

April Showers 

National Volunteer Recognition Week



Former President **Richard Nixon** established National Volunteer Week with an executive order in 1974. Every sitting U.S. president since Nixon has issued a proclamation during National Volunteer Week (as have many U.S. mayors and governors), urging Americans to give their time to community outreach organizations. It is also a time to thank the many individuals that donate their time to make life better for others.

In like manner, St. Joseph Mercy Ann Arbor, & St. Joseph Mercy Livingston celebrate and recognize our valued volunteers. Words cannot describe the gratitude and appreciation for your dedication and commitment. Each and every one of you makes such a difference in our organization. We celebrate and thank you for all that you do. This year's theme is

 ***VOLUNTEERS THE HEART OF OUR TEAM*** 

Be good to yourself, Be excellent to others, and Do everything with love-

John Wolf

RSVP What does it really mean and why is it important?

RSVP (invitations), in the context of social invitations, RSVP is a process for a response from the invited person or people.

répondez s'il
vous plaît

It is an initialism derived from the French phrase meaning "Please respond" or literally "Reply if it pleases you".

It is important so that the HOST of an event can correctly prepare for the anticipated number of guest. This helps in planning the budget, amount of food, and seating arrangements.

Most importantly, it accounts for gifts, tokens of appreciation, including whose attendance requires a *Merçi!* Always make someone aware if you go from RSVP to Regrets.



Join us on **Saturday, May 19, from 1 to 4 p.m.** for our annual **Healthy Kick-Off** event at St. Joseph Mercy Canton Health Center. This free, fun-filled afternoon will feature bike helmets and fittings, digital fingerprinting, Health Exploration Station, health screenings, players from AFC Ann Arbor, a rock wall and teddy bear clinic.

Think Green this Earth Day

Earth Day – celebrated around the world on **April 22** every year – is a great reminder of the environmental resources we are called to steward. In fact, **Stewardship** is one of our five core values here at St. Joe's, and a group of inter professional colleagues comprising the **Sustainability Steering Committee – or, the Green Team** – meets monthly to identify ways to improve the social, economic and environmental well-being of our ministry and the communities we serve. We want to encourage colleagues to "think green" with us. Small intentional choices – such as ditching paper cups or turning off the light switch when we exit a room – can have a big impact when we work together.

Method 1

Meditation: Do deep breathing exercises. Although the idea may seem obvious, deep breathing exercises apparently work wonders on relaxing your mind. Practice these daily and in times of stress to help soothe your anxiety.

- Close your mouth and take a deep breath in through your nose. Try to time this inhalation so that it lasts for four seconds. Hold your breath for eight seconds, and then exhale your breath for a count of eight seconds. Repeat this four times total.
- If you have trouble slowing your breathing this far, start a faster pace and slowly work your way up to a longer time.
- Feel free to adjust the time each inhales and exhale lasts, but be sure that your exhale lasts for twice as long as your inhale. Pause between each breath.^[1] **Do progressive muscle relaxation.** This is a process by which you tense and then relax all the muscles in your body. Relaxing your muscles after having them tensed alters your mental state, and helps your mind to be as equally soothed as your body.
- Start by tensing the muscles in your face one at a time. These might include frowning, knitting your brows, scrunching your forehead, and setting your jaw. Then, allow each muscle to relax.
- When you finish with your face, move down your body until you have done this with all your muscles.
- Hold the tense muscles for 5-10 seconds each before releasing in order to get the most relaxation from the process

Drink lots of water.

Water is important for keeping your body well hydrated and free of toxins, which helps your mind to focus better. To aid in other relaxation exercises, drink plenty of water

REMARKABLE RELAXATION HOME TIPS



Sit in the sunshine, even if you are indoors. The warmth and light will help lift your mood.

Light candles, turn off lights and relax where there's no noise.

Try light-humored comedy. A favorite funny movie can bring up your mood and distract your mind; perhaps even giving you advice about a certain situation.

Close your eyes, and hear yourself breathe. Make sure you are in a quiet place.

<https://www.wikihow.com/Relax-Your-Mind>

While volunteering put these practices at the center of your day & positively connect with all the people you encounter.

**Living the "Core Value" of
Stewardship (Part 2)**

I support others in fulfilling our mission.

***I engage everyday with an owner's mind
and a servant's heart.***

***"Self-care is never a selfish act- it is simply good stewardship
of.....the gift I was put on earth to offer others"***

-Parker Palmer

"Service Excellence Standard"

Communications Part 2

Managing Up

****A form of communication that positions
information, a person or team in a positive
manner. Take the opportunity to speak
positively of other volunteers, the area
were you serve and those staff and
services provided. For example:***

"You are in good hands"

"He's my doctor too!"

"Mary is a great nurse"

"A Servant's Heart"

***Everybody can be great. Because anybody can serve. You don't have to
have a college degree to serve....***

You don't have to make your subject and your verb agree to serve....

***You don't have to know the second theory of thermodynamics in physics to
serve. You only need a heart full of grace. A soul generated by love.***

~Martin Luther King, Jr.

April Birthdays!



St. Joseph Mercy- Ann Arbor

<i>Corbin Pontious</i>	<i>1st</i>
<i>Matt Canter</i>	<i>2nd</i>
<i>Alicia Devers</i>	<i>3rd</i>
<i>Karen Stewart</i>	<i>3rd</i>
<i>Grace Tremonti</i>	<i>9th</i>
<i>Laura Doran</i>	<i>9th</i>
<i>Tesia Feller</i>	<i>9th</i>
<i>Paul Walkowski</i>	<i>10th</i>
<i>Jaclyn Yared</i>	<i>11th</i>
<i>Joyce Dahart</i>	<i>11th</i>
<i>Isabelle Tulk</i>	<i>12th</i>
<i>Ayiana Byrd</i>	<i>13th</i>
<i>Rachel Bristow</i>	<i>13th</i>
<i>Sophia Zhao</i>	<i>13th</i>
<i>Lauryn Clark</i>	<i>14th</i>
<i>Tsion Tadesse</i>	<i>14th</i>
<i>Edward Millenbach</i>	<i>15th</i>
<i>Norma Ogbonna</i>	<i>15th</i>
<i>Ann (aka Goldie)</i>	<i>16th</i>
<i>Marcy Hood-Radwick</i>	<i>16th</i>
<i>Carolyn Cornillie</i>	<i>19th</i>
<i>Christina Manuel</i>	<i>20th</i>
<i>James McMurtrie</i>	<i>20th</i>
<i>Dan Kjos</i>	<i>21st</i>
<i>Janie Little</i>	<i>21st</i>
<i>Aavikumar Bhakta</i>	<i>23rd</i>
<i>Allison Legare</i>	<i>23rd</i>

St. Joseph Mercy- Livingston

Pamela Prince 4th



Robert Karns 13th

St. Joseph Mercy- Brighton

Michael Boleratz 10th

Janet M Romeo 20th

Robert Rosenberg 26th

NICU EXPERIENCE ADVISOR-ANN ARBOR

Melanie Andrews 16th

Robin Randal-Lewis 23rd

Ann Arbor *continued*

Sarah Khan	23rd
Tina Amphonephong	23rd
Karen Paciorek	26th
Adjoa Aniapam	28th
Michael Gilbert	28th
Caitlin Davey	29th
Rohit Misra	29th

If you are interested in any of the posted volunteer opportunities, please apply:

- Lisa.Austin@stjoeshealth.org
Manager, Volunteer Services
- Livingston & Brighton:
517-545-6121
- Ann Arbor & Canton:
734-712-4164
- Or visit
stjoesannarbor.org/volunteering
for more information on open
volunteer programs.

Livingston Book and Magazine Cart



We are looking for volunteers interested in bringing reading materials to our patient, family and visitors areas.

This role consist of pushing our book cart, keeping our family waiting areas stocked with neat and current items.

A requirement is to have great customer service skills to interact with people and organization skills to maintain the materials. There is training for wayfinding.

We are in need of adult coloring books, crayons, crossword puzzle books, colored-pencils, decks of cards, checker board games and markers for our "Healing Arts Program".

If you would like to donate any of the above items, please drop them off to the volunteer office at St Joseph Mercy Ann Arbor, Suite 1230 any day between 9-3pm.

Special Request for Ann Arbor Emergency Department(ED)

We are currently seeking Pre-Med, and university students interested in clinically-based programs who would like to volunteer in our ED. This role would assist with making patients and their families visits more comfortable through communication, and wayfinding. Available shifts Sunday-Saturday from 11-11pm. Your commitment would be 1-2 days scheduled for a 4 hour shift.

Contact Lisa Austin, Manager Volunteer Services for pre-screening intake.

Ann Arbor, Brighton, or Livingston Welcome Ambassador

This customer focused opportunity is for friendly individuals with great people skills to assist in creating a great first impression of St. Joe's. You will greet and assist patients as they arrive and make sure their needs are met (questions answered, wayfinding to their destination, etc.). Great customer service skills are a must; as is the ability to push wheelchairs and walk distances easily while guiding visitors to their location. This is an amazing way to help those in need and make their visit more comfortable. Wayfinding & Service Excellence Standard training provided.

Please apply online at stjoesannarbor.org/volunteering under the "Welcome Ambassador" program.