

Volunteer Voice

Breaking News

What an event! Our 2023 Volunteer Appreciation event is now in the books, but the memories will stay with us for a long time to come. It was such spirited fun with great music, food, games, raffle prizes, a guest appearance from the characters of The Brady Bunch, and most importantly connecting our seasoned volunteers with many new volunteers. Our theme of Sunshine on Our Shoulders was spot on. Your involvement with Angela Hospice brightens not only the lives of those we serve, but also those of us who serve alongside of you.



One resounding question we heard was "how do we come back to active status?" Throughout the pandemic, we have been keeping you informed of the current volunteering conditions at Angela Hospice. Our returning volunteers came back to a variety of conditions, dependent on how early in the pandemic they returned. They may have been required to test weekly through our drive through testing clinics, been required to maintain social distances and mask even on the administrative side of the building, been told to not come in because cases in our community were too high, been required to call into a Covid screening hotline before entering the building. The list goes on and on. Now that the public health emergency has ended, these requirements have gone away, including masking in the Care Center and even calling into the Covid screening hotline. For those who have been away since the pandemic, coming back now will likely feel much like volunteering did prior to the pandemic. One resounding difference though is the greater sense of gratitude felt by our staff for our volunteers, and by our volunteers who have been able to return to their passion and calling. It's true that absence does make the heart grow fonder. Without our volunteers, it just didn't feel like Angela Hospice.

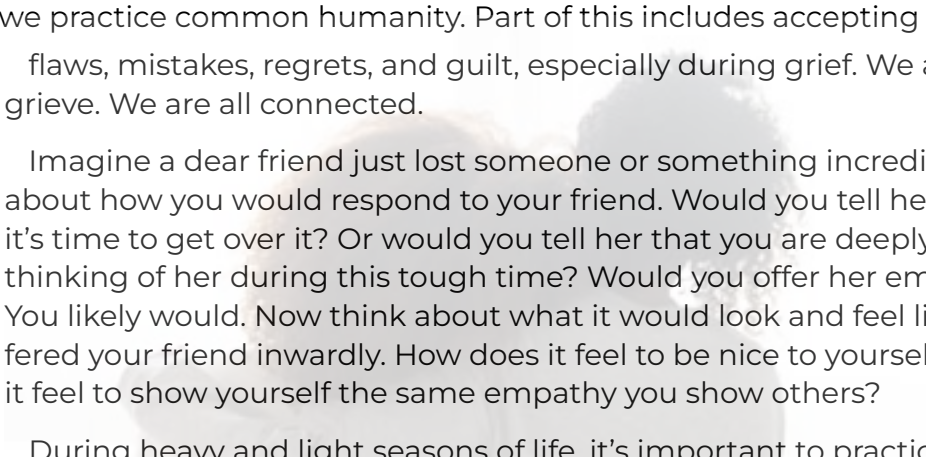
We have been supporting our volunteers who have been idle since the pandemic all the while hoping for a return to normalcy. It is now here. If you have been waiting and are now ready to return to active status, email us at voldept@angelahospice.us or call us @ 734-953-6024.

It's important to know that your return to active status must be before September 15th. If you decide to return after that date, you will be required to start as a new volunteer including completing an application, taking the training classes again, along with undergoing all of the on-boarding requirements. Conversely, returning to active status involves filling out a couple of forms, watching a brief video about Covid and submitting copies of your Covid vaccination card and any other documents that have expired since you became idle. For everyone who does not return to active status by the deadline, your status will be changed to Emeritus. In this way you would 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. As has been our position since the start of the pandemic, we support you in whatever decision you make.

Bereavement News

By Nikki Scott, DSW, LMSW, CACGS, C.B.T.

Practicing Self-Compassion While Grieving



It's normal if you haven't heard the terms "self-compassion" or "self-kindness" before. Most humans are hardwired to be self-critical or self-deprecating instead of kind to themselves. However, practicing self-compassion and self-kindness is essential for us and our overall

wellness, especially while grieving (which is lifelong).

Although originally rooted in Buddhism, Dr. Kristin Neff (self-compassion.org) has been a pioneer in the study of self-compassion for decades. To put it simply, self-compassion is the process of turning compassion inward. Self-compassion is thinking about how you would speak kindly to a friend, and then speaking to yourself the same way. Self-compassion is choosing to be kind and understanding to ourselves rather than self-critical. Research has shown that practicing self-compassion is one of the most powerful coping mechanisms we can use. It's also a source of coping that we can apply when we are grieving.

One of the key points that Dr. Neff makes about self-compassion is common humanity. When we view our individual experiences (and losses) as being part of the broader human experience, we practice common humanity. Part of this includes accepting and forgiving ourselves for our

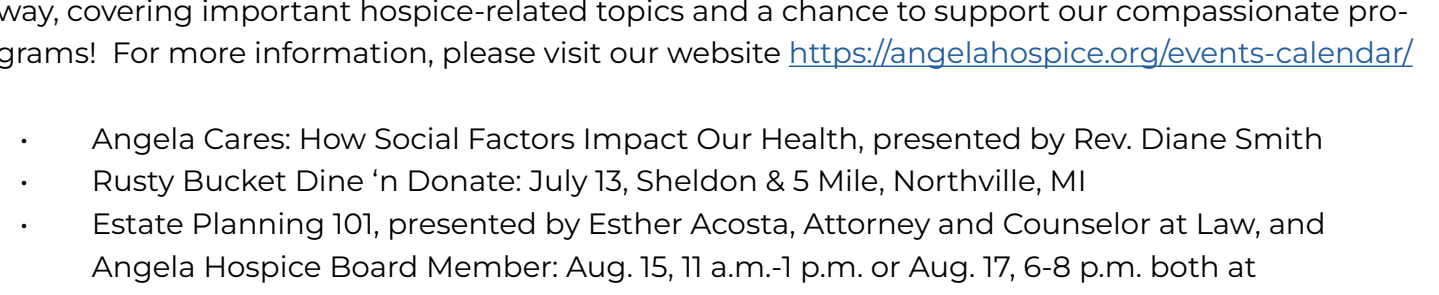
flaws, mistakes, regrets, and guilt, especially during grief. We all make mistakes and we all grieve. We are all connected.

Imagine a dear friend just lost someone or something incredibly special to him or her. Think about how you would respond to your friend. Would you tell her that it's been long enough, and it's time to get over it? Or would you tell her that you are deeply sorry for her loss and you are thinking of her during this tough time? Would you offer her empathy, compassion, and kindness? You likely would. Now think about what it would look and feel like to turn the compassion you offered your friend inwardly. How does it feel to be nice to yourself, especially after a loss? How does it feel to show yourself the same empathy you show to others?

During heavy and light seasons of life, it's important to practice self-compassion. It's essential to our overall happiness and well-being. If it doesn't come naturally to you, that's okay – remember that it's a practice, so it will take time to master. Please remember that you are worthy of the compassion and kindness that you show others.

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 News

Summer is a busy time for all. Please accept this gentle reminder that when you are unable to come in for your scheduled shift that you send us a quick email to let us know. Each week we send our Care Center staff a calendar of volunteer support. They integrate your support into their staffing schedules. When we are able to let them know you will not be there, they can better plan their day.



Effective this week, we will no longer use personal or bed alarms. This change in practice aligns with industry wide protocols, as alarms are considered an environmental constraint. More importantly, this can cause agitation, confusion, frustration to our patients and can potentially be demeaning. We're sure you have heard comments and complaints from patients who just shared "all I did was turn over," "I feel like I can't move with this thing on" and so on. While some may be concerned this will lead to an increase in falls, research shows that bed alarms do not prevent most falls as they alert you after the movement has or is occurring.

During your shift, please be sure to check the bed is always in the lowest position and check in on patients frequently.

Lastly, we're excited to share that after almost two years of being closed and at a reduced number of beds, our B Wing will be fully open to care for the max capacity of 10 patients!

Community Outreach & Philanthropy

Upcoming events

The Community Outreach and Philanthropy department has a variety of summer events on the way, covering important hospice-related topics and a chance to support our compassionate programs! For more information, please visit our website <https://angelahospice.org/events-calendar/>

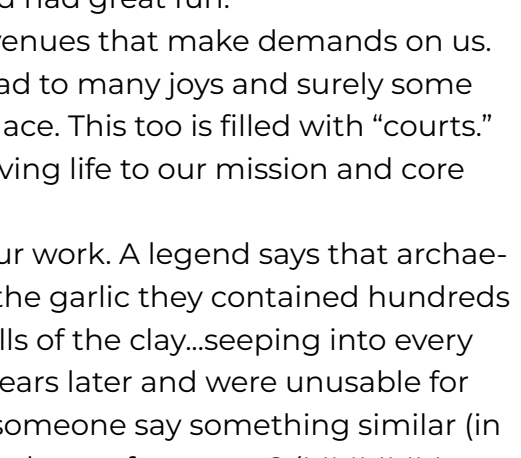
- Angela Cares: How Social Factors Impact Our Health, presented by Rev. Diane Smith
- Rusty Bucket Dine 'n Donate: July 13, Sheldon & 5 Mile, Northville, MI
- Estate Planning 101, presented by Esther Acosta, Attorney and Counselor at Law, and Angela Hospice Board Member: Aug. 15, 11 a.m.-1 p.m. or Aug. 17, 6-8 p.m. both at Angela Hospice

We hope to see you this summer!

Compassionate Corner

By Denise Welsh
Integrative Therapies Vol Coordinator

National Loving Day!



Mildred and Richard Loving

National Loving Day is on June 12, and the name for this day is an interesting one. The holiday is, of course, about spreading love but, ironically, it also references the names of Mildred and Richard Loving, who fought against the laws confining them and everyone else from marrying inter-racially. At that time, 24 states across the country had laws strictly prohibiting marriage between people of different races. Five weeks earlier, the longtime couple had learned Mildred was pregnant and decided to wed in defiance of the law.

To celebrate the holiday, people are encouraged to hold parties in which the case and its modern-day legacy are discussed, in smaller settings such as living rooms, backyards, etc., as well as in larger gatherings. People around the world observe Loving Day every year on June 12th in meaningful and personal ways. While all are welcome, it can be especially significant for interracial couples, multiracial families, mixed race and trans-racially adopted people, and those with similar lived experience. Many share photos and stories on social media with #lovingday, which has trended three times (so far). Others bring people together through events for their community, friends, or family (virtually or safely during the COVID-19 pandemic). You can also use Loving Day as inspiration for using your creativity, skills, or professional talents in a positive way. Like other important yearly observations, Loving Day can be an intentional time to stand in solidarity with communities that intersect with ours.

Loving Day can also extend to our LGBTQ community in honor of Pride month. With God's Love Being Fully Inclusive, may we always remember that no matter how different and unique others are from us, we are all human beings wanting only to be loved and accepted. How fully and unconditionally loving can you be today and everyday?

Mission Moment

By Sr. Roberta Moser
Felician Services, Inc.

Summertime...well almost! For some reason today I was thinking about my childhood and about how much time my friends and I spent playing simple games: jacks, jump rope, and hopscotch. To play hopscotch we would use chalk to lay out the "court" on the sidewalk. The space consisted of a series of linear squares interspersed with blocks of two lateral squares. The very top was known as "safe" or "home." We'd use stones as markers and hop on one foot and then land both feet on various spaces on the court. We could not step on the lines and during our turn we would move the stone from square to square. We'd play for hours and had great fun.

As adults we play on many "courts." We navigate the many venues that have demands on us. We may be parents or grandparents. That opens roads that lead to many joys and surely some sorrows along the way. We also maneuver through the workplace. This too is filled with "courts." There are so many opportunities for us to live the gospel by giving life to our mission and core values.

Ultimately they are our "markers" as we engineer through our work. A legend says that archaeologists in Italy discovered earthen vessels that still reeked of the garlic they contained into hundreds of years before. The garlic had saturated itself into the very walls of the clay...seeping into every pore. Those vessels still embodied their mission hundreds of years later and were unusable for anything else other than what they were intended for. Could someone say something similar (in regard to our mission and values) about our bones one hundred years from now? (MMMMM... smells like their mission and values)

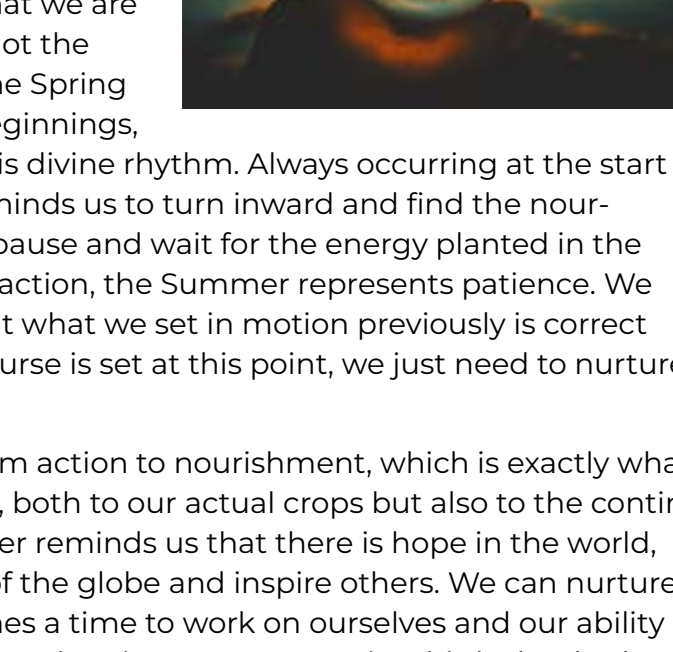
To embody means to give physical form to something invisible. When we work at making the connections between our mission and values and the expected behaviors, we finesse our way through the courts of our lives. Let's make sure that as we maneuver through the workplace our very bones shout out: "I am a mission bearer."

Music Matters

By Heather Dean, MT-BC

Summer Soundscape

Lately we have had the privilege of enjoying the summer pallet of warm, breezy and every color of the rainbow. The warm breeze, smell of flowers and camp fire and of course the sound of birds and barking squirrels. It is all a delight for the senses. This is a perfect time for a 5 senses meditation to re-center and focus on the present. It's very simple and only takes just a couple minutes. Name to yourself something you feel, something you see, something you hear, something you taste (ice cream I hope), and something you smell.



Let's focus on the symphony of summer or as I am calling it a "summer soundscape." It's amazing how much time we spend in our cars or in our homes that we are unaware of the sounds of life that surround us in the beautiful outdoors. When they do, this maybe close your eyes. Try and identify that sound that is closest to you, the farthest away, and maybe even your own sound such as breathing or rustling fabric. How many sounds do you identify such as animal sounds such as a dog barking or bird chirping? Can you identify industrial noises such as a train, lawn mower or cars cruising by? What about nature sounds not created by creatures such as rustling leaves or rain? I am always surprised how many things I may have missed if I were not paying attention.

Of course if you have allergies or have to stay inside for any reason there are wonderful songs that contain those summer vibe feelings and even sounds of nature. Here are a few of my favorites that you may also enjoy. Maybe think of some of your own and create a fun playlist.

Doot Doot – Freur (*I love this one because it starts with the sound of crickets*)

- Summer Loving- Grease
- Summer Breeze- Seals and Crofts
- Saturday in the Park-Chicago
- When the Night Feels My Song- Bedouin Soundclash
- Mr. Blue Sky-Electric Light Orchestra
- Natural Beauty- Neil Young



Spiritual Care News

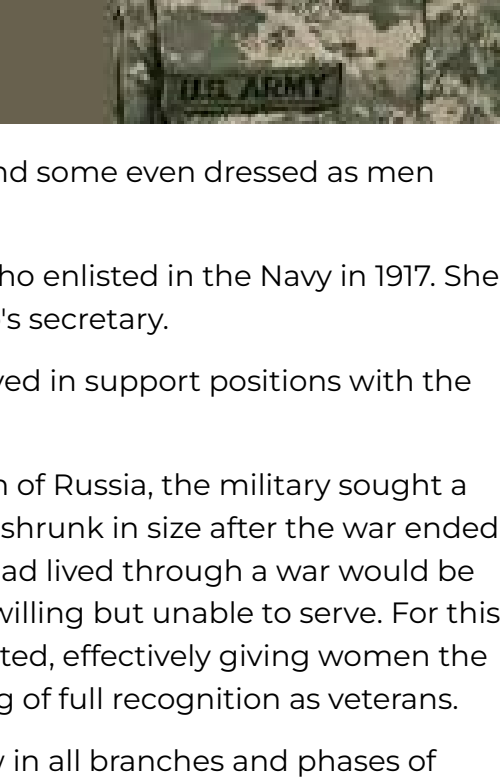
Summer Solstice: Honoring the Light Within

by Jill Wintersteen

The Summer solstice is almost upon us, reminding us to celebrate the nourishing light of the Sun and the light within each of us. During the Summer solstice, the Sun reaches its highest point in the sky and gives our our longest day of the year. This point marks the second phase of the Earth's journey around the Sun, which starts with the Spring Equinox. Energetically, it is very parallel to the First Quarter Moon, which signifies a time to nourish the seeds planted in the first phase.

For centuries, people have recognized the power in aligning with the annual phases of the Sun by honoring both Equinoxes and Solstices and building monuments, such as Stonehenge, in their honor. When the Sun's light first breaks through the darkness on the day of the Summer solstice, it hits this ancient monument directly in the center, lighting up each pillar like a magical horseshoe. During the Winter Solstice, the sun sets directly between the largest stones of this mysterious piece of history. Many other ancient monuments and wonders, including the Great Pyramids of Egypt, also align with the four phases of the Sun showing the importance of these times for civilizations across the globe. What made these points in time so significant that people dedicated their whole lives building something to honor them?

The cycle of the Sun represents the cycle of our lives and reflects the natural flow of energy moving inward and outward. There are times to grow, times to pause, times to shed and times to learn. Just as we align with the Moon's journey every month, we can align with the Sun's journey throughout the year. In current day, we understand that what we are really aligning with is the movement of the Earth, not the Sun, but it is still a powerful cycle to honor. While the Spring Equinox begins this journey and represents new beginnings, the Summer Solstice represents the next step of this divine rhythm. Always occurring at the start of the Cancer Sun Season, the Summer Solstice reminds us to turn inward and find the nourishment needed to grow and evolve. It is a time to pause and wait for the energy planted in the Spring to reach full bloom. If the Spring represents action, the Summer represents patience. We must develop trust and confidence in ourselves that what we set in motion previously is correct even if we go through some troubled times. Our course is set at this point, we just need to nurture it and find purpose within its process.



The Summer solstice represents the transition from action to nourishment, which is exactly what the Sun gives us during the long nights of summer, both to our actual crops but also to the continual journey we travel from darkness to light. Summer reminds us that there is hope in the world, that the light within can spread to the far reaches of the globe and inspire others. We can nurture others, just as the Sun nurtures us. Summer becomes a time to work on ourselves and our ability to be the light and find meaning in our journey, even when it seems uncertain. This is the rhythm of nature; new beginnings transition into a period of uncertainty. During this time, it is easy to fall pray to anxiety and worry. Big shifts also cause old energies to surface and darkness can easily take over our mind. Summer is the time to develop faith in our life, squish the darkness with light, and trust that just like the Sun, we will rise each day no matter what life brings us.

Through honoring this day of light, we energetically set in motion a period of awakening in our consciousness which lasts all summer until the Fall Equinox. Here are some ways to align with this day and harness its power to build the light within you.

We Honor Veterans

June 12 - Women Veterans Day

(source: www.military.com)

The first Women Veterans Day was held on June 12, 2018, marking the 70th anniversary of the groundbreaking Women's Armed Services Integration Act, signed into law by President Harry S. Truman on June 12, 1948. That law enabled women to serve as permanent, regular members of the Army, Military Corps, Navy and the recently formed Air Force.

While the holiday has not been nationally recognized, state governors, including those in Kentucky and South Carolina, have signed proclamations marking its observance, and other states are planning events. Texas has had the official holiday as part of its law since 2017.

While women have served in the American military since before we became a nation, they were not officially recognized as military members or veterans until 1948.

Women were originally relegated to serving in the civilian fields of nursing, laundering, mending clothing and cooking. Despite this segregation, many served in war zones alongside their male compatriots, and some even dressed as men during the Civil War and fought on the front lines.

The first woman to enlist in the military was Loretta Walsh, who enlisted in the Navy in 1917. She served as a "Yeomanette," a female version of a yeoman or ship's secretary.

During World War II, approximately 400,000 U.S. women served in support positions with the military, and nearly 500 were killed by enemy fire.

After the end of the war, and in reaction to the rising strength of Russia, the military sought a peacetime draft to increase the size of its branches, which had shrunk in size after the war ended. Knowing that enacting a draft so soon after the entire nation had lived through a war would be unpopular, politicians realized that half of the population was willing but unable to serve. For this reason, the Women's Armed Services Integration Act was enacted, effectively giving women the right to serve as military members and making them deserving of full recognition as veterans.

Throughout the years, women's roles have continued to grow in all branches and phases of military operations. Now, they serve freely alongside men in any branch or role they desire. Today, women make up 20% of new recruits, 16% of personnel serving on active duty, and 19% of the National Guard and reserve forces.

KEY VOLUNTEER CONTACTS

Bereavement

Margaret Levine: 734.779.6690 - mlevine@angelahospice.us

Community Outreach & Philanthropy

Helen Balmforth: 734.953.6045 - hbalmforth@angelahospice.us

Dana Casadei: 734.464.7810 - dcasadei@angelahospice.us

Spiritual Care

Spiritual_Care@angelahospice.us

Volunteer

Denise Welsh 734.953.6049 - dwelsh@angelahospice.us

Heather Dean 734.742.1159 - hdean@angelahospice.us

Lora Troiani: 734.953.6024 - ltroiani@angelahospice.us

Melayna Morio: 734.953.6049 - mmorio@angelahospice.us

Teri Schmittchen: 734.464.8609 - tschmittchen@angelahospice.us