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\$5,000 Aaron A. & Maria H. Putnam Family Charitable Trust Grant

12/14/2023

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The Aroostook Hospice Foundation, owner of the Aroostook House of Comfort, is delighted to announce the receipt of a generous \$5,000 grant from the Aaron A. and Maria H. Putnam Family Charitable Trust of Houlton. This substantial grant has been earmarked to facilitate Charity Care patient assistance, specifically to residents of Houlton, Hodgdon, Linneus, and New Limerick who necessitate care at the Aroostook House of Comfort.

The primary focus of this grant is to extend crucial support to individuals and families in Houlton and its neighboring communities who may find themselves underinsured, uninsured, or facing financial constraints. Charity Care funding ensures that all individuals, regardless of their financial capacity, can access the compassionate, quality, end-of-life care within the Aroostook House of Comfort.

"At the heart of the Aroostook Hospice Foundation's mission is the unwavering commitment to serve our community quality end-of-life care regardless of one's ability to pay. This grant from The Aaron A. and Maria H. Putnam Family Charitable Trust is a powerful recognition of that mission and a vital step towards making our services accessible to all in need," expressed Abbey Clair, Executive Director of the Aroostook Hospice Foundation.

The Aroostook Hospice Foundation extends heartfelt gratitude to The Aaron A. and Maria H. Putnam Family Charitable Trust for their support and acknowledgement of the indispensable role played by the Aroostook House of Comfort in the local community.

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Remembering Dr. David Jones

12/08/2023

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A Tribute to Dr. David D. Jones, MD by Tyler J. Stoliker

Originally from Massachusetts, Dr. David Jones found his forever residence in Aroostook County, Maine, in 1981, where he began his practice of medicine. Following his medical training at the University of Vermont College of Medicine and completion of the Maine-Dartmouth Family Medicine Residency Program, David was expertly suited to address the health needs of rural Northern Maine. Through his over 40 years of practice, David devoted his life to the benefit of others in a variety of areas, including outpatient primary care, emergency medicine, nursing home care, and hospice medicine. Through his clinical practice, David held numerous administrative roles in local healthcare facilities, volunteered his time to local non-profit organizations, and served on the Maine State Board of Licensure in Medicine.

My first memory of David was, in fact, as his patient. As he walked into the exam room, I immediately noticed his very colorful bow tie and, shortly after that, his matching socks. I only later learned that the dramatic contrast in these articles to his freshly pressed khakis and button-up shirt was no wardrobe malfunction but, over many years, had become a defining characteristic to patients and staff.

David will forever be known as "the bow tie doctor" to many of my current and former patients and colleagues.

David cherished the outdoors. While working late into the night in the Emergency Department, he began to share the work he had done in developing his property in Presque Isle, Maine. doctor, by day, David knew how to operate a rake and a shovel during his time out of the practice. He had an attraction, and some may argue an obsession, to oak trees.



Sleep deprived in the wee morning hours, as he spoke with such expertise in dendrology, I couldn't help but laugh as no matter the effort, no oak tree that I ever planted ever grew to be thicker than a twig at its trunk. The first time I visited his home was awe-inspiring, as his rather lengthy driveway was showcased in perfect rows of individually planted, now mature oak trees. Stepping out of my vehicle, David walked down to greet me as I stared into the almost science-fiction level of perfection with which he had developed his property.

David was a farmer, a hunter, a trapper, and a fisherman—a true outdoorsman. Stories told of his trapping harvests were immediately verified by admiring the impeccable taxidermy hung proudly in his lakeside camp. Lessons he learned while tending to chickens in his early years in Maine were later shared confidently as I began a small farm of my own. While David took great pride in having many skills in the outdoors, he had a true passion for fishing. An outdoorsman myself, I commonly would accept hunting and fishing success stories with some degree of skepticism. On our first fishing adventure together, it became abundantly clear that the harvests David would speak of were not only possible but probable, armed with the wisdom nature bestowed upon him over the years.



"Did David sleep in this morning?" A friend and I sat on the frozen lake at sunrise, waiting for our prized catch to tip our flags after first light. A wake-up call to his cell phone always yielded the same response from the wise Dr. Jones: "The fish only start biting around 1:00 pm". We would laugh and go on about our morning, only later to be greeted by David, who would promptly show up to his icehouse several hours after we did, yet always be more successful in the day's catch. "An adequate fisherman," David would call me as I sat there, frozen, and empty-handed.



Wisdom comes with time and experience. While I will forever carry the clinical lessons David taught over the years as his colleague, David taught as much about life, choices, family, and the art of being a good human being. Countless hours of listening to life lessons while at work, sitting by a fire, working on the land, sitting on the ice, the list goes on. David loved family with every ounce of his being. His wife, daughters, and six grandchildren (to name a few) were truly his pride and joy. David said, "If everything goes wrong from the moment you walk out the door in the morning, you'll still have your family to go home to."

Every person who has been blessed with spending time with David walked away a better human. David touched the lives of so many through his career in medicine, as well as outside of his professional life. In his final years, David had a tremendous passion for hospice and end-of-life care. He was incredibly proud to serve as the Medical Director for Northern Light Home Care and Hospice, skillfully offering comfort to patients and families during their most difficult days. As a consulting physician, David ensured that the impact of his expertise spread well beyond his individual practice, welcoming phone calls day or night to other healthcare providers needing guidance in his field.

In closing, a few final statements frequently expressed by the wise Dr. David Jones:

"It is okay to be scared."
"Do not be overly hard on yourself."
"Listen to what your heart is telling you."
Trust your judgment."

And last but not least,
"The fish only start biting around 1:00 pm".

Rest easy, my dear friend.

Tyler J. Stoliker, FNP-C
Family Nurse Practitioner
Aroostook Hospice Foundation

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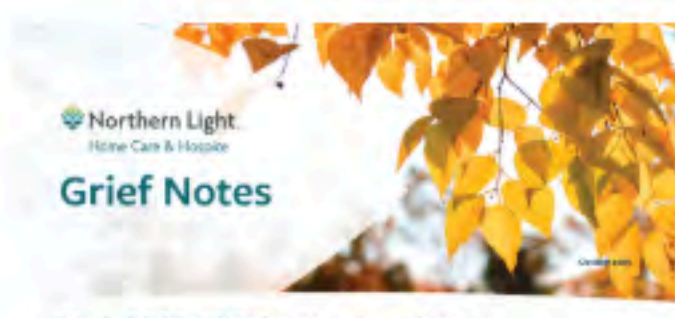
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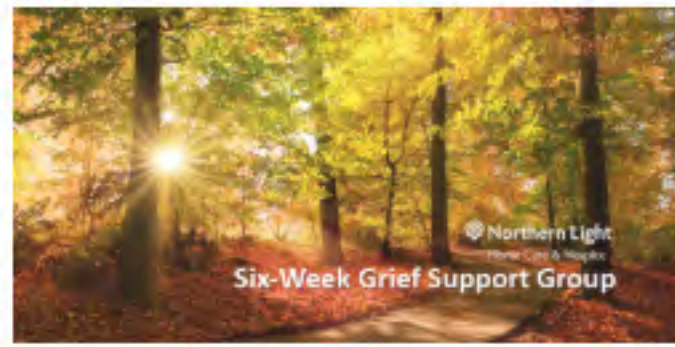
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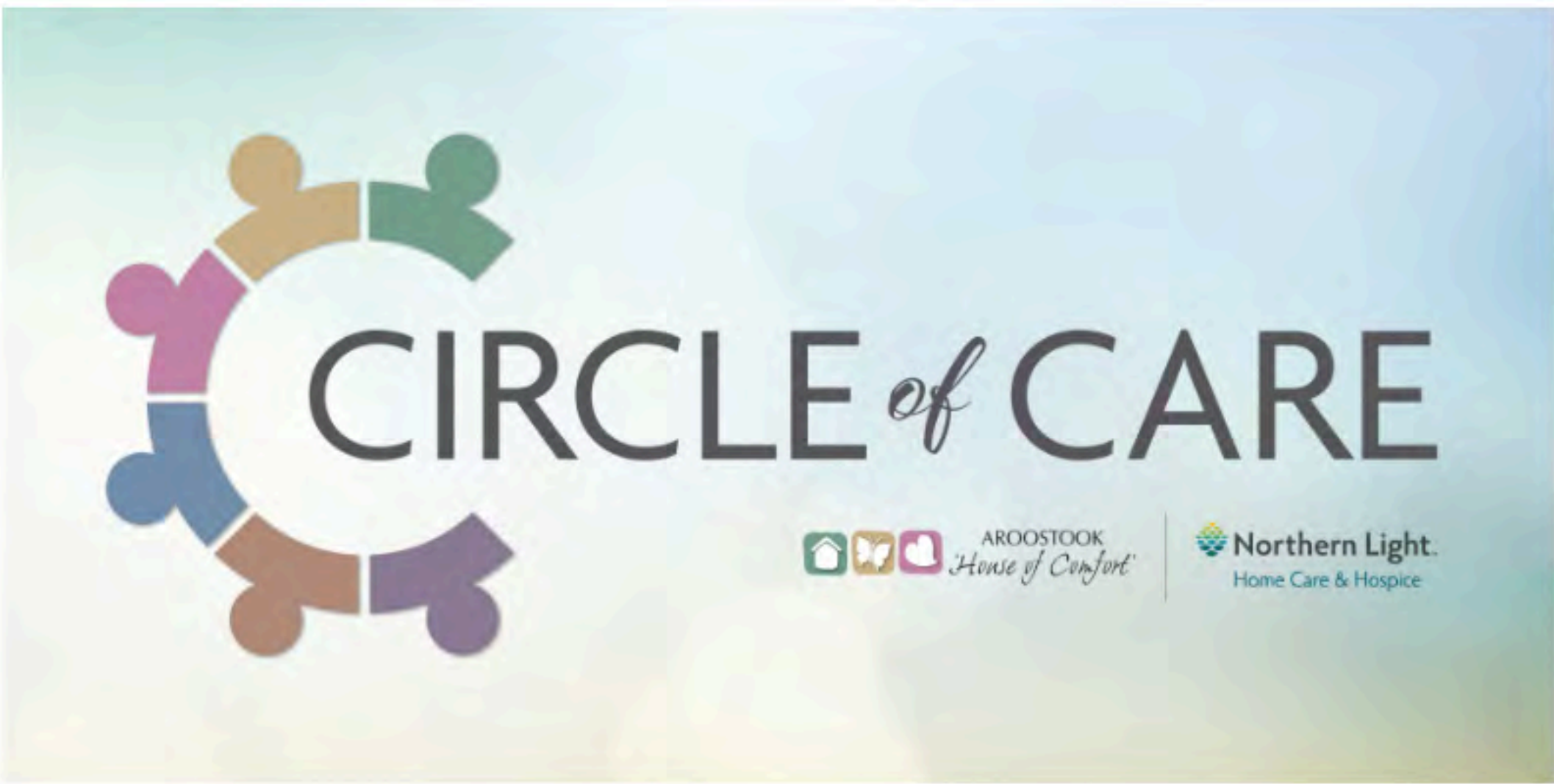
Circle of Care: Kathryn Raymond, FNP-C

12/06/2023

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Kathryn Raymond, FNP-C

"The timing of the call from Dr. Jones could not have been more perfect. I feel so blessed to have the opportunity to practice medicine in a way that provides quality care to our community. In my career, both through acute care and family practice, I have seen the harm we cause our patients when we don't have honest discussions and give them all the information. Hospice is a place of healing and of restoring life in one of the most difficult seasons of our patients and their families. I am endlessly grateful to serve our community in this way and to carry on the legacy of a wonderful doctor, human, and mentor."

Kathryn Raymond was born and raised in Aroostook County. She received her bachelor's degree in nursing from the University of Maine at Fort Kent in 2016, following which she worked as an emergency room and critical care nurse until 2020 when she graduated from the University of Maine at Orono with her family nurse practitioner. She spent the first three years in this role as a primary care provider for Northern Light A. R Gould. She lives locally with her husband, Zach, and their son. In her free time, Kathryn enjoys reading, any outdoor activity, and spending time with friends and family.

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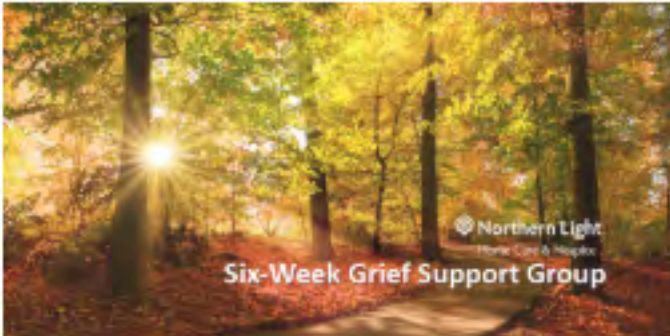
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Grief Notes: A Modern Take on Memorialization

11/28/2023

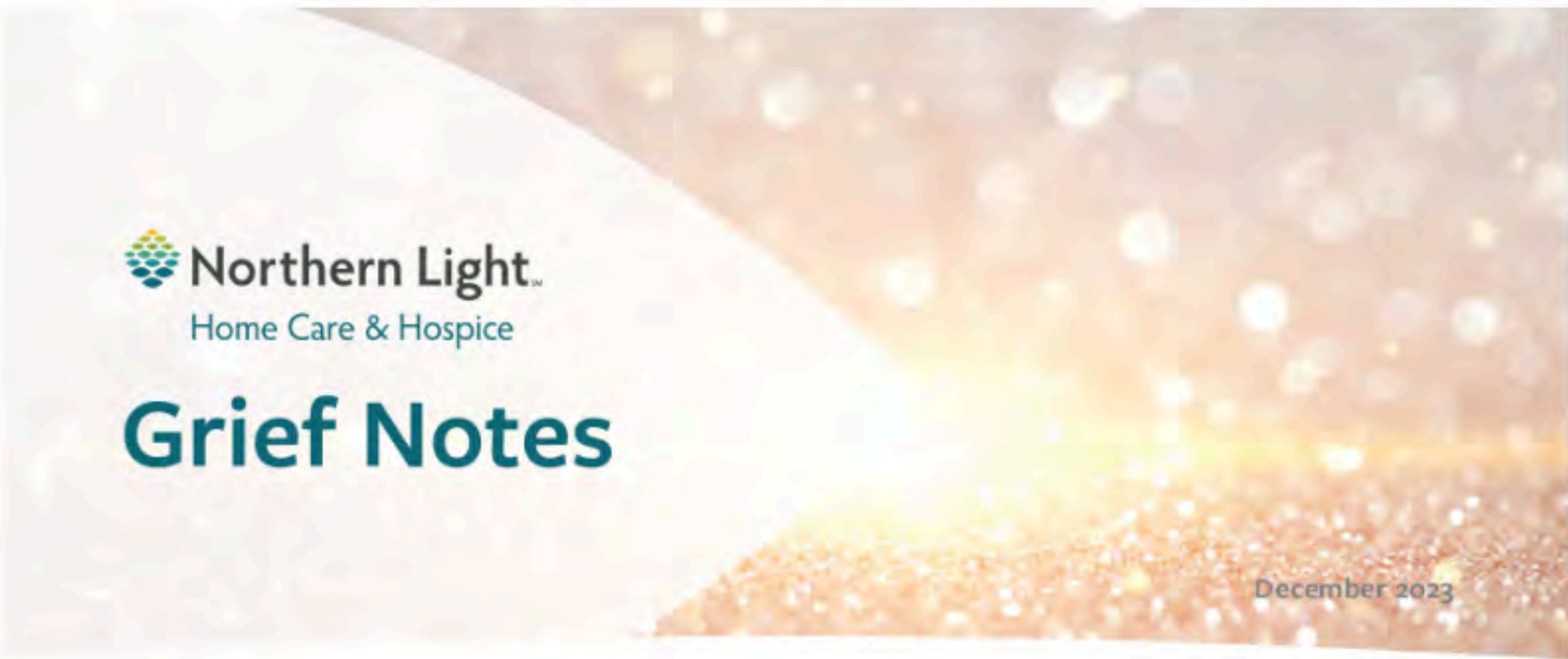
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A Modern Take on Memorialization

by Jane Cornman, Bereavement Coordinator

Say the word “funeral” and most people will immediately envision what is commonly depicted in TV and movies. The body is embalmed and placed in an expensive casket. Mourners dressed elegantly in black arrive in a church for a funeral, followed by a procession to the burial in a cemetery. Mixed into these events, at some point there will be a large reception in someone’s home, which is packed with friends and family. And because this is Hollywood, there will inevitably be some dramatic family moments.

The typical Hollywood funeral exists because it has been the most common practice in our culture for generations. But the reality is that practices have changed drastically over the past several decades. Cremation has become the most popular way for people in the U.S. to deal with their loved ones’ remains, and for many families, funerals have been replaced with less traditional gatherings.

Traditions usually change when they need to, and there is nothing inherently wrong with the shift in our burial customs. However, it is important to understand that regardless of the choices we make about the activities we engage in and the objects we use, memorialization is an important element of the grieving process that needs to be tended to. In this time when customs are changing so drastically, it may be helpful to unpack the meaning and purpose behind memorialization.

Memorialization is the public expression and preservation of memories. It is an opportunity to share and celebrate the life of our loved one within community and to leave a record so that future generations know that this person existed and that their life had meaning. The benefits of these actions to the griever cannot be overestimated. First and foremost, creating a lasting memory is an act of love. It is a way of doing some final, good thing for our loved one. Expressing our love like this can be a healing experience even if it feels bittersweet. Second, sharing our memories with the right people is crucial for us to be able to process our grief. Grief expert David Kessler has famously said that grief must be witnessed. Think about how much better you feel whenever someone offers a sympathetic ear, and you get the chance to pour out the entire story.

So do whatever works best given your circumstances and the wishes of your loved one. Throw a grand cathedral funeral followed by burial in the family mausoleum—or get together with a trusted companion and quietly spread the ashes in your loved one’s favorite spot. Make a generous contribution accompanied by an elegant memorial plaque—or go out with your sister for matching memorial tattoos. Publish a detailed obituary in the local paper or write a humble tribute to be quietly shared with the grandchildren. The options are limitless, but the benefits are the same. And one thing is certain: you will most likely feel better if you do something rather than nothing.

As your Bereavement Coordinator, I am available by phone for grief support. If you would like to arrange a time to talk or meet one on one, you may e-mail your request to George McLaughlin at gmclaughlin@northernlight.org or call me at 207-498-9039. I will get back to you as soon as I can. Our agency toll-free number is also available to you at 1-800-757-3326.

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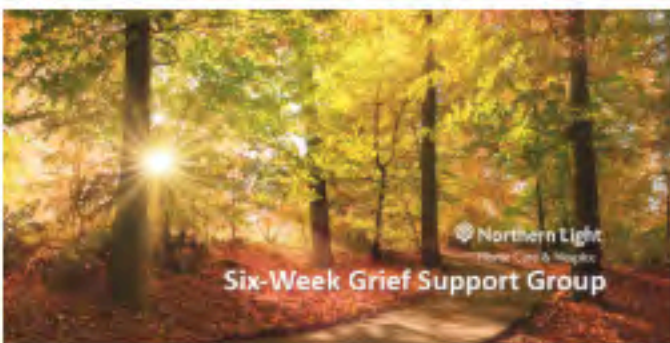
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Northern Light Home Care & Hospice Winter Grief Support Group

11/28/2023

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Six-Week Grief Support Group

Have you lost a loved one? When someone we love dies, it can feel overwhelming. You may feel alone, and no one understands what you are going through. The truth is that many are walking a similar path. Consider coming to a place where you can talk, grieve, and move forward with people who are also grieving.

This group is free of charge and open to anyone who has experienced the loss of a loved one, but registration is required, and participants are encouraged to attend all group sessions. This group will be limited to 12 participants per location, so please register.

WHEN: Six consecutive Tuesdays beginning January 9th and concluding February 13th from 6:00-7:30 pm.

WHERE: Northern Light A.R. Gould Hospital (East Annex, Door 2 – Conference Room)

For more information and registration, please contact George McLaughlin, Northern Light Home Care & Hospice, at (207) 498-9039 or email at gmclaughlin@northernlight.org.

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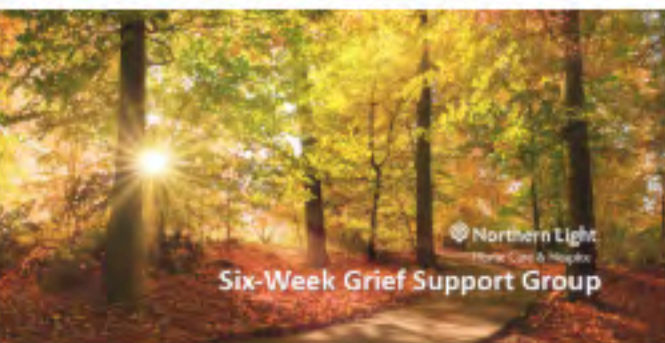
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Meet Our Board - Dr. Caleb Swanberg

 11/28/2023

 Aroostook House of Comfort

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Dr. Caleb Swanberg

"In my time as a physician, I have come to realize that one of the most important responsibilities of the medical community is to provide a comfortable, caring, and supportive end-of-life experience. Many of my patients have passed away at the House of Comfort, and I have had my own loved ones pass away in hospice settings. I have been continually impressed by the level of care and professionalism provided by those at the House of Comfort. It is an essential part of Aroostook County's medical community. I am proud and excited to now be a part of the House of Comfort and its critical service to the community."

Dr. Caleb Swanberg is a Caribou native who is now a practicing Family Medicine physician in Aroostook County. He obtained his B.S. in Biochemistry from the University of Maine and later attended Tufts Medical School. After completing his residency in Ogden, Utah, Caleb returned home to Caribou to start his practice. He currently provides primary care at Pines Health Services, manages patients at Caribou Rehabilitation and Nursing Center, and serves as Chief of Medicine for Cary Medical Center. Outside work, he enjoys exploring the outdoors with his wife Melissa and his three daughters, Rosalie, Madeleine, and Lucille.

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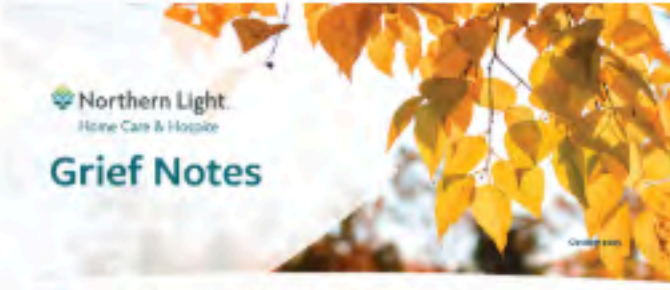
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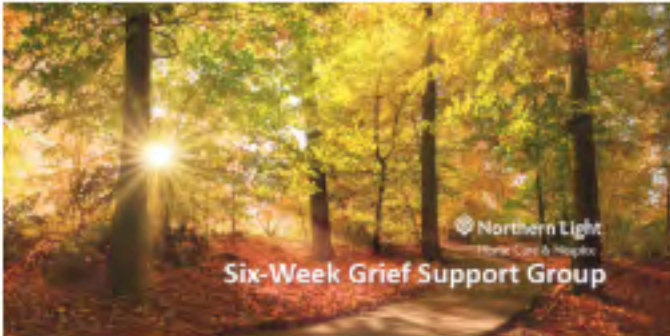
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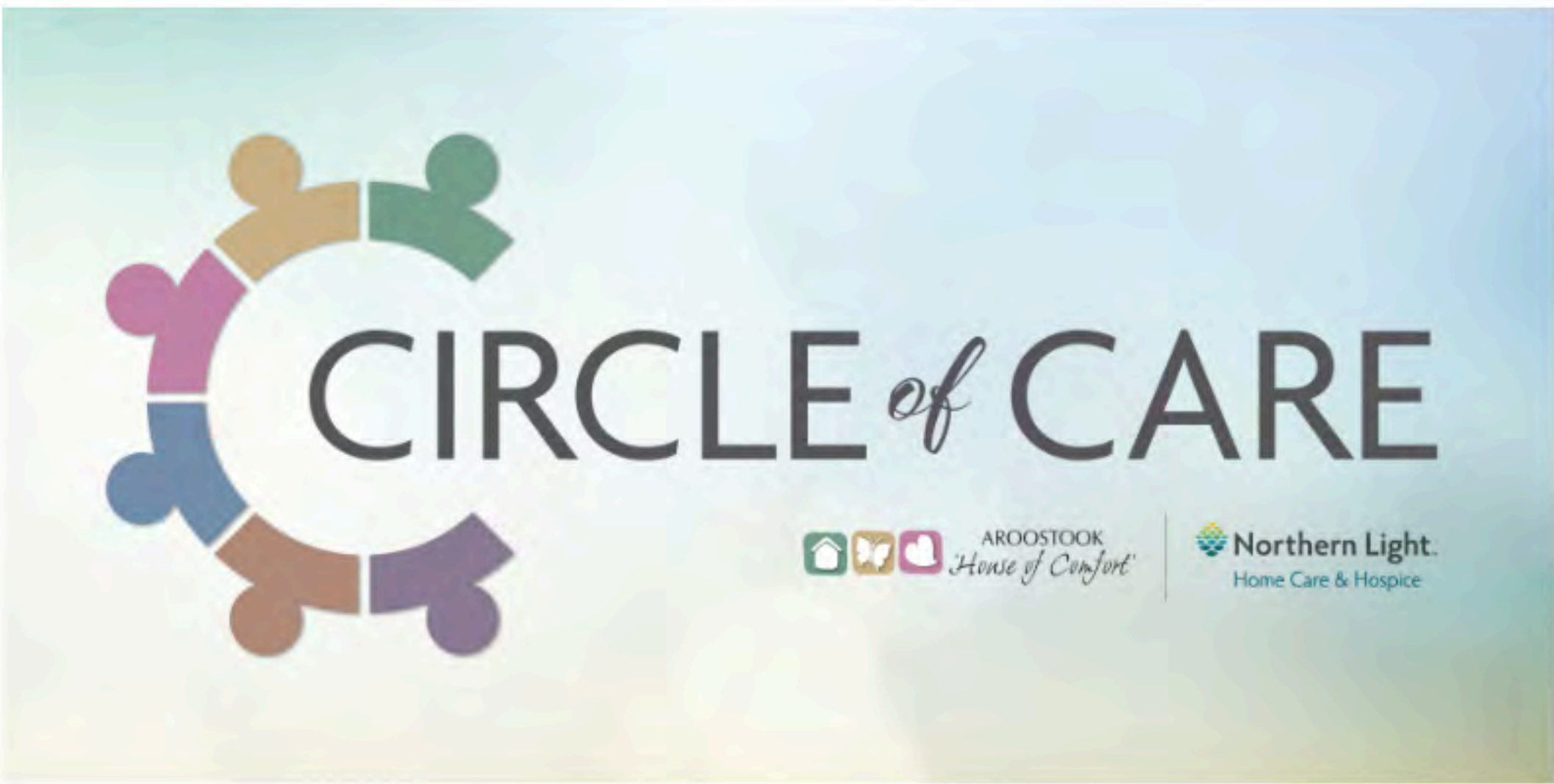
Circle of Care: Dr. Carl Flynn

11/14/2023

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"I've always referred patients to hospice, and been an advocate of the program. But it wasn't until a family member spent their last days at the Aroostook House of Comfort, that I realized what a truly special place it is. The staff, the atmosphere, and the attention to detail was truly inspiring. It was at that point that I knew I wanted to join the team and do my part to help patients and families through these most special and trying times in their journey."

Dr. Carl Flynn was born in Saint John, New Brunswick, went to college at Saint Francis Xavier University in Nova Scotia, pursued medical school in St. John's, Newfoundland, and completed his family medicine residency at Queen's University in Kingston, Ontario in 1995. Since then, he has been employed at Pines Health Service, mainly in Caribou. Holding board certification in both Canada and the US, he was honored as Citizen of the Year by the Caribou Chamber of Commerce in 2003. The Maine Academy of Family Physicians recognized him as the Family Physician of the Year in 2009, and in 2011, he was named the Maine Primary Care Association Physician of the Year. Presently serving as the Medical Director of Caribou Rehab and Nursing, as well as Presque Isle Rehab and Nursing, he also holds the position of Chief of Staff at Cary Medical Center. With 19 years under his belt, he continues to lead the Presque Isle High School Varsity Hockey team as the head coach. In his leisure time, he enjoys golfing and spending quality moments at his lake house on Long Lake with his wife Michelle.

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Volunteer Spotlight: Juanita Goetz

11/14/2023

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Hospice volunteers play a vital part in the “circle of care” at the Aroostook House of Comfort by connecting the patient and family to the rest of the hospice care team. Our Volunteer Spotlight is a platform where committed and dedicated hospice volunteers shine a light on their journeys, sharing compelling stories and testimonials that echo the collective mission of assisting every patient, family, and caregiver in navigating their distinctive hospice journey. We are happy to feature, Juanita Goetz in our Volunteer Spotlight.



Why did you choose hospice care as a volunteer experience?

Before I retired seven years ago, it seemed that I was placed in situations where I interacted with families of persons who were dying or had died. This occurred through work with adult protective services, singing for funerals in my church and helping to provide respite to a coworker who was in hospice care at home. I also attended a workshop with “threshold” singers who went into facilities that provided hospice in the southern area of Maine. You could say I was being drawn closer to AHOC when I heard of the volunteer training.

How long have you volunteered at AHOC?

I had just completed training and had volunteered at AHOC perhaps 5 or 6 times when the Covid pandemic hit, and I was one of the “elderly” avoiding all social contacts. I was offered the opportunity to do bereavement calls in August of 2021 and I’ve remained with that service to AHOC families since.

How does your work help the patients, families, and your community?

Many family members that I contact truly enjoy the opportunity to talk about their loved one and share joyful memories. Some have commented that they don’t really have anyone that will listen to all the stories they want to tell. It is a time they can share their faith journey as well as their grief journey. It is a moment they can reach out for assistance or guidance that the AHOC bereavement coordinator can facilitate with AHOC staff. The bereavement calls help the family know that others care about them and recognize the grief they are experiencing. They also give family members the opportunity to thank all the hospice personnel that supported them either at the AHOC or in their home.

What is special about the Aroostook House of Comfort?

AHOC and the hospice program reaches out to the patients as well as the family members to comfort them mentally, physically, and spiritually. It does not end with the death of the patient.

What is most rewarding?

It is most rewarding when I actually connect with a spouse, child, sibling or friend and they reminisce about the difficult and joyful memories they have. It is always a big plus when they start to tell me about the comfort and support, they and their loved one experienced either at the AHOC or in their own home. I do not personally know all the staff they are so appreciative of, but I’m certainly rewarded by any association that I might have with them.

If you have questions about becoming a hospice volunteer or need more information, click to learn more.

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Grief Notes: Handing Holidays & Special Times

 10/31/2023

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Handling Holidays & Special Times

by George McLaughlin, Bereavement Coordinator

As the adjustments to life without a loved one continue, the anticipation and excitement for the holiday season and special times with family and friends may not be the same as years past. For those who have recently experienced a loss, the holidays may instead bring overwhelming sadness. The holiday events and family gatherings that you have looked forward to in the past may now be difficult to participate in or even attend at all. This can also be true in the case of other special times throughout the year, such as birthdays and anniversaries. Your greatest fear is that participating in such special times will intensify feelings of sadness.

It's important to remember, however, that grief has no time limit and impacts everyone quite differently. It is essential to recognize that your path is unique. While grief has no determined ending, the way we experience it changes with each new day. Grief can become less painful when we learn how to care for ourselves during vulnerable times. Here are some key self-care practices that can assist with personal grief, especially during the holiday season.

1. Be Kind to Yourself

It is important to allow yourself to experience various emotions without judgment. These emotions will come and go as you navigate through the grieving process but are often magnified during these special times. Be patient with yourself. Take the time you need to process being with family and friends and then do so when you feel ready.

2. Take Care of Yourself

Grief can easily interfere with your daily activities. Make sure you are taking time to eat well and get much-needed rest. Don't feel forced to participate in the stress associated with shopping and the holiday crowds if you don't feel you are able. You don't have to attend all the holiday parties or even put-up decorations if you don't feel ready. Openly and honestly share with others how you are feeling so you are not pressured to participate in everything.

3. Seek Help

It is essential to be aware of how you are doing emotionally. If you start experiencing overwhelming feelings of depression or hopelessness, it is important that you seek professional help. Establish a safety plan, which includes alerting a family member or friend when you don't feel safe. Grief is an understandably painful experience, but you don't have to go through it alone. There is support to help you manage it.

4. Get Involved

Helping others can be a way to stay connected while also bringing new meaning to the holiday season. Try connecting with those who are also experiencing grief and loss or contribute to an organization that helps others. Don't feel guilty for briefly setting aside your feelings of grief. Grieving has periods of highs and lows.

5. Make These Special Days Your Own

It is OK to experience the holiday in whatever manner you feel best. You might celebrate with traditions, not celebrate at all, or create new traditions and memories. Remember, while holiday movies and greeting cards render images of blissfulness, the reality is that the holidays are difficult for many. You are not alone and can create your own holiday experience.

In spite of what most people say, everyone does not look forward to the holidays. Having loss someone through death, you may dread this holiday season. You may wish you could just snap your fingers and it would be over. Holidays often magnify the feelings of loss of a loved one. It is important and natural to experience the sadness that you feel. This one evening seminar will address those things that often trigger our grief but also provide helpful ideas and suggestions as you prepare for the holidays after a significant loss. This is open to the public and is free of charge. It will be held, **Tuesday, November 14, 2023, from 6-7 pm at Northern Light Health – AR Gould Hospital**, 140 Academy Street, 2nd Floor Conference Room (East Entrance, Door #2) Presque Isle.

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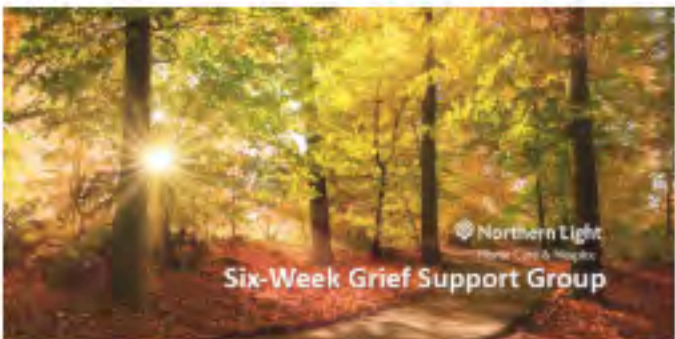
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Grief Notes: Managing Guilt & Regret in Grief



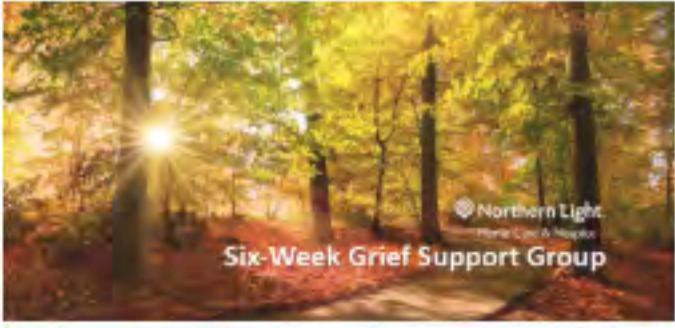
Northern Light Grief Support Group in Houlton



Northern Light Grief Support Group in Presque Isle



Northern Light Home Care & Hospice Volunteer Training



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- Ram Dass

Grief Notes: Grieving Difficult Relationships

 10/05/2023

 Aroostook House of Comfort

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Grieving Difficult Relationships

by Jane Cornman, Bereavement Coordinator

When we hear that someone else is grieving, it’s natural to assume that the relationship was a healthy one and the grief is that classic formula of “love with no place to go.” But the hard truth is that not all relationships are healthy, and the end that comes with death does not necessarily fix what was broken.

I remember working with a woman whose father had died. As her story unfolded, I was horrified to hear the many ways he had abused her, physically, emotionally, and financially, throughout her life. She was in her sixties when he died, but despite decades of therapy, (in which she developed some of the strongest emotional maturity I’ve ever encountered) her father’s death was still incredibly hard for her. As someone who had not experienced what she had, I could not fathom how his death could be anything but a relief. She helped me understand that despite her father’s abuse, she had never stopped hoping that someday he would step up and become the father she wanted, loving her unconditionally. His death, rather than being a relief, ended the possibility of ever having the kind of father she’d wished for. She had to grieve the end of that hope and face the finality of his indifference.

Another challenge people sometimes face is what we describe as “unfinished business.” This happens when someone dies before a dispute can be resolved. Suddenly the reconciliation that was vaguely expected to happen sometime in the future becomes impossible, and the dispute takes on larger significance for the survivor. Even when the survivor knows that reconciliation would have happened, the fact that it didn’t colors their memory and leaves them struggling with guilt and remorse.

Closely related is an issue called disenfranchised grief. This is what happens when other people don’t recognize the significance of someone’s loss. Just as I made wrong assumptions about how the above woman would feel when her abusive father died, people sometimes assume that the death shouldn’t be a big problem for the griever. Some examples include “less significant” deaths like the loss of friends, co-workers, and pets. This lack of recognition can leave the griever feeling alone, isolated, and misunderstood. There is no way that a short article like this can spell out simple solutions to such complicated situations. The most important thing to know is that if you are grieving a difficult relationship or experiencing unfinished business or disenfranchised grief, you are definitely not alone. Although these situations can feel terrible, they are actually very common, and with help, it is possible to recover and move on in a healthy way. If you are struggling, please take advantage of your hospice grief benefit and reach out to your bereavement coordinator. We can help you process these difficult situations and find more help if needed.

Presque Isle Area Grief Support

Grief and the Holidays—Healthy Ways to Grieve Well During the Holidays

In spite of what most people say, everyone does not look forward to the holidays. Having loss someone through death, you may dread this holiday season. You may wish you could just snap your fingers and it would be over. Holidays often magnify the feelings of loss of a loved one. It is important and natural to experience the sadness that you feel. This one evening seminar will address those things that often trigger our grief but also provide helpful ideas and suggestions as you prepare for the holidays after a significant loss.

This is open to the public and is free of charge. It will be held, **Tuesday, November 14, 2023**, from 6-7 pm at Northern Light Health, AR Gould Hospital on 140 Academy Street, 2nd Floor Conference Room (East Entrance, Door #2) in Presque Isle.

For more information or to RSVP, please contact George McLaughlin by phone at 207-498-9039 or by email at gmclaughlin@northernlight.org

As your Bereavement Coordinator, I am available by phone for grief support. If you would like to arrange a time to talk or meet one on one, you may e-mail your request to George.McLaughlin@northernlight.org or call me at 207-498-9039. I will get back to you as soon as I can. Our agency toll-free number 1-800-757-3326 is also available to you.

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1st Annual Walk for Hospice Raises Over \$28,000

 09/14/2023

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The Aroostook Hospice Foundation held its 1st Annual Walk for Hospice on Saturday, September 9th, at the Nordic Heritage Center, raising over \$28,000 for the Aroostook House of Comfort! The mission of this exciting new event was to raise funds for the Aroostook House of Comfort, promote community awareness, and celebrate the lives of those impacted by hospice. The 1st Annual Walk for Hospice featured 8 Trail Sponsors, 16 Community Sponsors, and 10 In-Kind Sponsors, with approximately 15 teams and 147 participants registered to walk. It was a beautiful day to walk and reflect with family members, friends, and colleagues.



Guest speaker, Sharon Campbell, gave a heartfelt testimonial to her experience at the Aroostook House of Comfort with her best friend and why she feels it necessary to continue to support their mission. Aside from walking and hiking, participants were encouraged to tie ribbons to a memorial wreath and take photos in front of the Aroostook House of Comfort banner. Raffle ticket sales were ongoing for an Ooni pizza oven and accessory bundle. Fundraising awards were presented at the end of the event to the Top Individual Fundraiser and Top Team Fundraiser. Melissa Dyer was awarded as Top Individual Fundraiser, raising \$1,525 and McCrum Family Holdings LLC received the Top Team Fundraiser award, raising \$2,770. Drawing for the Ooni pizza oven and accessories took place, and Jessica Partlow of Fort Kent took home this excellent prize! Individuals and teams donned personalized attire, paying tribute to loved ones served through the Aroostook House of Comfort. It was an incredible community event.



Fundraising efforts including private donations, naming opportunities, grants, Remembrance Way Memorial Garden & Pathway stone dedications, and events such as the Walk for Hospice assist with expenses associated with care received while at the Aroostook House of Comfort. The continued generosity of many community members and partners makes it possible to maintain a 9,800-square-foot state-of-the-art facility where individuals and families receive compassionate care, comfort, and support on their journey through hospice.



The Aroostook Hospice Foundation, owner of the Aroostook House of Comfort, extends its sincere appreciation to all sponsors, donors, participants, and volunteers who made this event such an incredible success. They look forward to the 2nd Annual Walk for Hospice next year!

View more photos [here](#).

Photo credit: [Lauri Buck Photography](#)

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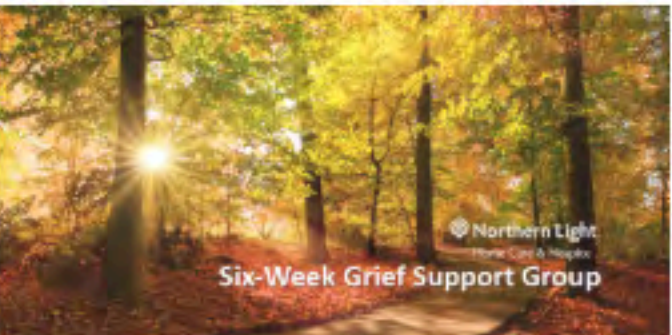
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Northern Light Home Care & Hospice Fall Grief Support Group

09/13/2023

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Have you lost a loved one? When someone we love dies, it can feel overwhelming. You may feel alone, and no one understands what you are going through. The truth is that many are walking a similar path. Consider coming to a place where you can talk, grieve, and move forward with people who are also grieving.

This group is free of charge and open to anyone who has experienced the loss of a loved one, but registration is required, and participants are encouraged to attend all group sessions. This group will be limited to 12 participants per location, so please register.

WHEN: Six consecutive Tuesdays beginning September 19th and concluding October 24th from 6:00-7:30 pm.

WHERE: Northern Light AR Gould Hospital, East Annex, Door 2, upstairs conference room.

For more information and registration, please contact George McLaughlin, Northern Light Home Care & Hospice, Hospice Chaplain/Spiritual Counselor at (207) 498-9039 or email at gmclaughlin@northernlight.org.

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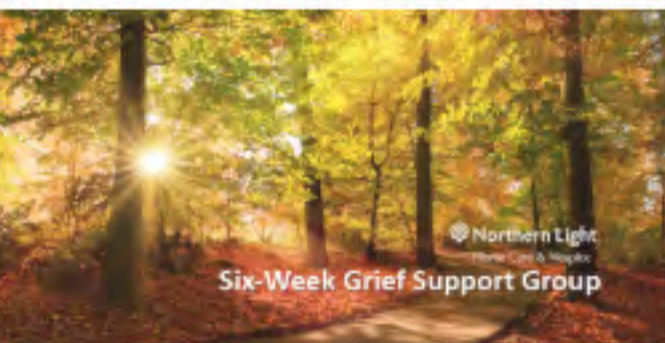
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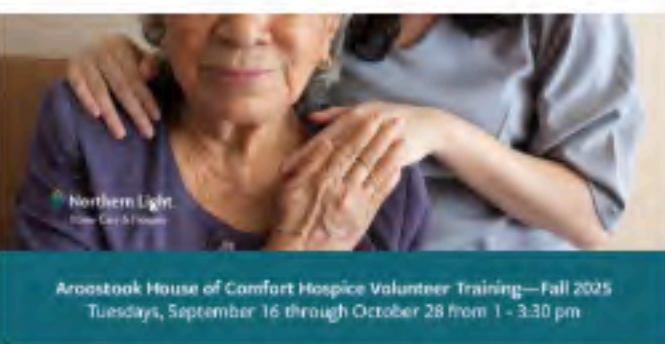
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Remembrance Way Dedication Ceremony

 09/07/2023

 Aroostook House of Comfort

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On August 26th, the Aroostook Hospice Foundation, owner of the Aroostook House of Comfort, hosted their annual Remembrance Way Memorial Garden & Pathway Dedication Ceremony in the Aroostook House of Comfort gazebo. The Remembrance Way is paved with personalized etched stones in honor of loved ones and surrounded by beautiful gardens. At this year's ceremony, 12 stones, 1 bench, and 1 mini garden were dedicated. Family and friends were invited to share in fellowship, music, and a time of reflection. Red and white roses were laid at all newly dedicated areas of the Remembrance Way. It was a meaningful day of celebration and remembrance.

The Remembrance Way is an ongoing fundraising opportunity for the Aroostook House of Comfort. It is through fundraising efforts such as the Remembrance Way that the Aroostook House of Comfort can continue to serve this community for many years to come. As the Aroostook Hospice Foundation is a nonprofit organization and does not bill for services, donations are vital for operational costs, Charity Care funding, and mortgage management. To learn more about this unique opportunity to memorialize your loved ones and support the Aroostook House of Comfort, please click the option below.

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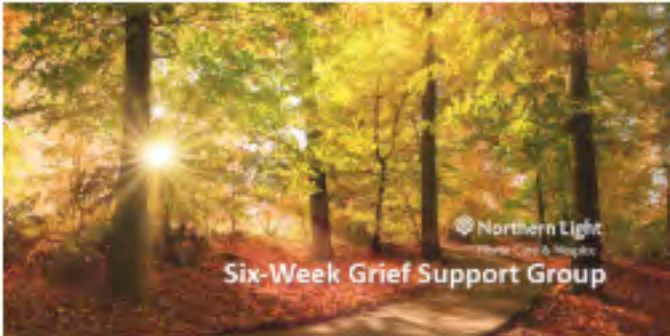
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\$8,100 Donation from District One Masonic Lodge & Men of Tyre

09/07/2023

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In October of 2022, the Aroostook Hospice Foundation, owner of the Aroostook House of Comfort, received a \$3,000 donation from the Men of Tyre, Northern Maine Chapter of the Widows Sons Masonic Riders Association. Each July, the Men of Tyre hold an annual fundraising weekend called the Northern Invasion which brings in fellow Widows Sons from New England and Canada. A charitable organization is selected as the recipient for their collected proceeds. The Aroostook Hospice Foundation is honored to have been selected as the charity of choice once again for the 2023 Northern Invasion. Following last year's donation, the Widows Sons and District One Masonic Lodge approached the Aroostook Hospice Foundation regarding the purchase of a bench for the Remembrance Way Memorial Garden & Pathway at the Aroostook House of Comfort. The Remembrance Way is paved with personalized etched stones in honor of loved ones and surrounded by beautiful gardens.

Saturday, August 26th, the Aroostook Hospice Foundation held the Remembrance Way Memorial Garden & Pathway Dedication Ceremony. During this ceremony, a memorial bench was dedicated by the District One Masonic Lodge and Men of Tyre. President Mark Cassidy presented Aroostook Hospice Foundation, Executive Director, Abbey Clair with checks totaling \$8,100 from the Men of Tyre, Monument Lodge of Houlton, Trinity Lodge of Presque Isle, and Masonic Lodge of Ashland. This organization has raised over \$11,000 for the Aroostook Hospice Foundation since 2022. The Aroostook Hospice Foundation extends heartfelt appreciation to the Men of Tyre and District One Masons.

Generous donors such as these make it possible to maintain a 9,800-square-foot state-of-the-art facility where individuals and families receive compassionate care, comfort, and support on their journey through hospice. The funds raised also assist with expenses associated with care received while at the Aroostook House of Comfort for those underinsured, uninsured, or without financial resources. Fundraising efforts include private donations, naming opportunities, grants, and local fundraising events such as the Annual Golf Classic and the Remembrance Way Garden & Pathway. Our success is due to the support of volunteers, donors, and our local communities.



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08/07/2023

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Aroostook Area Hospice Volunteer Training—Fall 2023

Thursdays, October 5 through Novemeber from 2 - 4 pm

Hold a hand, listen to stories of a life well lived, provide respite for family caregivers supporting a loved one through the end-of-life. The need is great for people to join our team.

You'll be giving back directly to your community by becoming a Northern Light Hospice Volunteer.

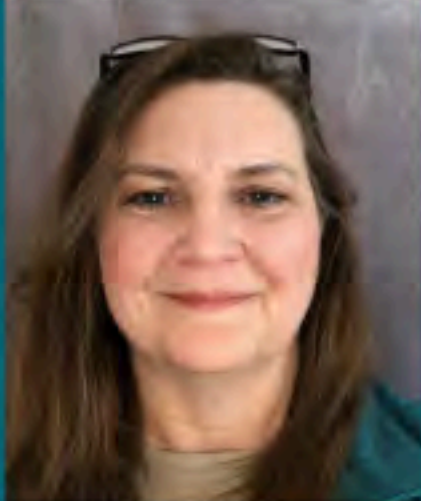
We're looking for emotionally mature people who are reliable and hold a genuine desire to help their community. Are you kind, caring, and enjoy making connections? We may have the right fit for you.

Roles for volunteers:

- > A family and patient volunteer, in-home visits
- > Aroostook House of Comfort Volunteer
- > Bereavement calls to families of loved ones who have passed
- > Office work

We'll work with you to find what is best while aiming to meet the needs of our patients and families.

Fall 2023 enrollment is now open. Interested applicants, please reach out to local Volunteer Coordinator, Robin Haynes for more information and to fill out an application.



Robin Haynes
Volunteer Coordinator | Aroostook

18 Green Hill Drive
Presque Isle, ME 04769

rhaynes@northernlight.org | Office: 1.800.757.3326 | Direct: 207.764.9404

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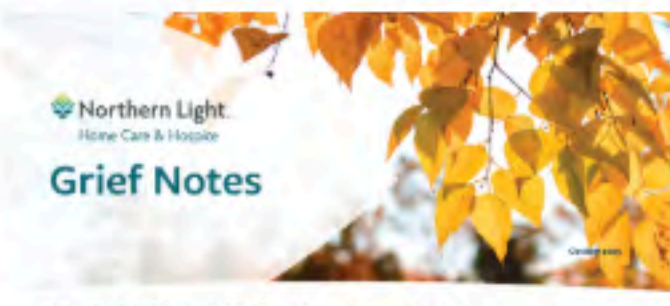
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Grief Notes: Connection to Possessions

 08/01/2023

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What to do with all the possessions? by Tim Soucy, Bereavement Coordinator

After a loved one dies, we face a natural, unavoidable, and difficult transition. Our relationship changes from one of presence to one of memory. For many people, memories of our loved ones are connected to possessions, and deciding what to do with their things can be a daunting process that is a difficult part of grief.

Like so many other things in life, there is no “one size fits all” approach when it comes to caring for our loved one’s physical possessions. Our unique circumstances will often dictate how much time we can take. For some, there will be the need to clean out an apartment or a room at a facility or to prepare a home for sale as quickly as possible. Other time constraints may be geographic or may come from family, employment, and other responsibilities that are a part of life. For others, circumstances will allow them more time to decide what to do.

Family members often have differing opinions on how much time should be taken going through possessions, what to do with them, and who should get certain items. These differing opinions are impacted by the ways people grieve. Holding on to things is one way we try to hold on to the person who has died. That can be a strongly felt need for some people and not for others. For some, letting go of something may feel like throwing a bit of that person away, while for others, it feels ok to let something go.

Here are a few possible ways to handle the decisions that must be made with our loved ones’ possessions:

- > Find a family member who could use it.
- > Find a charity or good cause to donate to.
- > Take a photo and let it go.
- > Allow yourself a limited collection of sentimental objects.
- > Wait. What is hard at three months might not be so hard at fifteen months.
- > Keep something close that helps you feel connected. Treasure it.

While writing this article, I have become profoundly aware of the many possessions I have in my office from deceased loved ones. I have photos, hand tools, books, trinkets, and other items that I may not even be able to give away if placed in a yard sale.

However, they continue to trigger memories of my loved ones. Holding something close can be a comfort for some, while for others, so can letting things go. Many of us struggle to find a balance. This can be especially hard when working together as a family, deciding what to do, what to keep, and what to let go. This is one of the many challenges we face with our grief. Please do not hesitate to contact your Northern Light Home Care & Hospice Bereavement Coordinator for support if you are struggling with this or any other part of your grief journey.

This fall, six-week Grief Support Groups will be offered in all areas of The County based on interest. We require a minimum of five participants in an area to hold a Grief Support Group, and each group is limited to twelve participants. Please contact George McLaughlin, Bereavement Coordinator for Northern Light Home Care and Hospice, at 207-498-9039 or by email at gmclaughlin@northenlight.org if you are interested or desire more information about these groups.

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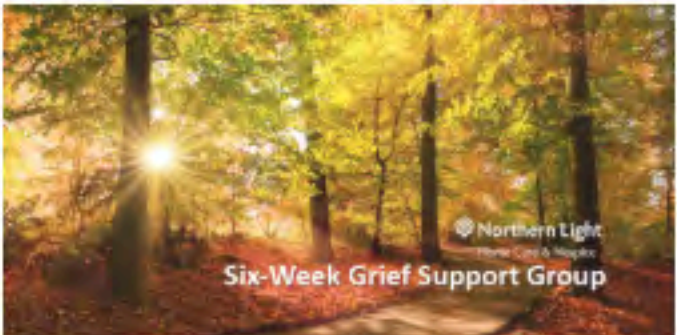
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Grief Notes: Navigating Family Conflict in Grief

07/26/2023

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Navigating Family Conflict in Grief

by Jane Cornman, Bereavement Coordinator

“There is a sacredness in tears. They are not the mask of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love.”
- Washington Irving

Say the word “family,” and all sorts of images come to mind. There are strong, mutually supportive families, families that struggle with conflict and broken relationships, and nonbiological families that people make when their biological families are not available to them. Regardless of the flavor of your family, you may be taken by surprise by how the death of a loved one affects it.

We all make assumptions that seem logical. Strong, supportive families may assume that they can look to each other for mutual support and understanding since they’re all grieving the same person. Conflicted families may assume that the death of a person at the center of the conflict will help fix it. In some cases, these assumptions are true. But more often, families find themselves struggling with some common challenges that can stir up conflict. These include:

- >

Disagreement about how end-of-life decisions were handled.
- >

Hard feelings about disparities in end-of-life caregiving workload.
- >

Old disagreements sprout back up when the family referee dies.
- >

Having to renegotiate the details of traditional family gatherings such as holidays, birthdays, anniversaries, and vacations.
- >

Disagreements about how to write the obituary, plan the funeral, or divide the estate and sentimental items.
- >

Changing roles within the family system now that one of the members is missing.
- >

People with different grieving styles, grieving the same death differently.
- >

Unfinished business with the person who died.

While these challenges can be alarming, there are some simple principles that can help:

- >

It’s important to understand that this type of conflict is very normal and common in grief. You and your family can get through it, although it may feel rocky for a while.
- >

It is important to remember that the only thing you can change is YOU. Try to focus on how you can cope best with how people are behaving rather than trying to change how they are behaving.
- >

Be committed to your own healing and getting your needs met. Trying to engage in a difficult situation when you are compromised can often make things worse.
- >

If a relationship you value is being stretched, try to have compassion for the other person. They may also be hurting, and their perspective feels as legitimate to them as yours does to you.
- >

Look outside of your family for grief support.

Working with a neutral, trustworthy, and understanding therapist or grief support specialist, or joining a grief support group, will enable you to meet your needs and help you cope better with your family’s challenges. As always, if you are struggling with any aspect of your loss, our bereavement coordinators are here for you. Please reach out and take advantage of the support that we can provide!

This fall, six-week Grief Support Groups will be offered in all areas of The County based on interest. We require a minimum of five participants in an area to hold a Grief Support Group, and each group is limited to twelve participants. Please contact George McLaughlin, Bereavement Coordinator for Northern Light Home Care and Hospice, at 207-498-9039 or by email at gmclaughlin@northenlight.org if you are interested or desire more information about these groups.

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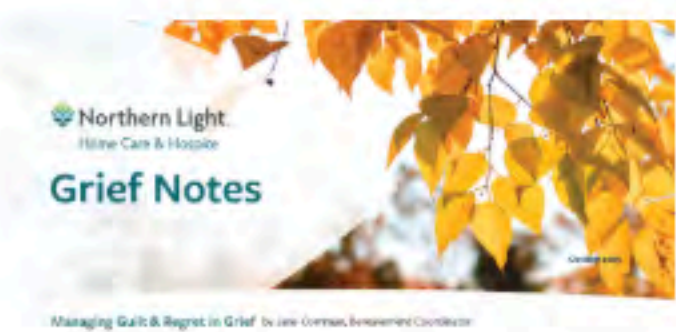
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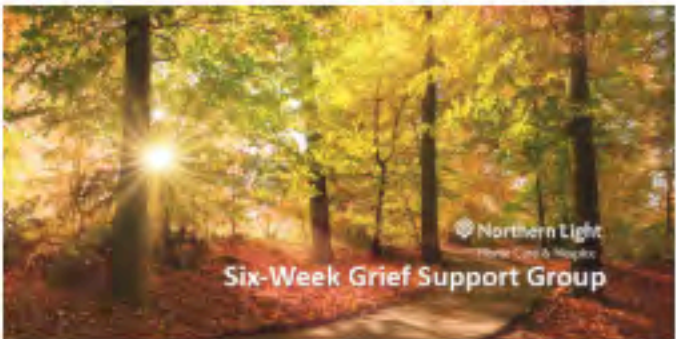
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Grief Notes: What’s Next? What Do I Do Now?

06/09/2023

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Grief Notes

What’s Next? What Do I Do Now? by George McLaughlin, Bereavement Coordinator

The death of a loved one creates many changes for family members and friends, but especially for caregivers. For weeks, months or even years life has been focused on meeting the everyday needs of your loved one. Life is suddenly different as the focus is now forever changed. Nothing seems to be the same. Adjusting to new life situations, ranging from everyday routines to future plans, will take some time.

Areas of Anticipated Change:

- **Plans and Priorities.** There may be significant changes that reflect what matters most to you now. A previous priority, such as work, may be replaced by a new priority, such as spending more time with family and friends or personal health and well-being. As you adjust to a new lifestyle, it may become necessary to change priorities for practical reasons, to alter goals, or delay taking steps to achieve them.
- **Relationships.** Following the death of a loved one, some friends or family members may struggle with what to say or how to interact with you. Some may distance themselves while others are drawn even closer. Refocusing your life may result in a different connection with others. New relationships and friendships may also develop in time.
- **Routines.** While caring for a loved one who has been sick, much of your daily routine has likely involved appointments and other caregiving tasks. With their death, this routine ends, leaving you with a deep sense of loss and missing your caregiving responsibilities. Over time you will be able to develop a new routine that begins to feel comfortable and may involve taking on some tasks he or she used to handle.
- **Finances.** The death of a family member often impacts a family’s finances and brings additional strain to an already difficult situation. There may now be less income along with increased expenses making it necessary for you to work again or begin work for the first time to help meet current needs.
- **Interests.** You may no longer be interested in some activities you previously enjoyed, or you may develop new interests. These could include becoming involved in activities that were important to your loved one or volunteering at a local hospital or for your local hospice program.
- **Faith and Spirituality.** Following the death of someone you love, you may contemplate your religious or spiritual beliefs or your understanding of the meaning of life. On the other hand, you may find that your faith becomes stronger and an unequalled source of comfort.

Action Steps to Consider:

- Try to remain positive as you embrace new responsibilities and opportunities.
- Take time when making major decisions.
- Don’t be afraid to seek advice and assistance.
- Consider keeping a journal to stay focused as you work through these changes.
- Consider joining a support group so you don’t feel alone in your experiences.

In conclusion, change is normal and part of your journey toward healing and wholeness. Please do not hesitate to reach out to those at Northern Light Home Care & Hospice for guidance and support.

Six-week Grief Support Groups will be offered in all areas of The County based on interest this fall. We require a minimum of five participants in an area to hold a Grief Support Group, and each group is limited to twelve participants. Please contact George McLaughlin, Bereavement Coordinator for Northern Light Home Care and Hospice, at 498-9039 or by email at gmcloughlin@northernlight.org if you are interested or desire more information about these groups.

As your Bereavement Coordinator, I am available by phone for grief support. If you would like to arrange a time to talk or meet one-on-one, you may email your request to George McLaughlin at gmcloughlin@northernlight.org or call me at 207-498-9039. I will get back to you as soon as I can. Our agency toll-free number is also available to you; 1-800-757-3326.

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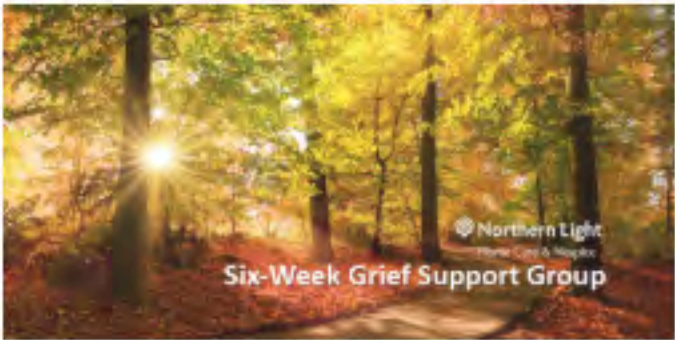
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18 Green Hill Drive
PO Box 867
Presque Isle, ME 04769
Aroostook House of Comfort (nurse's station): (207) 764-9406
Billing Questions: 1-800-757-3326
Executive Director: (207) 540-1080

The Aroostook Hospice Foundation, owner of the Aroostook House of Comfort, is a nonprofit 501(c)(3) organization established in 2009.

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AHOC 10th Annual Golf Classic

05/16/2023Aroostook House of ComfortFundraising Events

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Aroostook Hospice Foundation's Golf Committee (left to right): Frank Keenan, Darrylin Keenan, Abbey Clair, Cam Hayward, Ray Hews, Suzanne Hews, Lise Collins, Carol MacPherson, and Michael MacPherson. Missing from photo: Rick Duncan and Nancy Duncan.

The Aroostook Hospice Foundation, owner of the Aroostook House of Comfort, is pleased to announce their 10th Annual Aroostook House of Comfort Golf Classic will be held Saturday, June 17th, at the Presque Isle Country Club. The Golf Classic has become the cornerstone of its fundraising efforts, raising over \$370,000. The Aroostook House of Comfort, a six-bed, inpatient hospice facility owned by the Aroostook Hospice Foundation, has served over 600 patients and their families and caregiver teams since opening in 2018.

Donations received through fundraising efforts such as the Golf Classic support operational and facility costs, Charity Care funding, and mortgage management. The Aroostook Hospice Foundation is excited to host this event for the 10th year, offering nearly \$25,000 in prizes and giveaways.

To register a team or contribute through a sponsorship opportunity, click [here](#) or contact Rick Duncan (207) 768-0201 or Abbey Clair (207) 299-2053.

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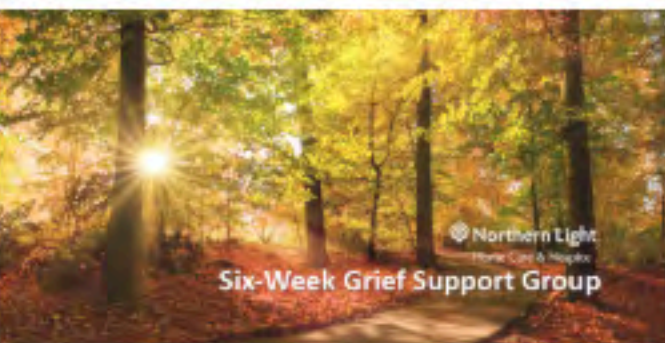
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AHOC Awarded \$12,500 Grant for Charity Care

05/11/2023

Aroostook House of Comfort

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The Aroostook Hospice Foundation, the owner of the Aroostook House of Comfort, is pleased to announce that the Willey Family Foundation, in partnership with the Maine Community Foundation, has awarded a \$12,500 grant for Charity Care patient assistance funding. Charity Care funding is available to patients and families who are underinsured, uninsured, or without other financial means with the expenses associated with care received at the Aroostook House of Comfort. Our mission is to provide quality end-of-life care regardless of one's ability to pay. We at the Aroostook Hospice Foundation extend our sincere appreciation to the Willey Family Foundation and Maine Community Foundation for their generosity and recognition of the mission of the Aroostook Hospice Foundation.

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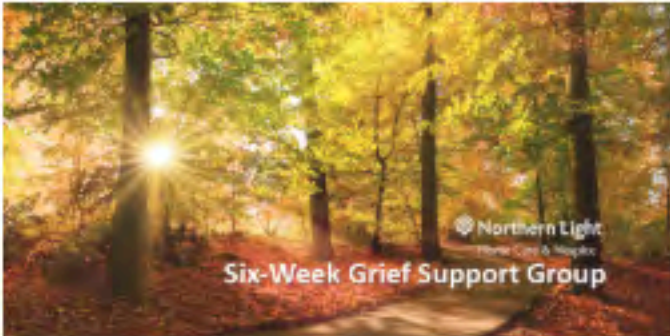
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Aroostook House of Comfort Celebrates 5 Years!

 05/09/2023

 Aroostook House of Comfort

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Tuesday, May 9th, the Aroostook Hospice Foundation, owner of the Aroostook House of Comfort, celebrated its 5th anniversary. The Aroostook Hospice Foundation was established in 2009. After years of fundraising campaigns, grant writing, and the efforts of many community members and volunteers, the Aroostook House of Comfort opened its doors in 2018. Since then, the Aroostook House of Comfort has served over 600 patients, supporting their families and caregiver teams from across the State of Maine. The Aroostook House of Comfort is a six-bed, inpatient hospice facility working in partnership with Northern Light Home Care & Hospice, a Medicare-certified hospice agency. Staff, volunteers, and Board members gathered at the Aroostook House of Comfort in recognition of what has been accomplished along with their vision for the future. Through ongoing fundraising efforts such as the annual Golf Classic and the first annual Walk for Hospice, along with grant funding and private donations, the Aroostook House of Comfort can continue to serve this community for many years to come. As the Aroostook Hospice Foundation is a nonprofit organization and does not bill for services, donations are vital for operational and facility costs, Charity Care funding, and mortgage management. Charity Care funding is available to patients and families underinsured, uninsured, or without other financial means with the expenses associated with care received at the Aroostook House of Comfort. Their mission is to provide quality end-of-life care regardless of one's ability to pay. The Aroostook Hospice Foundation extends its gratitude to the community for their continued support and generosity.



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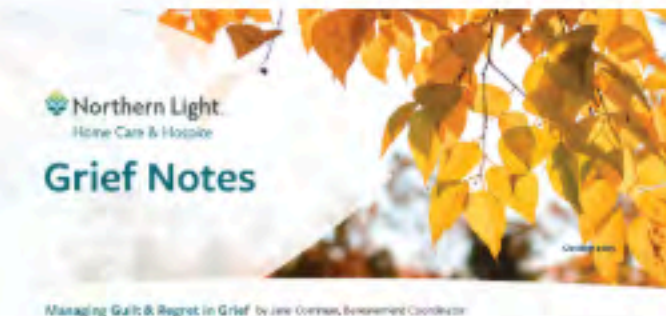
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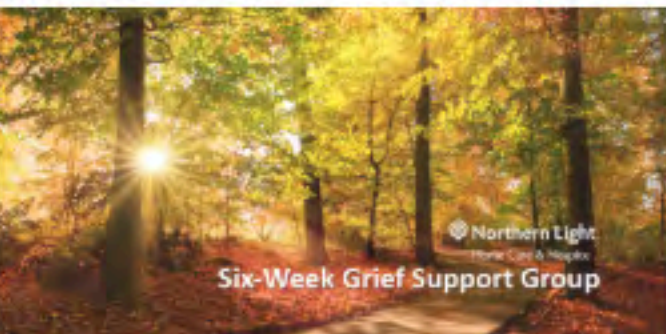
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Healing Hearts: Atcheson Family

03/29/2023

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My name is Abbey Clair, and I am the Executive Director for the Aroostook Hospice Foundation, owner of the Aroostook House of Comfort. I have grown accustomed to managing our social media and other publications, sharing the brave and inspiring testimonials of others who have been impacted by hospice and the Aroostook House of Comfort. Today, I come to you as a daughter and a caregiver with my own story.

In June of 2017, I was in my third trimester with my first baby and the first grandchild. It was a time of excitement and expectation. Unfortunately, that time was harshly interrupted by my father, Ken Atcheson's colon cancer diagnosis. We took this on positively, with an understanding that it was stage one. Several months later, at the end of my maternity leave, we learned that the cancer had metastasized to his liver, resulting in a stage four diagnosis. We knew then that there would be no "cure," but there could be time, and our time surely would not be wasted. For me, the grieving process started then, and I knew that I would not have an 80-year-old father to sit on the porch with and reminisce. That wasn't part of the road God laid for us, and I will never have an answer to that, but just as we had to choose joy on many days, we also chose to trust in His promises.

Over the next five and a half years, my father bravely battled cancer. This journey included two liver resections, three stent placements, multiple biopsies, scans, numerous rounds of chemotherapy and immunotherapy, and radiation therapy. While cancer was certainly a significant part of all our lives, it did not define us. My father met both of my children; he was the first visitor in the labor room for each of them. Our family had six beautiful vacations on the coast of Rockland, many family dinners, birthday parties, pre-k graduations, holiday celebrations, lawn mower rides, and countless simple day-to-day moments of love and joy. We have so much to be thankful for, and I cherish these memories, these imprints on my heart, and his impact on my life. My Dad truly lived until he could no longer "live," even putting my daughter on the school bus just four days before his passing.



We knew that one day the time would come for God to call him home. Upon accepting this position at the Aroostook House of Comfort there was an unsaid, shared knowledge that Dad would likely be there one day. When it became clear to Dad, our family, and his care team that treatment options were exhausted, and so was he, we turned to the Northern Light Home Care and Hospice team to guide us through the final leg of his cancer journey. Dad was admitted initially at home, but his condition deteriorated quickly. After a traumatic fall at home, Mom and I were anxious about how we would continue to care for him, to preserve his dignity, and keep him comfortable. We were no longer the wife and daughter; we were his caregiver team. Our minds raced with thoughts about medications being due, bed repositioning, eating, drinking, toileting, how would we do this? The answer truly was that we couldn't. We reached out to the hospice team and secured a bed at the Aroostook House of Comfort. We were able to share this plan with Dad, and he was at peace, acknowledging his understanding. The ambulance crew gently transferred him out of the house by ambulance to the Aroostook House of Comfort.

Arm in arm, Mom and I entered in, shedding our roles as caregivers and reclaiming our identities as wife and daughter. We were greeted by a volunteer and guided to a quiet waiting space. The provider sat with us after evaluating Dad, ensuring he would be cared for and kept comfortable in a way we could not guarantee him at home. Upon entering his room, he was tucked in under a beautiful quilt, the sun shining across his face. Our extended family and friends were able to join us to be with Dad and gather in the kitchen and dining room. We shared lunch and coffee together, finding ourselves able to laugh over special memories with Dad. We were able to just sit in the stillness, hold his hand, say all the things, cry all the tears and pray. Nursing checked on us often and spoke to Dad. They educated us on each step of his dying process, what was happening, and what to expect—he was fully at rest. In the quiet evening hours of February 4th, we walked Dad peacefully into the arms of Jesus. While I wish I didn't have to do this so soon, I am forever grateful for the love and kindness shown throughout our entire experience at the Aroostook House of Comfort. Thank you to everyone who touched our lives and who will continue to bless those in this community through their experience at the Aroostook House of Comfort.



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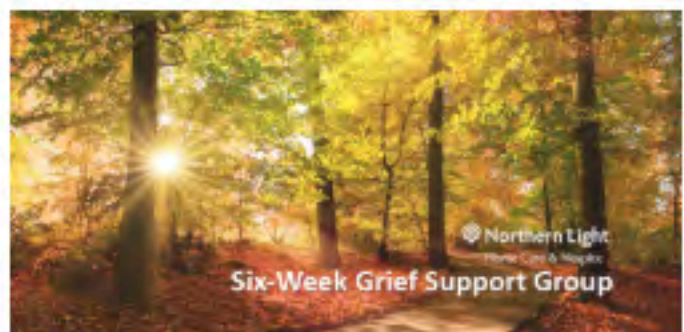
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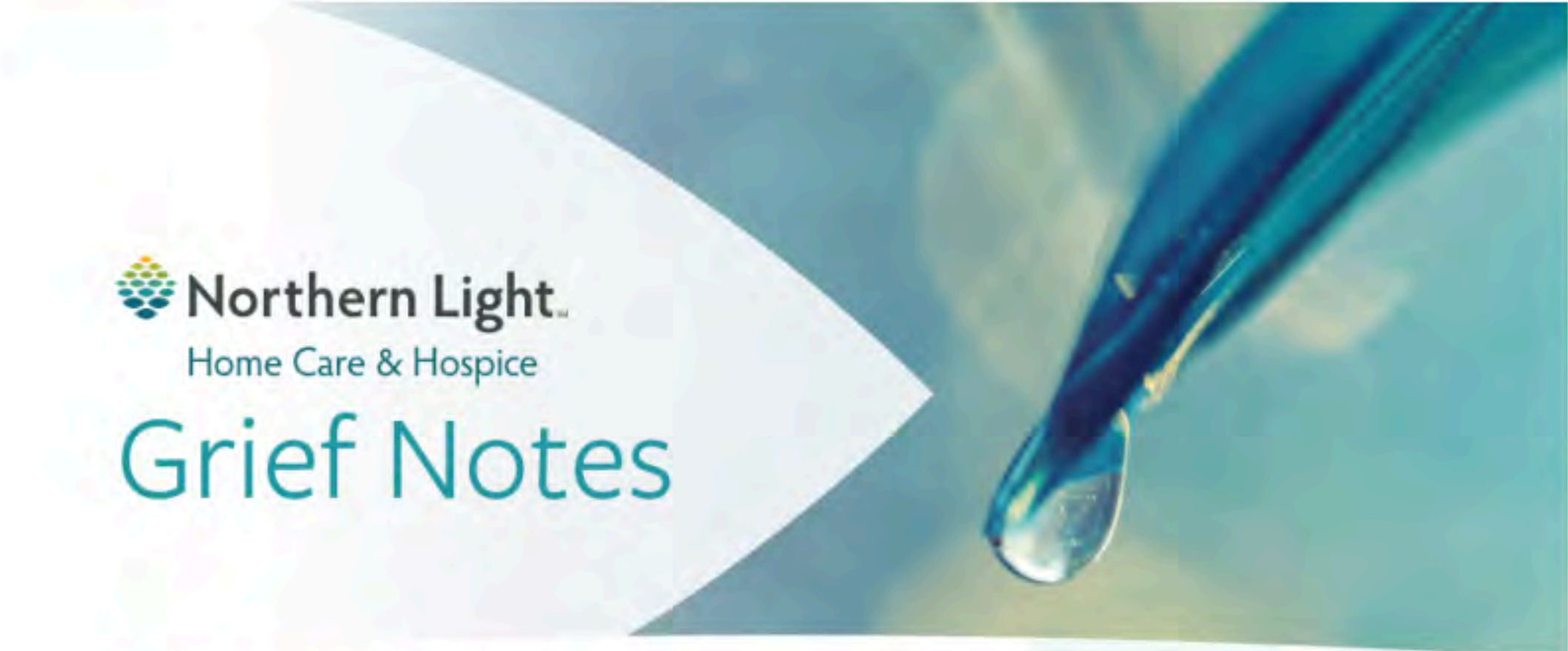
Grief Notes: Coping with Change

03/24/2023

Aroostook House of Comfort

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Coping with Change

by Ron Cunningham, Bereavement Coordinator

Dealing with change after the death of a loved one can be a struggle like nothing one has ever faced before. Often the loss can have us feeling overwhelmed, confused, and grief-stricken. Feeling like we are being forced to make changes in our lives can be especially hard when we have lost someone whose presence was woven into the fabric of those lives.

Here are some ideas that may help with change after the death of a loved one:

As strange as this might sound, allow yourself to grieve. So many times, we try to “be strong” and “get through it.” Sometimes we believe asking for help is admitting to some kind of failure and that is simply not true. It is normal to experience a wide variety of emotions such as sadness, anger, guilt, and loneliness after the death of a loved one and these may leave us depressed and anxious. It is okay to seek support from friends, family, or a healthcare professional. If you still have your copy of the “My Friend, I Care” booklet, go back and read it again. It is an excellent resource for helping understand the grieving process.

I am a huge advocate of taking care of yourself. Grieving can be consuming, both physically and emotionally. Take care of yourself and make sure you are getting enough sleep and eating healthily. Find activities that bring you peace and joy or keep you moving in healthy ways.

We often try to suppress the memories of a loved one after their death because those memories can be painful. I would suggest that instead you find ways to honor them. Strive to keep the memories alive and share them, especially with the younger generations. As they grow older, they will want to know about this person who was important to you.

The role of caregiver is usually all-consuming and exhausting. A caregiver finds purpose in providing care. When a loved one dies, loss of that purpose leaves a huge hole. We can find ourselves at a loss of what to do with ourselves. Finding a new purpose is easier said than done when our lives have been consumed, perhaps for years, with caregiving. But we will find it exceedingly difficult to move forward until we are willing to discover new ways to find meaning and fulfillment perhaps through hobbies, work, or even helping people around you.

Remember, it is okay to ask for help—change is never easy. There are so many ways to begin healing, but what works for one person may not work for another. Take care of yourself and become involved in life around you. It may take time to be ready for this. Talk about your loved ones. Honor them however you can and never forget that grief, change, and healing are all processes that take time and effort. Know that experiencing strong emotions is normal, but with time, support, and self-care, you will be able to weather this new chapter in your life.

Support Groups in Aroostook County:

There will be a six-week evening Grief Support Group offered starting in mid-April at Northern Light AR Gould Hospital. This group will be meeting Thursdays, April 20, 27, May 4, 11, 18, and 25 from 6:00 -7:30 pm in the conference room. If interested, please contact George McLaughlin, Bereavement Coordinator for Northern Light Home Care & Hospice, at (207) 498-9039 or by email at gmclaughlin@northernlight.org to register.

In-person six-week day and evening Grief Support Groups will be offered in 2023 in all areas of Aroostook County based on interest. We require a minimum of 5 participants in an area to hold a Grief Support Group, and each group is limited to twelve participants. Please contact George McLaughlin, Bereavement Coordinator for Northern Light Home Care & Hospice, at (207) 498-9039 or by email at gmclaughlin@northernlight.org if you are interested or desire more information about these groups. If needed, one on one support is also available by contacting George at (207) 498-9039.

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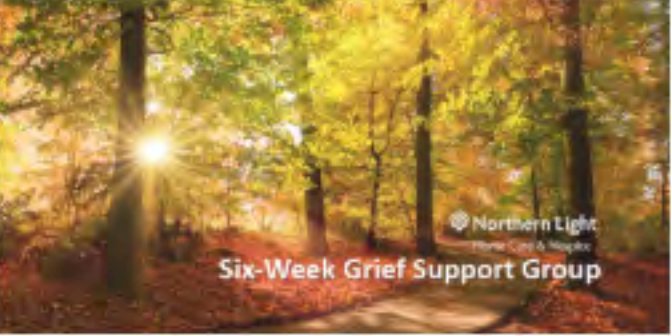
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Aroostook Hospice Foundation Welcomes New Board Member

03/08/2023

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Tyler J. Stoliker, MSN, FNP-C, is a practicing Family Nurse Practitioner at Fish River Rural Health in Madawaska. Born and raised in the St. John Valley, Tyler has a passion for serving and providing medical care to the residents of his hometown and surrounding areas. Tyler's undergraduate studies were completed at the University of Maine at Fort Kent, where he graduated with honors with a Bachelor's degree in Nursing. Following years of experience as an Emergency Room nurse, Tyler pursued graduate studies at St. Joseph College of Maine, where he earned his Master's degree and became licensed in advanced nursing practice in 2015. He has since attended multiple trainings and conferences through Harvard Medical School, which has further supported his work in the outpatient and in-hospital settings.

"It is a true honor and privilege to volunteer for the Aroostook Hospice Foundation. Through my experience in various outpatient and inpatient settings, I have developed a passion for palliative and hospice care. I hope to bring the needs of the St. John Valley to the Foundation to promote the end-of-life needs of its residents." - Tyler Stoliker

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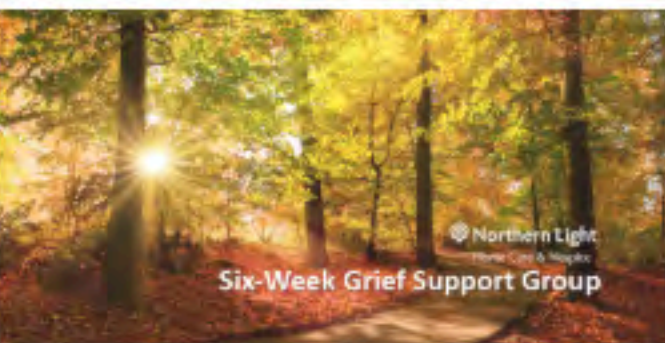
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Northern Light Home Care & Hospice Grief Support Group

02/14/2023

Aroostook House of Comfort

Grief Support Group

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Have you lost a loved one? When someone we love dies, it can feel overwhelming. You may feel alone, and no one understands what you are going through. The truth is that many are walking a similar path. Consider coming to a place where you can talk, grieve, and move forward with people who are also grieving.

This group is free of charge and open to anyone who has experienced the loss of a loved one, but registration is required, and participants are encouraged to attend all group sessions. This group will be limited to 12 participants per location, so please register.

Mark and Emily Turner Memorial Library, 39 2nd Street, Presque Isle
Tuesdays, starting February 21st - March 28th from 1:00-2:30 pm

Or

Washburn Civic Center, 1287 Main Street, Washburn
Thursdays, starting March 9th - April 13th from 6:00-7:30 pm

For more information and registration, please contact George McLaughlin, Northern Light Home Care & Hospice, Hospice Chaplain/Spiritual Counselor at (207) 498-9039.

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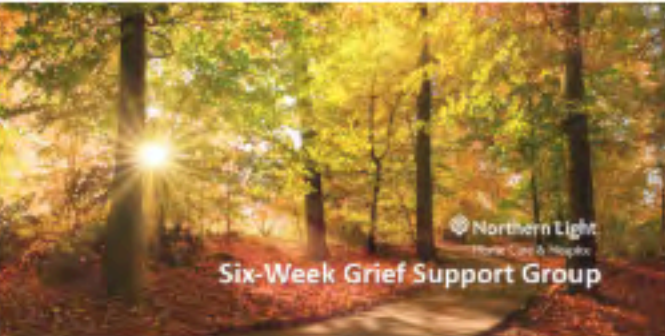
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Northern Light Home Care & Hospice Volunteer Training

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Aroostook Area Hospice Volunteer Training—Spring 2023

Thursdays, April 6 through May 18 from 2 - 4 pm

Hold a hand, listen to stories of a well-lived life, and provide respite for family caregivers supporting a loved one through the end of life. The need is great for people to join our team. You will give back directly to your community by becoming a Northern Light Hospice volunteer. We are looking for emotionally mature people who are reliable and hold a genuine desire to help their community. Are you kind, caring, and enjoy making connections? Then, we may have the right fit for you.

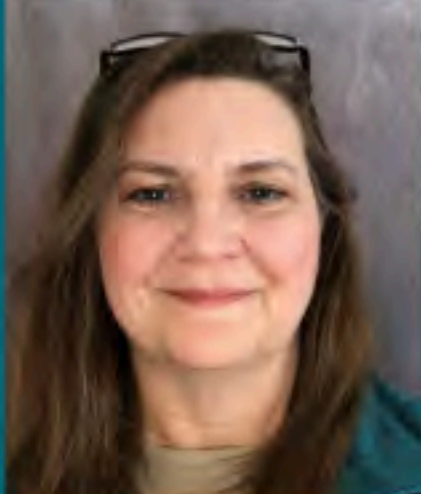
- Roles for volunteers:
- A family and patient volunteer, in-home visits

· Aroostook House of Comfort volunteer

· Bereavement calls to families of loved ones who have passed

· Office work

We will work with you to find what is best while aiming to meet the needs of our patients and families. The Spring 2023 enrollment is now open. Interested applicants, please contact Robin Haynes, Volunteer Coordinator, at rhaynes@northernlight.org or call (207) 764-9404 to register.



Robin Haynes

Volunteer Coordinator | Aroostook

18 Green Hill Drive

Presque Isle, ME 04769

rhaynes@northernlight.org | Office: 1.800.757.3326 | Direct: 207.764.9404

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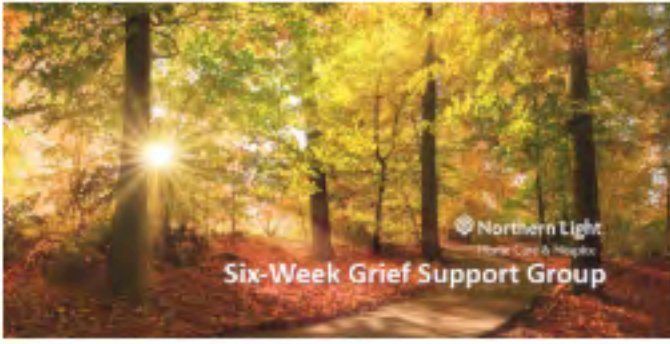
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Star City Syndicate Raises \$5,200 for AHOC

 01/13/2023

 Aroostook House of Comfort

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Saturday, January 7th, the Star City Syndicate held a benefit concert for the Aroostook House of Comfort at the Caribou Performing Arts Center. This exciting event raised approximately \$5,200 for the Aroostook House of Comfort. Star City Syndicate is a group of Maine-based musicians with diverse backgrounds who come together to celebrate the sounds of the past from Motown and Classic Pop to Contemporary.



The Aroostook Hospice Foundation, a nonprofit charitable organization and owner of the Aroostook House of Comfort, is thankful to have been chosen as the recipient of this event and for the support of the community. Sponsors and supporters for this event included Gil's Sanitation, Ferris BBQ, Governor's Restaurant, Washburn Trailside, and the Washburn Rotary Club.

Our generous donors make it possible to maintain a 9,800-square-foot state-of-the-art facility where individuals and families receive compassionate care, comfort, and support on their journey through hospice. Funds raised also assist with expenses associated with care received while at the Aroostook House of Comfort for those underinsured, uninsured, or without financial resources through the Charity Care program. Fundraising efforts include private donations, naming opportunities, grants, and additional local events such as the Annual Golf Classic and the Remembrance Way Garden & Pathway memorial service. Our success is due to the support of volunteers, donors, and our local communities.

We extend our sincere appreciation to Star City Syndicate, events sponsors, and all who supported this event in their time and giving.



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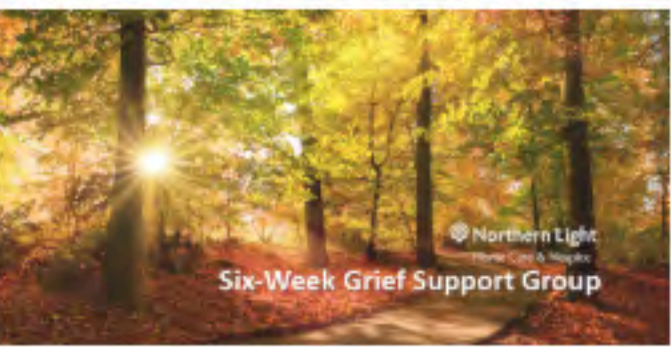
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