

VOLUNTEERS ARE A GIFT TO THE ST. JOE'S COMMUNITY



Build Resilience

The capacity to recover quickly from difficulties and toughness

Make Connections...

Good relationships with close family members, friends, or others are important.

Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups,

VOLUNTEERING, faith based organizations, or other local groups provides social support and can help with reclaiming hope.

Take Care of Yourself...

Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps keep your mind and body primed to deal with situations that require resilience.

Accept that change is a part of living...

Certain goals may no longer be attainable. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

Ackerman, C (2017, June 13)

Ann Arbor/Canton
Dates & Times

Get your FLU Shot to Stay Safe



Livingston /Brighton
Dates & Times

Nov. 5: 1:30 – 4:30 p.m.
Canton Urgent Care

Nov. 11 – 15: 7:30 a.m. – 4 p.m.
Employee Health Services

Nov. 18 – 20: 7:30 a.m. – 4 p.m.
Employee Health Services

**FLU SHOTS ARE DUE
NO LATER THAN
NOV. 20, 2019**

Get your FLU Shot to Stay Safe

Livingston

- **Mondays - Joe's Java**
6:30 - 8 a.m. 11/4 and 11/11
- **Tuesdays - Employee Health Svcs**
12 - 3:30 p.m.: 10/22, 10/29, 11/5,
11/12, and 11/19
- **Wednesdays - Employee Health Svcs**
8 a.m. - 3 p.m. 11/20

Brighton:

All in Short Stay Break Room

- **Mondays:** 6:30 - 9 a.m.: 11/18
- **Wednesdays:** 6:30 - 9 a.m. - 10/23,
11/6 - 3:30 p.m. : 10/30, 11/13



Roasted Cherry Tomatoes with Angel Hair

Prep: 20 minutes **Cook:** 39
minutes

INGREDIENTS:

- 1 (10 ounce) basket cherry tomatoes, halved
 - 1 tablespoon olive oil
 - 1 teaspoon minced garlic
- salt and ground black pepper to taste
 - 4 ounces angel hair pasta
- 3 basil leaves, cut into thin strips, or more to taste
 - 1 dash red pepper flakes
- 2 tablespoons fresh grated Parmesan cheese, or to taste (optional)
 - Add all ingredients

DIRECTIONS:

Preheat oven to 375 degrees F (190 degrees C).

Combine tomatoes, olive oil, garlic, salt, and pepper in a bowl until well mixed; spread on a shallow-sided baking sheet.

Bake in the preheated oven until tomatoes are soft and wrinkled, 25 to 30 minutes.

Bring a large pot of lightly salted water to a boil. Cook angel hair pasta in the boiling water, stirring occasionally until tender yet firm to the bite, 4 to 5 minutes. Drain; reserving a small amount of cooking water. ³



St. Joseph Mercy- Ann Arbor

May your
day be filled
with
happiness,
peace, **AA**nd
joy!



St. Joseph Mercy- Brighton

Enjoy your
day!
SHINE
BRIGHT LIKE
A BIRTHDAY
CANDLE

St. Joseph Mercy- Livingston

Happy Birthday
LIV, LOVE &
LAUGH!

St. Joseph Mercy- Canton

CAN you have a **TON** of fun?

*Something
new just for
you!*

**Happy
Birthday!** 😊😊
😊😊 😊😊

You must always swipe in and out at a volunteer-designated Kiosk

Termination of Volunteer Time

- Step 1: Inform your liaison
- Step 2: Inform Volunteer Serv.
- Step 3: Return your jacket & badge
- Step 4: Know we appreciate you.

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



Core Value of the Month.








Commitment To Those

That Are Poor.




We can measure our life together by how the poor and vulnerable are treated –US Catholic bishops

I notice when others are suffering or struggling and reach out to comfort and support them.

Do you know that.....

-  *Denim of any color is not acceptable to wear?*
-  *You are expected to assist with wayfinding no matter your volunteer role?*
-  *You are a part of a dynamic team?*
-  *You are valued by the St. Joe's organization?*
-  *Your primary focus is to provide comfort & support to patients, visitors & families?*
-  *You need to complete an annual refresher and obtain a Flu shot?*
-  *You can obtain a new jacket and/or badge if yours no longer looks professional?*

Do you know

-  *Where Volunteer Services is located at St. Joe's Ann Arbor & Livingston?*
-  *Who your Volunteer Liaison is and their contact information?*
-  *About the **PURPLE** circle for inpatients means to those going up on the units?*

Newsletter Committee Volunteers

Are you interested in researching, sharing, and reporting on quality community events that would be useful for your fellow volunteers? This requires a monthly commitment of submitting specific requested information. If interested, please reach out via email directly to Lisa.austin@stjoeshealth.org.

Ann Arbor Emergency Department

Welcome Ambassadors

Looking to volunteer in a fast-paced, healing environment?

Are you able to show care, compassion, and critical thinking skills?

If you answered YES, then we may have the perfect volunteer placement for you or someone you know. Apply at stjoesannarbor.org/volunteering

Weekend & After Hours Ambassadors Needed!

Do want to assist with the patients experience but cannot committee to normal business hours? Well, healthcare is a 24 hour 7days a week environment and we need your time and dedication for the following shifts in various roles:

Shifts: 4-8pm

Days: Monday through Sunday.

Locations: Livingston & Ann Arbor Ministries.

Brighton Radiology has openings for mornings 8-12pm & 12-4pm to assist with getting patients ready for their appointments, through wayfinding, education, and managing up.

If interested please send me an email and put **Brighton** in the subject box.