



VERSUS.



SHAMROCK OR FOUR LEAF CLOVER, WHICH ONE IS FOR LUCK?

What does it mean to be "*Lucky*"? Well, Webster's dictionary defines luck as to prosper or succeed especially through chance or good fortune.

What does a four leaf clover represent? According to legend of western cultures, each of the four leaf clovers represents **one theme**. First, leaf is for hope. Second, leaf is for faith. Third, leaf is for love. Fourth, leaf is for luck. www.answer.com

What does a Shamrock represent? The *shamrock* is a type of **clover with three leaves**. The most well-known meanings were imparted to the shamrock by St. Patrick, who compared the plant's tri-part leaves to the Holy Trinity: Father, Son and Host Spirit. livingsartoriginal.com

So, which one is the luckiest to you? I leave you with these 3 famous lucky quotes:

Never iron a four-leaf clover, because you don't want to press your luck. –*Unknown*

May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go - Irish Blessing

A best friend is like a four leaf clover: hard to find and lucky to have. –*Unknown*



Reminders

& Updates

SAVE THE DATE: Volunteers Are The **Heart** Of Our Team.

The annual volunteer recognition luncheon dates have been set.

Livingston/Brighton is Thursday, April 12th.

&

Ann Arbor/Canton is Thursday, April 19th



Both will be hosted from Noon until 2:00 pm.



Invitations forthcoming!

NOW



FUTURE



Please bear with us on the Ann Arbor campus until

Parking Lot Repairs Are Complete.

REQUIRED TRAINING FOR BRIGHTON & LIVINGSTON FRONT DESK VOLUNTEERS

WEDNESDAY, MARCH 28, 2018 11:30-1:00PM – BRIGHTON HEALTH CENTER/Cancer Center Board Room

THIS IS THE FINAL SESSION HELD.

RSVP 517-545-6121

LUNCH & LEARN TRAINING.



St. Patrick's Day Cucumber Water

10 minutes / Serves one.

Ingredients:

3 ounces Coco Joy coconut water

Fresh cucumber, sliced, chopped mint and lime slices

Preparation Steps:

In a shaker, mix coconut water with lime juice and ice cubes.

Add cucumbers, lemons and place in the glass.

Pour coconut water mix over the top with ice.
Garnish with lemon and cucumber slices.



Only two weeks until March 17, 2018. Celebrate with this super easy **St. Patrick's Day Cucumber Water** recipe made with my favorite coconut water by [Coco Joy](#)

Coconut water has fewer calories, less sodium, and more potassium than a sports drink. Ounce per ounce, most unflavored coconut water contains 5.45 calories, 1.3 grams sugar, 61 milligrams (mg) of potassium, and 5.45 mg of sodium compared to Gatorade, which has 6.25 calories, 1.75 grams of sugar, 3.75 mg of potassium, and 13.75 mg of sodium.

Coconut water is refreshing, and it contains easily digested carbohydrate in the form of sugar and electrolytes.

taste the good things in life

ingredients, inc.

March Birthdays



St. Joseph Mercy- Ann Arbor

<i>Donna Greyerbiehl</i>	1
<i>Kathleen Fromm</i>	2
<i>Natalie Toth</i>	2
<i>Anthony DiMaria</i>	3
<i>Haley Truhn</i>	7
<i>Ilene Mackie</i>	7
<i>Judy Spellman</i>	7
<i>Marianne Powell</i>	8
<i>Jessica Alexa</i>	9
<i>Anna Gottschlich</i>	10
<i>Mary Burkett</i>	10
<i>Zaina Hassan</i>	12
<i>Virginia Mikola</i>	13
<i>Alissa Earl</i>	16
<i>Luke Shenton</i>	16
<i>Marguerite Rysse</i>	16
<i>Roberta McDonald</i>	16
<i>Amber DiMaria</i>	20
<i>Shamiya Tolbert</i>	20
<i>Amber Sommerville</i>	21
<i>Kelli Brigolin</i>	21
<i>Brittany Essink</i>	22
<i>Jane Schmiedeke</i>	22
<i>Travis Trombley</i>	22
<i>Hie Kim</i>	25
<i>Syeda Zafer</i>	25
<i>Cieara Freeman</i>	28
<i>Fred Steuwe</i>	28
<i>.Joese Krieger</i>	30

St. Joseph Mercy- Livingston

<i>Peggy Ogden</i>	12
<i>Laurie Mc Daniel</i>	12
<i>Bernie Andrzejewski</i>	23
<i>Candace Kritch</i>	27
<i>Janene Paetow</i>	29

St. Joseph Mercy- Brighton

<i>Natalie Toth</i>	2
<i>Lynda Stahl</i>	10
<i>Ashley Gelbert</i>	13
<i>Barbara Skone</i>	16



St. Joseph Mercy-Canton

<i>Lindsay Papazoglou</i>	23
<i>Patricia Millenbach</i>	27



NICU ADVISORY BOARD MEMBERS: *Kendra Brooks 13, Chelsea Hooper 17, Kim Gardner 20, Jessica Hahn 29*



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

stjoeslivingston.org/volunteering-livingston

[See, Test & Treat Volunteers](#) Saturday, April 14, 2018

SJMHS Department of pathology is sponsoring a day of complimentary breast and cervical cancer screenings for women. This will include testing for HPV, pap smears, and mammograms. Your day would consist of providing one-on-one personal guidance through the event and/or assisting with key 'stations', set up and break down of the event." Also, seeking interpreter's for bi-lingual individuals. For information and to apply, go to stjoesannarbor.org Click classes and events/See, Test, and Treat.

[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 or stjoeslivingston.org/volunteering-livingston under the "Welcome Ambassador" program.



*"People Centered Focus
of the Month"*



**Put this practice at the center of your day & positively connect
with all the people you encounter.**

Living the "Core Value" of ***Stewardship***

We honor our heritage and hold ourselves
accountable for the human, financial, and natural
resources entrusted to our care.

How: I practice self-care and invest in my own
resilience.

I own every problem and seek to find a resolution.

Quote: Be patient with all that is unresolved.

Thanks for all you do through volunteering.