

Peace in the Valley Singers

Whether you are a toe tapper, a hummer or whistler, sing in the shower, dance in the kitchen, rock out, work out, sing in your church choir, or just sit back and listen, you've experienced the therapeutic benefits of music. Music can be uplifting, calming, energizing, and can help us through some of the toughest times.



A wealth of new studies is touting the benefits of music on mental and physical health. Music therapists and psychologists continue to investigate the use of music in medicine to help patients deal with pain, depression, and possibly even Parkinson's and Alzheimer's disease. Research suggests that active music engagement allows patients to reconnect with the healthy parts of themselves, even in the face of a debilitating condition or disease-related suffering.

For new Adoray Hospice volunteer, Karen Eno, music brings comfort and she wanted to share her talents with our patients and their families. So Eno, along with five other women from Hudson and Woodbury, formed Peace in the Valley Singers and joined the Adoray Hospice team. The group began singing together in October, received volunteer training in November, and have already shared their beautiful music with more than a dozen patients. The group travels to facilities and patients' homes with a portable keyboard and their three-part harmony. According to one patient at Christian Community Home in Hudson, they sound like "an angel choir."

Peace in the Valley Singers recently brought their musical gifts to the home of a very special friend of Adoray. Margaret Mitchell, an Adoray volunteer since 2003, passed away just before Christmas. Margaret loved music and sang as a Sweet Adeline, played the piano and French horn, and performed musical programs at her church and various Senior Centers throughout the area. Family and friends gathered at Margaret's home for this special music-filled afternoon and Margaret remarked that "their singing brought such joy and reminded her of happy times." She peacefully enjoyed the musical selections with her head back, eyes closed, a smile on her lips. But in true Margaret form, when the Singers broke into a snappy Christmas carol, she reached for the bells and played along! ✱



PEACE IN THE VALLEY SINGERS (WITH MARGARET MITCHELL) (L TO R) KATHLEEN NORDEN – HUDSON, KAREN ENO – HUDSON, THERESA GIBSON – HUDSON, GLORIA SCHALLER – WOODBURY, MN, RUTH ASHWOOD – HUDSON

Rest in peace, dear Margaret.

"You were a delightful person who put your whole self into making everyone's life so much better. You were certainly an example for us all."

(Quote from a fellow volunteer.)

Have a special music talent to share or know of someone who does? Contact Karen Hansen, Volunteer Coordinator at (715) 684.5020 or k.hansen@adorayhomecare.org

IF CATS COULD TALK

Since launching Adoray's new Pet Piece of Mind (PPOM) program in October, we've had opportunity to keep "pets and people together" during hospice care.

For many in hospice, changes in their physical condition lead to a decrease of previously enjoyed social opportunities and relationships.



full article on next page »

TreasureFound IN POLK COUNTY

Adoray's
TREASURES
FROM THE HEART

River Falls

Treasure seekers will soon be able to expand their treasure hunt up North! Adoray's Treasures From The Heart will be opening its fourth location in Osceola in Spring 2016. Adoray is purchasing what used to be the old drug store on the corner at 120 Cascade Street North. Renovations and minor repairs on the building will begin shortly after closing on the property at the end of January. Current plans are to have the store open for business by late Spring.

Nancy Christensen is once again tackling the daunting task of setting and merchandizing the Osceola location and will serve as Store Manager until the store is established. This is the third Treasures' store staged, staffed and opened under the skillful direction of Nancy, who is also credited as the brainchild of the original idea of operating an upscale thrift store to raise funds for Adoray over 16 years ago.

The importance of the vital funds Treasures From The Heart generates to help bridge the gap between the cost of patient care and the amount of reimbursement received for those services cannot be stated strongly enough. Still, the true benefits the Treasures stores bring to our mission are far reaching and meaningful past the obvious funds generated. The current Treasures' stores are well-loved and thriving in the communities in which they are established. The stores help build awareness of Adoray programs and provide an avenue for community members to engage with our mission by shopping, donating, and volunteering. We all feel guilty discarding items that still have a useful life. Treasures' stores are a guilt-free pleasure for those seeking a unique find at a pennywise price.

Stay tuned for further updates and please help spread the exciting news!

If you know of anyone who may be interested in donating items to any of the stores or in becoming a Treasures' volunteer please contact Kim at (715) 684.5020 or k.anderson@adorayhomecare.org ❁

“One of the great ironies of life is: He or she who serves almost always benefits more than he or she who is served” ~ Gordon Hinkle

I'm sure the above quote comes as no surprise to those that volunteer! In the past two decades research had been indicating volunteering provides individuals with numerous health benefits as well as social ones. So happily I get to let you in on a few:

- Your risk of depression is decreased.
- Volunteering with and for others increases social interaction and helps build a support system.
- Volunteers are more likely to enjoy a sense of purpose and fulfillment and increased self-confidence.
- Volunteers stay mentally and physically active. A recent John Hopkins Study revealed volunteering actually increases brain function by getting you moving and thinking at the same time.
- Reduces Stress. Volunteering provides a sense of meaning and appreciation - both given and received, which may be calming.
- Studies show that folks that volunteer enjoy a lower mortality rate.

OTHER RIVER FALLS NEWS

Watch for our **HUGE ANNIVERSARY SALE - MARCH 2016**. Exact date to be announced.

LIKE US ON FACEBOOK - it's a great way to learn about sales and special events.

River Falls is **LOOKING FOR VOLUNTEERS** to cashier Saturdays and folks interested in playing the piano anytime.

Thank you! for all you do for Adoray and for Treasures!

Besides some of the health benefits a few other rewarding side effects of volunteering are:

Making new friends, developing new skills and certainly at the stores, getting exercise!

And finally, volunteers can experience *The Happiness Effect*. This comes from a release of Dopamine in the brain. Helping others has the exact same effect- so the more you volunteer the happier you become!

So doing good, really is good for you!

Happy New Year Everybody !

