



2020 Honorees: Years of Volunteer Service

Livingston & Brighton 5-15 years of dedication



Robert Karns (5)



Alice LeBaron (5)



Katherine Allen (5)



Darren Quigley (5)



Janene Paetow (5)



Russell Hudson (5)



Jeanine Default (5)



Michael Bolertz (5)



Marie Hall (5)



Mary Denning (5)



John Bennett (15)

2020 Honorees: Years of Volunteer Service

Ann Arbor & Canton 5-30 years of dedication



Sawsan Hadi (5)



Gail Panoff (5)



Dave Wilson (5)



Kate Kimmet (5)



Pricilla Golna (5)



Mary Amoe (5)



Aafrika Poole (5)



Kathy Kohltz (5)



Karrie Trzcinka (5)



Dale Leslie (5)



Margo Gill (5)



Patricia Bessesen (10)



Catherine Belcher (10)



Ann Hungerman (30)

Photos not available:

Bill Marcum (5), Susan Kack (5), and Virginia Reilly (35).



Tomato, Baby-Lettuce, and Olive-Bread Salad

Source: Martha Stewart Living,
June, 2013

Under 30 minutes

15 mins Total Time 15 mins Prep

4 Servings



Ingredients:

- + 3 slices (about 3 ounces) olive or other rustic bread, toasted.
- + Coarse salt and freshly ground pepper.
- + 6 tablespoons extra-virgin olive oil, divided.
- + 1 pound large ripe tomatoes cut into 1-inch pieces.
- + Small zucchini, thinly sliced (about 1 cup)
- + 1 head (about 2 ounces) baby tender lettuce, such as red oak leaf or Boston, leaves separated and torn if large
- + 1/4 cup pitted Kalamata olives
- + 1/2 cup packed fresh basil leaves
- + 1/2 cup packed fresh mint leaves
- + 1/4 teaspoon minced garlic
- + 1 tablespoon Champagne vinegar & 1 tablespoon water

+ Directions:

- + Brush toasted bread with 2 tablespoons oil; season with salt and pepper. Break into 1-inch pieces. Transfer to a large bowl and add tomatoes, zucchini, lettuce, and olives; season with salt and pepper.
- + Combine herbs, garlic, vinegar, water, and remaining 4 tablespoons oil in a food processor and pulse until smooth; season with salt and pepper. Drizzle salad with 1/4 cup dressing and toss. Serve with remaining dressing on the side.

Living the "Core Value" Commitment to those who are poor.

**We stand with and serve those who are poor,
especially those most vulnerable.**

Always reach out to help those in need.

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

I connect with compassion and courtesy.



THE REMARKABLE ROUNDUP

A special message to all volunteers:



For your generous gift of time that has been given to create a Remarkable patient experience. We have been blessed with your extreme kindness and outpouring of dedication to the St. Joe's community. Whether you have served for one or forty years know that you are always needed and forever appreciated.

St. Joseph Mercy Ann Arbor & Livingston Volunteer Services,

-Lisa Austin, Manager



Stress Management

Four Simple Things YOU can do to reduce your stress...

Write your thoughts down.

When stress happens all too often our minds are filled with anxiety, which causes unclear thinking. The best thing you can do is sit down, take some deep breathes and start writing down your thoughts. Make three columns on a piece of paper.

- + Stressors:
- + What I fear about it?
- + What I can do about it?

After you compile your list, pick the stressors that you can do something about and take an action. With the ones you cannot do anything about –turn them over to a higher power. Ask god, spirit, universal force to handle the situation for you while you move on ones you can handle.

SOURCE:

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Visualize Calm.

- Close your eyes, take three long, slow breaths, and spend a few seconds picturing a relaxing scene, such as walking in a meadow, kneeling by a brook, or lying on the beach. Focus on the details — the sights, the sounds, the smells.

Affirmations (Part 2)

Devise an affirmation — a short, clear, positive statement that focuses on your coping abilities. Affirmations are a good way to silence the self-critical voice we all carry with us that only adds to our stress.

The next time you feel as if your life is one disaster after another, repeat 10 times one of these affirmations:

- **“I can handle this”**
- **“This too shall pass”**
- **“I choose peace and calm”**

Smile

- Smiling is a two-way mechanism. We do it when we are relaxed and happy, but doing it can also make us feel relaxed and happy
- .
- Smiling transmits nerve impulses from the facial muscles to the limbic system, a key emotional center in the brain, tilting the neurochemical balance toward calm.

Which travels faster? Hot or Cold?

- *Hot is faster, because you can catch a cold*

First, I threw away the outside and cooked the inside. Then I ate the outside and threw away the inside. What did I eat?

- *Corn on the cob*

Arnold Schwarzenegger has a long one. Michael J. Fox has a short one. Madonna does not use hers. Bill Clinton always uses his. The Pope never uses his. What is it?

- *A Surname*

A bat and a ball cost \$1.10. The bat costs one dollar more than the ball. How much does the ball cost?

- *The ball costs 5 cents. One dollar more than 5 cents is \$1.05, the sum of which is \$1.10.*

A man left home running. He ran a ways and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home, there were two masked men. Who were they?

- *The catcher and the umpire.*

You are driving a bus. At the first stop, two women get on. The second stop, three men get on and one woman gets off. At the third stop, three kids and their mom get on, and a man gets off. The bus is grey, and it is raining outside. What color is the bus driver's hair?

- *Whatever color your hair is! Remember, you are the bus driver!*