

Volunteer Voice

Breaking News

The last change related to Covid policy has been announced (hopefully.) With the end of the Covid Public Health Emergency, Medicare has stopped requiring health care workers to be vaccinated against Covid-19. In accordance with this change, Angela Hospice will not be mandating Covid vaccination for our team members, volunteers or new hires. What does this mean for you? If you have not been volunteering because you have not received the Covid vaccine you can resume volunteering once you bring your file up to date. Please reach out to voldept@angelahospice.us or by phone at 734-953-6024 and notify us of your intent to return. We will let you know what steps you need to take to return to active status. Most likely, it's Covid education or submitting outstanding paperwork. **Please note that all volunteers in the process of returning to active status must complete all requirements by September 15th.** If requirements are not met by that time, your status will be changed to Emeritus status. In this way you will still receive some communication from Angela Hospice, while active volunteers will receive all communications, be notified of volunteer opportunities, receive invitations to departmental and agency events and



have access to other perks such as free Detroit Tiger tickets. Our position remains as it has since the start of the pandemic -- we support you in whatever decision you make.

Starting in September, our Quality and Compliance Team will offer Model Visit Training for those volunteering in Home Care whether it be providing companionship, respite, Eucharistic ministry, spiritual companionship,

Integrative therapies, etc. This training will be approximately three hours long and will be held at Angela Hospice in our Simulation Lab. All care team members have undergone or will be going through this specialized training. As an integral member of our care team, volunteers too need to attend. Training will cover techniques such as preparing yourself physically and mentally for a visit, how to be fully "present" with a patient and many other practical techniques that will elevate both the patient and volunteer experience. If you will be volunteering in Home Care in any capacity, please email voldept@angelahospice.us and ask for the sign up information for the upcoming classes.

And finally, if you are in the building to volunteer, please be sure to stop in the Volunteer Office and sign into your blue log prior to starting your shift or volunteer role. There are times when we need to know which volunteers are in the building and this is our only way of ensuring we know who is here. The alternative is to resume the hotline and have volunteers call in. That feels like going backwards – not a direction we want to travel. Onward and upwards my friends!

Bereavement News

By Debbie Vallandingham, LMSW, ACSW
Director of Grief Care

National Grief Awareness Day

"Let us not forget those who grieve" – Angie Cartwright

August 30th is National Grief Awareness Day. Established in 2014 by Angie Cartwright, National Grief Awareness Day seeks to bring awareness to the many ways we are all impacted by grief while encouraging dialogue on grief, loss, and coping.

Why do we need this day for awareness? Most people experience some form of grief and, as a natural part of life, it's important to understand the experience. After all, grief is the natural reaction to loss. Most people, however, see grief as the emotional experience that happens after a death. While this is true, grief is far more encompassing. We grieve many times and for many reasons throughout our lifetime, including the loss of a job, losing a precious item, experiencing the end of a relationship, or encountering any significant life transition.

And grief is not solely an emotional experience. Grief impacts a person cognitively, physically, spiritually, behaviorally, and systematically (in family systems or at work). Grief is not a problem to be fixed or an illness to be cured, but a natural human experience and reaction to loss. It is complex and can be messy. Moreover, grief cannot be completed by performing a list of tasks or by walking through a firm set of stages or steps. While grief is a universal experience, it is important to note that we each grieve in our own unique way.

We will all experience grief at various times in our life and each new loss will bring its own grief reaction and process, which may look very different than how we grieved a prior loss. It is healthy and important to seek out support as you navigate the often-complicated and painful experiences that accompany loss because we are not meant to grieve in isolation. Grief Care can be a source of much needed support and education to help you learn more about your own specific experience with grief as well as ways to cope. Grief Care and support is provided in several different formats including support groups, grief counseling, books, podcasts, blogs, and websites. Our Grief Care Department at Angela Hospice provides support through one-on-one counseling sessions, support groups, workshops, and events to anyone in the community who has experienced the death of a loved one.

In recognition of national grief awareness day, honor your own losses and recognize other grievers by supporting one another, engaging in self-care, and posting to social media using the hashtag #NationalGriefAwarenessDay to share what you have learned about grief and loss.

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 for more information.

Care Center News

Out of the Office & More

For our Care Center volunteers, please remember to email voldept@angelahospice.us when you will not be able to make your shift. We then alert our Care Center team members so they can adjust accordingly. We also ask that those providing spiritual care in the Care Center notify spiritualcare@angelahospice.us when you will be away. In this way, Deacon Jenny and her team can ensure no needs go unmet.

Ready to make a comeback are . . . pagers. For our Care Center volunteers who have been with us for a while, you surely remember the "challenge" of these pagers. The new and improved pagers are reportedly easy to use and serve as a useful tool in helping to identify patient needs in a more timely fashion. Stay tuned for more information on this long-anticipated comeback.



Recently, a family of turkeys graced our presence, including four chicks. But the most majestic of all is the wild white turkey we've come to know as "Chuck." As rare as one in 100,000, these wild white turkeys are seen as a symbol of good fortune and peace. The appearance of a white turkey is said to be a sign of new beginnings, a fresh start, and good luck. Some cultures also believe that white turkeys have special healing powers. Its white coloring is seen as a sign of divine truth and angelic presence. Thanks for visiting "Chuck."

Community Outreach & Philanthropy

Save the Date!

As you may have seen in your mail, on our website, or on our social media, this year's Walk of Remembrance is just around the corner, and will take place on Saturday, Sept. 16 on the grounds of Angela Hospice!

This has become such a beautiful yearly tradition for many, with new families attending each year as well. We're so blessed by all who join us at the annual event, taking the special day to gather with their own loved ones and remember those they've loved and lost while walking around the gorgeous Angela Hospice grounds.

If you're interested in registering or forming a walk team: <https://angelahospice.org/walk/>

Do you have 3 minutes?

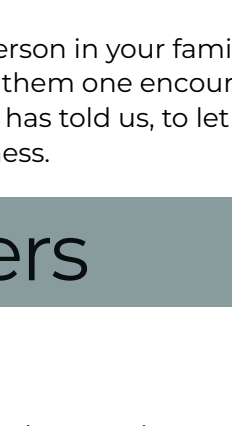
We're only 8 reviews away from making the 2023 Great Nonprofits Top-Rated list! If you have a few minutes to share your Angela Hospice story by Oct. 31, you can play a role in helping us stay on the Great Nonprofits Top-Rated list for another year! Thank you!

<https://greatnonprofits.org/reviews/write/angela-hospice-home-care-inc>

Make Your Wishes Known

HOW MANY OF THE SELECT SIX DO YOU HAVE COMPLETED?

- Transfer on Death
- Living Will
- Durable Power of Attorney
- Power of Attorney for Healthcare
- Last Will & Testament
- Funeral Planning Declaration



August marks Make a Will month, and throughout we're going to be sharing key information on our Facebook and Instagram about documentation you should have to be best prepared, as well as busting some myths about making a will, what that consists of, and who should create one.

To start, we've compiled a list of the Select Six, the most important documents to have completed in order to leave your legacy. How many have you completed?

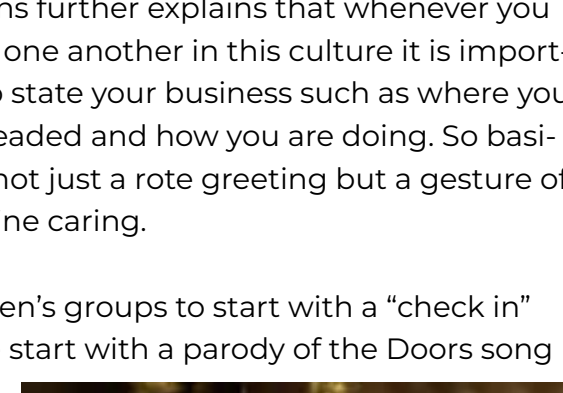
<https://www.facebook.com/AngelaHospice/>
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Compassionate Corner

By Denise Welsh
Integrative Therapies Vol Coordinator

Family Fun Month rolls around in August each year. It is the perfect reason to simply put away all the devices and have some good 'ol fashioned quality time with each other. With the month of August serving as the golden hour of summer, expect to make the most of it by grounding yourself with your loved ones and enjoying their company. After all, no one has your back more than family does, so it's best not to take for granted the wonderful fun of family relationships.

The origins of how Family Fun Month began are unknown. However, we're sure glad that someone thought family fun was an important enough concept to celebrate it over an entire month. Furthermore, this month presents the perfect opportunity to acknowledge the diversity that exists within the single term 'family.' Traditionally the concept of family was defined as "the co-residence and the organization by kinship" or "a co-residential group that makes up a household and may share general survival goals and a residence." We have come a long way from such a framework or definition, and that in itself is something to celebrate. Today there are all sorts of families, from single-parent households to blended families, to adopted families, to LGBTQ families, and chosen families of friends feeling like siblings. The idea of blood being thicker is fast becoming archaic as more value is placed on the actual caregiving relationships which bond people together. Care to share about any diversity in your family? Email Denise Welsh at dwelsh@angelahospice.us.



Mission Moment

By Sr. Victorian Richardson
Felician Services, Inc.

"Do ordinary things with extraordinary love." Mother Theresa of Calcutta

The Feast of St. Clare is August 11th. This amazing woman found countless ways of showing love to her Sisters and the Franciscans at San Damiano, the church St. Clare rebuilt. St. Clare was a woman of love and service. Through that service and love, her spirit soared and radiated love to all who encountered her. Even in her sickness and illness, she loved and served her Sisters and was gracious for their unconditional love and service in caring for her. Love and action do not have to be large endeavors. It does not require recognition or fame. It is simple, like that still quiet respect of God in a dignity breeze.

What ways can you bring the core value of Respect for Human Dignity into loving service and action? Here are ten simple ordinary tasks, that if done with love, will touch someone in need around you. I am going to give you a list of 10. My encouragement is that you take this to one of your meetings and find ordinary outreach in your ministry or home that you can do with extraordinary love.

1. Praying for someone who looks like they are having a difficult day.
2. Smile at the homeless person who works money every day at a certain spot in your area.
3. Smile at someone in your living or parking area and ask them about their day. Then listen.
4. Take a walk around your neighborhood and smile and say hello to those you meet.
5. Learn new phrases in another language such as hello, how are you. Then practice it. It is OK if you do not get it right, the smile and help will be right there for you.
6. Clean the microwave in the staff room, just because it needs it. Feel good about this quiet act of kindness.
7. Practice active listening with someone who seeks your attention.
8. Look up from a task, (Hard always for me to do) and listen to another person who may just need a moment of your time.
9. Write a letter to a loved one in your family.
10. Look for one person and tell them one encouraging insight about them for which you are grateful.

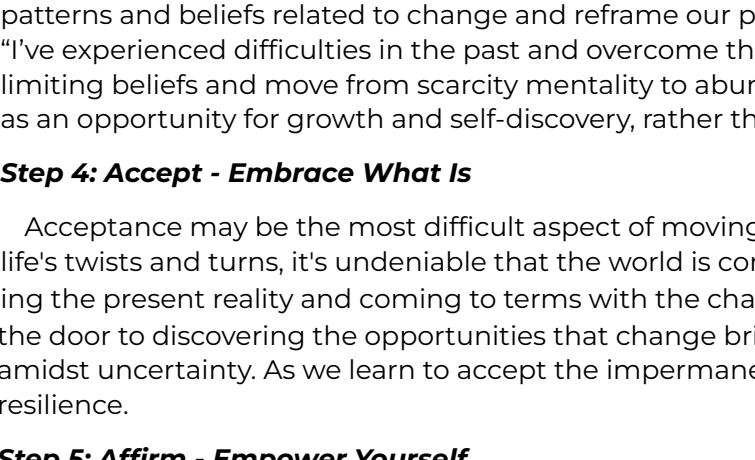
If we truly embrace what St. Clare has told us, to let the love we have in our hearts be shown in our deeds, we will find inner peace and happiness.

Music Matters

By Heather Dean, MT-BC

Hello, How Are You?

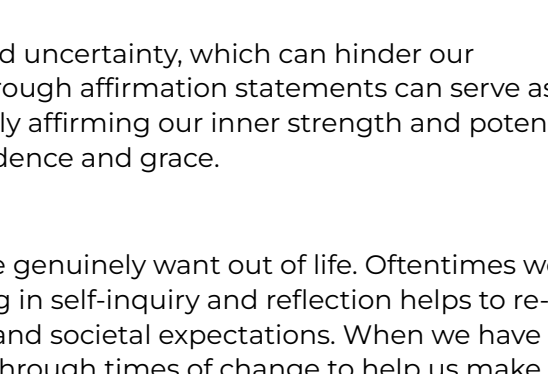
I've been told it takes ten seconds to make a good impression. A friendly greeting, or warm acknowledgment of another's presence sets the tone for a conversation or any following transactions. Ultimately a person who feels seen and cared for from first eye contact will feel trusting in any further interactions moving forward.



When I was working with children with special needs we were working on a unit about jungles. A song we learned and the children especially loved was Ella Jenkins' song Jambo. The song is a "repeat after me" song. Ella Jenkins is a famous children's folk singer who explains that Jambo simply means "hello" in Swahili and then you say "sana", (also Swahili) which means "together". Basically this is a Kenyan or Tanzanian greeting that means we are acknowledging not just friendliness but togetherness. Jenkins further explains that whenever you greet one another in this culture it is important to state your business such as where you are headed and how you are doing. So basically not just a rote greeting but a gesture of genuine caring.

In music therapy sessions it is not uncommon with children's groups to start with a "check in" song. Sometimes in our children's bereavement groups we start with a parody of the Doors song "Hello" with lyrics "hello how are you, how's it going to day?" The children give a thumbs up or thumbs down or thumbs in the middle meaning "just ok".

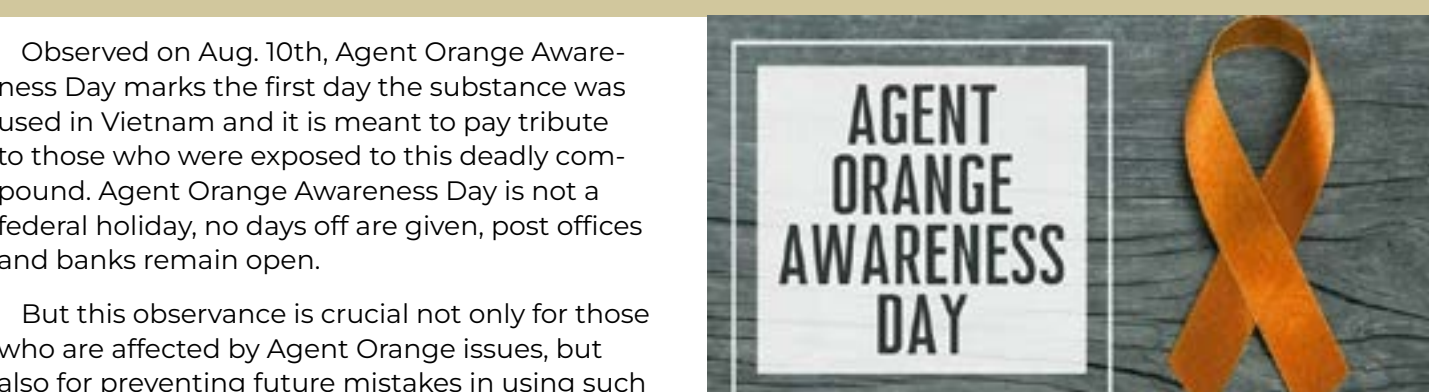
Of course it would be strange in our everyday interactions to sing greetings every time we meet someone. But the word hello on it's own is music to anyone's ears. How do you greet our precious patients? Maybe it includes a touch on the shoulder or just a quiet wave. Whatever you do I am sure you are all naturals.



Spiritual Care News

7 Steps to Thriving in Times of Change and Uncertainty

by Dr. Jaime Rabin



Change is an inevitable aspect of our journey through life. Whether anticipated or unexpected, big or small, good or bad, change has the potential to leave us feeling disoriented and anxious.

In these moments of uncertainty, it can be difficult to recognize the opportunities for growth and self-discovery available to us.

Here are seven powerful steps to embrace change as a catalyst for personal evolution and not just survive, but thrive, amidst life's ever-changing currents.

Step 1: Ground - Return to Center

The first step is all about grounding ourselves in the present moment. Life's unpredictable twists and turns can easily pull us away from our center, leaving us feeling overwhelmed and disconnected. By returning to the here and now, we release anxiety and find stability amidst chaos. Grounding practices like meditation and breathwork, can help us move through difficult emotions and face change with a sense of inner calm.

Step 2: Release - Embrace Letting Go

To embrace change, we must first release our attachments to what was and what could have been. The step of release encourages us to let go of preconceived notions and expectations. Through a process of surrender and acceptance, we open ourselves to new possibilities that may be even better than what we originally had in mind. Letting go doesn't mean forgetting the past; rather, it enables us to move forward with greater ease and flow.

Step 3: Shift - Change Your Perspective

Perspective is a lens through which we view the world. The "Shift" step invites us to examine our thought patterns and beliefs related to change and reframe our perspective. What once was "I can't do this" becomes "I've experienced difficulties in the past and overcome them." Through this shift in self-talk, we challenge our limiting beliefs and move from scarcity mentality to abundance mentality. This empowers us to view change as an opportunity for growth and self-discovery, rather than a source of fear or resistance.

Step 4: Accept - Embrace What Is

Acceptance may be the most difficult aspect of moving through change. Whether you welcome or resist life's twists and turns, it's undeniable that the world is constantly evolving. The path forward lies in embracing the present reality and coming to terms with the changes that have occurred and acceptance opens the door to discovering the opportunities that change brings - the chance for joy and personal growth, even amidst uncertainty. As we learn to accept the impermanence of life, we develop greater adaptability and resilience.

Step 5: Affirm - Empower Yourself

During times of transition, it's natural to encounter self-doubt and uncertainty, which can hinder our progress. Acknowledging our strengths, values, and aspirations through affirmation statements can serve as empowering reminders of what we are truly capable of. By regularly affirming our inner strength and potential, we cultivate a resilient mindset to embrace change with confidence and grace.

Step 6: Inquire - Discover Your True Desires

In the business of the day to day, it's easy to lose sight of what we genuinely want out of life. Oftentimes we may find ourselves chasing things without knowing why. Engaging in self-inquiry and reflection helps to reveal our true desires and aspirations free from external influences and societal expectations. When we have clarity on our passions and purpose, they become a guiding light through times of change to help us make choices that align with our authentic self.

Step 7: Thrive - Set Intentions for Growth

The final step in this process encourages us to set intentions for ourselves as we move forward - intentions for thriving through, and beyond, times of transition. With a clear vision in mind, we align our actions and decisions with our newfound understanding of ourselves. Intentions serve as powerful mantras that remind us of our commitment to personal growth, resilience, and thriving through change.

Change is a constant companion on our journey through life. Rather than fearing it, we can embrace it as a catalyst for growth and transformation. By working through these seven steps, we gain the inner strength to not only navigate change but to thrive through it.

We Honor Veterans

Observed on Aug. 10th, Agent Orange Awareness Day marks the first day the substance was used in Vietnam and it is meant to pay tribute to those who were exposed to this deadly compound. Agent Orange Awareness Day is not a federal holiday, no days off are given, post offices and banks remain open.

But this observance is crucial not only for those who are affected by Agent Orange issues, but also for preventing future mistakes in using such chemicals in warfare down the line.

Observing the day will vary greatly—there are many organizations that promote Aug. 10th observances including Gold Star Wives, Vietnam Veterans Memorial Fund, the Department of Veterans Affairs, and many others.

There's no "official" way to observe Agent Orange Awareness Day, but many choose to remember loved ones and friends who are affected or were affected by Agent Orange in ways similar to how veterans are generally honored on Veterans Day, Memorial Day, etc. Some choose to visit the Vietnam Memorial wall in Washington D.C. as a sort of pilgrimage of remembrance; others may choose private ways to pay respect to those who suffered the effects of the compound.

A Brief History of Agent Orange

While it is widely reported that American combat troops did not officially fight in Vietnam until 1965, the use of Agent Orange in Vietnam by Americans began as early as 1961. The use of Agent Orange was originally authorized by President John F. Kennedy and Air Force planes began flying missions to disperse Agent Orange as part of something known as Operation Trail Dust.

Agent Orange was not the only compound used in this operation, but it was used in over half of the flying missions there. What's more, flying missions were only part of the effort. Agent Orange was disbursed on the ground from trucks, from boats, and even disbursed by people carrying the compound in backpacks.

Agent Orange contained an incredibly toxic substance known as dioxin. Nearly 400 pounds of dioxin were used in Vietnam in Agent Orange. Dioxin is responsible for cancer, birth defects, and other symptoms.

In 1979, President Jimmy Carter signed off on a Department of Veterans Affairs study of Agent Orange; legislation known as the Agent Orange Act was signed into law in 1991. The Blue Water Navy Veterans Act of 2019 expanded the criteria for Agent Orange exposure to include those stationed on ships off the coast of Vietnam during the conflict.

Agent Orange exposure has been linked to many medical issues including AL amyloidosis, Leukemia, Hodgkin's and Non-Hodgkin's Lymphoma, Ischemic Heart Disease, Diabetes Mellitus, Type II, Parkinson's Disease, Respiratory Cancer, Prostate Cancer, Soft-Tissue Sarcoma, Multiple Myeloma.

Agent Orange Exposure

Veterans and family members concerned about Agent Orange exposure, long-term effects from it, and birth defect issues are urged to contact the Department of Veterans Affairs to schedule an appointment for an Agent Orange Registry health exam. The VA registry is meant as a way to help veterans with possible exposure and treatment options. You can schedule an exam with a local VA Environmental Health Coordinator.

The VA reminds veterans who may need such services that there is no fee for eligible veterans to get examined for such exposure. There are no co-pays, the examination does not reduce or negatively affect your existing VA claims and it is not required for receiving other VA benefits.

Written by veteran.com team

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