

FOR THE LOVE OF IT.....

Healthcare Black History



Dr. James McCune Smith



James Smith was an American physician, abolitionist and author. He earned his medical degree from the University of Glasgow, Scotland, and returned to the U.S. as the first black man to hold and practice with a medical degree. He also became the first black physician in **1837** to establish and run a pharmacy.

Daniel Hale Williams, MD



Daniel Hale Williams, MD was one of the first physicians in **1893** to perform open-heart surgery in the United States and founded a hospital with an interracial staff.

Alexa Canady



Dr. Alexa Irene Canady, a native of Lansing, Michigan, became the first African-American woman neurosurgeon in the U.S. in **1981**. She served as chief of neurosurgery at the Children's Hospital of Michigan from 1987-2001.

Attendance Policy & Expectations

Please notify your assigned area and volunteer liaison in the event of absence, tardiness, or proposed schedule change. Remember, volunteers can only give up to 8hrs a week.

Ann Arbor Pet Therapy Teams

Please remember to **PICK UP** the phone each time you volunteer



Tips for Email Safety

- ✚ Don't open emails from someone you don't know or trust. If it seems fishy, it probably is.
- ✚ Avoid sending any sensitive information over email.
- ✚ Never reply to or click on links inside spam emails.
- ✚ Use a spam filter. Spam filters help you keep spam emails from your inbox or flag spam emails as...
- ✚ Use anti-virus software. It is highly...
- ✚ Remember to log out/sign out
- ✚ Avoid unsolicited bulk mail.

Beware of **PHISHING** emails- They are emails that are malicious and sent to lure recipients into doing something they should not (like click on something or open an attachment). **DO NOT OPEN OR CLICK.** Remember, opening suspicious email attachments exposes your computer and your files to the unknown.

Healthy Carrot Muffins

Author: Cookie & Kate



Prep Time: 15 mins Cook Time: 13 mins Yield: 12 muffins

INGREDIENT

1 ¾ cups	regular whole wheat flour (or white whole wheat flour)
1 ½ teaspoons	baking powder
1 teaspoon	ground cinnamon
½ teaspoon	baking soda
½ teaspoon	salt
½ teaspoon	ground ginger
¼ teaspoon	ground nutmeg
2 cups	carrots (peeled and grated, that 's potentially a lot of carrots-- about 3 large or up to 6 small/medium)
½ cup	walnuts (roughly chopped)
½ cup	raisins (I like golden raisins, tossed in 1 teaspoon flour)
⅓ cup	extra-virgin olive oil (or melted coconut oil)
½ cup	maple syrup
2	eggs (preferably at room temperature)
1 cup	plain Greek yogurt
1 teaspoon	vanilla extract
1 tablespoon	turbinado sugar (also called raw sugar, for sprinkling on top)

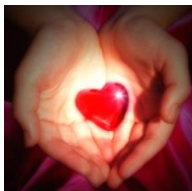
Instructions

1. Preheat oven to 425 degrees Fahrenheit. If necessary, grease all 12 cups on your muffin tin with butter or non-stick cooking spray ([my pan](#) is non-stick and doesn't require any grease).
2. In a large mixing bowl, combine the flour, baking powder, cinnamon, baking soda, salt, ginger and nutmeg. Blend well with a whisk. In a separate, small bowl, toss the raisins with 1 teaspoon flour so they don't stick together. Add the grated carrots, chopped walnuts and floured raisins to the other ingredients and stir to combine.
3. In a medium mixing bowl, combine the oil and maple syrup and beat together with a whisk. Add the eggs and beat well, then add the yogurt and vanilla and mix well. (If the coconut oil solidifies in contact with cold ingredients, gently warm the mixture in the microwave in 30 second bursts.)
4. Pour the wet ingredients into the dry and mix with a big spoon, just until combined (a few lumps are ok). Divide the batter evenly between the 12 muffin cups. Sprinkle the tops of the muffins with turbinado sugar. Bake muffins for 13 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
5. Place the muffin tin on a cooling rack to cool. If you have leftover muffins, store them, covered, at room temperature for two days, or in the refrigerator for up to 4 days. Freeze leftover muffins for up to 3 months.



Volunteers Enjoy Your

Valentine's Day



We Love what you do for St. Joe's



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



St. Joseph Mercy- Ann Arbor



Josephine	Alinoti	2nd
Sean	Sweeney	4th
Madison	Myers	6th
Linda	Hahlbrock	10th
Toby	Rex	13th

Shonagh	Taruza	15th
Marwa	Bissada	16th
Jessica	Beattie	23rd
Sharon	Wenzel	24th
Sarah	Socha	28th

Darlene Wahlberg 11th (The Farm)

Erica Roberts 15th (NICU)

St. Joseph Mercy- Livingston 4

Hayley Gaffey 3rd

Pia Ragini 7th

Austin Kantola 10th

Chester Pesmark 12th

Curt Griffin 20th

St. Joseph Mercy- Brighton

John Boland

6th

St. Joseph Mercy Volunteers



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.

Newsletter Help

I would love to get our volunteers involved with our monthly newsletter. If you have a story you would like to share, suggestions on topics you think are important, or a recipe, please feel free to contact me via email and put **NEWSLETTER** in the subject box.

Go checkout our new volunteer webpage at

stjoesannarbor.org/volunteering

or,

stjoeslivingston.org/volunteering-livingston.

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.

