

Changing the world, one volunteer at a time.

Volunteer Voice **Breaking News**

long with the splendor of Fall, comes the promise of colds, flus and unfortunately

Covid. If you are experiencing symptoms consistent with Covid (congestion, coughing, sneezing, body aches, fever, runny nose, flu like symptoms, intestinal upset, etc.) please notify us. You will need to stay out a minimum of 5 days after the onset of symptoms. If you symptoms are resolving, you

can return after 5 days, but you will be required to wear a KN94 mask (which we will have available for you in the Volunteer office.). If your symptoms do not improve after 5 days, we

ask that you stay out for 10 days as you may still be contagious. 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). If we do not receive it by next Wednesday, your status will be changed to inactive until we receive proof of vaccination. There is no longer a requirement for Covid vaccination or boosters, so you do not need to send us that information.

Although we just introduced Kayla to you all last month, unfortunately, she is no longer with Angela Hospice. Please continue to reach out to Denise, Lora, Melayna and Teri for any needs. 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. "I have been able to care for many people with my heart, even when there was nothing I could do with my hands." (Kathy) Wishing you an autumn full of beauty and breathtaking moments.

By Nikki Scott, DSW, LMSW, CAGCS, C.B.T. Bereavement News 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." Al-

though this sentiment may be true to many-especially as we are beginning a new autumnal season full of traditions and joy-others (especially those who have lost a loved one) may struggle to

Have you heard the term "seasonal grief" before? Many bereaved individuals say that their grief

be glad in any capacity. It's important to note that both joy and sadness are okay (and healthy) to feel, even at the same time. It's okay to be deeply saddened by your grief, but it's also okay to still

look for and experience joy.

is harder during some seasons of life, such as fall, and then the transition to winter. Seasonal grief may leave you feeling more sad than normal. You may be dreading the upcoming holidays. Your grief may make you feel more isolated, especially as the darkness creeps in earlier. After experi-

encing profound loss, our lives will never be the same, but there are some things we can do to help lighten the heaviness throughout the harder seasons: 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.

Reach out to others for support and help. Whether that looks like finding a grief counselor or grief support group or asking a friend to come by so you're not alone... it's important that you give yourself permission to ask for and accept help from others. Remind yourself that seasons (and feelings) are temporary. All of the seasons in life have come and gone in years past, and this one is no different. If it gets to be too much to think about, try to break it down into one day at a time, or one hour at a time. You can and will get through even the darkest of days.

Please keep in mind that this is not an exhaustive list; there are many ways to cope during

each season of grief. It's October, and although it is magical and wondrous to live in a world where we get to watch the trees change colors and shed their leaves, everyone experiences this change differently. Your experiences during every season of grief are normal, valid, and justified. You have

permission to grieve. You have permission to remember your loved one however feels best for you. You have permission to allow this season to unfold however it needs to. **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

<u>www.askforangela.com</u> to check out our grief support calendar with a detailed listing of upcom-

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. There will be a sign on the cupboard that says "Simple TV Remotes" to identify where they are located. There will be a log out / log in sheet on the top of the container to help track where the remotes are currently being used. Hopefully patients that have difficulty with our current remotes will find

Community Outreach & Philanthropy

joining us? Go to our Community Events page to register for these events: https://angelahospice.

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! It's sure to be a beautiful time as we began another holi-

Angela Cares: Caring for Someone with Dementia, presented by Jamie LaLonde: Nov. 15, 1

these helpful. Please note that set up will be necessary - please be prepared

to turn on the cable in order to assist the patients with being able to use these remotes. (The on / off button is programmed for the television and

Tree of Life opening: Nov. 18 at 10 a.m., Angela Hospice

Upcoming events! We have two events we're looking forward to in November, and we hope you are too! Will you be

Tree of Life: Volunteers needed

rector of Community Outreach & Philanthropy

sions or percentage-based fundraising.

port, but we also value the trust you give to us.

standing high, and the nights are clear and chilly.

Mission Moment

but an uneducated, poor, peasant friar.

are and what gift they bring to this world.

Thoughts for Reflection

can only be programmed for one device.)

Care Center News

day season to remember those we love and have lost. If interested in volunteering, or if you have any questions, please contact Helen Balmforth, Angela Hospice Community Outreach & Event Specialist, at https://doi.org/10.2016/nc.10.2016/ Outreach & Event Specialist, at https://doi.org/10.2016/nc.10.2016/ Outreach & Event Specialist, at https://doi.org/10.2016/nc.2016/nc.2016/nc.10.2016/nc.10.2016/nc.10.2016/nc.10.2016/nc.10.

p.m. via Zoom

734.953.6045.

warm spell.

between day and night.

ing support groups.

available. Seminars, workshops, and readings about planned giving, event production, major gift planning, and donor management allow me to fine tune and ethically enhance my role as Director of Community Outreach & Philanthropy at Angela Hospice. 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. The 25 standards address issues such as privacy, stewardship of funds, professional responsibilities, and compensation, including a prohibition on accepting commis-

importance of ethics in fundraising and the impact it has on the world.

AFP celebrates and recognizes October as Ethics Awareness Month, a campaign to highlight the

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 sup-

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

The Importance of Ethics in Fundraising and Philanthropy by Jennifer L. Dale, Di-

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

and used the opportunity to gather additional food for the winter. Several criteria for this weather phenomenon, according to The Old Farmer's Almanac are: 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.

The time of occurrence is important: It occurs after at least one good killing frost but also be before first snowfall; preferably a substantial period of normally cool weather must precede this

As well as being warm, the atmosphere is hazy or smoky, there is no wind, the barometer is

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

- another phrase used to express an unseasonably warm and dry period in autumn in mainly temperate climates of North America. How do you spend your "second summer?" Email us at <u>dwelsh@angelahospice.us</u> to share.

"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. In its place, the AMS chose Second summer

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?

tered the Capuchin order. He could not read or write and was uneducated. As such St. Felix could never be a priest, so the Capuchins assigned him to the task of begging (questor). Traversing the city daily he would collect food and funds for the monastery. This was one of the simplest tasks a friar could be assigned. 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,

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 educat-

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

By Heather Dean, MT-BC

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

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

very playful.

passionate care is manifested through our goofy companions and let's be honest sometimes get more greetings and eye contact than their caretakers. Employees and volunteers at Angela know all too well the importance of creating a welcoming culture for our furry friends who come to the care center. It is not difficult giving affection to our lovable furry friends when we witness the comfort they offer our families and patients.

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

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

about to cry", giving affection and cuddles at unpredictable times.

loween. On November 2, the Church celebrates All Souls Day.

reminds us that the Church is not bound by space or time.

there is, too, an abundant exchange of all good things (#1475).

Spiritual Care News

such as making centerpieces out of apples and nuts for Pomona, the Roman goddess of the orchards. The Romans also bobbed for apples and drank cider, traditions which may sound familiar to you. But where does the Christian aspect of the holiday come into play? In 835, Pope Gregory IV moved the celebration for all the martyrs (later all saints) from May 13 to November 1. The night before became known as All Hallow's Eve. Eventually the name was shortened to the current Hal-

trick-or-treating came with them.

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

sight of sun rays through the hazy autumn air for Native American campfires, resulting in the name "Indian summer." Others speculate that Native Americans recognized this weather pattern

Rev. Diane Smith, MDiv., BCC

Director, Ministry Engagement

the Felician Sisters of North America and their ministries. This year's theme, which will be lifted up through June 31st, 2024, is "Reverencing the Other: Fostering a Culture of Encounter." 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." Consider the example shared below concerning St. Felix of Cantalice, from whose name the foundress of the Felician Sisters, Blessed Mary Angela, derived the title "Felician." 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

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 en-

Mission & Heritage Week (October 4 – 10) is a celebration of the Mission and Core Values held by

Music Matters Songs for Our Animal Friends Did you know that October 4th is Kindness to Animals Day? This holiday originated in the Phillipines 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. The citizens of the Phillipines are encouraged to promote and engage in charitable efforts and engage in programs that take care of the wellbeing of animals.

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." This level of com-

living his best life eating until quite plump and still able to climb trees.

of yours?

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. The night before the new year, they celebrated the festival of Samhain, Lord of the Dead. During this festival, Celts believed the souls of the dead, including ghosts, goblins and witches, returned to mingle with the living. In order to scare away the evil spirits, people would wear masks and light bonfires.

Delilah by Queen is an ode to Freddy Mercury's cat Delilah who "makes me smile when I'm just

When the Romans conquered the Celts, they added their own touches to the Samhain festival,

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

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. Between them

Halloween and Its Christian Roots by Susan Hines-Brigger (Franciscan Spirit Blog)

nor John Hoevento with the idea. October 26 was chosen for the date in honor of Shelle's cousin, LTC David Hosna, who had been deployed to Iraq (the day

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. Groups of farmers would go door-to-door collecting food and materials for a village feast and bonfire. 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

members who have been de-

ans 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.

was Hosna's birthday).

Bereavement Volunteer

ployed 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 Michaeles If you're looking to support service members on this day of recognition, check with local veter-

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.

came to America, they discovered the pumpkin as a larger substitute for the turnip. And so, we now carve pumpkins instead of turnips for Halloween. The Tale of the Jack-o'-lantern 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: (source: military.com) This day honors all service

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. When the Irish

Aberle, who petitioned Gover-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.

KEY VOLUNTEER CONTACTS

Community Outreach & Philanthropy **Spiritual Care**