

# Volunteer Newsletter

## November 2022

### A note from Sarah Cote Volunteer Coordinator



### Reflections Before the Dark

This time of year, compels one to meditate on cycles, light and dark, and how the chilliness of Autumn invites us to slow down and tap into another form of joy. After all, the seasons inform us of how to live.

Something I've been reflecting a lot on lately is self-acceptance, which at first glance is awfully superficial feeling and so often applied to matters of looks, attempting to fit into social norms, and something generally quick and trivial.



The concept has bubbled up several times over the past few weeks. Connecting to the deeper meanings has been a challenge – good, explorative, self-care kind of a challenge that sheds some light on what might no longer be working. True self-acceptance requires consistent honesty, discernment, disentanglement from others, communication, sometimes quietness to really hear or see all that is at

play. It asks us to not push past what we can do, be, share, offer, or hold sustainably. This practice enforces that if we do not first listen to our own needs and boundaries, no one else will.

We can fold this into the ongoing meditation on End-of-life. A phrase in the field is 'you die the way you lived.' That could be comforting, or it might be a bit confrontational depending on what it means for you.

So, how do we practice being awake to our truths? Fears? How do we express and communicate those things with more ease? How do we ask for support when we are unable to express or communicate? What can we release that perhaps, has never been aligned with who we authentically are? How do we embrace the natural time of turning inward to our inner worlds?

Sitting with this self exploration can be a grounding framework into deeper understanding and compassion for our patients and families.

**Bangor Area Volunteer Support Meetings  
will Resume in the new year**

**Volunteers are encouraged to attend the  
Training opportunity on November 15th**

# A note from Jane Cornman Bereavement Coordinator

- **Thursday Morning Drop-In Grief Support Meetings:** Bangor area online meetings continue on the first and third Thursdays of the month, 9-10:30 am. Upcoming meetings will take place on November 3 and 17 and December 1 and 15. If you are interested in attending, contact Jane Cornman (207-944-5534 or [jcornman@northernlight.org](mailto:jcornman@northernlight.org)).
- **Holiday Zoom Grief Support Gathering, Tuesday, December 6:** Every grieving person knows how hard special days can be, and the concentration of special days between Thanksgiving and New Year's Day is especially challenging. We can't escape the routines that the larger world is engaging in, but we can resolve to take extra special care of ourselves. Please join us for an evening of online grief support on Tuesday, December 6, 6-7:30 pm. This will be a safe place to share and be heard, explore ways to cope, and remember that we are not alone in our grief. To register or find out more information, please contact Jane Cornman (207-944-5534 / [jcornman@northernlight.org](mailto:jcornman@northernlight.org)) or Linda Hopkins (207-400-8714 / [hopkinsl@northernlight.org](mailto:hopkinsl@northernlight.org)).
- **6-week Tuesday Evening Grief Support Group - Starts January 10 on Zoom:** The early months of a new year can be very hard. To help with this dark time of year we are offering an online support group starting January 10th and meeting weekly for 6 weeks. We will meet on Zoom from 6 to 7:30 pm. Attending all six meetings is recommended. To sign up for this group or for more information please speak with Linda Hopkins (207-400-8714) or Jane Cornman (207-944-5534).



## A note from Robin Haynes Volunteer Coordinator

Aroostook County Volunteer support meeting

**Monday, November 14 is cancelled**

Volunteers are encouraged to attend the Training  
opportunity on November 15th

### NLHCH Volunteer Training opportunity

Tuesday, November 15 from 6:30-7:30 pm

Topics: Voluntarily Stopping Eating and Drinking (VSED) and Death with Dignity

Guest Speakers: Jana Grant, MSOT/L BCG-Palliative Care Operations Supervisor and Jennifer Mancini, Board Certified Chaplain

Via MS Teams – invite will be sent to volunteers

# A note from Ali Maguire, Volunteer Coordinator

## Upcoming CEU training:

- **Demystifying the Funeral Experience-** November 9th 4:00-6:00 at Jones, Barnes, and Rich Funeral Home. **RSVP required to hold your spot. Please let me know by November 3rd**

## Do you have all of your CEU's (8-hrs) completed for the year? A few recommendations to get you caught up:

- Netflix has a few hospice or death and dying related documentaries right now: **Extremis-** 24 min; **End Game-**40 min.
- Some recommended books include: **From Sun to Sun- A Hospice Nurse Reflects on the Art of Dying** by Nina Angela McKissock (251 pages); **Her Beautiful Brain- A Memoir** by Ann Hedren (181 pages); **The Courage to Care: Being Fully Present with the Dying** by Linda Bryce; **Hospice Journeys: 25 Memorable Stories** by Laura Hyman; **The Measure of Our Days** by Jerome Groopman, MD; **Making Rounds with Oscar: The Extraordinary Gift of an Extraordinary Cat** by David Dosa; **When Breath Becomes Air** by Paul Kalanithi
- Recommended Podcasts: **Gone from My Sight-** Barbara Karnes (59 minutes)



**We have moved to our new home!!! Come check out our new space on the 2nd floor at 225 Gorham Rd, South Portland.**

## Reminders

### Please make sure that you have sent in:

- Updated auto insurance & declaration page
- Education hours by end of November
- Deadline for proof of flu vaccination is end of November

## Reflection

### What do you hope for your end-of-life?

*We invite you to share your thoughts with your region's volunteer coordinator for future publication in Volunteer Newsletters.*

## Fun Fact

Recently Nikon had a Photomicrography competition!

[Photomicrography Competition | Nikon's Small World \(nikonsmallworld.com\)](https://www.nikonsmallworld.com)