



Taking the flu shot annually is a very effective method of avoiding catching the flu or reducing the symptoms. In our effort to keep ourselves, our patients and our community safe, flu shots are mandatory for all staff and volunteers. All volunteers **MUST** have a flu shot no later than **October 31, 2018**, as a condition of commitment. **No Grace period.**

**2018 Annual Flu Vaccination Locations & Schedules**

***Ann Arbor:***

**Event Center 10/1-10/12** on the following days and times:

Monday-Friday 6:30 am– 6:00 pm

**Employee Health Services 10/15-10/31** on the following days and times:

Mondays 7:00 a.m. -4:00pm and Tues-Fri 7:30am -4:00pm

***Canton: Community Room.***

❖ 10/15: 2:00pm-4:30pm

***Livingston:***

Every Monday: 6:30—8 a.m.: Livingston Cafeteria

Every Tuesday: 12-3 p.m.: Employee Health Office

Every Wednesday: 12-3 p.m.: Employee Health Office

***Brighton: Short Stay Breakroom***

❖ 10/3: 7:00-10:00 a.m. 10/11: 1:00-4:00 p.m. 10/17: 7:00-10:00 a.m. 10/22: 1:00-4:00 p.m.

**Documenting vaccinations Elsewhere:** If you receive the vaccine someplace other than St. Joe's, fax documentation to (734) 712-2474 (AA), or (517) 545-6192 (LIV) or email [aami-ehs@trinity-health.org](mailto:aami-ehs@trinity-health.org).

**Verification for Limited Exemption Forms:** Contact Volunteer Services at (734) 712-4164. Forms must be submitted with physicians note by **October 15**. If granted exemptions in the past, there is no need to reapply.



## Good Morning All Pet Therapy Teams

We have a new process for your daily volunteering. Please stop by the volunteer office to pick up our new phones dedicated especially for use during your patient visits. Additionally, we want to provide you with some updated materials related to your role. Please swing by the office during the week of September 17, 2018.

### Attendance Policy & Expectations

Please notify your assigned area and volunteer liaison in the event of absence, tardiness, or proposed schedule change. If the change is approved by the unit, please complete a volunteer college schedule change form online at [stjoesannarbor.org/volunteering](http://stjoesannarbor.org/volunteering). We will update your profile.

In the event of an extended leave of absence or termination of your volunteer service, please notify us at (734) 712-4164. You will be instructed on the next steps of returning your jacket and ID badge.

### Annual Refresher Reminders

Volunteer services is working towards 100% compliance by December 2018, to have all active volunteers complete the annual refresher online power point and have a signed acknowledgment form on file. Therefore, when you receive the reminder email please ensure you meet the deadline. If you need access to a computer you may come to the Ann Arbor volunteer services dept. or ask your volunteer liaison for assistance.

Thanks for your cooperation in remaining ReMarkable, reliant, and compliant.

#### Remember

Volunteer jackets and St. Joe's ID badges MUST be worn at all times. Please note your burgundy jacket should be cleaned, pressed, and presentable. If your jacket needs replacing due to size, wear and tear contact, Latrice Green at (734) 712-4164 to receive a new one.

allrecipes!



## Pumpkin Pancake Recipe



"These are good any season but taste best on cold winter mornings.  
You can use canned or cooked fresh pumpkin."



### Ingredients

- +1 1/2 cups of milk
- +1 cup pumpkin puree
- +1 egg
- +2 tablespoons vegetable oil
- +2 tablespoons vinegar
- +2 cups all-purpose flour
- +3 tablespoons brown sugar
- +2 teaspoons baking powder
- +1 teaspoon baking soda
- +1 teaspoon ground allspice
- +1 teaspoon ground cinnamon
- +1/2 teaspoon ground ginger
- +1/2 teaspoon salt

### Directions:

1. In a bowl, mix together the milk, pumpkin, egg, oil and vinegar. Combine the flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger and salt in a separate bowl. Stir into the pumpkin mixture just enough to combine.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

### Nutrition Facts

Per Serving: 278 calories; 7.2 g fat; 45.8 g carbohydrates; 7.9 g protein; 36 mg cholesterol; 608 mg sodium

- Prep Time: 20 min
- Cook time: 20 min
- Total time: 40 min

Source: [allrecipes!](#)

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

## Living the "Core Value" of Justice

I avoid judging others because of  
differences or circumstances.

I make every moment matter.

I listen and avoid interrupting and  
multitasking.



## Sensibility of the Month

**"COMMON GOOD"**

**A person's rightful due is to be  
treated as an object of love, not  
as an object for use.**

**-St. John Paul II**

**Charity begins at home, and  
justice begins next door.**

Charles Dickens

# September Birthdays!



## St. Joseph Mercy- Ann Arbor

<i>Linda Rein</i>	<i>1</i>
<i>Nicole Harden</i>	<i>6</i>
<i>Aly Canlas</i>	<i>14</i>
<i>Renee (Huahua) Li</i>	<i>14</i>
<i>Ray Hough</i>	<i>15</i>
<i>Barb Watson</i>	<i>19</i>
<i>Ellie Nguyen</i>	<i>21</i>
<i>Bailey Schneider</i>	<i>22</i>
<i>Molly Milligan</i>	<i>24</i>
<i>Kassie Pedigo</i>	<i>25</i>
<i>Katelyn Koenig</i>	<i>25</i>
<i>Anya Rutz</i>	<i>27</i>
<i>Melanie Ermsler</i>	<i>29</i>
<i>Steven Stout</i>	<i>30</i>
<i>Minjung Yu</i>	<i>31</i>

## St. Joseph Mercy- Livingston 4

<i>Lori Heltz</i>	<i>11</i>
<i>Resie Ziegel</i>	<i>18</i>
<i>Karen Olthoff</i>	<i>23</i>
<i>Phyllis Main</i>	<i>29</i>
<i>Yvonne Shelhart</i>	<i>23</i>
<i>Judy Smith</i>	<i>24</i>

## St. Joseph Mercy- Brighton

<i>David Huff</i>	<i>20</i>
<i>Mary Denning</i>	<i>20</i>
<i>Barbara Fessell</i>	<i>28</i>

## St. Joseph Mercy Canton

<i>Julie Mata</i>	<i>7</i>
<i>Arslan Fahim</i>	<i>17</i>



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

- [Lisa.Austin@stjoeshealth.org](mailto:Lisa.Austin@stjoeshealth.org)  
Manager, Volunteer Services
- Livingston & Brighton:  
517-545-6121
- Ann Arbor & Canton:  
734-712-4164
- Or visit  
[stjoesannarbor.org/volunteering](http://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 magazines for both the male and female reader for our book cart.**

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.



Go checkout our new volunteer webpage at

[stjoesannarbor.org/volunteering](http://stjoesannarbor.org/volunteering)

or,

[stjoeslivingston.org/volunteering-livingston](http://stjoeslivingston.org/volunteering-livingston).

You will see our new volunteer roles, programs, and webpage layout.

Volunteers needed as **Welcome Ambassadors**, Unit Ambassadors, **Book Cart Ambassadors**, & **Creative Arts Ambassadors**. Some locations are inpatient units, new cancer center, and Reichert building.

Tell a friend, a neighbor, or retiree to apply now. Send them to our webpage and share your great experiences.

