

WE ARE SO "LUCKY" TO HAVE YOU AS A ST. JOE'S VOLUNTEER

"WHETHER HERE OR FAR"

Happy Health and Wealth To You All,

This March newsletter comes to you with an attitude of gratitude. Grateful for each one of you and the role you hold in the patient experience at Saint Joseph Mercy Ann Arbor & Livingston. This of course includes our Canton and Brighton health care centers too. During this time of suspended volunteering, I want you to know a few important facts:

- You absence is truly noticed.
- You matter.
- We suspended all volunteering for your health and safety.
- We miss your presence.
- We are thankful for you all.

Additionally, please use this time to practice social distancing, hand washing, and watch the local news to remain abreast of the state of affairs. We are committed to making wise and conscience decisions pertaining to re-opening the doors.

We will assess our next move at the end of the month. You will receive an email once we have a decision.

We are so lucky to have you on our team,

Lisa Austin, Manager

National Volunteer Week 2020

April 19-25, 2020. National Volunteer Week in the USA (usually the 3rd week in April) National Volunteer Week, always held in the third week of April unless the spring religious holidays coincide, has been celebrated annually since the 1970s, is sponsored by the **Points of Light Institute**

First Day of SPRING
Thursday March 19th,
2020



**We are so LUCKY to have you
as a Volunteer!**

Saint Patrick's Day
Tuesday March 17th,

St. Patrick's Day Celebration Fun Facts:

- *St. Patrick's Day* observes of the death of St. Patrick, the patron saint of Ireland. The holiday has evolved into a celebration of Irish culture with parades, special foods, music, dancing, drinking and a whole lot of green.
- *Music is often associated with St. Patrick's Day*—and Irish culture in general. From ancient days of the Celts, music has always been an important part of Irish life. The Celts had an oral culture, where religion, legend and history were passed from one generation to the next by way of stories and songs

Info taken from:
<http://www.history.com/topics/st-patricks-day/st-patricks-day-facts>

Spring-cleaning is the practice of thoroughly cleaning a house in the springtime. The practice of spring-cleaning is especially prevalent in climates with a cold winter. In many cultures, annual cleaning occurs at the end of the year, which may be in spring or winter, depending on the calendar. *Wikipedia*

Hot Teas to make you comfortable at home.



1. Chamomile

You probably drink chamomile tea when you want to relax, but you probably did not realize why chamomile is so effective at soothing your stressed body and mind. Chamomile promotes the production of white blood cells (macrophages and B-lymphocytes) in your body. These cells are the biggest infection-fighters of your immune system, so keeping them plentiful is key to feeling strong and healthy.

2. Dandelion

You might not realize that the pesky yellow-flowered weeds that take over your yard every spring could help you fight off your cold. In truth, dandelions were revered as medicinal plants for centuries; only recently has humanity forgotten that the flowers have powerful immunity-boosting benefits. Researchers believe that the chemical compounds in dandelions flush toxins out of your system, aiding the immune system’s fight against infection. However, dandelion is a strong diuretic—it makes you need to urinate—and it may impact other medications, so you should talk to your doctor before drinking it regularly.

These teas can help you relax and restore your immunity.

Source:



#1

10 Ways to Deepen Your Connections With Others While At Home...

1. Smile.
2. Make Eye Contact.
3. Schedule Quality Time.
4. Listen With Your Heart.
5. Actively Love.
6. Communicate Consciously.
7. Dig Deeper.
8. Be Present and Focused on the Other.
9. Establish Go's and No-Go's.
10. Be Authentic.

Which is the best one to practice?

Which number is missing?

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
16 17 18 19 20 21 22 23 24 25 26
27 28 29 30 31 33 34 35 36 37 38
39 40 41 42 43 44 45 46 47 48 49

2

3

What can you break, even if you never pick it up or touch it?

#4

A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?

Answer Key:

#1: All 10 of them.

#2: 32.

#3: A promise.

#4: His son.

Annual Volunteer Recognition Luncheon

Termination of Volunteer Time

Step 1: Inform your liaison

Step 2: Inform Volunteer Serv.

Step 3: Return jacket & badge to us.

Step 4: Know we appreciate you.

NOTE: If you decide to return, you **MUST** contact Volunteer Services to be cleared **FIRST!**



Core Value of the Month.

"Stewardship"

We honor our heritage and hold ourselves accountable for the human, *financial*, and natural resources entrusted to our care.

As we honor, engage, and celebrate our valued volunteers.

SAVE THE DATE TO CELEBRATE

National Volunteer Week

Both luncheons are on hold at this time.

However, please keep the dates open on your calendar in the event we are able to host you.

ANN ARBOR & CANTON

April 29, 2020

LIVINGSTON & BRIGHTON

April 30, 2020

Caring Corner:

During this crucial time of patient care, here is a quote for our St. Joe's nursing staff:

IC Quote of the Day: "Our nursing staff is awesome; they continue to provide remarkable care every day, regardless of the challenges!"

What is an example of a positive affirmation?

- I know, accept and am true to myself. I eat well, exercise regularly, and get plenty of rest.
 - I learn from my mistakes. I never give up. I enjoy life to the fullest.
 - I accept others for who they are. I commit to learning new things.
 - I endeavor to be the best that I can be.

Three Elements of Successful Affirmations



Because positive affirmations are written in the language of the brain, they follow a specific formula.

If you come across a quote on the Internet or in a book that claims to be a positive affirmation, but does not follow this formula, **your brain will not register the thought accurately.**

It turns out; our brains are pretty strict and straightforward about their language rules.

1) Positive affirmations are *always* in the **present tense**. If you see a positive affirmation that says, “I will,” “I used to” or “I’m going to,” move on. **Your brain only responds to present tense statements.**

2) Positive affirmations only include *positive* words. If you see a positive affirmation that has words like “don’t,” “can’t” or “won’t,” it is not a statement you will want to repeat. **It takes your brain a lot of extra work to get past negative statements and transform them into positive ones.**

3) Positive affirmations are spoken as **statements of fact and truth**. Statements that contain words like “might” and “could” are not nearly as powerful as statements that contain words like “am” and “do.”



A Time To Believe
by B.J. Morbitzer

To believe is to know that
every day is a new beginning.
Is to trust that miracles happen
and dreams really do come true.

To believe is to see angels
dancing among the clouds,
To know the wonder of a stardust sky
and the wisdom of the man in the moon.

To believe is to know the value of a
nurturing heart,
the innocence of a child's eyes
and the beauty of an aging hand,
for it is through their teachings we
learn to love.

To believe is to find the strength
and courage that lies within us
when it is time to pick up
the pieces and begin again.

To believe is to know
we are not alone,
that life is a gift
and this is our time to cherish it.

To believe is to know
that wonderful surprises are just
waiting to happen,
and all our hopes and dreams are
within reach.

If only we believe.



Volunteering is at the very core
of being human. No one has
made it through life without
someone else's help.

– Heather French Henry



From time to time....

Life whispers for us to take a break and though we may not want too, life never makes mistakes. The journey has its ups and downs, we all have smiled, we all have frowned but when the day ends life has been a good friend when the downs have been few and the ups have been multiplied by more than two. So happy is he that can endure with gratitude as the cure with reflection from time to time...

-Elevated Inspirations