

Changing the world, one volunteer at a time.

Volunteer Voice **Breaking News**

hese last weeks have been such fun gathering with our team to plan your Volunteer Appreciation Event. We search first for a theme and this year we started with the question how do volunteers make us and those we

serve feel? And that's when we landed on this year's theme - like sunshine on our shoulders. These spring days still carry a chilly breeze, but when the sun comes arriving in your mailboxes in the coming week.

ON OUR SHOULDERS... AND THAT MAKES out, it seems to warm us from the inside. That's how you make us and those in our care feel. All warm and cozy despite uncomfortable conditions. This year's Volunteer Appreciation Event promises to be great fun so mark your calendars for Wednesday, June 21st. Invitations will be

VOLUNTEERS ARE LIKE

Many of you have likely heard about the ending of the public health emergency earlier this month. We are in the process of learning how this may impact our volunteers in terms of masking, Covid vaccination requirements, etc. As soon as this information has been finalized, we will update you. But before we talk about coming out of this pandemic, I wanted to take you back for just a moment to the beginning by sharing once again this beautiful poem. Cocoon of quarantine, by Emily Coplai

It was instinct that brought us here When questions carried answers that spun into fear The threat stayed out as we built a cocoon

A womb. Isolation, sealed in like a tomb. A twisted riddle we couldn't win When the only way out was to stay in. Together we stand and divided we fall

But standing together will be the end to us all.

Growing tension and doubt taking all we had To hold our composure, to not go mad The fearless ones work to carry the load In hopes that there will be an end to this road

When hours turn to days and days into weeks We again see the smiles on our neighbors cheeks But they look at us strangely and us to them too We all look different than we used to. We grew

A metamorphosis took place while we were in hiding A wave of self-growth that we didn't know we were riding We made our debut, maybe May, maybe June More beautiful than before, out of our cocoon.

As we emerge from this pandemic, I want to take a few moments to reflect on the impact it has had on our volunteers. I have heard from so many of you as we started to accumulate various losses brought on by the pandemic. Some have lost loved ones and dear friends to Covid. Some lost jobs. Some lost homes due to financial difficulties. Some lost friendships. The list is endless. What struck me is how our volunteers felt the loss of volunteering so acutely and deeply. This affirmed

that your volunteerism wasn't just about having a place to go and something to do. It was much bigger than that. For many, it was core to your identity. Volunteering at Angela Hospice gave you a sense of purpose. It was about helping others and in turn helping yourselves. It was a place to gather with like-minded and like-hearted people. It was a place where the world slowed down and you were able to hone in on what really matters. It was a place that gave perspective to the

changes the ending of the public health emergency holds for us. If you're still thinking about returning, please reach out to voldept@angelahospice.us to learn what steps are needed. Whatever your decision is, please know how much your support has meant to Angela Hospice as we traversed the pandemic and as we emerge from it.

most important things in life, not despite of, but because of it our focus on death and dying. While many of you have returned to your volunteer roles, many still have not. Maybe you have been wait-

By Becca Guenther, LMSW, CAGCS Bereavement News Things You Should Know About Grief Grief is a universal experience, and one that we are each likely to encounter several times throughout our life. We grieve when we move house, end a relationship, lose a job, when pets and parents and babies die... there are so many losses that come up in life, and each loss evokes its own grief. But if grief is so common, why do we as a collective society know so little about it? Why do so many of us feel the fear of not knowing what to say to someone whose loved one just died? Why do so many of us shy away from using words like "dead" and "died"? Why does our society

you know exactly how someone else is or should be feeling when it is their turn to grieve. Instead of assuming, try creating a non-judgmental space for your friend to tell you about how they are experiencing their grief today (because from day-to-day, it's common for it to feel different!)

· Every loss is valid and deserving of support. No person should be made to feel that they need to justify or defend their grief to anyone else. That said, of course there are notable differences between types of loss, for example the grief that stems from divorce and the grief that one experi-

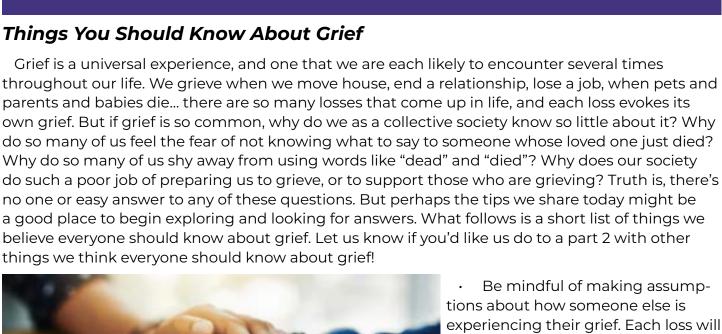
· Your grief does not make you a burden. One of the hurtful impacts of living in a world that is grief-phobic and often intolerant of hard feelings is feeling like we must be happy and positive at all times; as if happiness is the "ideal" and all other feelings need to be "fixed", preferably quickly and in private. Grief and loss are so hard; they are perhaps the hardest things we will ever have to endure. You are allowed to feel your feelings and share them with others, and you shouldn't have

· You don't have to say it perfectly, but please say something. Sometimes we put so much pressure on ourselves to say the "right thing", or we fear upsetting the grieving person more than they

already are, that we end up saying nothing at all. The thing is, you're grieving friend is already

hurting: saying the name of their loved one likely won't remind them of their loss - as if they could forget in the first place. Don't focus on finding the "right words" to fix, solve, or cheer them up: instead, focus on simply holding space for your friend. Instead of offering platitudes like "everything happens for a reason", try letting them know you are thinking of them, use the name of their loved one when you speak about them, or even say something like, "I'm not really sure what

ences when their spouse dies. All grief is valid and deserves proper care and support.



a grief reaction that is different from pervious losses you'

to pretend that you are ok when you really aren't.

groups.

Care Center

Be mindful of making assumptions about how someone else is experiencing their grief. Each loss will evoke its own unique grief reaction. That means that your grief when you lose your job, have a significant illness, and when your friend dies won't look or feel exactly the same. Because each loss is so unique, please

try not to shame yourself for having

ncountered, and don't assume that

ing for this to all be over and done with. I think in the coming weeks it will be as final as it will ever be -- once we have the

to say, but I'm so sorry this is happening. I love you. Do you want to tell me about how you're feeling today?". We know that talking about these big feelings can be uncomfortable, but as a griever it is such a gift when someone gets brave enough to traverse their own discomfort so they can come sit with us in our grief. **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.ask-

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

To help staff and volunteers identify those veterans who are staying in our Care Center, our team will begin placing a small flag outside of their door. In addition, our team members will ensure there will be a patriotic themed pillow case in the closet outside of the room in the event the patient will be receiving a WHV pinning ceremony. Thank you for all you do to support those who have served their country and in doing so have served us. This program was sug-

SCRAMBLE 6

gested by Margot Parr, our We Honor Veterans volunteer and Vietnam veteran. Please take the opportunity to thank those who have served. Community Outreach & Philanthropy It's almost time to tee off! Our annual 18-hole golf outing is June 12 at Fox Hills Golf & Banquet Center in Plymouth. We also have a raffle and online auction with some amazing prizes to check out! https://angelahospice.org/events-calendar/

RAFFLE

YOU PICK YOUR PRIZE!

and so on until all packages have been awarded

TOTAL VALUE = \$500.00

\$10 PER TICKET All proceeds benefit First winner pulled gets first choice of packages, the charitable programs of second winner gets their choice of remaining packages,

Angela Hospice

WHAT FURNITURE WILL YOU BUY

WITH YOUR \$500 GIFT CARD?

Admission for 8 to the village or museum.

\$50 gift card valid for classes or a workshop.

FREDRICK MEIJER GARDEN AND

URBAN AIR ADVENTURE PARK

Cherry Creek Golf Club (Shalby Tup., MI)

Great Oaks Country Club (Hochester, MI)

River Bank Golf Course (South Lyon, MI)

The Month of Tulips

Purple Tulips (Royal & Rebirth)

How do you make tulips happy?

Cut your tulips. ...

Keep the stems in water....

Choose a supportive vase. ...

longer!

2.

4.

5.

6.

7.

8.

9.

3.

Voucher for one-time admission for 2 adults and

ROUND OF GOLF FOR FOUR WITH CARTS AT:

MID-MICHIGAN CHILDREN'S

ANN ARBOR ART CENTER

SCULPTURE PARK

SEA LIFE AQUARIUM

4 platinum passes.

2 single day passes.

(Livorea Courses)

Name

City _

MUSEUM

MUSEUM

\$500 TO GARDNER WHITE

FAMILY SUMMER FUN

GENITTI'S HOLE-IN-THE-WALL Dinner theater for 2 in Northville, Ml.

WINNERS DRAWN

Drawing will be held on June 12, 2023

between 6 & 8 p.m. Need not be

present to win Raffle License #R68414

\$40 Starbucks

\$25 American Express

\$25 Amazon

\$25 Lowes

\$25 Meljer

GIFT CARDS GALORE

\$150 Amoco/BP

\$100 JCPenney

\$90 Tim Hortons

\$150 Kroger

\$50 Panera

dren, parents or siblings. The meaning of tulip colors in Holland Red Tulips (love & romance) Pink Tulips (caring & good wishes) White Tulips (purity, innocence, forgiveness and respect)

in your life. **Music Matters May Flowers** The month of May is named af-

trusted to your care, for those you love and show your love in your interactions with each other. Thank God ahead of time and watch miracles happen all around you, showing what God is doing By Heather Dean, MT-BC ter the Roman goddess Maia who nurtures plants. Makes sense when

This week, remember that like Friar Felix, you have been called to serve God. Pray for those en-

Richardson May 18th is the Feast of St. Felix of Cantalice. Blessed Mary Angela Truszkowska entrusted the care of the children to St. Felix's intercession before God. His statue was in the Capuchin Church where she would walk with the children daily to pray. It was the people of Poland who named our order as the Congregation of St. Felix of Cantalice, (Felician Sisters). Our Congregational name comes from this first Capuchin Saint, St. Felix of Cantalice, the patron of children. St. Felix of Cantalice was born in 1515 by his estimation, he only remembered he was born 12 years after Rome was sacked. This would make 1515 the year of his birth. This is the same year that his dear friend St. Phillip Neri was born. St. Felix (Friar Felix) became known as Brother Deo Gratias. It was in 1573 that he first began using the phrase, Deo Gratias. He learned this from a Spanish Friar he lived with in Rome. Friar Felix implemented this powerful phrase into his daily encounters. St. Felix did not have an education due to working on the farm in his childhood. This was common during his time. His work and prayer were part of his strong family roots. Friar Felix had an incredible memory and could remember prayers and bible verses on the spiritual side and he knew the names of all the benefactors and families in need that he encountered in Rome. The streets of Rome was his church. He visited the sick in their homes, in hospitals and visited prisoners in prison. He would beg from those who had more and gave to those in need of simple bread all O' Lord I around Rome. In times of famine, he still had a good supply of bread, which he gave to those in need. entrust Friar Felix would spend his nights in prayer, after a full day of quest-

bring May flowers". I saw a meme recently that this month is called May because it "may" rain or it "may" snow, or we "may" have sunshine. Obviously a Michigan joke. Regardless, May has blessed us with an abundance of flowers. Sometimes I like to challenge our patients with dementia to help me think of as many songs as we are able that contain lyrics about flowers. Popular ones are "Tip Toe Thru the Tulips", "Daisy", "Red Roses for a Blue Lady" etc. This is also a great conversation starter about the outdoors and I am surprised how many interesting answers about romances, travels, gardens and so on that the mention of flowers begins.

Equipped for the Great Commission out this task; he sent the Holy Spirit. Walk and Garden

tongues, as the Spirit enabled them to proclaim. - Acts 2:1-4

promise, they were living in a time of uncer-

were added that day. - Acts 2:37-38, 41

What Does Pentecost Mean for Us Today?

secured through the Holy Spirit's work:

chased or enjoyed in nature. You deserve it! Spiritual Care News The Pentecost As we celebrate Pentecost May 28th, 2023 The Spiritual Care Department would like to offer a simple definition and a fun coloring page for yourself or to help explain the gift of Pentecost to children. What Happened at PENTECOST??? The disciples experienced a series of dramatic highs and lows – they had seen Jesus die, come back to life, and ascend to heaven. What happened next? Jesus had promised to send the Holy Spirit.

Though the disciples had the hope of his

Brief History of Memorial Day Memorial Day was not an official holiday until 1971 after the Congressional mandate. Prior to that time, Memorial Day was considered Decoration Day. Many years after the Civil War ended (May 5, 1968), Union Veterans established Decoration Day which was devoted to decorating the graves of those whose lives were lost. With more war fatalities, the day expanded from honoring not only Civil War soldiers but to honoring all service men and women who lost their lives in the line of duty inclusive of all wars and conflicts. Memorial Day has evolved throughout the years with traditions and commemorations. Each year, the Pres-

Bereavement

Spiritual Care

We can rejoice, because as believers in Christ, we have that same power – the power of the Holy toward redemption as God's possession, to the praise of his glory. – Ephesians 1:13-14 We Honor Veterans

Let's just take a moment here to give a shout out to our Flower Buds! Trust me, families and patients comment every time I come in a room how beautiful and how thoughtful their floral arrangements are. Flowers carry so many messages depending on the color, type of flower and occasion. Whether flowers are seen out in nature or as cut flowers in a formal arrangement, flowers are special. They are temporal, fragile and full of surprise. Flowers are gifts. A personal favorite song of mine lately is Flowers by Miley Cyrus. It holds personal meaning to me not because I am experiencing heartache but because this song speaks to how we can do nice things for ourselves and not depend entirely on others to do them for us. Acts of self care help give us the energy and motivation to be gracious to others. Chorus: I can buy myself flowers Write my name in the sand Talk to myself for hours Say things you don't understand I can take myself dancing And I can hold my own hand...

GREENFIELD VILLAGE/HENRY FORD JOHN BALL ZOO \$50 Shell Gas Fuel \$10 Buffalo Wild Wings 4 vouchers for any day of \$50 Visa the 2023 season. KINGS ISLAND TOTAL VALUE = \$790.00 One day family pass for 4 people in Saginaw, Ml. Labor Day 2023. OUTDOOR ADVENTURE CENTER \$500 CASH 2 family passes for 4 people in Detroit, Mi. THE PENN THEATRE WHAT WILL YOU BUY? 4 passes for one regular movie. TOTAL VALUE = \$500.00 LIVONIA REC CENTER 4 one-day passes. ARTHUR MURRAY DANCE STUDIO ALL THINGS RELAXING Dance classes: 2 private, 1 group, 1 party. & FUN TOTAL VALUE = \$1,162.00 ARTHUR MURRAY DANCE STUDIO LILY NAILS \$15 gift card ALL THINGS GOLF Dence classes. 2 private, LIVONIA REC CENTER 1 group, 1 party. 2 Certificates for 2 rounds of 18-holes with a cart at your CARDWELL FLORIST \$15 gift card. choice of Fox Creek, Idyl Wild, or Whispering Willows "All packages may have a cart fee and/or limited dates/times to play TOTAL VALUE = \$1,120.00 TOTAL VALUE = \$439.00 IN ADDITION TO OUR RAFFLE PACKAGES. CHECK OUT OUR ONLINE AUCTION TO BID ON MORE AMAZING PRIZES! ANGELAHOSPICE.ORG/AUCTION RAFFLE ORDER FORM # OF TICKETS @ \$10 EACH - \$ Address Zip State Email Make checks payable to Angela Hospice, or charge to: □ Discover Acct# Exp. Date Sec. Code Signature
MAIL TO: ANGELA HOSPICE, ATTN: GOLF OUTING, 14100 NEWBURGH RD., LIVONIA, MI 48154 OR EMAIL HBALMFORTH@ANGELAHOSPICE.US Compassionate Corner By Denise Welsh Integrative Therapies Vol Coordinator The most known meaning of tulips is perfect and deep love. As tulips are a classic flower that has been loved by many for centuries they have been attached with the meaning of love. They're ideal to give to someone who you have a deep, unconditional love for, whether it's your partner, chil-Yellow Tulips (Brightness, Sunshine and the start of spring) The only color tulips aren't available in is blue. Blue is one of the rarest colors in flowers and despite breeders' best efforts, 'blue' tulips are usually more purple or lilac. Angelique is the most popular and arguably the most beautiful of the tulips. It bears classic, feminine, double, soft pink flowers that look like peonies. Tulips are the national flower of several countries—namely Holland, Hungary and Kyrgyzstan. What they say about you: You're thoughtful and confident, and your personal style changes a lot based on your mood but is somehow always sleek and coordinated. Choose closed tulips that aren't showing much color yet and you'll get to enjoy your flowers Remove leaves below water level. ... Be careful who you pair tulips with. ...

Choose cold water. ... Don't overfill your vase. ... Watch the water! Why put a penny in a vase of tulips? Dropping a copper penny into the vase. The reason pennies are considered a smart way to keep flowers alive longer is because copper is a fungicide, so it naturally kills off those pesky bacteria and fungi that are trying to camp out in your flowers' vase and shorten the life span of your stems. Superstitious beliefs say tulips have the powers of bringing abundance, fame, love, luck, prosperity, protection and that they are an aphrodisiac. Some believe that wearing a tulip can help protect against bad luck and poverty. Or that placing a vase of tulips on your kitchen table attracts positivity into your home. Mission Moment From Joy For Mission" Week of May 21, 2023 by Sr. Victoria

night prayer vigils in his childhood. He prayed for all the needs of those people to he encountered during his daily questing. He taught children to pray and college students to thank God saying "Deo Gratias" (Thanks be to you. God). He would tear up when they would shout the greeting back to him as he walked the streets of Rome. St. Felix of Cantalice An enjoyable book to read on his life is entitled "The Bread Man." I am sure there is one at your ministries. Ask your Mission Leader or a Felician Sister if you would like to read this wonderful book on the life of St. Felix of Cantalice. There are stories of his miracles and love for those he

ing. His nightly prayers were for those in need. He developed his all-

encountered.

I think of the lyrics "April showers

these

"May" you all be well this month and take time to enjoy the gift of flowers whether they are purby Deacon Jenny Ritter Director of Spiritual Care

you, in the name of Jesus Christ for the forgiveness of your sins; and you will receive the gift of the holy Spirit. Those who accepted his message were baptized, and about three thousand persons

Spirit – equipping us for the work to which Christ calls us. Not only that, but our redemption is In him you also, who have heard the word of truth, the gospel of your salvation, and have believed in him, were sealed with the promised holy Spirit, which is the first installment of our inheritance

ident or Vice President lays a wreath at Arlington National Cemetery at the Tomb of the Unknown Soldier. There is an important distinction between Memorial Day and Veterans Day that can often cause confusion. Memo-

KEY VOLUNTEER CONTACTS

of silence to honor and remember all who paid the ultimate sacrifice. **Volunteer** Community Outreach & Philanthropy

rial Day is intended to honor those who lost their lives in the line of duty. Veterans Day is a time to thank veterans for their service. While honoring is an important part of both of these days, Memorial Day is not a day to thank veterans for their service. In fact, doing so may cause distress as the veteran may be suffering from survivor's guilt, which is a condition of persistent mental and emotional stress experienced by someone who has survived an incident in which others died. On Memorial Day, it's common to see the red poppy which is recognized as a symbol of sacrifice many Americans and those overseas wore to honor World War I soldiers. The poppy flower flourished in Europe after World War I and inspired the poem by Lt. Col. John McCrae, "In Flanders Fields." The American Legion brought recognition of the poppy to honor all wars through National Poppy Day. National Poppy Day is declared the Friday before Memorial Day, after the passage of House Simple Resolution 309. On this and every Memorial Day, we invite you to join fellow Americans at 3pm EST in a moment

tainty. Then one day, when they were gathered together, the Holy Spirit came to them: When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the holy Spirit and began to speak in different With the descent of the Holy Spirit, the disciples were equipped to proclaim the Gospel. Christ had given them the Great Commission to "Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you." (Matthew 28:19-20). Christ did not leave them alone to carry Through the power of the Holy Spirit, the disciples were able to proclaim the Gospel in many different languages, and many were saved: Descent of the Holy Spirit as portrayed in the Rosary Now when they heard this, they were cut to the heart, and they asked Peter and the other apostles, "What are we to do, my brothers?" Peter [said] to them, "Repent and be baptized, every one of