

Volunteer Voice

Breaking News

We're excited to share that Kayla Dizney has joined our Volunteer Team as the Integrative Therapies Volunteer Coordinator. Kayla brings with her many years working in the field of hospice and a passion for supporting those who support others (like our volunteers!) She will work in the Care Center and in Home Care. We're thrilled to welcome her aboard. Please see Kayla's article on page 2.

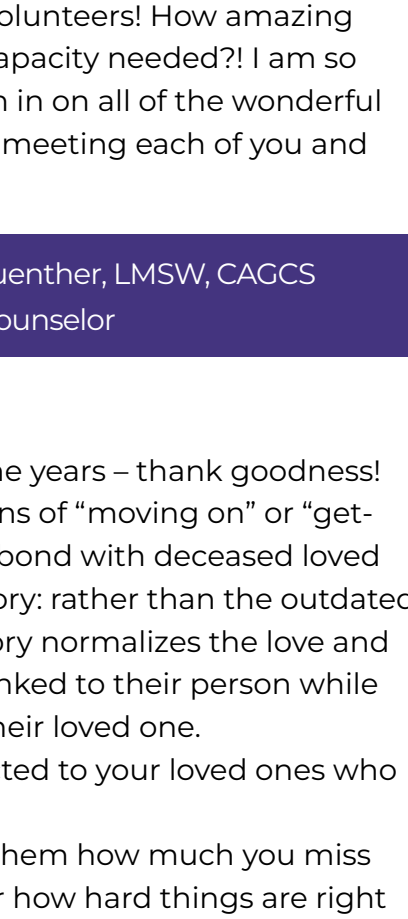
The deadline to return to active status was September 15th. Special thanks to the many of you who took the steps to return to active status. For everyone who did not update your status to active, your status has been changed to Emeritus. In this way, you will still remain connected to Angela Hospice with a sprinkling of communications from us, knowing we're always just a phone call away. Please remember that you can return to active volunteering by retaking the required training and going through the onboarding process again. For our newly crowned Emeritus status volunteers, please accept our deepest gratitude for your dedication and the time you spent serving our patients and families.

The next "Great Read" for our upcoming Volunteer Book Club series is *Every Note Played*. This book, written by Lisa Genova, is about an accomplished concert pianist who received standing ovations from audiences all over the world in awe of his rare combination of emotional resonance and flawless technique. Every finger of his hands was a finely calibrated instrument, dancing across the keys and striking each note with exacting precision. That was eight months ago. Richard now has ALS, and his entire right arm is paralyzed. Poignant and powerful, *Every Note Played* is a masterful exploration of redemption and what it means to find peace inside of forgiveness. This next Book Club series will start Tuesday, October 3rd from 11am to 12pm via Zoom.



Meet Kayla Dizney

Hi! My name is Kayla. I am 32 years old and an Aunt of 10! My family is most important to me. I graduated High School as a licensed cosmetologist, and while I enjoyed helping others look and feel beautiful, I knew I wanted to help people even more. I started in an entry level position with my first Hospice job, 11.5 years ago! Never did I expect it to take me on the journey it has. I have served in a handful of different roles, and gained a lot of experience and insight along the way. Most of my background has been in Hospice Office Management, as well as serving as a Volunteer Department Manager for 1.5 years just before COVID-19 took place. My "WHY" for working in Hospice has always been so simple to me: To help the people, helping the people. From educating volunteers about how they can provide companionship, to assisting Nurses with whatever they need to perform their jobs, to working with executives on special projects to improve business operations or stay compliant; I love what I do so I can help the people, help the people!



Starting a career with no prior personal experience, I have always felt like working in Hospice gave me a life experience you just couldn't get anywhere else. This work is purposeful, rewarding, beautiful, peaceful and necessary. That's why I love to work with Volunteers! How amazing is it that individuals want to provide their time, for free, in nearly any capacity needed?! I am so excited to be a part of the Angela Hospice family, and to be able to join in on all of the wonderful moments we give to our patient's and families! I'm looking forward to meeting each of you and learning more about how I can best support you!

Bereavement News

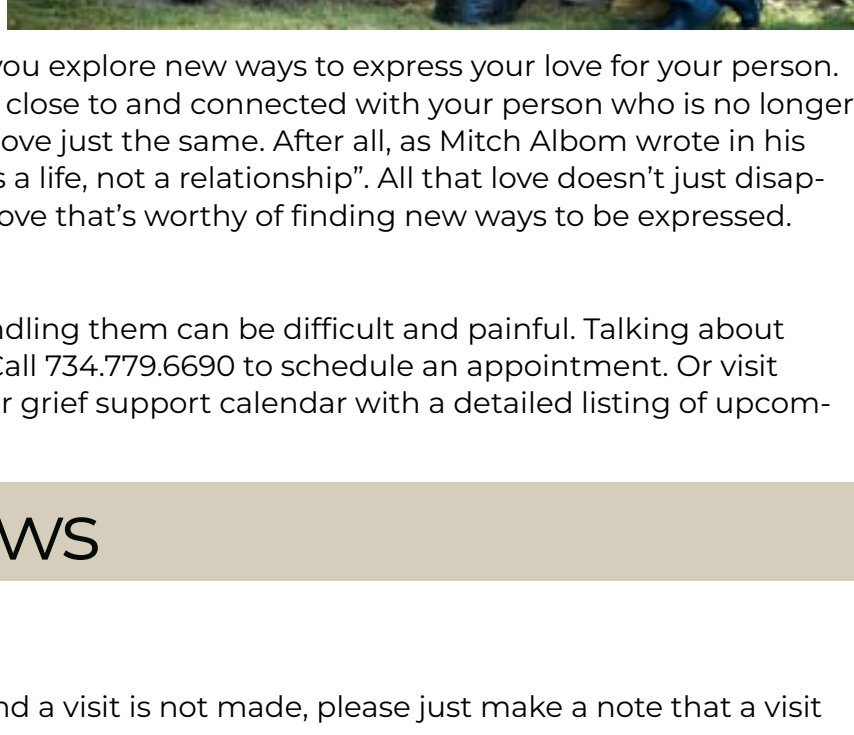
By Becca Guenther, LMSW, CAGCS
Grief Care Counselor

Continuing The Bond

The way that we understand grief and mourning has evolved over the years – thank goodness! Fortunately, grief educators have moved away from the harmful notions of “moving on” or “getting over” loss and have instead embraced the idea of continuing the bond with deceased loved ones. One theory that supports this idea is the Continuing Bonds Theory: rather than the outdated and inaccurate ideas of “overcoming” grief, the continuing bonds theory normalizes the love and connection that lasts beyond death and encourages grievers to stay linked to their person while also learning how to reinvest in life without the physical presence of their loved one.

Today, we want to share some examples of how you can stay connected to your loved ones who have died:

- Talk to them. Talk aloud to your person or to their picture – tell them how much you miss them, or how funny they would find something that just happened, or how hard things are right now, or anything else that you would say to them if they were physically here with you. Some people find comfort in visiting the cemetery or their person's favorite place to feel close to them; if this is not possible or comfortable for you, know that you don't need a specific place to go; you can talk to them anywhere and everywhere (or you can make a special place to go to feel close to them, like a memorial garden in your backyard).
- Talk about them. Use their name, tell their stories; both to people that knew them and those that never got the chance to.
- Journal. Write them a letter. You can keep the letter for yourself or partake in a ritual to let go of the letter – like writing it on paper that dissolves in water or safely burning it. Another loving way to continue your bond is to write a letter back to yourself from the perspective of your loved one and imagine what advice they would give you in a difficult situation or what they might say if they were physically with you right now.
- Celebrate them. Just because they are not physically here, you do not have to cease honoring them on special days. On birthdays and anniversaries consider getting them a card and writing them a special note, or buying cupcakes and a balloon to bring to their resting place or to keep in your home as you would when they were alive. On other special days, you can keep their presence active in your celebration by setting a place for them at the table, cooking their favorite meal, or watching one of their favorite movies.
- Do something in honor of them. Do the things that your person loved to do, or would have loved to do if given the chance. Consider taking up one of their favorite hobbies; read their favorite book series; finish a project they were working on; plant a tree or flower in their honor. While grand gestures are fair game, opportunities for honoring them may also arrive in smaller day-to-day moments as well, like lighting a candle for them, keeping your favorite photos of them up in your home, or saying “good morning” or “goodnight” each day.



There are so many ways to continue the bond with your loved one and you can get as creative as you want as you explore new ways to express your love for your person. Continuing the bond may help you feel close to and connected with your person who is no longer here on earth with you, but whom you love just the same. After all, as Mitch Albom wrote in his book *Tuesdays with Morrie*, “death ends a life, not a relationship”. All that love doesn't just disappear when our loved one dies, and is a love that's worthy of finding new ways to be expressed.

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

Documentation Clarification

When you attempt to visit a patient and a visit is not made, please just make a note that a visit was attempted but not made due to patient sleeping, had company visiting, receiving personal care, etc. It is not necessary to enter a start or stop time as this will help with clarity for our staff.

Community Outreach & Philanthropy

Help us make the 2023 Great NonProfits Top-Rated List

Do you have 3 minutes? That's about how long it takes to leave Angela Hospice a review and get us one step closer to being on the Great NonProfits Top-Rated list for 2023!

The deadline for reviews is Oct. 31, and we're currently only 6 reviews away from making the list again! If you have a few minutes to spare, and share your Angela Hospice story, we would certainly appreciate it. Let others know about your own hospice journey, you never know who you may help by telling your story.

<https://greatnonprofits.org/reviews/write/angela-hospice-home-care-inc>

Calling all crafters and jewelry makers!

Are you interested in helping with a project that includes crafting, creating, and beading? We're looking for crafters or jewelry makers who would like to be a part of a project for the Angela Hospice gift shop.

If interested, please contact Lisa Norton, Community Outreach & Philanthropy Manager, at 734.953.6008 or email lnorton@angela-hospice.us.



Upcoming events

Our Walk of Remembrance may be over but we still have plenty in store throughout the rest of the year. Be sure to save these dates!

- Angela Cares: Caring for Someone with Dementia, presented by Jamie LaLonde, Nov. 15
- Tree of Life, opening Nov. 18

Compassionate Corner

By Denise Welsh
Integrative Therapies Vol Coordinator

Pickleball is a game that is jokingly referred to as "Old People's Tennis" since the courts are smaller, the nets are shorter, and the goal is to play closer to the net so that running all over the court is minimized. Many of you have probably heard of it and/or know someone who plays since it is one of the latest crazes all over the US. More and more tennis courts are being turned into pickleball courts as well as new pickleball courts being built. It can be played inside and outside depending on your preference and the time of year in Michigan. The hard plastic balls used for play are thicker for the inside courts and a bit thinner for outside courts.

Pickleball tournaments are taking place all over the US as well. Ludington, Michigan holds an annual tournament every year on the weekend after Labor Day. One of our volunteers, Dianne Hemme, played in the tournament for the first time this year (and it was her first tournament) with her pickleball partner Maggie and they did very well (pictured above along with an action shot of Dianne with Darlene, my sister, and Alice, Darlene's pickleball partner). Six teams of two women each played against each other on Saturday, September 9th. Dianne had two other friends from Wolverine (her pickleball club in Ann Arbor) and I had four other friends play as well from our Downriver area (we call ourselves the Downriver Dolls). It was quite the challenge trying to watch them all at once and of course was made easier when they played against each other.

It is a really fun game, newcomers are always welcome on most courts, and it's a great way to meet a lot of really nice people! Please do let us know if any of you play or decide to give it a try!

Mission Moment

By Sr. Victorian Richardson
Felician Services, Inc.

Well, friends, summer is running away and the days are getting shorter right along. Hopefully, you had some free time to rest and rejuvenate your body, mind and spirit. As I reflect on this summer, I imagine that many of you have been using various electronic gadgets to capture family, friends, and nature on “film.”

Photos, oh so many photos. I don't do pictures often, but I observe others making memories. For as long as I can remember I've watched people. It seems to me that people...family, friends, co-workers...line up and instinctively put their arms around each other before they say “cheese.” It is such a tender thing. For me it says “we have a bond;” “we have something in common.” I love to witness this simple action.

I'm also struck by how, when a young child falls on a playground, other children bring that child to the principal's office for some TLC. Arms are outstretched around shoulders as a sign of “we're with you. You're gonna be OK.”

Now let's move on to adult sports. A player is down. Off the sidelines come the “care staff.” They check out the fallen one and then get him up. In helping the player off the field arms are outstretched around shoulders as a sign of “We've got your back, you're gonna make it.”

Outstretched arms...just like Jesus who welcomed those on the margins, who healed those in pain, who suffered and died and rose. Outstretched arms...just like St. Francis who greeted lepers, who so charismatically attracted brother and sisters. Outstretched arms...just like Angela who sought the orphaned and widows, who sheltered them, redeemed them from a life of poverty. Outstretched arms...just like you who feed the poor both physically and spiritually. Just like you who instruct people of all ages, those who hunger for knowledge and insight. Just like you who comfort the dying, the folks who have lived long, productive lives and are waiting to go home to God. Just like you who work to bind the wounds of racism. Just like you who tirelessly put yourself “out there” daily for the good of others.

Outstretched arms. Freeze frame...what photo ops! Say “cheese.”

Music Matters

By Heather Dean, MT-BC

Precious Memories

Did you know the month of September is World Alzheimer's Awareness month? There are several types of dementia but Alzheimer's disease is one we are most aware of. Many of our patients in hospice care have Alzheimer's and many of these patients receive music therapy visits.

You may have seen popular Youtube visits of people with Alzheimer's engaged in a listening program that suddenly begin to perk up and start talking or moving rhythmically upon hearing music. Often nursing homes or assisted living places will have music programs that residents enjoy immensely. For some people with dementia however these programs can be overwhelming or trigger unpleasant memories or emotions.

Music therapists are experts at navigating how to utilize music in a way that helps our patients recall lost memories, help communicate, reduce agitation and help patients to self express with dignity. Well chosen music used in an intentional way can ignite neural pathways in the brain that connect with each part of the brain related to emotions, motor behavior, communication and yes memories, especially long term memories for patients with Alzheimer's. These interventions are done through processes such as rhythmic cueing, melodic sing intonation, or using a patient's favorite music from a special time in their lives to recall happy memories or provide comfort. Music therapists can also use music to help support a patient's spiritual identity. One such hymn I have used repeatedly is Precious Memories. The lyrics itself offer a beautiful reminder that our patients are both Holy and Wholly human even when the brain seems to have forgotten.

Precious memories, unseen angels

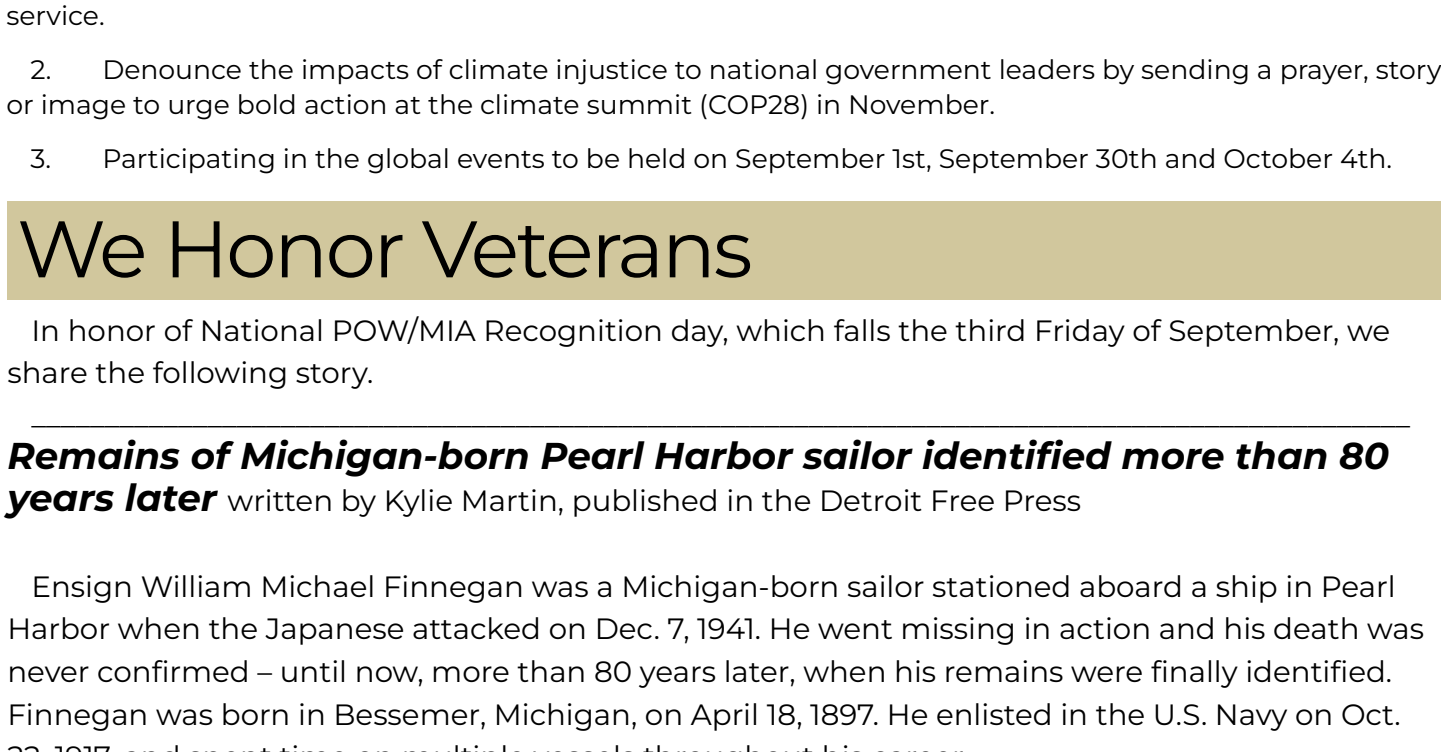
Sent from somewhere too my soul

How they linger ever near me

And the sacred past unfolds

Spiritual Care News

Let Justice and Peace Flow - source: seasonofcreation.org



“Listen carefully, I am about to do a new thing, now it will spring forth; will you not be aware of it? I will even put a road in the wilderness, rivers in the desert.” (Isaiah 43:19)

Prophet Isaiah proclaims: “Listen carefully, I am about to do a new thing, now it will spring forth; will you not be aware of it? I will even put a road in the wilderness, rivers in the desert.” (Isaiah 43: 19)

Biodiversity is being lost at a rate not seen since the last mass extinction. The futures of young people are threatened by the cascading impacts of the loss of biodiversity and a changing climate.

The urgency grows and we must make visible peace with Earth and on Earth, at the same time that justice calls us to repentance and a change of attitude and actions. As we join the river of justice and peace with others then hope is created instead of despair.

• “Our unbridled burning of fossil fuels and destruction of forests are raising temperatures and causing great droughts,” says the Pope

• The World Day of Prayer for the Care of Creation (Creation Day) on September 1st will mark the beginning of the Season of Creation until October 4th, the Feast of St. Francis of Assisi and the first anniversary of the release of the film “The Letter”

• To celebrate this Ecumenical Season, the faithful are invited to take three simple actions.

“May our common home overflow with life once again.” This is the wish expressed by Pope Francis in his message for the Day of Creation, to be celebrated on September 1. The message was presented today, in the framework of Laudato Si' Week, at a press conference at the Holy See, with the participation of Cardinal Michael Czerny, Prefect of the Dicastery for Promoting Integral Human Development, and Tomás Insa, Executive Director of Laudato Si' Movement, among others.

As Czerny explained, “Pope Francis updates the biblical image of the river to the 21st century, calling attention to the physical rivers that we mistreat so much today, proving to be a stark image of the ecological crisis.” This year, the theme of the Season of Creation – which will begin on September 1st and end on October 4th, the feast of St. Francis of Assisi and the first anniversary of the premiere of the film “The Letter” – is “Let justice and peace flow”, words that, as Francis points out in his message, are inspired by those of the prophet Amos: “Let justice flow like a river, righteousness like a never-failing stream!” (Amos 5:24).

“God wants justice to reign,” the Pope stresses, which “is essential for our proper life as children created in the image of God, no less than water is essential for our physical survival.” Therefore, “justice and peace can flow, like an inexhaustible stream of pure water, nourishing humanity and all creatures.” However, “the effects of this war can be seen in so many hearts that are drying up,” in large part, because “our rapacious consumerism, fueled by selfish desire, is disrupting the planet's water cycle.”

In this way, Pope Francis denounces that it is precisely “our unbridled burning of fossil fuels and the destruction of forests that are raising temperatures and provoking great droughts,” while “the terrible shortage of water increasingly besets our homes, from small rural communities to large metropolises.”

For this reason, Francis calls on “all people of good will” to bring about a “transformation of our hearts, our lifestyles and the public policies that govern our societies.”

Tomás Insa stressed the “prophetic” dimension of this message by the Pope. “In line with his magisterium so far, this latest message doesn't beat around the bush about the dramatic urgency of the climate emergency,” he noted, just as “he doesn't beat around the bush about the powerful interests driving the destruction.” He does so, moreover, “while most other world leaders, particularly the most powerful, remain lukewarm and hesitant to corporate interests”, thus underpinning his “moral leadership model”.

How to celebrate the Season of Creation

This year, to celebrate the Season of Creation, we are invited to participate in three very simple ways:

1. Include the 2023 theme and symbol (“A mighty river”) in Sunday liturgies or in a community prayer service.
2. Denounce the impacts of climate injustice to national government leaders by sending a prayer, story or image to urge bold action at the climate summit (COP28) in November.
3. Participating in the global events to be held on September 1st, September 30th and October 4th.

We Honor Veterans

In honor of National POW/MIA Recognition day, which falls the third Friday of September, we share the following story.

Remains of Michigan-born Pearl Harbor sailor identified more than 80 years later

written by Kylie Martin, published in the Detroit Free Press

Ensign William Michael Finnegan was a Michigan-born sailor stationed aboard a ship in Pearl Harbor when the Japanese attacked on Dec. 7, 1941. He went missing in action and his death was never confirmed – until now, more than 80 years later, when his remains were finally identified. Finnegan was born in Bessemer, Michigan, on April 18, 1897. He enlisted in the U.S. Navy on Oct. 22, 1917, and spent time on multiple vessels throughout his career.

Finnegan worked as a chief radio electrician for the Navy before he was promoted to ensign on Nov. 18, 1941. As chief radio electrician, he performed duties related to radio transmission, radar management and other sound equipment. As ensign, Finnegan worked as a division officer, overseeing the work of a crew of seamen and petty officers in a specific division. Finnegan was working on the USS Oklahoma that fateful Dec. 7 when the ship was hit with three aerial torpedoes just before 8 a.m.

As machine gun fire and more aerial torpedoes continued to tear apart the Oklahoma, it began to capsize. According to U.S. Navy POW/MIA Communications, within 15 minutes of the first torpedo strike, the ship had rolled over completely, trapping many sailors who hadn't made it to the main deck.

Over the following two days after the attack, rescue teams worked to cut holes into the exposed hull of the ship to pull out the trapped sailors, but only 32 men were saved.

In total, 429 sailors on the USS Oklahoma perished.

When the ship was righted in 1944, remains of the lost 429 were recovered, but only 35 were identified. The remains of the 388 unidentified sailors – including Finnegan – were interred, then later disinterred in 1947 in another unsuccessful attempt to identify more sailors before being buried again in the National Memorial Cemetery of the Pacific in 1950.

In April 2015, the Department of Defense announced that the remains of the 388 unidentified sailors would be disinterred once more for DNA analysis with the goal of returning identified remains to each of the families.

“Briefing families, I often hear, ‘We did not believe he was dead.’ ‘Probably he was not onboard the ship.’ ‘Maybe one day he would walk through the door.’” said Timothy Hunter, acting director of Navy Casualty, in a news release. “Being able to recover and identify the remains of sailors aid in closure for the families and it is especially important to the Navy to honor these sailors who paid the ultimate sacrifice and gave their lives for their country.”

Using DNA reference samples from USS Oklahoma families, scientists at Defense POW/MIA Accounting Agency labs in Joint Base Pearl Harbor-Hickam, Hawaii and Offutt Air Force Base in Omaha, Nebraska have been able to identify 356 of the 388 missing sailors, including Finnegan.

Finnegan died a recipient of the following awards and decorations: the Purple Heart Medal, Combat Action Ribbon, Good Conduct Medal, American Defense Service Medal (Fleet Clasp), Asiatic-Pacific Campaign Medal (Bronze Star), World War II Victory Medal and American Campaign Medal.

His remains were buried Sept. 7 at the National Memorial Cemetery of the Pacific in Honolulu, Hawaii.

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