

# Volunteer Voice

## Breaking News

Spring is a time for new beginnings. It ushers in new growth and hope for the beauty that is to come. There's an expanse in the air we take in. A freshness that helps to renew our spirits. A rebirth is happening in nature. This spirit of renewal and hope is palpable in the volunteer department as we welcome back many of our volunteers who have been idle since the pandemic and usher new volunteers into our mix. This rebirth leaves our hearts full of gratitude for this welcome change. It's in this spirit that we hope you will join us for a Heartfelt Gratitude presentation. The event will be held in person Wednesday, March 29th from 2:00pm to 3:30pm in the Dayrooms at Angela Hospice. Even if you are not actively volunteering at this time, we invite you to come. 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!

As we look to return and even elevate the Volunteer Department back to pre-pandemic days, we're beyond thrilled to announce that the Care Center Caregiver Suppers, Ice Cream Socials and BBQs will return starting Monday, May 1, 2023. We know so many of you have been patiently waiting for this announcement. If you are interested in participating, please email [voldept@angelahospice.us](mailto:voldept@angelahospice.us) and our team will guide you through the steps to returning as an active volunteer.

Also on Monday, May 1, 2023 volunteers will return in Home Care. We have strong needs in this area and hope that many of you that have been thinking about supporting our patients and families in this way will take this opportunity to be of service. Orientation and training will be provided as we know it's been a solid three years since many of you have been in Home Care. Our team is here to help your return be as smooth and meaningful as possible. Please email [voldept@angelahospice.us](mailto:voldept@angelahospice.us) if you are interested in learning more and joining our Home Care Volunteer Team.

Finally, please don't forget to share your input on our next great read for our Spring book club. Click here to complete the survey: <https://www.surveymonkey.com/r/9FKBC39>.

## Bereavement News

By Debbie Vallandingham, LMSW-ACSW  
Director of Grief Care Services

### March is Social Workers Month!

What is a social worker? Social workers are professionals trained and dedicated to help vulnerable people and communities work through challenges they face in everyday life. They seek to assist others by, providing them with the means to improve their life, minimize suffering, and encouraging resilience. In addition to assisting individuals, a social worker can provide support for many different types of organizations: corporate businesses, hospitals, schools, and of course, hospices.

Social work began more than a century ago. The profession can trace a large part of its origins to Jane Addams and Ellen Gates Star, who in 1889 opened Hull House in Chicago to provide social services to the area, which had a large immigrant population. Other social work pioneers include anti-lynching advocate and women's rights activist Ida B. Wells and George Edmund Haynes, a social worker who was co-founder of the National Urban League. In the 1960s, past NASW President Whitney M. Young Jr., worked in collaboration with President Johnson and other leaders during the turbulent Civil Rights era to break down the barrier of employment discrimination so Black people could get access to better paying jobs. Social workers have helped drive significant, positive changes in our nation. Frances Perkins, the first female Labor Secretary during the Great Depression, and others helped secure benefits we continue to see used today, such as the 40-hour work week, minimum wage, and Social Security benefits.

Here at Angela Hospice, social workers provide care and understanding to families, both prior to and following the loss of a loved one. An integral part of the team, social workers bridge the gap between individuals and resources. They foster a powerful supportive connection during one of the most difficult events that we face, the loss of a loved one. The Grief Care social workers at Angela Hospice provide emotional support, resources and counseling to those dealing with loss, grief, and bereavement. Grief evokes a series of emotions, often repeated throughout life and it is more than challenging to try and navigate the new normal without a loved one.

The theme for this year's Social Work Month is "Social Work Breaks Barriers." The theme embodies how social workers help empower individuals, families, communities and our society to overcome hurdles that prevent them from achieving better well-being.

#### A few fun facts about social workers:

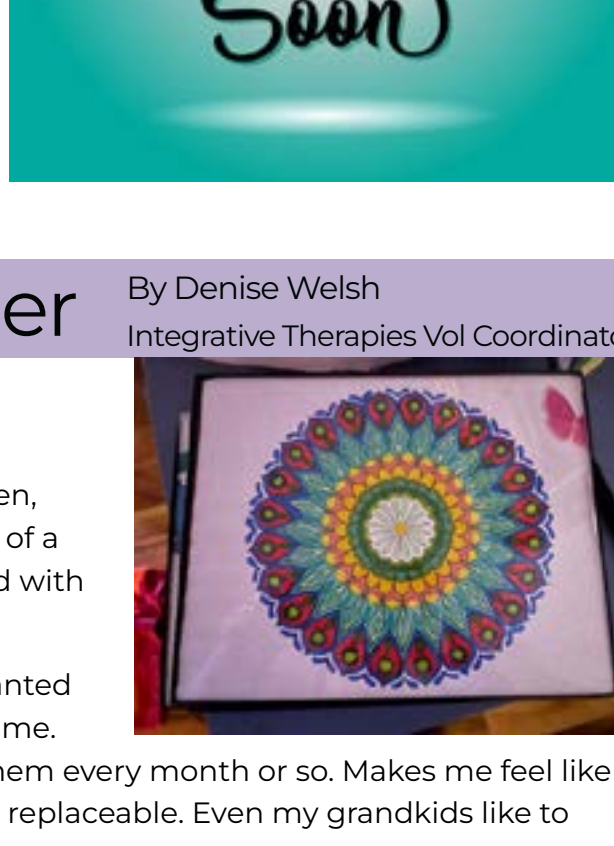
- Social Workers positively touch the lives of millions of Americans each day and in a variety of places, including schools, hospitals, the military, child welfare agencies, community centers, and in federal, state and local government.
- Social Workers follow a Code of Ethics that call on them to fight social injustice and respect the dignity and worth of all people.
- The Social Work Profession is one of the fastest growing careers in the United States, with about 708,000 social workers today and more than 60,000 more social workers expected to enter the profession over the next decade.
- Social Workers are the largest group of mental health care providers in the United States, working daily to help thousands of Americans overcome mental illnesses such as depression and anxiety.

#### 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

The first week of April, B Wing which has been shut down for months due to low staffing, will be re-opening with four rooms (those on the square.) This signals a return to the way things were pre-Covid and also that we need additional support in the Care Center. If you're interested in returning, please email [voldept@angelahospice.us](mailto:voldept@angelahospice.us) to find out what is needed to return. The first week of April, B Wing which has been shut down for months due to low staffing, will be re-opening with four rooms (those on the square.) This signals a return to the way things were pre-Covid and also that we need additional support in the Care Center. If you're interested in returning, please email [voldept@angelahospice.us](mailto:voldept@angelahospice.us) to find out what is needed to return.



## Compassionate Corner

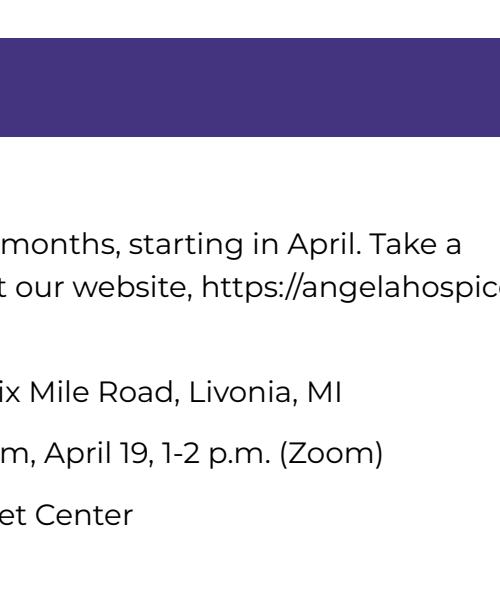
By Denise Welsh  
Integrative Therapies Vol Coordinator

### COLORING!

While we all know that coloring is soothing for children, it can be soothing for adults as well. Above is a picture of a coloring done by one of our staff members. She shared with me:

Because of your article titled compassion corner, I wanted to show you this coloring that I did that I decided to frame. I just bought some inexpensive frames and I change them every month or so. Makes me feel like I've accomplished something and it's colorful art that's replaceable. Even my grandkids like to show my art.

There are adult coloring books available for anxiety relief, mandalas, various patterns, stress free, secret garden, dream world, amazing dogs, and many more. Have any of you done any coloring in your adulthood? If not, we encourage you to try it and let us know how it goes by emailing Denise Welsh at [dwelsh@angelahospice.us](mailto:dwelsh@angelahospice.us).



## Development News

### Join us this spring and summer!

We have so many exciting events happening in the next few months, starting in April. Take a look at the list below and for those who want more details, visit our website, <https://angelahospice.org/events-calendar>

- Panera Bread Fundraiser, April 13, 4-8 p.m. at 37800 W Six Mile Road, Livonia, MI
- The Loss of a Parent, presented by Debbie Vallandingham, April 19, 1-2 p.m. (Zoom)
- 34th Annual Golf Outing, June 12, Fox Hills Golf & Banquet Center

### Do you like us?



So many of you are quite active on our social media, which we truly appreciate! If you haven't liked us on Facebook or Instagram, please do so, you don't want to miss it! You can also invite your friends to like Angela Hospice's page.

Facebook: [www.facebook.com/AngelaHospice/](https://www.facebook.com/AngelaHospice/)  
Instagram: [www.instagram.com/angelahospice/](https://www.instagram.com/angelahospice/)

## Mission Moment

By Reverend Diane Smith  
Ministry Engagement Director

### Joy for Mission

Written by Sr. Victoria Richardson

**"Take the first step in faith. You do not have to see the whole staircase, just take the first step."** – Martin Luther King Jr.

St. Francis says, "Let us begin..." King Luther King Jr. says we need to take the first step in faith. Both require courage. What does it mean to begin and step out in faith?

To begin again, we have to have had an end to something. Ends can be painful, ends can be news of pain in the world around us. Ends also happen when we feel helpless with gun violence, biases, pain in words or actions that wounds people, our planet, our workplace, our homes. To begin again takes courage.

To begin again, we need to have FACTS so we can begin the strategic planning or analyzing what does not work. WHY is a big question that takes time to answer. If it is about life, it takes our life journey. If it is about a policy, procedure, and/or the disconnection in ministry, it takes meetings and dialogue. To bring the elephant to the front of the room takes courage.



To begin again, with trust in humanity, takes perseverance and grit. Trust can be broken so easily. To trust requires forgiveness. Forgiveness does not mean forgetting the hurt and pain. It means taking the next step in faith to find inner peace inside yourself. Forgiveness is not about the other person; it is about you. It brings you freedom. Forgiveness starts with the first step of being powerless over the pain and hurt while handing it over to God. This may take a lifetime, AND you do not have to see the full staircase. Just take the first step and begin.

To begin again, we need to know that God is reaching out to us in deep love, wanting to be a part of your messy lives. Then we realize that his gaze is upon us and we feel free to talk to God. In our relationship with God, we begin to understand that we, and those we love, are not alone. Belief comes in conversion moments. Conversion moments are when we search for

hope or light in the darkness. St. Francis wrote the following prayer that can help us when we search for that hope: "Most high, glorious God, enlighten the darkness of my heart and give me, Lord, a correct faith, a certain hope, a perfect charity, insight and wisdom, so that I may carry out Your holy and true command."

## Music Matters

By Heather Dean, MT-BC

### Irish Influence on American Music

George Gershwin, famous composer of the piece Rhapsody in Blue began the central theme of his entire composition on a train ride. Inspired by the rhythm of the wheels on the tracks Gershwin states, "It was on the train, with its steely rhythms, its rattle-ty bang, that is so often so stimulating to a composer.... I frequently hear music in the very heart of the noise. And there I suddenly heard—and even saw on paper—the complete construction of the rhapsody, from beginning to end. No new themes came to me, but I worked on the thematic material already in my mind and tried to conceive the composition as a whole. I heard it as a sort of musical kaleidoscope of America, of our vast melting pot of our unduplicated national pep, of our metropolitan madness. By the time I reached Boston I had a definite plot of the piece, as distinguished from its actual substance."

Gershwin addresses something I find interesting about music in the United States. We do have many genres of music in our nation such as country, rap, pop, punk, jazz, new wave,... and the list goes on. Because our nation was once considered a "melting pot" as Gershwin states, our music influences come from many countries and cultural backgrounds. There is no genre of music that has not been touched by African influence or immigrants.

As some of us celebrate our Irish heritage this month it might be fun to look at ways the Irish have influenced our current listening experience. I was surprised to learn for example that country music has heavy roots in Irish tradition. Many of our Irish immigrants settled in southern Appalachia in the late 1800's. It is believed this time period is where our Irish immigrants began a direct influence on popular music. Have you ever been to a square dance where there was a fiddle player? Irish. Ever heard a country song that mentions drinking more than once? Irish. How about lyrics with the tale of woe. Irish.

Folk music is a close cousin to country music and which also has Irish roots. Folk music is sometimes considered early punk music as it has a central theme of rebellion and stating cultural independence. We cannot ignore a period of time in our country when our Irish ancestors were treated with disdain. Signs could be seen outside establishments stating "no Irish allowed". Irish folk music formed as a way to find solace in cultural and spiritual identity.

Many remain popular today became the popularizing Molly's who draw quite a crowd as I have personally witnessed.

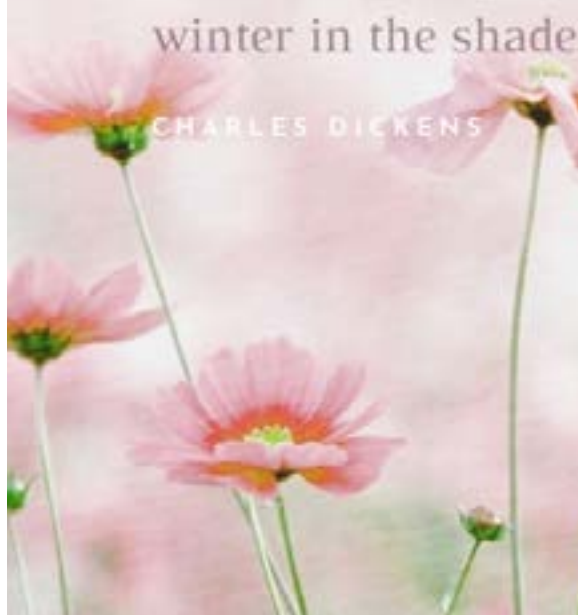
And then of course we cannot ignore the obvious popular music that heralds singers who are proudly Irish. Bing Crosby being his mother in "Too La Roo La Roo La". Singer Bono of U2 sings "Bloody Sunday" sharing his grief of the massacre in Ireland that occurred in 1972. Enya soothed our very souls with her "Orinoco Flow". Other American pop stars you may all be familiar with are Mariah Carey, Willie Nelson, Elvis Presley and many more!

I grew up attending a Catholic school in Kent, Ohio and our theme song was "Irish Blessing". Many of you probably know it and this is my sign off:

"May the road rise up to meet you. May the wind be ever at your back. May the good Lord hold and keep you in the palm of His hand."

## Spiritual Care News

### Eucharistic Ministers and Spiritual Care Companions Needed



As we further open up our Care Center and start to provide more volunteer services into Home Care, please know that we are in need of volunteers who are interested in serving our patients as either a Eucharist Minister (specifically Home Care) and/or as a Spiritual Companion (in the Care Center and in Home Care). Training and orientation are provided. Interested volunteers with meet with our Director of Spiritual Care, Deacon Jenny to learn more about the requirements of the position (Eucharistic Ministers) and subsequent training. We do hope you will open your heart to this possibility. If you are interested, please email [voldept@angelahospice.us](mailto:voldept@angelahospice.us) and we'll walk you through the steps including connecting you to Deacon Jenny Ritter.

## We Honor Veterans

### National K9 Veterans Day

Military.com | By Amy Bushatz

Military K9 Veterans Day, March 13, is a day set aside to honor commemorate the service and sacrifices of American military and working dogs throughout history.

It was on March 13, 1942, that the Army began training for its new War Dog Program, also known as the "K-9 Corps," according to American Humane, marking the first time that dogs were officially a part of the U.S. Armed Forces.

Military Working Dogs are a vital part of today's fighting force. With built-in radar, they are able to smell out trouble that no human or man-made device can. (Army)

The rest, as they say, is history. Officially a part of the service or not, the dogs of war span centuries and include such heroes as Sgt. Stubby, the original war dog; Chips, the most decorated dog in World War II; Lex, who retired with his fallen owners family; and Cairo, the Navy SEAL working dog on the bin Laden raid.

Today's military dogs are valued as important members of their military units and even have their own retirement ceremonies, awards and medals and memorial services.



Staff Sgt. Radames Leon and Pako are a 96th Security Forces Squadron military working dog team at Eglin Air Force Base



#### SPRING QUOTE

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

CHARLES DICKENS

OUR FAMILY LIFESTYLE.COM

## KEY VOLUNTEER CONTACTS

**Bereavement**  
Margaret Levine: 734.779.6690 • [mlevine@angelahospice.us](mailto:mlevine@angelahospice.us)

**Development**  
Helen Balmforth: 734.953.6045 • [hbalmforth@angelahospice.us](mailto:hbalmforth@angelahospice.us)  
Dana Casadei: 734.464.7810 • [dcasadei@angelahospice.us](mailto:dcasadei@angelahospice.us)

**Spiritual Care**  
[Spiritual.Care@angelahospice.us](mailto:Spiritual.Care@angelahospice.us)

**Volunteer**  
Denise Welsh 734.953.6049 • [dwelsh@angelahospice.us](mailto:dwelsh@angelahospice.us)  
Heather Dean 734.742.1159 • [hdean@angelahospice.us](mailto:hdean@angelahospice.us)

Lora Troiani: 734.953.6024 • [ltroiani@angelahospice.us](mailto:ltroiani@angelahospice.us)  
Melayna Morio: 734.953.6049 • [mmorio@angelahospice.us](mailto:mmorio@angelahospice.us)

Teri Schmittchen: 734.464.8609 • [tschmittchen@angelahospice.us](mailto:tschmittchen@angelahospice.us)