

# Volunteer Voice

## Breaking News

This is the week the nation collectively celebrates volunteers and the impacts made by people who come together to support their communities. There are so many ways that people can choose to volunteer their time and talent. And to be honest, many are much easier than being a hospice volunteer. I often say that our volunteers are some of the bravest souls. You choose to support people at the most difficult and sacred time of their life. You open your hearts to complete strangers, granting them the gift of compassion and presence. And even if you are not working with patients and families, you are still immersed in this world of death and dying. While some may think this type of volunteering would be daunting, even depressing, what I hear from you is that it is anything but. As our world finds its new North post-Covid, it is heartening to see so many of our volunteers returning. What's even better is seeing the smiles and hearing your stories of feeling purposeful again. So this week, we extend our deepest gratitude to our volunteers. Words alone, however won't be able to convey and celebrate the impact that you make. For that we need a wonderful gathering, much like the Homecoming we held last year – complete with great food, music and most importantly you! So stay tuned as our team finalizes the plans for our volunteer celebration which will be held this summer. Details will be shared in the next newsletter. In the meantime, know that we hold each of you in the highest regard with the deepest gratitude for the impacts you make on those we serve.



For those of you who are still considering a return, there are many opportunities awaiting you. We need help in Home Care with volunteers to provide respite, Eucharistic ministry and companionship visits, with Hospitality in the Care Center including summer BBQs, Caregiver Suppers, Ice Cream Socials. For those creative folks, we definitely need some more Flower Buds and help with gardening. And we can't forget all of the help we will need with our upcoming Camp Monarch, our children's grief camp which will be held in August. So if any of these opportunities sound interesting, please email [voldept@angelahospice.org](mailto:voldept@angelahospice.org) and we'll walk you through the simple steps to get you to active status.

## Bereavement News

By Debbie Vallandingham, LMSW-ACSW  
Director of Grief Care Services

### With Gratitude to Our Volunteers: Celebrating YOU

The spring is a perfect time for reflection. We are enjoying the move to warmer temperatures and loving the appearance of the spring flowers. These remaining spring mornings are a wonderful time to reflect and moreover, to celebrate having a joyful and giving heart. It also makes it the perfect time to celebrate the wonderful work that all volunteers do and a special thank you to the volunteers that help support the Grief Care program.

#### Why is grief care so important?

Grief impacts everything you do. It touches on your physical, mental, emotional and spiritual health. It is quite simply one of the most difficult things a person can ever go through. And this grieving process is an important part of learning to adapt to life without a treasured loved one. Grief care provides the much-needed support and education for those experiencing loss. This care can come in the form of one-on-one sessions, support groups, workshops or events, where our volunteers play an important role in helping those grieving.

#### Thanking you for your work as volunteers

We appreciate our volunteers every day of the year! But in spring, and April in particular, is a great time to praise and thank you for all that you do. April is National Volunteer Month, a time to honor the spirit of those who volunteer and serve their community. In this year's proclamation, the White House notes that:

Volunteering defines America. Our Nation is a place where light triumphs over darkness, where we seek to lift everyone up, and where we lead not by the example of our power but by the power of our life. As those who volunteer know firsthand, service also benefits the volunteer. It can teach important skills, help build professional networks, and provide an empowering sense of purpose. Volunteering brings people together, uniting us around our common belief in the dignity and equality of every person and giving us a chance to learn from others we might otherwise never meet.

In 2021, more than 60.7 million people in the U.S. volunteered, adding the equivalent of \$122.9 billion in economic value for the time served. And at Angela Hospice, our volunteers are at the heart of our community and we thank you for all you do.

We are grateful for you and hope you will consider adding gratitude to your day

We often recommend to those grieving, and many of our volunteers fall into this category themselves. To include mindfulness and gratitude exercises in their grief work. But there are many reasons why everyone should consider adding gratitude to their daily routine, regardless of whether you are currently grieving.

Although it can be hard to be grateful, studies have found that practicing gratitude can improve our friendships, our physical health, our self-esteem and even help us sleep. In fact, fifteen years

of research went into a study that showed that those practicing gratitude on a regular basis suffered fewer headaches, stomach aches and even fewer runny noses!

So, how can we all add gratitude to our daily routines? Here are a few ideas.

- Keep a Gratitude Journal. Give thanks for at least one thing every day. Write it down in a journal and take the time to reflect on past weeks and months.

- Make a Gratitude Jar. If a journal isn't your cup of tea or if you like the idea of being visually creative, write down one item on a little strip of paper every day fold it up and put it in a jar. You can use different color papers and watch the colors blend together as you add thoughts every day.

- Morning Coffee of Gratitude. Start out with your cup of coffee or tea and think about the warmth of the mug you're holding. Smell the coffee or tea and think of how wonderful it is. Take that first sip and appreciate your drink. Then think about the beautiful morning and the start of a day full of hope and promise.

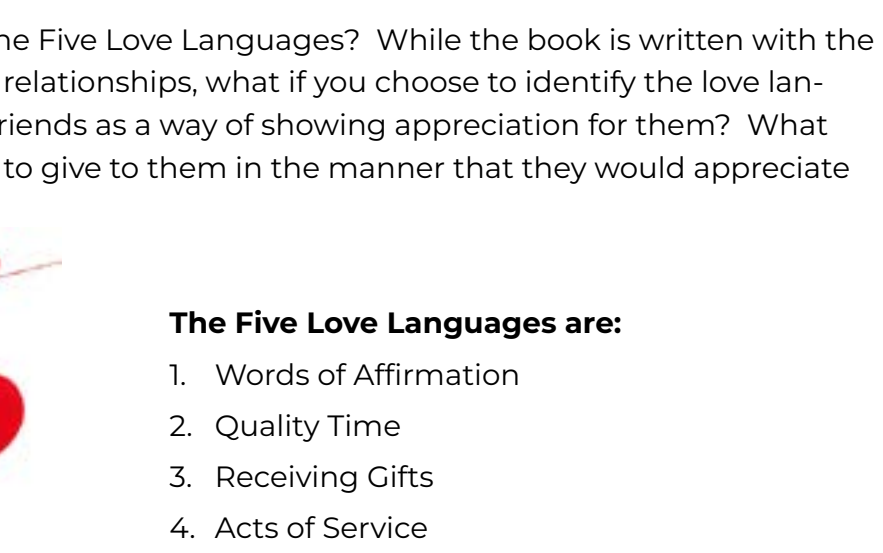
Happy Volunteer Month! Thank you so much for helping to create a better world through your volunteer service.

#### OUR FREE GRIEF CARE PROGRAMS INCLUDE:

One-on-one counseling for adults and children along with a variety of virtual and in-person support groups. Call 734.779.6690 to schedule an appointment. Or visit [www.askforangela.com](http://www.askforangela.com) for more information.

## Care Center

Hospitality is the cornerstone of what makes our Care Center feel like home to those who come through our doors. Seeing fresh flowers in patient rooms, smelling fresh baked cookies in the Family Kitchen, seeing the smiling faces of children as they eagerly await their scoop of ice cream - it all creates a welcoming atmosphere. We need volunteers to help as we bring back these programs. We are in need of Flower Buds to help make arrangements, process incoming flower deliveries, place flowers in patient's rooms and all of the other tasks that go along with that. In addition, we need volunteers to help as we bring back our Caregiver Suppers and the Ice Cream Socials, BBQs and other special touches. If you're interested in learning more, please email [voldept@angelahospice.us](mailto:voldept@angelahospice.us).

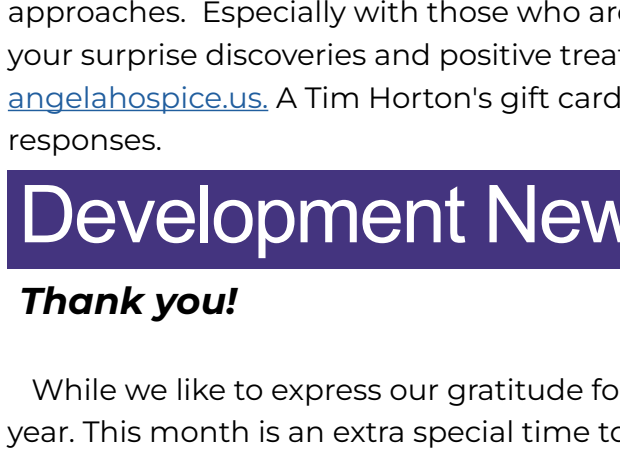


## Compassionate Corner

By Denise Welsh  
Integrative Therapies Vol Coordinator

### Appreciation!!!

How many of you are familiar with the Five Love Languages? While the book is written with the focus on love/significant other type of relationships, what if you choose to identify the love languages of your family members and friends as a way of showing appreciation for them? What better way to show appreciation than to give to them in the manner that they would appreciate the most?



#### The Five Love Languages are:

1. Words of Affirmation
2. Quality Time
3. Receiving Gifts
4. Acts of Service
5. Physical Touch

For family members and longtime friends, you probably have a good idea of what each of their love languages are as you've experienced their responses to being praised, the loving time you take to spend with them, true joy over a gift received, helping someone with a project or doing nice things for them, or holding their hand, hugging them, stroking their back, etc. And what about the people in your lives that are more challenging to love – those who are sandpaper to your soul? If we are kind and loving toward people, they will tend to be kind and loving toward us. The emotional need for love is our deepest emotional need and when that need is being met, we tend to respond positively to the person who is meeting it. So here is your challenge – pay attention to the responses to those in your life when you practice these five different love language approaches. Especially with those who are your greatest challenges. We would love to hear about your surprise discoveries and positive treatment from those around you - please email [dwelsh@angelahospice.us](mailto:dwelsh@angelahospice.us). A Tim Horton's gift card will be awarded through a random drawing from the responses.

## Development News

### Thank you!

While we like to express our gratitude for all you do for our department throughout the entire year. This month is an extra special time to do so as it marks Volunteer Appreciation Month! This past year we've been so grateful to see more and more of you each month, who have helped with our events, our mailings, and the day-to-day work in our department.

Thank you, once again, for everything! We truly appreciate it and that you choose to give back to Angela Hospice with your time.

#### Introducing our new department title!

Late last year the Outreach & Philanthropy department refreshed its name to Community Outreach & Philanthropy to better reflect what it has grown to be.

Introducing the Community Outreach & Philanthropy Department:

- Jennifer Dale, Director of Community Outreach & Philanthropy, [jdale@angelahospice.us](mailto:jdale@angelahospice.us)
- Lisa Norton, Communications & Philanthropy Manager, [lnorton@angelahospice.us](mailto:lnorton@angelahospice.us)
- Helen Balmforth, Community Outreach & Event Specialist, [hbalmforth@angelahospice.us](mailto:hbalmforth@angelahospice.us)
- Dana Casadei, Media Relations Specialist, [dcasadei@angelahospice.us](mailto:dcasadei@angelahospice.us)
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- Bobbi Burke, Gifts Processing, [bburke@angelahospice.us](mailto:bburke@angelahospice.us)
- Pat Squires, Donor Relations & Operations, [psquires@angelahospice.us](mailto:psquires@angelahospice.us)



**Jennifer Dale**  
Director of Community Outreach & Philanthropy

## Mission Moment

By Reverend Diane Smith  
Ministry Engagement Director

Dear Volunteers,

In the same way that we give thanks to God for the gifts of love, mercy and grace realized through the risen Christ, we celebrate your sacrifice in the forms of prayer and presence that help sustain the workings of this ministry, Angela Hospice. Blessings as you continue your faithful commitment to our patients and families.

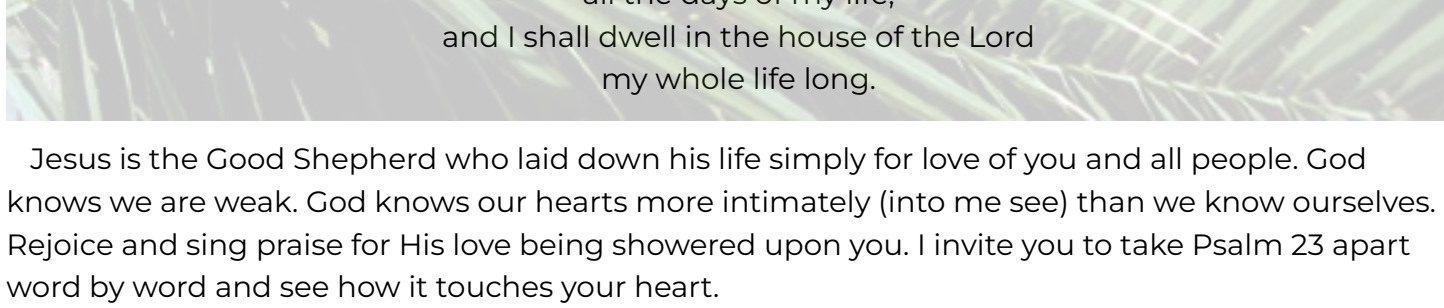
Peace. Rev. Diane Smith

### From Joy For Mission" Week of April 9, 2023 by Sr. Victoria Richardson

**"Why do you think that everything is hopeless, that no one can take away your own tombstones? Why do you give in to resignation and failure? Easter is the feast of tombstones taken away; rocks rolled aside. God takes away even the heaviest stones against which our hopes and expectations crash: death, sin, fear, worldliness."** ~ Pope Francis

Happy Easter! Thank God for his mercy and love. Roll back the tombstones of struggle and shine forth with Easter Joy. Christ is Risen Alleluia and we are Easter People radiating love, compassion and deep respect for others. It is who we are and who we are called to be.

My favorite Psalm is the Good Shepherd and who laid down his life for his sheep. Sheep are clueless and depend on their shepherd for everything. We are so loved by God, yet half of the time, I must say I am clueless. I need God, have experienced his unconditional love and mercy and know that Easter Joy is about love. This Psalm gives me strength.



#### A Psalm of David. Psalm 23

The Lord is my shepherd, I shall not want.  
He makes me lie down in green pastures;  
he leads me beside still waters,  
he restores my soul.  
He leads me in right paths  
for his name's sake.  
Even though I walk through the darkest valley,  
I fear no evil;  
your rod and your staff—  
they comfort me.  
You prepare a table before me  
in the presence of my enemies;  
you anoint my head with oil;  
my cup overflows.  
Surely goodness and mercy shall follow me  
all the days of my life,  
and I shall dwell in the house of the Lord  
my whole life long.

Jesus is the Good Shepherd who laid down his life simply for the love of you and all people. God knows we are weak. God knows our hearts more intimately (into me see) than we know ourselves. Rejoice and sing praise for His love being showered upon you. I invite you to take Psalm 23 apart word by word and see how it touches your heart.

## Music Matters

By Heather Dean, MT-BC

### When the Red Red Robin Comes Bop Bop Bobbin Along

There are many songs that celebrate spring but probably none as popular as "When the Red Red Robin Comes Bop Bop Bobbin Along" or "Rockin' Robins". Both are cheerful songs about waking up and celebrating a new day. I for one enjoy the sounds of robins in the morning lately. It is a celebration that winter is finally over and we can enjoy this cheerful announcement of new life and renewal.

I became curious why the Robin is Michigan's state bird and learned along the way that we are not the only state claiming this to be our best bird mascot. Wisconsin and Connecticut also claim this bird as their own. Ninety years ago Michigan cast 190,000 votes to the Audubon Society and the American Robin was the winner, although it became pretty neck and neck with the chickadee. In fact some Michiganders now feel the chickadee should still be the winner. The famous bird painter James Audubon clearly favored the Robin though stating "the first land bird seen by me, when I stepped upon the rugged shores of Labrador was the robin, and it's joyful notes were the first that saluted my ear". I guess if James Audubon likes the robin most I suppose this is a powerful endorsement.

Maybe this is a little piece more about birds than music, but you know what? Birds are pretty musical and I love waking up to music don't you? What do you know about bird songs? Are you able to recognize bird calls? What would you choose as our state bird? I am surprised personally that the loon or blue heron wouldn't be contenders, and what beautiful low cooing they produce.

In celebration of volunteer month, a big thank you to all our wonderful volunteers. You are put a song in our patients hearts every day!

## Spiritual Care News

### 5 Ways Spring Clears the Mind and Refreshes the Spirit

By Mind Fuel Daily

Spring awakens and enlivens us in a way no other season can. We remember what new life looks like, we remember what possibilities are just around the corner, and we remember that beauty comes in small packages.

It's a great time for meditation as we grow ourselves – and with spring in mind, here are five reflections on how our minds, hearts, and spirits are healed during the flowery months.

1. New life and new beginnings are all around us. Each waking flower is a symbol for something new taking shape within us.
2. Everything blooms in its own time. In our lives, just as in nature, patience forms the most beautiful things we experience.
3. Color and light are vital to life. Spring feels good because it reminds us how deeply we need variety and vividness in our surroundings.
4. Great things are waiting beneath the surface. Only when the flowers bloom do we realize the potential that existed beneath our feet all this time.
5. The important things are the simple things. Grass, rainfall, sunlight, a single flower – the smallest things matter still, because no one else can experience them for us.

## We Honor Veterans

### About Afghanistan and Iraq (OEF & OIF)

Following the September 11, 2001, terrorist attacks on the World Trade Center and the Pentagon, the United States responded by deploying military personnel in Southwest Asia. By January 2002, more than 30,000 active duty were involved and additional reserve personnel continue to be called to duty.

As a result of Iraq's refusal to comply with United Nations' mandates, U.S. began deploying troops to the Gulf region in late 2002. Coalition forces subsequently won a decisive victory against the forces under the regime of Saddam Hussein, during April 2003, in Operation Iraqi Freedom (OIF). Coalition forces remain in Iraq today as part of ongoing peacekeeping/nation-building activities.

Currently, as part of Operation Enduring Freedom (OEF), U.S. troops are on the ground in Afghanistan, Pakistan, and neighboring countries of the former Soviet Union.

#### Unique Health Risks

- Infectious Disease
- Cold Injury
- High Altitude illnesses
- Environmental Hazards:
- Exposure to sewage
- Exposure to agricultural and industrial contamination of water and food
- Air pollution
- Severe sand and dust storms
- Combined penetrating, blunt trauma, and burn injuries (blast injuries)
- Traumatic Brain or Spinal Cord Injury
- Vision Loss
- Traumatic Amputation
- Multi-drug Resistant Acinetobacter
- Leishmaniasis (sand fly-transmitted infection of the skin)
- Depleted Uranium (DU)
- Mental Health Issues including Post Traumatic Stress Disorder (PTSD)

## KEY VOLUNTEER CONTACTS

Bereavement	Volunteer
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