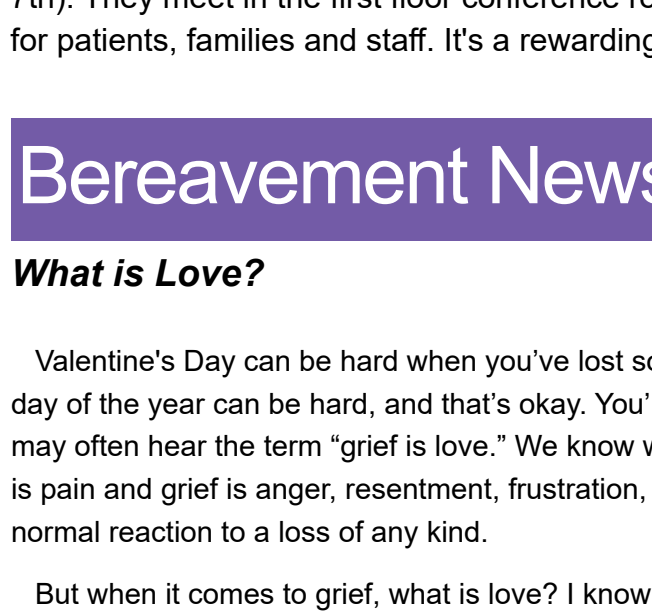


# Volunteer Voice

## Breaking News

February is often known for being a month dedicated to and all about love. But February is not only about valentines and sweethearts; instead it can also be a month for self-love, self-care and fostering relationships. In February we attempted to hold a presentation focused on deepening connections with others and with ourselves through gratitude. After rethinking our plan, we have decided to hold this event in person so that we can once again connect with each other and focus on what we have to be grateful for – which starts with you. The event will be held Wednesday, March 29th from 2pm to 3:30pm in the Dayrooms at Angela Hospice. We are asking for everyone to register for the event so that we can plan accordingly. To register, please click this link. <https://www.eventbrite.com/e/angela-hospice-heartfelt-gratitude-presentation-tickets-559002169537> We would love to see you there!



Our Care Center volunteer coordinators, Denise Welsh and Melayna Morio have moved to a new office on A Wing in the Care Center. In this way, they are more accessible to Care Center volunteers. Lora Troiani will remain in the volunteer office on the administrative side of the building. This change has allowed us to create a small gathering area for you in the volunteer office where you can complete your blue logs or simply catch up with your comrades.

And finally, if you have been searching for another way to get involved at Angela Hospice, consider joining the Angela Hospice choir. They gather every other Tuesday @ 6:15pm (next gathering is March 7th). They meet in the first floor conference room to practice before going to the Care Center to sing for patients, families and staff. It's a rewarding way to share your gift of compassion through music.

## Bereavement News

By Nikki Scott, DSW, LMSW, CAGCS  
Grief Counselor

### What is Love?

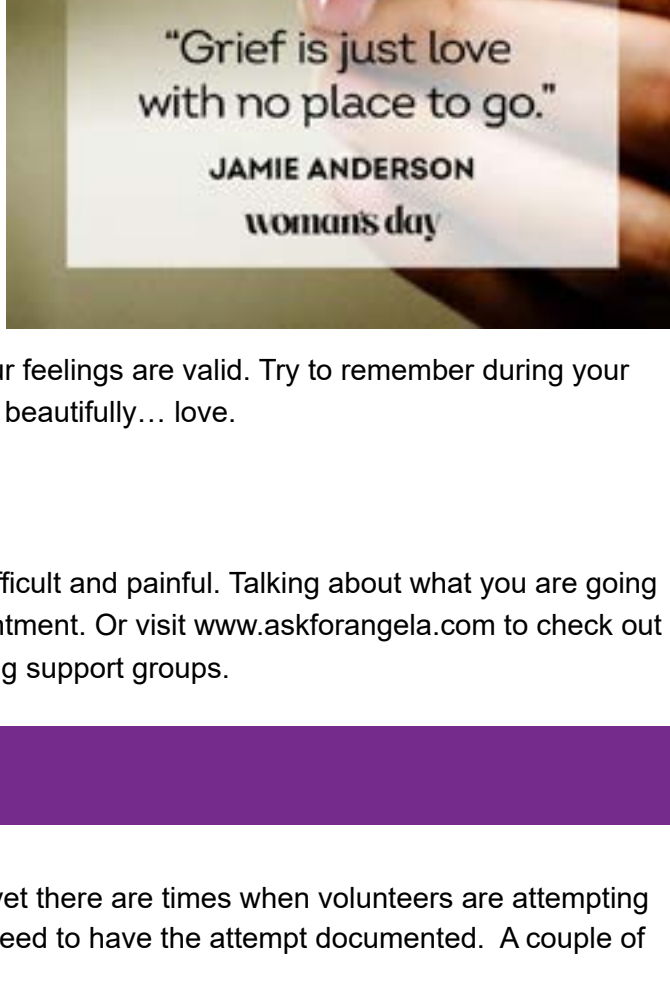
Valentine's Day can be hard when you've lost someone or something that you love dearly. Honestly, every day of the year can be hard, and that's okay. You're human and you're grieving. In the literature on grief, you may often hear the term "grief is love." We know what grief is; it's the feeling of deep sadness and sorrow. Grief is pain and grief is anger, resentment, frustration, guilt, confusion, and a whirlwind of other emotions. Grief is a normal reaction to a loss of any kind.

But when it comes to grief, what is love? I know that when we think of love, we often think of romance, hearts, and feeling warm and fuzzy, which is true and valid. But, love is so much more than that. Love can be joyful and beautiful but it can also be hard and painful.

Love is missing someone or something so deeply that you can't keep it bottled up inside anymore. Love is grieving inwardly and outwardly and any way that feels right to you. Love is going to the grocery store and being reminded of your person but deciding that you are allowed to cry right then and there. Love is taking care of yourself in the midst of your deep sorrow. Love is writing letters and poems to your person. Love is finding ways to honor them on special holidays, like Valentine's Day, but also during any ordinary day of your life.

Jamie Anderson wrote one of the best quotes about grief and love and how they intersect: "Grief, I've learned, is really just love. It's all the love you want to give, but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go."

Please try to be gentle with yourself in this new and perhaps difficult chapter of your life. Try to hold onto the things, people, memories, and activities that make you feel love. Try to remember that your grief is normal and your feelings are valid. Try to remember during your most painful times of grief and sorrow that grief is truly and beautifully... love.



### OUR FREE GRIEF CARE PROGRAMS:

While feelings of grief are normal, handling them can be difficult and painful. Talking about what you are going through can help. Call 734.779.6690 to schedule an appointment. Or visit [www.askforangela.com](http://www.askforangela.com) to check out our grief support calendar with a detailed listing of upcoming support groups.

## Care Center

### Documentation Dos

Most of our patients receive companionship visits and yet there are times when volunteers are attempting to visit but are unable to do so. When this occurs, we do need to have the attempt documented. A couple of examples are as follows:

"Checked on Mary before breakfast and she declined a visit."

"Checked on John and his family was visiting."

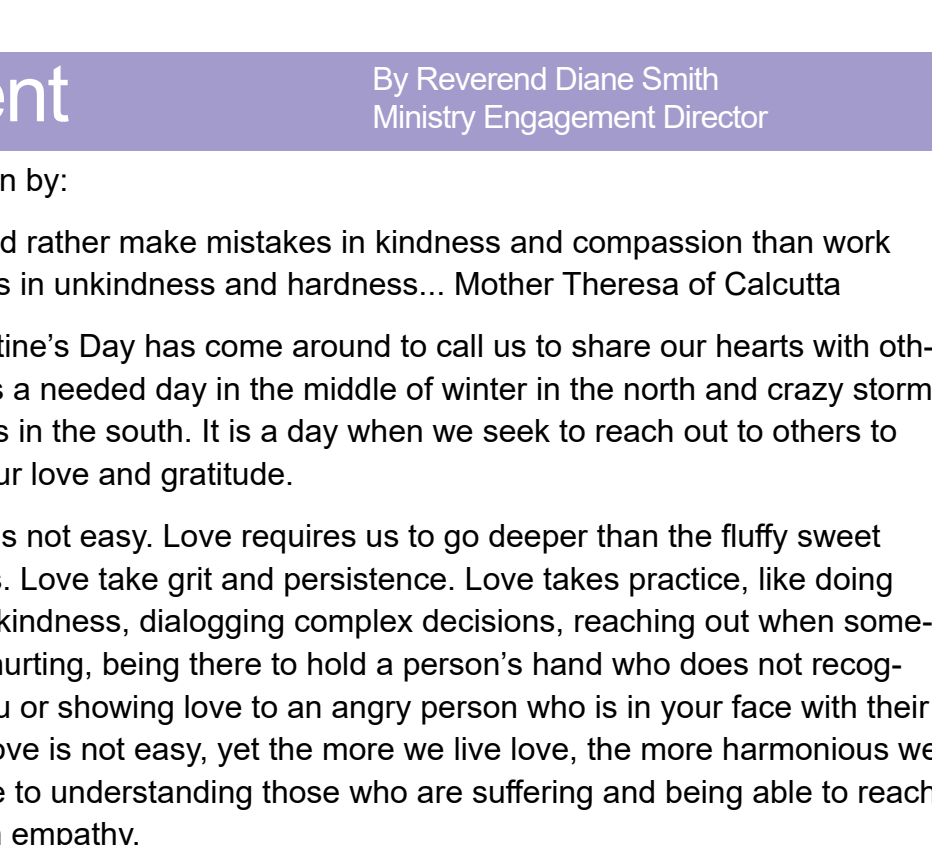
Since we have established a Plan of Care for the services our patients have requested, we need to document why the requests weren't fulfilled. Most times, it was because we tried and for a variety of reasons, the visit could not occur. Documenting those reasons helps us remain compliant in our care planning endeavors.

## Compassionate Corner

By Denise Welsh  
Integrative Therapies Vol Coordinator

### Hibernation

Do you physically and mentally slow down in the winter months? Do you feel more lethargic and have a challenge with motivating yourself to stay active? Are your activities more sedentary? Although humans can't hibernate, our nervous system does send the signals related to hibernation, causing us to eat more and gain weight or eat less, and we lack energy and sleep more.



There is some good news to the feeling and activity of hibernating! Hibernation combines conditions known to promote longevity and anti-aging, such as reduced food consumption, low body temperature, and reduced metabolic rates.

In this low-energy state, today's hibernators can fend off a remarkable array of threats, from the inside and out. Hibernation has the power to combat conditions that plague modern humans, including Alzheimer's disease, stroke and heart attack.

And are your bedrooms colder during the night for sleeping in the winter? The benefit of the cooler temperatures is that sleeping in a cold room helps to boost your metabolic process, which in turn helps to lower the risk of suffering from diseases such as high blood pressure and diabetes. It also boosts the production of growth hormones which help to repair damaged muscle tissues and bone fractures.

Reading more, doing jigsaw puzzles, playing cards and games with family, going to dinner with friends, the movies, etc. are all great winter time/hibernation activities. They remind us to slow down, relax, and take more time for ourselves than we do in spring, summer, and fall. If you have any special hibernation activities that you would like to share, please email [dwelsh@angelahospice.us](mailto:dwelsh@angelahospice.us).

## Development News

### Upcoming events

Are you looking to get away this year? Then bid on one of our four amazing prizes as part of the Away We Go auction, which will end at 3 p.m. on February 28! Prizes include a once-in-a-lifetime experience at the top of the Mackinac bridge; a week-long vacation at Hilton Head, South Carolina; and a tropical getaway to Mexico.

All prizes have been kindly donated by supporters and 100% of the prize winnings will be going directly back to Angela Hospice. Get your bids in before time runs out <https://angelahospice.betterworld.org/auctions/away-we-auction>

Then, on March 15, Jennifer Kirkland, Angela Hospice Director of Business Development, will present as part of our monthly virtual speaker series, **The Gift of Certainty**, a lecture via Zoom where she'll share information about the importance of having advance directives, and the Five Wishes. <https://angelahospice.org/events/gift/>

## Mission Moment

By Reverend Diane Smith  
Ministry Engagement Director



Written by:  
I would rather make mistakes in kindness and compassion than work miracles in unkindness and hardness... Mother Theresa of Calcutta

Valentine's Day has come around to call us to share our hearts with others. It is a needed day in the middle of winter in the north and crazy storm systems in the south. It is a day when we seek to reach out to others to show our love and gratitude.

Love is not easy. Love requires us to go deeper than the fluffy sweet feelings. Love takes grit and persistence. Love takes practice, like doing acts of kindness, dialoguing complex decisions, reaching out when someone is hurting, being there to hold a person's hand who does not recognize you or showing love to an angry person who is in your face with their pain. Love is not easy, yet the more we live love, the more harmonious we become to understanding those who are suffering and being able to reach out with empathy.

St. Clare said we become what we love, and it shapes who we become. She is calling us to the heart of life, our relationship with God reflects our relationship with others. If we are critical of ourselves, we will be critical of others. If we are compassionate to those we care for, we also show compassion to ourselves and those we encounter.

### St. Clare of Assisi

*"We become what we love and who we love shapes what we become."*

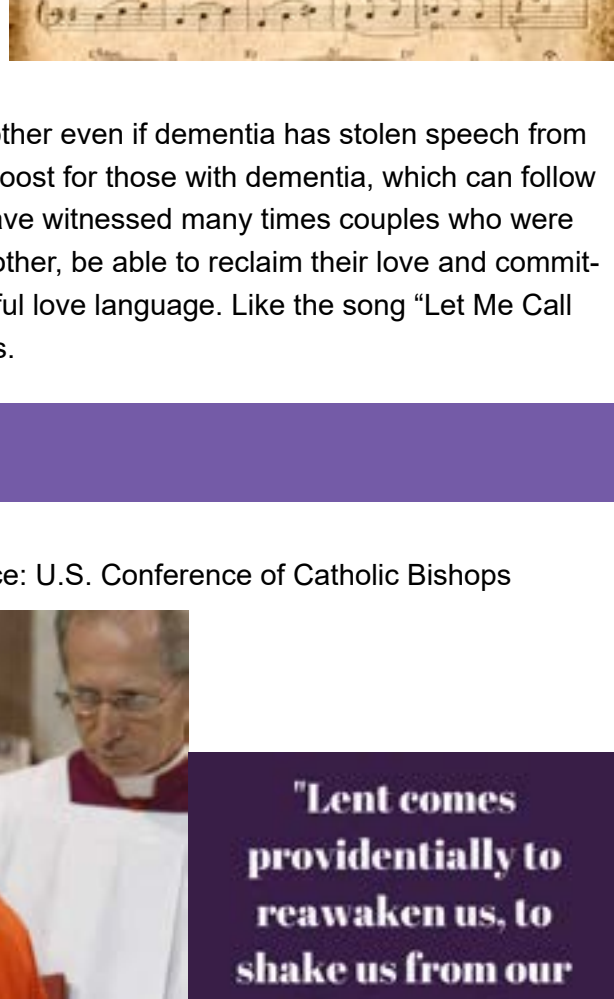
## Music Matters

By Heather Dean, MT-BC

### Let Me Call You Sweetheart

If we had to guess probably the most common theme of song requests are love songs. Maybe not in essence songs with love in the title or lyrics but the sentiment is there. Whenever we sing for someone it is in always an act of love. We are showing that we care, that we appreciate this person and want this person to know we are thinking of them and know them deeply. Mothers sing to their babies to comfort them, at dances in our youth maybe we requested a song for our friends that would get the dance floor jumping, maybe you have requested a dedication song over the radio or requested special music for a musician to sing at a funeral. Music therapists receive song requests quite often that say all the words lingering in hearts of loved ones or patients without having to speak the words out loud. Melody is the emotional component of spoken words. Singing conveys the truth of our feelings and helps the listener feel validated and appreciated.

Thinking back to college days, I remember around this time of year that the Music Therapy Student Association raised funds through singing telegrams. It was a perfect and unexpected way to deliver a Valentine treat to delighted and sometimes mortified students and faculty. We really were the whole package with guitars, small percussion and of course vocals. We presented a menu of options senders could choose from; both current songs and of course *Let Me Call You Sweetheart*. I seem to remember faculty requested this one more often than others. Who knew over twenty years later we would still be singing this song? *Let Me Call You Sweetheart* was popularized by singer Bing Crosby in the 1940's, however this song dates back all the way to 1910. It was popularized in many motion pictures after this and of course a top request for Barber Shop quartets.

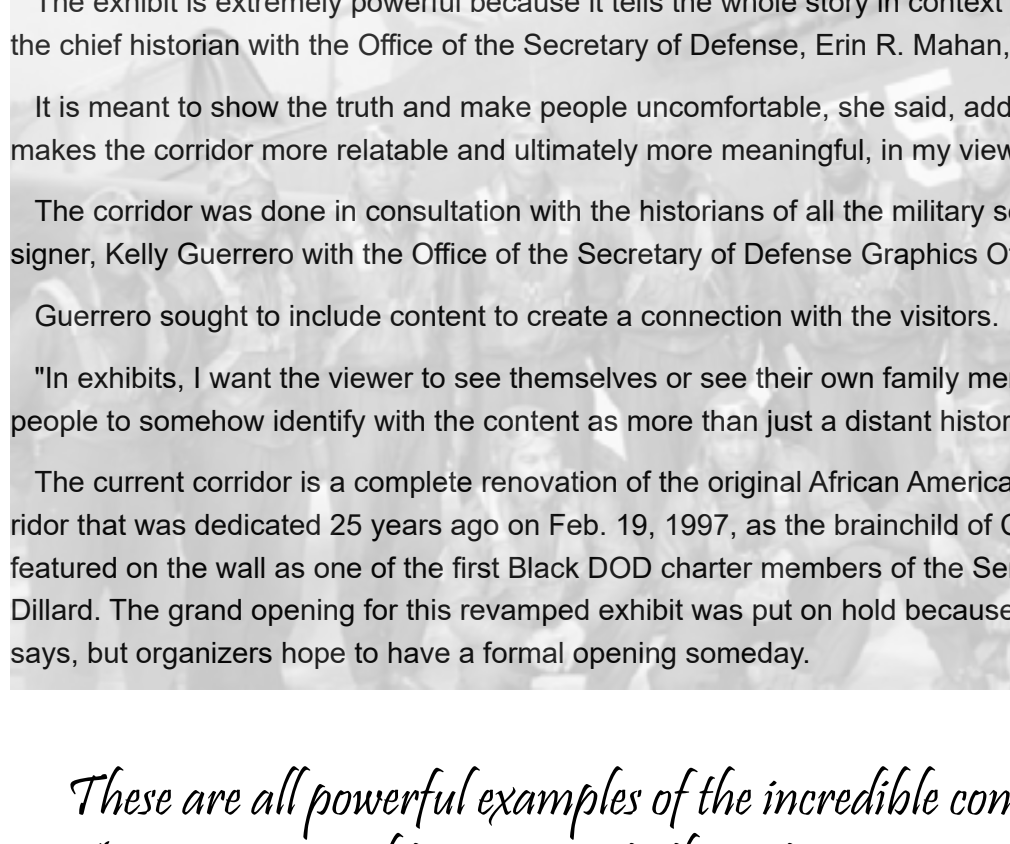


So why in 2023 is *Let Me Call You Sweetheart* STILL a top request from older adult patients? First of all this song has been popular over several decades. Secondly, research tells us that songs we heard often in our late teens and early twenties, embedded in our long term memories and connect us with memories from our past which are unveiled when we hear songs from this era. Research also tells us that "over learned" songs, (a term music therapists use to describe songs we have heard so often that we cannot help but to have memorized), connect also with the speech centers of our brains which can lie dormant for those with dementia. This is why often when we sing songs like "You Are My Sunshine", "Home On the Range", or... "Let Me Call You Sweetheart" our patients with dementia who have lost expressive speech are able to sing much of the lyrics. As you can imagine "Let Me Call You Sweetheart", is a beautiful connection for older couples who still want to profess their love for one another even if dementia has stolen speech from their communication. In addition, singing can offer a cognitive boost; for those with dementia, which can follow actual spoken words and sharing coherent communication. I have witnessed many times couples who were robbed of the ability for expressing words of affection for each other, be able to reclaim their love and commitment to each other through music. So indeed music is a powerful love language. Like the song "Let Me Call You Sweetheart", love crosses the thresholds of time and loss.

## Spiritual Care News

### What is Lent?

Wednesday, February 22, 2023 - Thursday, April 6, 2023 - source: U.S. Conference of Catholic Bishops



**"Lent comes providentially to reawaken us, to shake us from our lethargy."**  
- Pope Francis

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at Easter on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection and ascent. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin, and began new life in Christ.

Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. Contemplating the meaning and origins of the Lenten fasting tradition in this reflection. In addition, the giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: "Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs." (Catechism of the Catholic Church, no. 2446).

In Lent, the baptized are called to renew their baptismal commitment as others prepare to be baptized through the Rite of Christian Initiation of Adults, a period of learning and discernment for individuals who have declared their desire to become Catholics.

## We Honor Veterans

### Pentagon Exhibit Honors Military Contributions of African Americans

Department of Defense News



African Americans have served valiantly in military service, from the colonial times to present day. Their service has been honored with a Pentagon exhibit that showcases their triumphs and struggles, as well as the injustices committed against them.

The exhibit, spanning a corridor of the Pentagon, is titled "If We Must Fight; African Americans in Defense of Our Nation." President Joe Biden visited the corridor last year, shortly after becoming president.

The corridor honors the "long history of Black Americans fighting for this country, even when their contributions were not always recognized or honored appropriately," the president said at the time.

The exhibit tells the story in the broader political, social, cultural and economic context, explains the curator of the exhibit, and subject matter expert, retired Army Col. Krewasky A. Salter, PhD.

Showing the whole story, the tragedies and the triumphs, gives the viewer [an] important context into the larger question of "why," he said.

"I want people when they go through the corridor... to get a comprehensive story and hopefully, they will be inspired," Salter said. "And also, not only see that African Americans have served and always served but so did all people of different races and ethnic groups and women throughout history."

The exhibit includes modern-day milestones with the first black commander-in-chief, President Barack Obama; and the first black chairman of the Joint Chiefs of Staff, Army Gen. Colin L. Powell, who also went on to become the first black U.S. secretary of state.

These are all powerful examples of the incredible contributions of African Americans in military service to the nation, says project manager retired Army Col. Norvel "Rock" Dillard.

This rich and accomplished history includes men, women, civilians and families, he adds.

It includes the free and enslaved who fought in the colonial wars and the American Revolution; the black Union regiments that fought for their own freedom in the Civil War; the courageous and ground-breaking service of African Americans in World War I, World War II and the Korean and Vietnam Wars.

The Buffalo soldiers; the Tuskegee Airmen; the Montford Point Marines; the Navy's first commissioned black officers, known as the "Golden Thirteen"; Medal of Honor recipients; and the African American women who served in World War II in Navy WAVES, Coast Guard SPARS and the Women's Army Auxiliary Corps, later the Women's Army Corps as well as featured.

But as African Americans made incredible achievements, and fought valiantly in wars, they faced terrible injustices and their own freedom was not fully realized, Dillard said. The exhibit shows the tragedies of slavery, Jim Crow racism, segregated military units and the harsh and unequal treatment of blacks in America.

The exhibit is extremely powerful because it tells the whole story in context of American history, according to the chief historian with the Office of the Secretary of Defense, Erin R. Mahan, PhD.

It is meant to show the truth and make people uncomfortable, she said, adding, "It's that connection that makes the corridor more relatable and ultimately more meaningful, in my view."

The corridor was done in consultation with the historians of all the military services, according to exhibit designer, Kelly Guerrero with the Office of the Secretary of Defense Graphics Office.

Guerrero sought to include content to create a connection with the visitors.

"In exhibits, I want the viewer to see themselves or see their own family members," he said, adding he wants people to somehow identify with the content as more than just a distant historical event.

The current corridor is a complete renovation of the original African American in Defense of our Nation Corridor that was dedicated 25 years ago on Feb. 19, 1997, as the brainchild of Senior Executive Haughton it is also featured on the wall as one of the first Black DOD charter members of the Clalor Executive Service, notes Dillard. The grand opening for this revamped exhibit was put on hold because of the coronavirus pandemic, he says, but organizers hope to have a formal opening someday.

*These are all powerful examples of the incredible contributions of African Americans in military service to the nation, says project manager retired Army Col. Norvel "Rock" Dillard.*

## KEY VOLUNTEER CONTACTS

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