming trainings!

**O**n January 17th in Greenville, we will have presented Hospice 101, an introductory orientation to Pine Tree Hospice, and Hospice in general. Your questions will have been answered, as well as many more that you didn't even know you had!

We will repeat Hospice 101 for our more 'southern' folks on February 16th at the Mayo Regional Hospital Resource Center. In addition, this training will be held in Brownville on a date to be determined.

After completing these sessions, which are open to anyone 16 or older, you are then eligible to be an "indirect care" volunteer for Pine Tree Hospice, though there is no obligation to do so. You also have the option to then be paired with one of our seasoned volunteers to go into a home (with family permission) and experience direct care support.

Our full Direct Care Hospice training will be held March 16 and 17, and March 23 and 24. Fridays will be 5-9, and Saturdays from 9-4:30. Following this training, participants will receive a certificate and be able to do direct care with clients and families if they wish.

In April we will be holding a Bereavement Facilitator Training. Have you ever wanted to make a difference in the lives of children and adults who has been affected by loss? This insightful 28-hour training being held in October by Evergreen, The Pine Tree Hospice Center for Grieving Children and Adults, is your first step. You will learn about the stages of grieving, the differences in the ways that children and adults grieve, and how to successfully facilitate a group. Being a part of this process as a bereavement facilitator is a richly rewarding experience.

To receive further information or to sign up for trainings, please contact us at [wecare@pinetreehospice.org](mailto:wecare@pinetreehospice.org) or call 564-4346.



## Looking for Something to Expand Your Horizons? Try PTH's Book Club!



**J**oining a reading group can help to expand your reading, as you'll be tempted to try different types of books that you might not otherwise have chosen by yourself. Many people can become accustomed to the comfort of reading in a favorite genre and may not realize how much they might actually enjoy an altogether different type of book, until they are persuaded to try by other members of their reading group.

Pine Tree Hospice's book club meets monthly at the PTH office. The hour long meeting begins at 2pm on the third Thursday of each month. January's book will be Life Gets Better by Wendy Lustbader. New members are welcomed. If you would like to learn more about our book club visit our website [www.pinetreehospice.org](http://www.pinetreehospice.org) or contact the office at 564-4346 or email [wecare@pinetreehospice.org](mailto:wecare@pinetreehospice.org).



## Enjoy Yourself and Help PTH

**W**e recognize that not everyone has the time or the comfort level to become a volunteer. But there are many easy ways to help out, let alone enjoy yourself! Consider joining us in supporting PTH programs in the next few months by:



- ~Playing "snow golf" on February 25 at Foxcroft Golf Club
- ~Attending our Annual Variety Show to be held at Center Theatre on April 27th at 7pm. Can't attend?  
Buy a raffle ticket for the quilt to be taken home by a lucky winner that night. Tickets are available prior to the show at our office.
- ~Joining in the fun as area golf courses support us by hosting a Triple Crown Golf Tournament to benefit Pine Tree Hospice.

- May 5th at White Tail Golf Course in Charleston
- May 20th at Dexter Municipal Golf Course
- June 2nd at Foxcroft Golf Club



### 2011-2012 Board of Directors

Dale Shaw, President East Corinth	Alice Bunn Garland
Art Jette, Vice President Cambridge	Kathleen Thibault Dover-Foxcroft
Rhonda Taylor, Treasurer Sangerville	Shannon Bishop Williamsburg
Ardie Hacker, Secretary Dover-Foxcroft	Ethan Annis Dover-Foxcroft
Judy Doore Dexter	Matt Raynes Dover-Foxcroft

*Too often we under-estimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.*

*-Dr. Felice Leonardo Buscaglia*

### Pine Tree Hospice

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