

# Volunteer Voice

## Breaking News

It seems summer is speeding past. With it, we're seeing more and more volunteers who have been idle since the pandemic, moving ahead at full speed to return to active status. A reminder that if you choose to return to active status, you must do so prior to September 15th or be on-boarded as a new volunteer.

In a couple of weeks, we'll be welcoming campers to Camp Monarch, our children's grief camp which will be held at Madonna University Thursday, August 3rd and Friday, August 4th. Many volunteers attended our in-person training session and several more are taking advantage of our online training. If you would like to volunteer for



this camp, please email [voldept@angelahospice.us](mailto:voldept@angelahospice.us). Anyone who is not currently active and wants to volunteer for Camp Monarch will need to notify us by Sunday, July 30th and complete the training and quiz by July 31st.



We are also in need of volunteers to help with supply deliveries and with gardening. Please email [voldept@angelahospice.us](mailto:voldept@angelahospice.us) to learn more about these opportunities.

## Bereavement News

By Debbie Vallandingham, LMSW, ACSW  
Director of Grief Care

### In the Good Old Summertime . . . A Memory Adventure

Summertime can be magic. There is a feeling in the air of excitement, joy and relaxation. The heat of the sun as it strikes the water. The relaxing trip to the lake house and enjoying a quiet ride on a boat. Or even the memories of diving into a pool as a child, learning to swim with mom and dad beside you. But how do these memories of summer help us work through our grief?

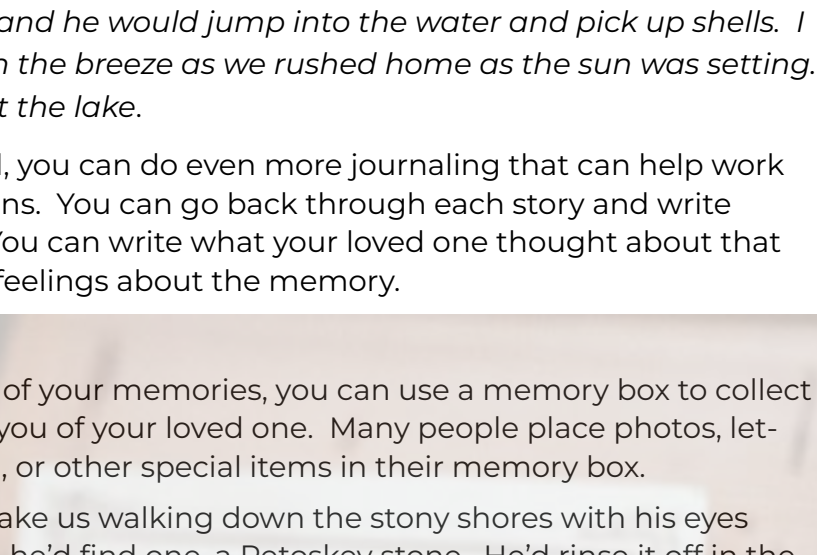
One of the most important concepts in working through grief is an understanding that love does not end with death. As Dr. Alan Wolfelt, one of North America's leading death educators, says, "memories are one of the best legacies that exist after the death of someone loved." Thinking about your loved one helps you to remember the person who died and helps to preserve your ongoing relationship. Yes, memories can help you form a continued relationship in your mourning.

After all, memories are where our loved ones continue to live after they are gone. Memories can sometimes bring sorrow but can also fill us with joy and love and warmth. As the months pass, remembering and recounting the past can yield a sense of peace and calm. As Dr. Wolfelt suggests, "remembering the past makes hoping for the future possible" as you "will become open to new experiences only to the extent that you embrace the past."

Sharing these memories can help you reconcile the loss and help you focus on the present. Let's take a look at how we can capitalize on all of our great summer memories.

#### Start a memory journal

You may find that memories about your loved one hit you completely out of the blue. A journal is a way to take those memories and capture them in one place. You will be able to live in the experience again and write the details as they play out in your mind. You can then read them in the future and reflect on these precious moments you shared with your loved one.



*My husband and I loved that pontoon boat. We would run down to the lake any chance we could. We would pack a picnic lunch and take several bottles of ginger ale as we would play the radio circling the small island. The sand bar was always so clear and he would jump into the water and pick up shells. I will always remember how his hair blew in the breeze as we rushed home as the sun was setting. I will continue to journal about our days at the lake.*

Once you have your stories documented, you can do even more journaling that can help work through challenging, complicated emotions. You can go back through each story and write about how the memory makes you feel. You can write what your loved one thought about that day and how they would respond to your feelings about the memory.

#### Create a memory box

Along with a journal capturing the story of your memories, you can use a memory box to collect special items and keepsakes that remind you of your loved one. Many people place photos, letters, prized possessions, pieces of clothing, or other special items in their memory box.

My father used to love the beach. He'd take us walking down the stony shores with his eyes intently focused on the ground. And then he'd find one, a Petoskey stone. He'd rinse it off in the water, showing us the beautiful lines and patterns. I put a Petoskey stone in my memory box and reflect on those days walking the shoreline.

A memory box is a safe place where you can reflect on your loved one as you explore its contents. It can help you feel more directly connected to those you have lost. A memory box is a perfect way to continue the bonds with your loved one.

#### Create a memory cookbook

Many memories are formed over meals, whether it's the excitement of a large holiday gathering like Thanksgiving, a romantic candlelight dinner, or a simple family picnic. These strong memories can help you feel close to your loved one as you revisit the recipes by searching through old recipe boxes, recreating the recipe and writing it down, or by cooking them alone or with your family.

Every summer, we would take a trip up north to stay at grandmother's cabin on the lake. We had a nice wooden dock where my brother and I would spend hours fishing. Sometimes we'd catch perch and other times we'd catch sunfish or even largemouth bass. Grandmother was always happy to clean and fry our catch with the most amazing seasoning that contained more than a little paprika. I wrote a recipe card with her batter to remember it and to cook it for my family.

As you collect these recipes, you can create your own recipe box or even a mini-cookbook that could make a great gift for the holidays. Imagine gathering and exchanging gifts and afterwards, hearing the stories about your loved one as everyone flips through the pages. A memory cookbook can be a wonderful way to remember a loved one.

Summer memories can be powerful and can help you continue your bond with your loved one. So, pour a nice glass of lemonade and head down to the water and reflect on the glory of summers past. Take notes on those recipes, find that shell for your memory box, and write down that story about your special summer trip. Because it's in those memories that our loved ones live on.

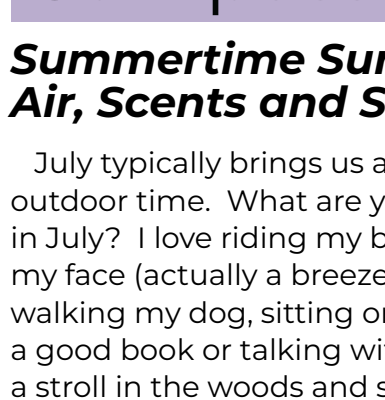
### OUR FREE GRIEF CARE PROGRAMS INCLUDE:

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 News

### Gentle Reminder

Whenever you are recording a visit or attempted visit, please make sure the patient's name is entered on the Volunteer Documentation Form. Whenever there is a note on the form about performing room prep there is not a patient name recorded as the room is obviously empty when it's being made up for the next patient. Our staff is doing their best to record names after patient's are admitted but sometimes it is missed. So please make sure the proper name is on the documentation form when entering visits and attempted visits.



## Community Outreach & Philanthropy

### Upcoming events

In August, our speaker series, Angela Cares, will be switching it up a bit, with Preparing the Spirit on Aug. 16 taking place on the grounds of Angela Hospice! Deacon Jenny Ritter – Angela Hospice's Director of Spiritual Care – will reveal the spiritual concerns that most often arise at the end of life, and how we can best support others.

While we're in the throws of summer it's never too early to look for one of our favorite events, the Annual Walk of Remembrance! This year, it'll take place on Saturday, Sept. 16! Stay tuned for more details!

For more information about these events, and all others, please visit: <https://angelahospice.org/events-calendar/>

### Plant Your Trees by Jennifer L. Dale, Director of Community Outreach & Philanthropy

There is an old Indian proverb that says, "Blessed is he who plants trees under whose shade he will never sit." Let the old man plant trees, though they may never expect to eat the fruit of them.

Estate planning is kind of like planting trees whose shade you will never use. It allows you to create, share, and control your wishes and desires.

But, how do you ensure these wishes are carried out? What forms do you need to have on file and when do you keep your plans after you have filed them? Who should be involved in your planning and how often should they be updated?

I have learned the hard way answers to these and so many more questions. After more than nearly 30 years of working daily with donors I couldn't help my own parents ensure their wishes were carried out.

Don't let that happen to you.

Please speak to your financial advisor for more information, and join us as we answer your questions, and give you helpful, free, no pressure or obligation advice at our Estate Planning sessions on August 15 and 17.

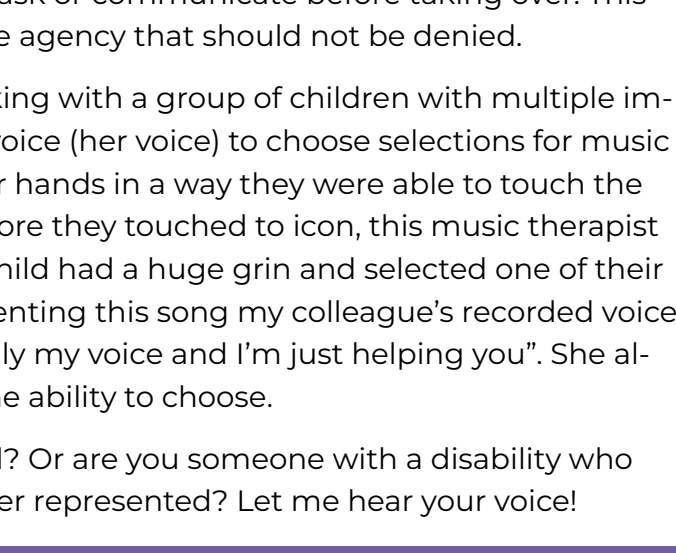
For more information or questions, please contact me at [jdale@angelahospice.us](mailto:jdale@angelahospice.us) or 734.953.6009. Or to register: <https://angelahospice.org/events/estate/>

## Compassionate Corner

By Denise Welsh  
Integrative Therapies Vol Coordinator

### Summertime Sunshine, Fresh Air, Scents and Sounds

July typically brings us a lot of sunshine and outdoor time. What are your favorite things to do in July? I love riding my bicycle with the wind in my face (actually a breeze as I don't go that fast), walking my dog, sitting on my front porch with a good book or talking with a friend, going for a stroll in the woods and smelling all of nature's wonderful smells while listening to the birds sing, sitting in the sun at the beach or by a pool, looking out my living room window at the lightning, listening to thunder and rain pouring down, then enjoying the smell of clean grass, trees, sidewalks, playing cornhole, pickleball, dining at an outdoor restaurant, lazily away in a hammock, the fragrance of summertime flowers and freshly cut grass, having a picnic with loved ones, being lucky enough to find a sweet tasting watermelon, burgers, hot dogs, chicken, skewers on a grill, attending outdoor music concerts and festivals with art vendors, being on the water in a boat or floating on a raft – so many things to enjoy outside! And all of them engage all of our senses – beautiful sights, sounds, tastes, fragrances, and feeling the breezes, cool water, and sun on our faces. Summertime is the season that provides the most stimulus to our five senses because of all of the variety of ways we have to experience them. If there are any that you experience that are not shared here, please feel free to share by emailing Denise Welsh at [dwelsh@angelahospice.us](mailto:dwelsh@angelahospice.us).



## Mission Moment

By Sr. Roberta Moser  
Felician Services, Inc.

Every once in a while I find a list that serves as a reminder to me. It give me a chance to say, "I know that. I've heard that before. Makes sense to me" OR "I'd better pay closer attention to this one. I will take this to heart, for sure."

A challenge for you: When you're with a group of people, like maybe at lunch or supper, let people choose one. Then give each person a chance to talk about what the saying means to them. Maybe they can give examples from their own experience. Perhaps it is something that they want to more fully incorporate into their life.

**The Past cannot be changed**  
**Opinions don't define our reality**  
**Everyone's journey is different**  
**Things always get better with time**  
**Judgments are a confession of character**  
**Overthinking will lead to sadness**  
**Happiness is found within**  
**Positive thoughts create positive things**  
**Smiles are contagious**  
**Kindness is free**  
**You only fail if you quit**  
**What goes around, comes around**

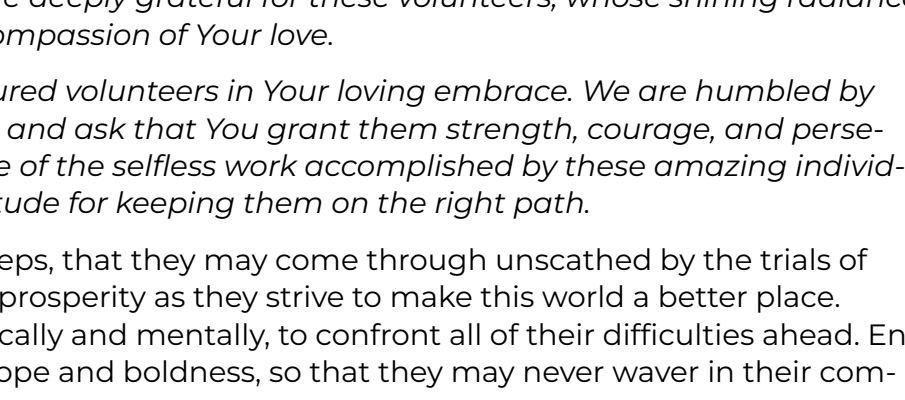
What did you learn by listening?

## Music Matters

By Heather Dean, MT-BC

### Let Me Hear Your Voice

My first love as a music therapist was working with people who have special needs, mainly children. Music is one of the most accessible and adaptable art



forms and such a joyful medium to help others fully express themselves. When I found out July is Disability Pride Month I was surprised I did not know this! Unfortunately in our country we have a terrible history of mistreating people with disabilities both in obvious ways and ways that are not so obvious. When I use the term disability I am referring to impairments that are both cognitive and physical. It was not until 1973 that the Americans with Disabilities Act was passed. This Act was created to ensure that people with disabilities were not denied access to jobs and education opportunities that they are qualified for. However our government was not demonstrating compliance so protests began in 1977. The result of this several day protest was section 504 of the Americans with Disabilities Act which protects persons with disabilities from discrimination via physical barriers or any other means which would prevent a person from participating in federally funded institutions.

Do you know the term "ableism"? It is a relatively new term that encompasses the ways we tend to discriminate those who have disabilities. Some are obvious such as creating a staff meeting that does not provide physical accommodations for access such as handicap parking or elevator access. Other forms of discrimination include communication discrimination such as not providing appropriate communication for those who are sight impaired or hearing impaired. Less apparent ways of how we might discriminate is to "other" those with disabilities such as invading personal space including touching someone's mobility device like a wheelchair without asking, or maybe saying careless remarks such as "I'm so OCD", "that's retarded", etc.

How do we become allies then instead of ableists? It can be a learning process for sure. We all make mistakes but if we follow the general rule of not assuming someone is incapable, find out first if there is a way someone IS able to perform a task or communicate before taking action. This allows an individual to self express and demonstrate agency that should not be denied.

I recall one of my music therapist colleagues working with a group of children with multiple impairments who used a touch device that offered a voice (her voice) to choose selections for music activities. She assisted the students to position their hands in a way they were able to touch the picture of the song or activity of their choosing. Before they touched to icon, this music therapist stated "ok, let me hear your voice". One particular child had a huge grin and selected one of their favorite songs. When he pushed the picture representing this song my colleague's recorded voice said "Yellow Submarine". She did not say "that's really my voice and I'm just helping you". She allowed this child the dignity of having a voice and the ability to choose.

How are you assisting those who wish to be heard? Or are you someone with a disability who needs to self advocate because you are feeling under represented? Let me hear your voice!

## Spiritual Care News

### A Prayer for our Angela Hospice Volunteers written by Deacon Jenny Ritter

The following prayer was delivered at our Volunteer Appreciation Event. Many have asked for a copy of this beautiful expression and blessing so we share it here.

*Volunteers are the silent champions in our communities. Without them, we may not be able to hear the voices of the unheard.*

*We are truly fortunate to have such remarkable individuals in our lives who tirelessly contribute towards making it a brighter place.*

*Let us take a moment and express our gratitude for their valuable contributions and pray for guidance and for wisdom for them to continue doing their invaluable work.*

Let us pray

*Gracious God, we humbly come before You in prayer today to offer our immense gratitude for the blessing of these selfless volunteers in our lives. We are filled with wonderment at their tireless dedication and benevolence.*

*May Your Spirit bless them with continual guidance as they faithfully serve others. We beseech You to bestow upon them resilience, daring, and fortitude. Let joy, peace, and satisfaction be upon the good work that they do.*

*Inspire and motivate them to persist through trying circumstances, steadfast in their dedication to aiding those around them. We are deeply grateful for these volunteers, whose shining radiance reflects the profound beauty and compassion of Your love.*

*Almighty God, we place our treasured volunteers in Your loving embrace. We are humbled by their selfless dedication and service and ask that You grant them strength, courage, and perseverance. We are deeply appreciative of the selfless work accomplished by these amazing individuals and offer You our eternal gratitude for keeping them on the right path.*

Send Your angels to guard their steps, that they may come through unscathed by the trials of life. Surround them with safety and prosperity as they strive to make this world a better place. Grant them the stamina, both physically and mentally, to confront all of their difficulties ahead. Endow our volunteers with renewed hope and boldness, so that they may never waver in their commitment to helping those around them. Amen.

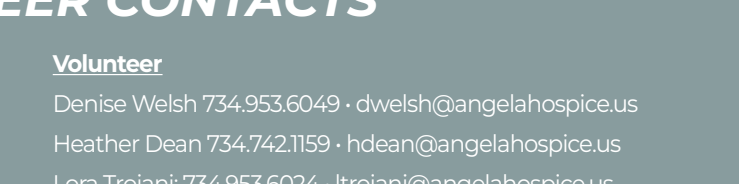
## We Honor Veterans

### July 29 - Army Chaplain Corps Anniversary (www.veteran.com team)

The United States Army Chaplain Corps is a unique part of American military tradition. Said to be among the smallest (if not THE smallest) unit in the U.S. Army, the Chaplain Corps predates Independence Day and since this unit began, chaplains have served in every American conflict. Army Chaplain Corps anniversary will be on Friday, July 29, 2022.

The U.S. Army Chaplain Corps celebrates its birthday each year on July 29th, the day it was authorized by the Continental Congress. There are commemorative gatherings across the globe held by Army Chaplains, Chaplain Assistants, and other support troops to observe the birthday of the Corps.

These events reaffirm the Army Chaplain Corps' commitment to helping, mentoring, counseling, and teaching soldiers. July 29th is celebrated everywhere from Washington D.C. to the most forward deployed locations around the globe.



### A Brief History Of The U.S. Army Chaplain Corps

In 1775, The Continental Congress authorized the creation of an Army Chaplain Corps, providing one chaplain for each regiment. At the time, those who served as Army Chaplains were paid approximately \$20 a month and had no required military uniform. The role would evolve and change over time, especially where multi-faith operations are concerned.

The Corps did not begin as the pluralistic operation it is today, but over time Catholic chaplains were added, and later African American and Jewish chaplains. These additions happened prior to or during the Civil War, but it wouldn't be until 1979 for women to be allowed to accept commissions as Army Chaplains.

### What Is The U.S. Army Chaplain Corps?

The Army Chaplains Corps offer soldiers spiritual guidance, counseling, advice, and mentoring in peace and wartime by employing trained clergy members who have had both spiritual and classroom-type training and have passed Army training requirements in non-combatant soldier skills.

Chaplains are expected to accompany troops on and off the battlefield, providing what the Army calls "free exercise of religion in a pluralistic setting".

Army chaplains must be ordained, have appropriate undergraduate and graduate degrees, and must also go through Army training above and beyond college work. But not all the people who work in the Army Chaplain Corps are ordained, nor do all who serve in the Corps serve as military chaplains.

An Army Chaplain is an officer, but an Army Chaplain Assistant may be an enlisted member who does not hold a degree or ecclesiastical training before she or he joins the service.

## KEY VOLUNTEER CONTACTS

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