

Volunteer Voice

Breaking News

There's something almost magical about a new year – such possibility for new beginnings, continued growth and fresh discoveries. Promise lingers in the chilly air. In the Volunteer Department, we are grateful for each of you and the contributions you make. Gratitude seems to seep into our bones more when we take time to reflect on all we have to be grateful for. Please join us as we do just that. On February 13th at 11am we will be facilitating a Hearts Full of Gratitude presentation via Zoom. The link will be sent out as we draw closer to that date.

January also brings with it an increase in illness. A reminder for our volunteers who are actively volunteering, we ask that you please notify us if you are experiencing any signs or symptoms of Covid –even if it's not on a day that you are scheduled to come in. While this may seem, well rather intrusive, it's important because we have to follow compliance guidelines related to Covid testing, screening and contact tracing. This process took place of broad-based weekly testing. Our team will be able to tell you if there is any action necessary based on your last time in the building and your anticipated return.

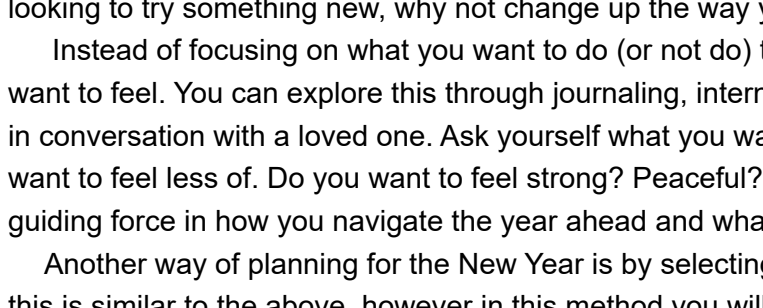
For those of you who have been contemplating your return, please know you are welcomed back whenever you are ready. All you need to do is email volunteerdept@angelahospice.us to let us know you want to return. Our team will review your records and will let you know what is needed in order for you to return – most times it's completing the Covid education, a copy of your Covid vaccination record or other outstanding items. We walk you through each step of the way. All you have to do is reach out. It's been incredibly heartwarming to welcome volunteers back into the fold. And if you know of anyone who wants to volunteer, we're excited to share that we have just started our volunteer training program for the first time since Covid. Anyone interested in learning more about volunteering can visit www.angelahospice.org/volunteer.

Finally, one last plug for our Angela Hospice Volunteer Book Club. This session, we are reading *The Things We Keep* by Sally Hepworth. The first meeting will be held Tuesday, January 31st at 2pm. The link will be sent out in Monday Motivations. We hope you will join us for an enlightened discussion which will draw from your own hospice experience.

Bereavement News

By Becca Guenther, LMSW, CGP
Grief Counselor

A New Way of Planning for a New Year



For many, early January brings fresh starts, motivation, and anticipation. We may hope that the year ahead is the best one yet (or at least an upgrade from last year) or that this is the year we finally meet that goal we've been dreaming of. In fact, most of us have likely heard the phrase "new year, new me!" at some point or another. There's something about January that can evoke motivation in a way that other months just can't. However, sometimes the resolutions and goals we set for ourselves at the beginning of the year can be hard to accomplish, some examples of why include; your resolution may be unrealistic, too specific (or not specific enough), or based

in shaming yourself for lacking something or having too much of something else. And as the year continues on, often time's motivation peters out and life gets busy and soon enough we may find ourselves at the end of another year, criticizing ourselves for not sticking with the resolutions we set back in January. Thus continues a frustrating and painful cycle. Whether you yourself have a tricky relationship with resolutions or if you're simply looking to try something new, why not change up the way you plan for this New Year?

Instead of focusing on what you want to do (or not do) this year, consider centering your goal(s) on how you want to feel. You can explore this through journaling, internally reflecting quietly over your morning coffee, or in conversation with a loved one. Ask yourself what you want to feel more of this year, or conversely, what you want to feel less of. Do you want to feel strong? Peaceful? Confident? Your answer(s) can serve as a powerful guiding force in how you navigate the year ahead and what you prioritize.

Another way of planning for the New Year is by selecting a word of the year that you would like to live by; this is similar to the above, however in this method you will be guiding your decisions and plans based around a word or theme, which may or may not be a feeling word. For example, if your word of the year is "adventure", you might use that as a reminder to schedule in fun and exciting activities throughout the year; if you chose the words "peace" or "relax", you may be reminded to seek out moments of respite and rest during the year.

Choosing a feeling or word to pursue this year may offer unique experiences as well as take off some of the pressure of reaching highly specific goals that can be expressed through the traditional resolutions we are all familiar with. These traditional resolutions can be wrought with shame, criticism, and judgment of ourselves. But there is another way to welcome in the new year that honors and accepts yourself as you are right now, without feeling like you need to embrace the "new year, new me!" frame of mind in order to do that. Shifting your perspective away from criticism to one of compassion for yourself can create space to show yourself more grace, loving kindness, and to perhaps more easily connect back to your motivation once the newness of the year wears off.

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 to check out our grief support calendar with a detailed listing of upcoming support groups.

Care Center

No News is Good News

Since Covid, daily we have posted Care Center Alerts in the Volunteer Office and in the Volunteer Binder to alert volunteers which patients cannot receive a visit due to Covid status or other infection control concerns. Although posted daily, the majority of the time there are no alerts. To better align with our mission of sustainability and good stewardship, we will now only post Care Center alerts *if* there is a patient condition that you need to be alerted about. If there is no posting, that means there are no known concerns. Always double check for signs posted outside of the patient's room indicating "Please See RN" before entering and be sure to check the whiteboard for any updates before visiting a patient. Please see Teri, Denise or Christy with any concerns.

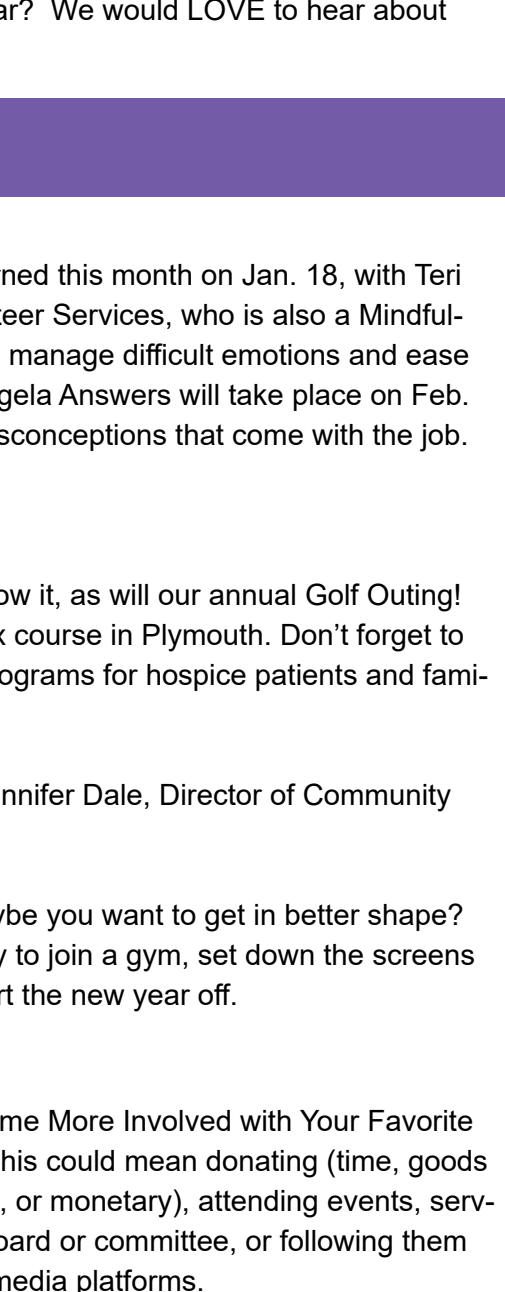
Compassion Corner

By Denise Welsh
Complementary Services Vol Coordinator

Let Today Be the Start of Something New

The dictionary definition of new is: not existing before; made, introduced, or discovered recently or now for the first time. Why would we want to try new things? The many benefits of staying curious and trying new things include:

- Improved memory, mood and motivation.
- Increased adaptability and agility to acquire new skills.
- Overcoming fears and discovering new talents.
- Flexing and fulfilling your potential.
- Here's some ideas of new things to try:
 - Plant flowers.
 - Build a Lego house.
 - Doodle or try an adult coloring book.
 - Play a game of chess or checkers.
 - Listen to a podcast.
 - Visit an art gallery.
 - Take a series of photos.
 - Watch a film short on ShortOfTheWeek.com.
 - Go for a bike ride.
 - Start a new audiobook.
 - Write a short story or journal entry.
 - Visit a botanical garden.
 - Go on a date.
 - Meditate in nature.
 - Take a hike or a hilly walk.
 - Listen to five new songs, each from a different genre.
 - Try a new sport or form of exercise.
 - Try a new food that you've never tried before, maybe even a new restaurant!
 - Try out yoga poses.



And a yoga to inspire you to try something new: "You will enrich your life immeasurably if you approach it with a sense of wonder and discovery, and always challenge yourself to try new things." ~Nate Berkus

Do any of you have ideas of new thing(s) that you want to try this year? We would LOVE to hear about them, so please email dwelsh@angelahospice.us.

Development News

Angela Answers 2023

New year, new Angela Answers! Our free virtual educational series returned this month on Jan. 18, with Teri Schmitchen – Angela Hospice Director of Integrative Therapies & Volunteer Services, who is also a Mindfulness Based Stress Reduction (MBSR) Instructor – presenting on how to manage difficult emotions and ease stress through mindfulness. Thank you to all who attended! Our next Angela Answers will take place on Feb. 15 and focus on what it takes to be a hospice nurse, and discuss the misconceptions that come with the job. We hope to (virtually) see you there!

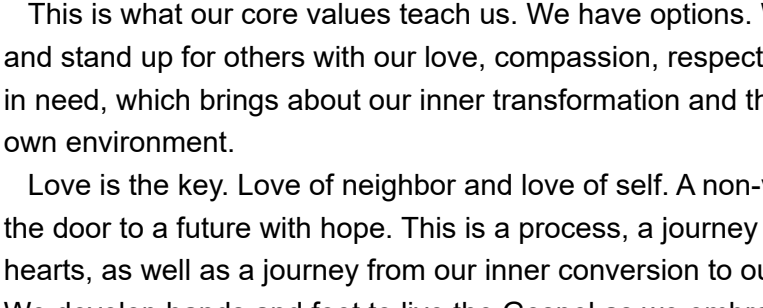
Save the date!

Even though it seems like June is so far away, it'll be here before we know it, as will our annual Golf Outing! This year it's taking place on Monday, June 12 at Fox Hills – Golden Fox course in Plymouth. Don't forget to mark your calendars for a day on the links that will support our caring programs for hospice patients and families. Stay tuned for more details!

Simple steps to start your New Year Giving Goal

Happy New Year! Do you believe in making New Year Resolutions? Maybe you want to get in better shape? Read more? Eat out less? Or save more money? But, if you're not ready to join a gym, set down the screens or cook, maybe enhancing your charitable giving is an easier way to start the new year off.

Here are a few simple steps to start your New Year Giving Goal:



- Become More Involved with Your Favorite Charity - This could mean donating (time, goods & services, or monetary), attending events, serving on a board or committee, or following them on social media platforms.
- Establish a Donor Advised Fund - DAFs are becoming more and more popular, allowing individuals and business to make a charitable contribution, receive an immediate tax deduction,

invest and grow fund assets, and recommend grants from the fund over time.

- Declutter Your Home – Donate slightly used, or even new items you no longer use or need in your home, to a charity who could use them in auctions, raffles, or to give away. You will gain space, receive a tax deduction receipt, and feel good – all at the same time.
- Review (or Make) Your Estate Plans – It's never too early to have an estate plan, and these plans can include a charitable donation. Reviewing your estate plans ensures all references and information is up to date and current. Also, make sure your loved ones know of your plans and where all important documents are located.

We all have goals in life, and we often make the start of a new year the point of starting even more goals. Kick off the new year by making THIS the year you make and achieve your goals!

Home Care

We are hoping to bring back home care soon!! We know that some of you are eager to get back into visiting patients in home care and facilities. We know that our patients truly miss the visits. For those of you that did home care or anyone else that is interested in home care, please reach out to Lora via email at lroi@angelahospice.us so that we will make sure that we have all the requirements to get you back on board and ready

Mission Moment

By Reverend Diane Smith
Ministry Engagement Director

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. Martin Luther King, Jr.

Blessed are the peacemakers; they shall inherit the earth. Being a peacemaker is not an easy task. First it requires that all the core values be actively happening in that person's life. If you look at the transformation of St. Francis of Assisi, you can see that it took conversion moments to embrace a leper, to embrace a non-violence stance with the Sultan, to look at wonder and awe of a tiny flower, a baby lamb, a Bishop in scandal.

We celebrate the great civil rights advocate, Martin Luther King, Jr. this week. He was a non-violent man who spoke the truth of freedom for all and justice for all people. He fought for civil rights with his words. Recently, I heard a story about the late Mother Theresa who had walked hand in hand with a street child from Calcutta. She had been asking for food to help this child. They came to a store, where she begged for food. The man who answered her request spit in her face. She quietly said, "thank you for your gift, now do you have food for this child." She was non-violent and did not back down in this affront. She stood her ground.

This is what our core values teach us. We have options. We can be non-violent and stand up for others with our love, compassion, respect, solidarity with those in need, which brings about our inner transformation and the transformation of our own environment.

Love is the key. Love of neighbor and love of self. A non-violent attitude will open the door to a future with hope. This is a process, a journey from our heads to our hearts, as well as a journey from our inner conversion to our outreach to others. We develop hands and feet to live the Gospel as we embrace these values of love. This week, as we focus on service when we remember Martin Luther King Jr., let us look around and see where we are using the core values in our own ministry and life. How do we take a non-violent stance? Have you ever thought of yourself as a non-violent person? Have you ever made a change for the better in another person's life? It is a momentous task to ponder as you give service to those most in need. Have a blessed week.



Francis of Assisi, our founder, showed us that in order to follow Jesus and live the Gospel we must respect and care for creation, advocate for human rights, care for the poor and marginalized and be peacemakers.

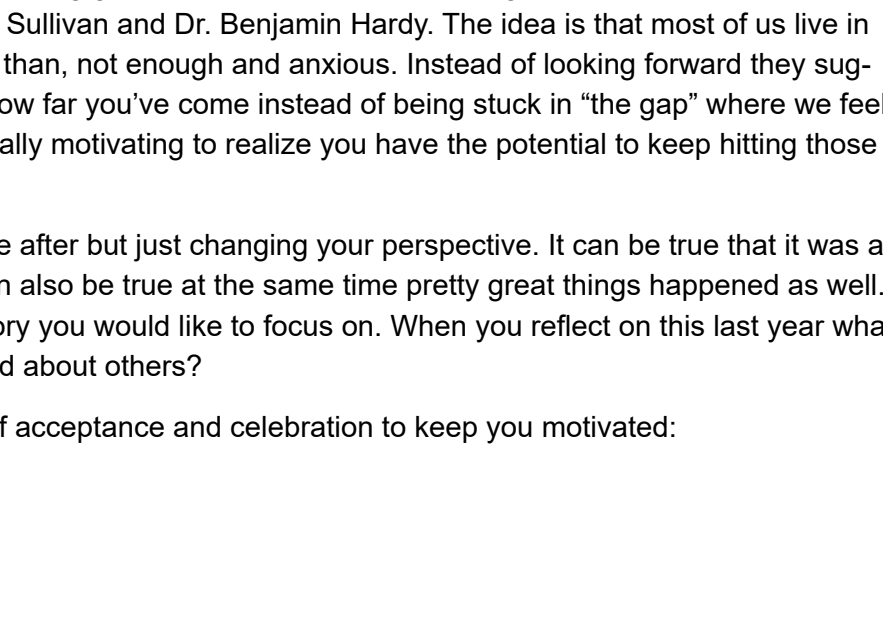
Franciscan Friars of St. John the Baptist

Music Matters

By Heather Dean, MT-BC

Celebrate Good Times

If there is anything I have learned from my patients this would be number one: find something to celebrate every single day. Anything at all; coffee was extra good this morning, a courteous stranger, a surprise note from a friend, sunny weather, small accomplishment etc. It also feels pretty great to write a 'did' list instead of a to do list at the end of the day, especially when feeling like not much was accomplished. It's surprising how much we do not give ourselves credit for when we are so busy berating ourselves for the things left undone. At the end of our journey here on this planet do we really want to be reminating over things left left off or do we want to practice now to look at all we've accomplished or experienced?



I am not a big fan of New Year's Resolutions. Don't get me wrong, I am a goal setter but generally I feel like New Year's Resolutions are continuations of bigger goals that we have yet to achieve and so it feels pretty daunting. I think it's motivating for many people and seems to work for some so if you are one of those people-keep at it!

I have recently tried a different method of setting goals that takes me out of stifling perfection mode taken from the book "The Gap and The Gain" by Dan Sullivan and Dr. Benjamin Hardy. The idea is that most of us live in "the gap" which is this area of feeling less than, not enough and anxious. Instead of looking forward they suggest to try looking backward and seeing how far you've come instead of being stuck in "the gap" where you feel unmotivated to move forward. It can be really motivating to realize you have the potential to keep hitting those milestones.

Or maybe it isn't really goal setting you are after but just changing your perspective. It can be true that it was a really awful day or which awful year and it can also be true at the same time pretty great things happened as well. You get to choose or the version of the story you would like to focus on. When you reflect on this last year what have you learned about yourself or learned about others?

I have curated some songs with themes of acceptance and celebration to keep you motivated:

- I'm Still Standing- Elton John
- I Am Enough- Daphne Willis
- I Will Survive- Gloria Gaynor
- We Are the Champions- Queen
- One Moment In Time- Whitney Houston
- Don't Be So Hard On Yourself- Jess Glynne
- This Will Be Our Year- The Zombies
- Celebration- Cool and the Gang
- Survivor- Destiny's Child
- I Am Light- India Arie

Happy New Year All!!

Spiritual Care News

Revelations of God in Christ

"What child is this?" we sang at Christmas. Sunday by Sunday, the Epiphany season unfolds the meaning of the Incarnation: God come among us in a child fully human, fully divine.

The first Sunday after the feast celebrates the Baptism of Christ, the revelation of Jesus as God's beloved Son. This year (Year A of the Revised Common Lectionary), on the second Sunday after the feast we hear the testimony of John the Baptist to Jesus as the Son of God. On that Sunday, we also commemorate The Rev. Martin Luther King, Jr., in whose life the light of Christ shone forth in our own time. The last Sunday of the season remembers the Transfiguration of Jesus, the dazzling brightness of his divinity shining through the cloak of his human flesh.

A Great Light Shining in the Darkness

The Transfiguration of Jesus is the culmination of the season: Light and enlightenment – the Great Light revealed in the birth of Jesus at the Christmas illumining the darkness of the world and of our own hearts and minds. In the northern hemisphere, where the liturgical calendar originated, nature itself is a sign of that growing enlightenment, as the days gradually lengthen following the winter solstice.

Throughout the season, we see the light of the knowledge of God in Christ spreading outward in Jesus' calling of his first disciples and their ministry throughout Galilee and in the early church far and wide through the journeys and letters of the apostles.

Let us come together as the season of Epiphany reveals to us the many ways God's Love and Light, born into the world at Christmas, are manifest in all the moments of our lives, ordinary and extraordinary. How important that revelation is in the darkness of this particular season in our country and the world.

We Honor Veterans

All veterans in suicidal crisis can now get free mental health care from VA - Department of Veterans Affairs

Starting January 17, 2023 veterans in acute suicidal crisis will be able to go to any VA or non-VA health care facility for emergency health care at no cost – including inpatient or crisis residential care for up to 30 days and outpatient care for up to 90 days. Veterans do not need to be enrolled in the VA system to use this benefit.

This expansion of care will help prevent veteran suicide by guaranteeing no cost, world-class care to veterans in times of crisis. It will also increase access to acute suicide care for up to 9 million veterans who are not currently enrolled in VA.

Preventing veteran suicide is VA's top clinical priority and a top priority of the Biden-Harris Administration. This effort is a key part of VA's 10-year National Strategy for Preventing Veteran Suicide and the Biden-Harris administration's plan for Reducing Military and Veteran Suicide. In September, VA released the 2022 National strategy they need it, when they need it, or whether they're enrolled in VA care," said VA Secretary for Veterans Affairs Denis McDonough. "This expansion of care will save veterans' lives, and there's nothing more important than that."

VA has submitted an interim final rule to the federal register to establish this authority under section 201 of the Veterans Comprehensive Prevention, Access to Care, and Treatment (COMPACT) Act of 2020. The final policy, which takes effect on Jan. 17, will allow VA to:

- Provide, pay for, or reimburse for treatment of eligible individuals' emergency suicide care, transportation costs, and follow-up care at a VA or non-VA facility for up to 30 days of inpatient care and 90 days of outpatient care.
- Make appropriate referrals for care following the period of emergency suicide care.
- Determine eligibility for other VA services and benefits.
- Refer eligible individuals for appropriate VA programs and benefits following the period of emergency suicide care.

Eligible individuals, regardless of VA enrollment status, are:

- Veterans who were discharged or released from active duty after more than 24 months of active service under conditions other than dishonorable.
- Former members of the armed forces, including reserve service members, who served more than 100 days under a combat exclusion or in support of a contingency operation either directly or by operating an unmanned aerial vehicle from another location who were discharged under conditions other than dishonorable.
- Former members of the armed forces who were the victim of a physical assault of a sexual nature, a battery of a sexual nature, or sexual harassment while serving in the armed forces.

Over the past year, VA has announced or continued several additional efforts to end veteran suicide, including establishing 988 (then press 1) as a way for Veterans to quickly connect with caring, qualified crisis support 24/7; proposing a new rule that would reduce or eliminate co-payments for Veterans at risk of suicide; conducting an ongoing public outreach effort on firearm suicide prevention and lethal means safety; and leveraging a national Veteran suicide prevention awareness campaign, "Don't Wait. Reach Out." If you're a Veteran in crisis or concerned about one, contact the Veterans Crisis Line to receive 24/7 confidential support. You don't have to be enrolled in VA benefits or health care to connect. To reach responders, Dial 988 then Press 1, chat online at VeteransCrisisLine.net/Chat, or text 838255. Please share with any veteran in need.

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