

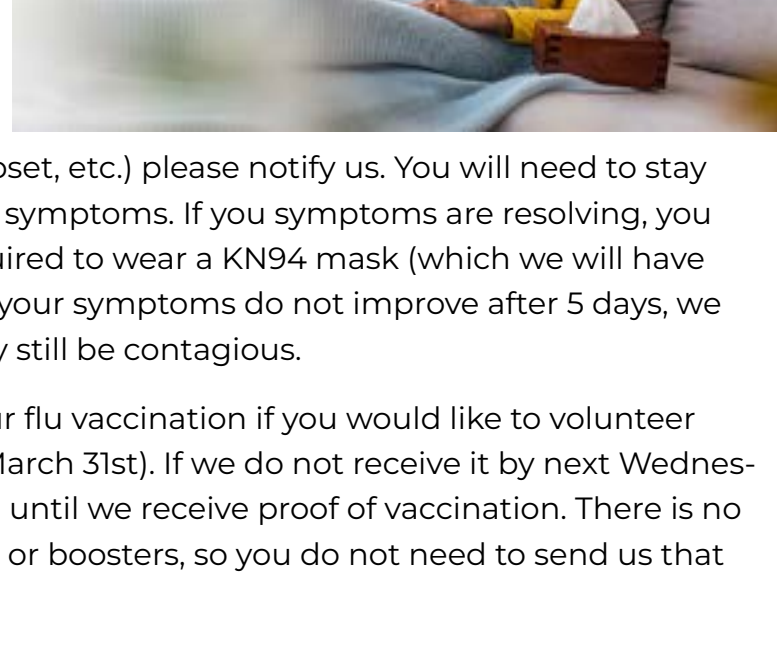


Changing the world, one volunteer at a time.

Volunteer Voice

Breaking News

Along with the splendor of Fall, comes the promise of colds, flu and unfortunately Covid.



If you are experiencing symptoms consistent with Covid (congestion, coughing, sneezing, body aches, fever, runny nose, flu like symptoms, febrile upset, etc.) please notify us.

Please remember to send us a copy of your flu vaccination if you would like to volunteer during flu season (November 1st through March 31st).

Although we just introduced Kayla to you all last month, unfortunately, she is no longer with Angela Hospice.

I happened across this beautiful quote that made me think of all of you. I hope you are as moved by it as I was.

Wishing you an autumn full of beauty and breathtaking moments.

Bereavement News

By Nikki Scott, DSW, LMSW, CAGCS, C.B.T. Grief Care Counselor

A World With Octobers: Seasonal Grief

An L.M. Montgomery quote says, "I'm so glad I live in a world where there are Octobers." Although this sentiment may be true to many...

- 1. Try not to fight your feelings. Allowing yourself to experience all of your emotions and feelings that come up is one of the best things you can do to aid in your healing journey.
2. Go back to the basics of self-care: get adequate sleep, eat nourishing food, try to get some sunshine, find ways to move your body, read a good book, etc.
3. Reach out to others for support and help. Whether that looks like finding a grief counselor or grief support group...
4. Remind yourself that seasons (and feelings) are temporary.

Please keep in mind that this is not an exhaustive list; there are many ways to cope during each season of grief.

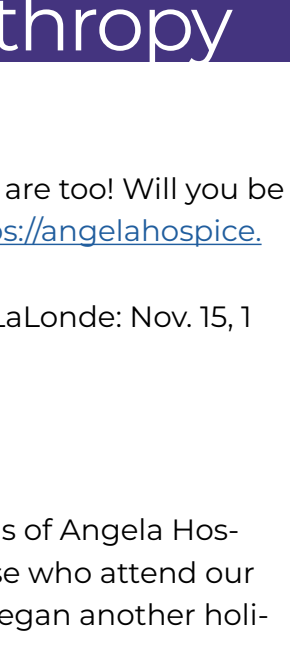
OUR FREE GRIEF CARE PROGRAMS:

While feelings of grief are normal, handling them can be difficult and painful. Talking about what you are going through can help.

Care Center News

Simple TV Remotes

We now have two simple TV remotes for each wing. They will be in a plastic container on the top shelf in the cupboard furthest to the right.



Community Outreach & Philanthropy

Upcoming events!

We have two events we're looking forward to in November, and we hope you are too! Will you be joining us? Go to our Community Events page to register for these events:

- Angela Cares: Caring for Someone with Dementia, presented by Jamie LaLonde: Nov. 15, 1 p.m. via Zoom
Tree of Life opening: Nov. 18 at 10 a.m., Angela Hospice

Tree of Life: Volunteers needed

Speaking of our Tree of Life - once again taking place on the magical grounds of Angela Hospice - we're looking for some volunteers to help be greeters and welcome those who attend our opening ceremony on Saturday, Nov. 18!

If interested in volunteering, or if you have any questions, please contact Helen Balmforth, Angela Hospice Community Outreach & Event Specialist, at hbalmforth@angelahospice.us or 734.953.6045.

The Importance of Ethics in Fundraising and Philanthropy

One of the great benefits of being an active member of the Association of Fundraising Professionals (AFP) is that I have the ability to participate and learn from all the educational offerings available.

Also as a member I must comply with the Code of Ethical Standards. The code was created to help foster the development and growth of fundraising professionals to enhance philanthropic and volunteer initiatives.

AFP celebrates and recognizes October as Ethics Awareness Month, a campaign to highlight the importance of ethics in fundraising and the impact it has on the world.

At Angela Hospice we integrate ethics into our work every day. Acknowledging October as Ethics Awareness Month just gives our donors, volunteers, prospective donors, community leaders, and colleagues the peace of mind and remembrance that not only do we appreciate your support, but we also value the trust you give to us.

For more information about the Code of Ethics and/or philanthropy at Angela Hospice, please feel free to contact me, Jennifer Dale, at 734.953.6009 or jdale@angelahospice.us.

Compassionate Corner

By Denise Welsh, Integrative Therapies Vol Coordinator

The Merriam-Webster definition of Indian Summer is a period of warm or mild weather in late autumn or early winter. 2. : a happy or flourishing period occurring toward the end of something.

Why is it called Indian Summer? One theory suggests that early American settlers mistook the sight of sun rays through the hazy autumn air for Native American campfires, resulting in the name "Indian summer."

- Several criteria for this weather phenomenon, according to The Old Farmer's Almanac are:
1. It's a period of abnormally warm weather occurring in late autumn between St. Martin's Day (November 11) and November 20, with generally clear skies, sunny but hazy days, and cool nights.
2. The time of occurrence is important: It occurs after at least one good killing frost but also before first snowfall; preferably a substantial period of normally cool weather must precede this warm spell.
3. As well as being warm, the atmosphere is hazy or smoky, there is no wind, the barometer is standing high, and the nights are clear and chilly.
4. A moving, cool, shallow polar air mass is converting into a deep, warm, stagnant anticyclone (high pressure) system, which has the effect of causing the haze and large swing in temperature between day and night.

"Indian Summer" is not the best terminology, given the history of the term "Indian" in North America. The American Meteorological Society says using the phrase is discouraged and claims that it is disrespectful of Native American people.

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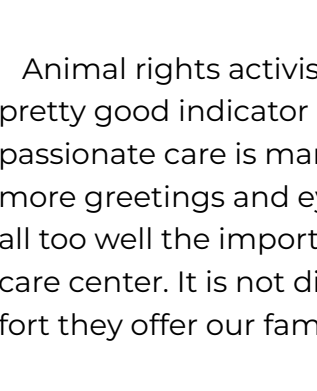
Mission Moment

Rev. Diane Smith, MDiv., BCC, Director, Ministry Engagement

Mission & Heritage Week (October 4 - 10) is a celebration of the Mission and Core Values held by the Felician Sisters of North America and their ministries.

The meditation below is the first of several offered by the Felician Sisters to encourage us all to consider the gifts we each bring to the world before we judge one another as an outsider, not one of us, or as "other."

The Other . . . Respect for Human Dignity



The other is someone who is different from who you are. We often see these differences in a negative way. One smarter than the other, one faster than another. In differences we also see prejudices and stereotypes.

When you see people other than yourself, how do you react? Do you see the beauty that makes them different from you or do you fear since they are not like you?

We are all "the other" to someone else. Have you ever tried to switch the image in your head, seeing how you are the other to someone? Do you see your gifts, or do you see your stereotypes or weaknesses?

St. Felix was a simple man. Born into a lower-class peasant family, he worked as a shepherd in his youth. After a near death experience, he entered the Capuchin order.

Walking the city with such joy, humility, and generosity, St. Felix quickly became well known. He was known by his greeting, "Deo gracias." He was known by the poor children who lived on the street and the wealthy aristocrats alike.

When St. Charles Borromeo was drafting the statutes of the Oblates of St. Ambrose, he sent them to St. Philip Neri to resolve several issues. St. Philip's first reaction was to consult St. Felix who responded that he could not read the statutes nor was he skilled or educated enough to give comment.

With further insistence from St. Philip another friar read the statutes to St. Felix who then gave his responses verbally and resolved the issues. These two esteemed scholars had seen the wisdom in the uneducated and illiterate St. Felix. They easily could have discounted him as nice and joyful, but an uneducated, poor, peasant friar.

When you look at "the other" with respect for their human dignity you cannot help but to see their gifts and the blessing they are. St. Charles Borromeo founded the system of instruction by which priests were educated, yet he saw the great wisdom in a man who had never been educated.

Thoughts for Reflection

As you continue with your day, challenge yourself to see the gifts that each person you encounter brings to your life and the lives of others. When you meet someone new learn who they truly are and what gift they bring to this world.

Music Matters

By Heather Dean, MT-BC

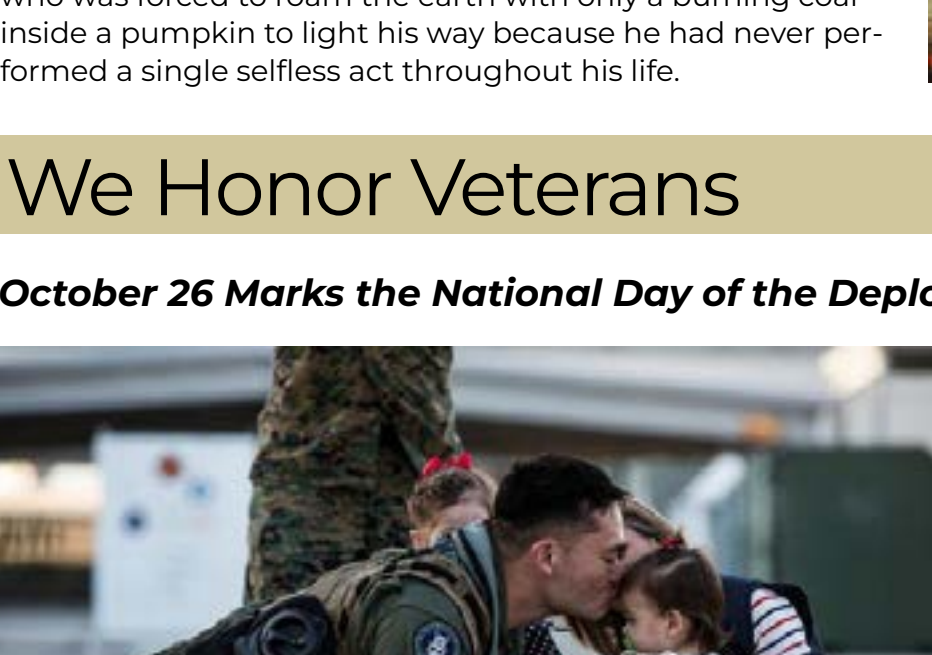
Songs for Our Animal Friends

Did you know that October 4th is Kindness to Animals Day? This holiday originated in the Philippines in 1958, proclaimed by then president Carlos Polestico Garcia in efforts to rally citizens to raise awareness of need to honor our furry and feathered companions with extra kindness and appreciation.

Animal rights activist Ali McGraw states "I have always felt that the way we treat animals is a pretty good indicator of the compassion we are capable of for the human race."

Pet owners love their companions deeply and know their personalities so well that even famous musicians have written songs about them! Do any of these songs resonate with a pet companion of yours?

Heavenly Day by Patty Griffin was written for her dog who just has no cares in the world and shows a perfect example of how to live in the presence with gratitude and love.



Martha My Dear by Paul McCartney was written for his first pet Martha who was pretty "silly" as highlighted in the lyrics and very playful.

I Love My Dog by Cat Stevens describes his dog as his most loyal companion, even more loyal than any human he knows.

Phenomenal Cat by the Kinks is about an amazing cat who is living his best life eating until quite plump and still able to climb trees.

Delilah by Queen is an ode to Freddy Mercury's cat Delilah who "makes me smile when I'm just about to cry", giving affection and cuddles at unpredictable times.

Spiritual Care News

Halloween and Its Christian Roots

The true origins of Halloween lie with the ancient Celtic tribes who lived in Ireland, Scotland, Wales and Brittany. For the Celts, November 1 marked the beginning of a new year and the coming of winter.

When the Romans conquered the Celts, they added their own touches to the Samhain festival, such as making centerpieces out of apples and nuts for Pomona, the Roman goddess of the orchards.

The purpose of these feasts is to remember those who have died, whether they are officially recognized by the Church as saints or not. It is a celebration of the communion of saints, which reminds us that the Church is not bound by space or time.

The Catechism of the Catholic Church says that through the communion of saints, a perennial link of charity exists between the faithful who have already reached their heavenly home, those who are expiating their sins in purgatory and those who are still pilgrims on earth.

Carving the Turnip?

Many of the customs we now associate with Halloween are also derived from ancient celebrations. For example, the current custom of going door-to-door to collect treats actually started in Ireland hundreds of years ago.

Those who gave were promised prosperity; those who did not received threats of bad luck. When an influx of Irish Catholic immigrants came to the United States in the 1800s, the custom of trick-or-treating came with them.

Does your family carve a pumpkin to place on your porch for Halloween? If so, then you can once again thank the Irish for the tradition. Actually, the custom began with a turnip. People would hollow out the turnips and place lighted candles inside to scare off the evil spirits.

The Tale of the Jack-o'-Lantern

So now you know why we carve pumpkins instead of turnips, but why do we call them jack-o-lanterns? The name actually comes from the legend of an Irishman named Jack who was forced to roam the earth with only a burning coal inside a pumpkin to light his way because he had never performed a single selfless act throughout his life.

We Honor Veterans

October 26 Marks the National Day of the Deployed:

This day honors all service members who have been deployed in service of our country. The day also acknowledges the sacrifices that military families make during deployment.

The first National Day of the Deployed was observed in 2006, when North Dakota announced a proclamation for the day, thanks to Shelle Michaelis Aberle, who petitioned Governor John Hoeven to with the idea.

By 2012, every state in the US was observing this day. If you're honoring those who have been deployed, it is recommended to post to social media including the hashtag #DayOfTheDeployed.

If you're looking to support service members on this day of recognition, check with local veterans service organizations, or, if you live near a military base, contact the base's Family Resource Center. For more tips, see Military.com's Easy Ways to Support Our Troops and Their Families.

If you a deploying service member or military family member, visit Military.com's Deployment Center for additional resources and guides to aid you before, during and after deployment. You can also visit MilitaryOneSource's Deployment Resources for Families page.

KEY VOLUNTEER CONTACTS

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Spiritual Care: Spiritual_Care@angelahospice.us