



Guardian Angel Gazette

The Official Newsletter for Angels' Place

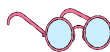
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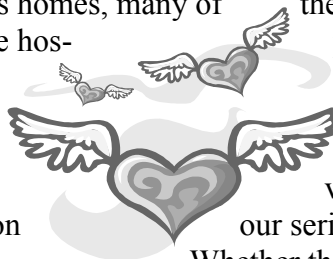
www.angelsplace.org
email us at:
Office@angelsplace.org

Letter From the Founder

Angels' Place Volunteers are the Best!!!

Summer is almost here and our children will soon be out of school! Have some fun in the sun with your children, but don't forget the suntan lotion and drink lots of water. We at Angels' Place wish all our community children and their families a happy and healthy summer.

Speaking of children, we are so blessed at Angels' Place to continue to receive and care for our community's ill children. Presently, we have a census of 50 children from the Greater New Orleans area and around the state. Along with volunteer visits at our local children's homes, many of the out-of-area children are seen in the hospitals by our caring "respite volunteers" on a weekly basis.



Our Angels' Place volunteers have had a profound effect on our seriously ill children and their families. Whether they're reading a story, playing a game with a child, going for a walk with a sibling, listening quietly to the concerns of an exhausted parent or helping out at Angels' Place office, volunteers help to provide a caring and serene environment. They help to make unbearable circumstances somehow, perhaps, a little easier to handle.

There is not enough we can say regarding the work and caring ways of our volunteers. Perhaps that which says it best is the smile of the children and families who are the true benefactors of the volunteers' efforts.

If there are any potential volunteers who want to learn more about our programs, please call or come by and meet us. If you ever wanted to do something beautiful for a child, now is your chance! We would love to meet you.

Anita

VOLUNTEER CORNER 

WANTED:

- Standard 18” rag doll outfits for our precious Angel Heart Dolls
- High school students in need of service hours to work in a high pace, fun office for the summer.
- Girl Scout troop, organization, individual group , etc. to oversee the distribution of the Angel Home Banks to local businesses. We hope that interested customers will drop their change (or dollars) into our Angel Home Banks, Monies collected will help build and fund the Angels’ Place end-of-life home. Volunteers who are interested in taking an Angel Home Bank will please:
 - Sign out a “bank” and check on monies collected.
 - As money is collected, bring it to Angels’ Place.

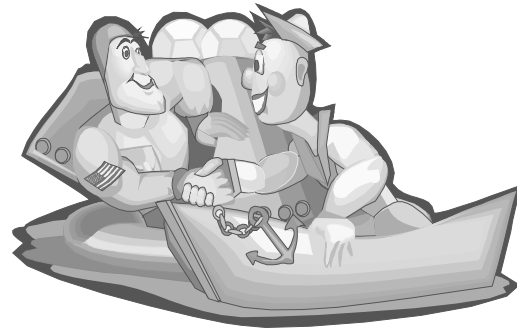
If interested please contact **Mary Ellen Alack** (504)455-2620.

Respite Volunteers are welcome to stop by Angels’ Place to pick up a new gift, toy or book to bring to our children when paying them a visit.



CHILDREN’S RESPITE PROGRAM

If you are interested in becoming a respite volunteer or want to learn more about the respite program, please call Lee 504/455-2620



Welcome Aboard!

Our new social worker, **Lee Hoffman**, brings a wealth of varied experiences to Angels’ Place. Lee has a masters degree in social work from Louisiana State University. She specializes in working with children, adolescents and families and has been active both as a clinician, an educator and community volunteer. Lee is an expert on child development and parenting skills. She is a wife, mother, and working artist who also has a private psychotherapy practice. She looks forward to organizing some educational programs and starting a family support group.

Lee is available for counseling and support by telephone and in the office, both for our families and for our respite volunteers. Please give her a call if you need to talk.

“I’m looking forward to meeting each of our families and getting to know them. I hope you’ll call just to chat and give me input on what you’d like from our family support group. Thanks to all who made me feel so welcome at the Zephyrs game. I feel as though I’m home at Angels’ Place.” she said recently.

We are very fortunate and happy to have Lee at Angels’ Place. Welcome aboard, Lee!



First Aid for Caregivers

By Lee Hoffman

Whenever I talk with caregivers, I make a point of asking what they are doing to take care of themselves. It doesn't matter if they're caring for a parent, a spouse or a child, they always say, "Nothing." As we discuss this, both men and women tell me that they *know* that they *should* take better care of themselves, but they just don't have time. I always explain that they can't afford not to take care of themselves.

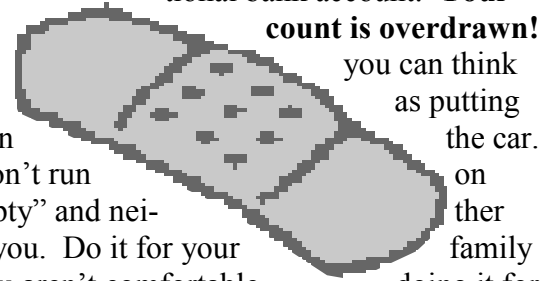
We all know how stressful it is when a loved one is ill. No matter how strong we are, we experience a variety of unpleasant emotions. Anger, sadness, anxiety, fear and hopelessness can wash over us like waves. If the stress is prolonged, as it is when a child has a serious illness, it takes a toll on caregivers gradually, depleting their internal resources.

The effects of chronic stress on humans are well documented. Our immune systems initially respond as though we have an infection, working overtime, around the clock. Before long, the immune system becomes exhausted, and is less able to respond when an infection actually comes along, so we are more likely to catch colds, etc. Our brains behave as though we are in great danger, and prepare us – again and again – to run for our lives. Soon, we find ourselves exhausted, cranky, not sleeping well and not eating properly. We have trouble concentrating, and remembering. It's hard not to take our feelings out on someone else when we're tired and overwhelmed.

The 15 Minute Magic Tonic

There are some simple but effective ways to cope with long-term stress. Maybe today is the day that you'll decide to try some of them. You probably already know what works best for you. I encourage you to take just 15 minutes in the morning and 15 minutes in the afternoon or evening to do something that you enjoy. **Use a timer.** This works much more effectively if you actually use a timer, not your watch.

Enjoy yourself until the timer "dings." I sometimes pull weeds for 15 minutes, or relax with a magazine and a glass of iced tea. Let the answering machine take care of any calls. Don't say there's not enough time – it's only 15 minutes! This is a way to make a deposit in your emotional bank account. **Your account is overdrawn!** Or you can think of it as putting gas in the car. It won't run on "empty" and neither can you. Do it for your family if you aren't comfortable doing it for you. If you use the **15 Minute Magic Tonic**, you will be better able to help your child, and your family will enjoy your company more.



Benson's Relaxation Response

Researched by a physician, Benson's relaxation response is a simple way to reset the body-mind connection, sending a message that allows it to stop engaging in stress responses. You can use it anywhere; you don't have to buy anything, and it works!

Simply take a long, slow, very deep breath in through the nose. Hold briefly, then slowly expel the breath through the mouth with pursed lips (like blowing out a candle). While you are using this special breathing, picture or imagine hearing the word "**Relax.**" Do this a total of three times. Your mind will be calmer and your pulse and blood pressure will be slower. Repeat as needed. It's probably a good idea to use this often. Use caution if you are driving. With practice, you will be able to deeply relax, very quickly. Your family will thank you.

Wing Claps and Gifts from the Heart

- **Thank you Xerox** for your generosity in printing this newsletter

For kind donations:



- **Rev. Donald M. Byrnes**
- **Helen Depree**
- **Debra and Tommy Guins**
- **Janet Hawkins**
- **Vertis Higgins**
- **Gary Hollander**
- **Chris and Terry Jouty**
- **Tom and Mary Kennedy**
- **Darla J. Leonard**
- **Rabbi Robert H. Lowey**
- **Judee B. Morovich**
- **Capt. John S. and Peggy G. White** for purchasing 5 Angels' dolls go give to our children.
- **George J. and Earline Peterson**
- **Janet Pizzuto**
- **Dr. Anita C. Prieto**
- **Rotary Club of Metairie**
- **St. Scholastica Academy**
- **Carrie Silverman**
- **Mary Freeman Wisdom Foundation**
 - **United Way**
- **Trudy Bassemier** - beautiful doll outfits
- **Don and Joan Treadaway** for fabric donation
- **Sandra Lewis and Cherie Green** for their week of volunteer respite with our little angel David during a crisis situation in the family.
- **Rita Gauthier** for Christmas Creche and 41 piece Victorian Village for future fundraiser.
- **Kalliopeia Foundation** for their donation of inspirational audio tapes to Angels' Place.
- **Mickey Mullan** for beautiful artwork
- **Roy Mullan** for the charming benches
- **Captain Don Rieder** and the **New Orleans/Baton Rouge Pilots' Association (NOBRA)** for sponsoring Zephyrs game and personally giving our Angels' Place children signed balls, food, drink, shirts and gifts galore!
- **Sarah Hoffman** for helping with computer graphics.



- **Bob Waldenberg**, President, **Rotary Club of Metairie** for being so gracious to invite **Anita Gilford** to speak on the progress of Angels' Place. Also thank you to the **Rotary Club** for their generous donation and good advice on ways to acquire our beloved home—Angels' Place.

- **WYES 2003 Auction Volunteers**



Marianne Bienvenu
Rey Bienvenu
Sonia Cacio
Kim Catania
Jan Dressler
Kathy Fleming
Sister Clare Gaynor, O.P.
Kevin de la Houssaye
Kathy Ritter

Angels Place children and volunteers who attended the Zephyrs' event hosted by **Captain Don Rieder**:

- **Miranda Aasen**
- **Katie and Jonathan Clark**
- **Nicholas du Treil**
- **Lisette Guth**
- **Brice Haydel**
- **Ava, Dylan and D.J. Lightell**
- **"Jay Jay" Madere**
- **Alexander Price**
- **"Indy" Price**
- **Ireonne Wright**
- **Dr. Jim Linn**
- **Jean Linn**
- **Lee Hoffman**
- **Sarah Hoffman**
- **Anita Gilford**
- **Marion Gilford**



DONATIONS GIVEN IN MEMORIALS

LOIS G. BEYER IN MEMORY OF ROBERT F. BEYER, SR. FOR A VERY GENEROUS DONATION

- Thomas J. Kennedy and Mary D. Kennedy** in memory of **Patricia Gagliano**
- Judee B. Morovich** in memory of **Mrs. Pat Dalio**
- Judee B. Morovich** in memory of **Mona Maihles**
- Judee B. Morovich** in memory of **Marguerite Bourgeois**
- Judee B. Morovich** in memory of **Patricia "Pat" Robinson**
- Mrs. M. Odell Potter, Jr.** in memory of **Mrs. Gertrude Bourgeois**
- Dr. Anita C. Prieto** in memory of **Mrs. Avis "Pat" Dalio**
- Bridget Spanja** in memory of **Mr. Al Maranto**
- Deborah E. Lamb** in memory of **Gertrude Walsdorf Bourgeois**



DONATIONS GIVEN IN HONOR

- Dr. Noel and Kathleen T. Pilie** in honor of **Philomene Bagert**.
- Janice Brady** in honor of **Chris Brady's** 1st year anniversary of a successful heart transplant.

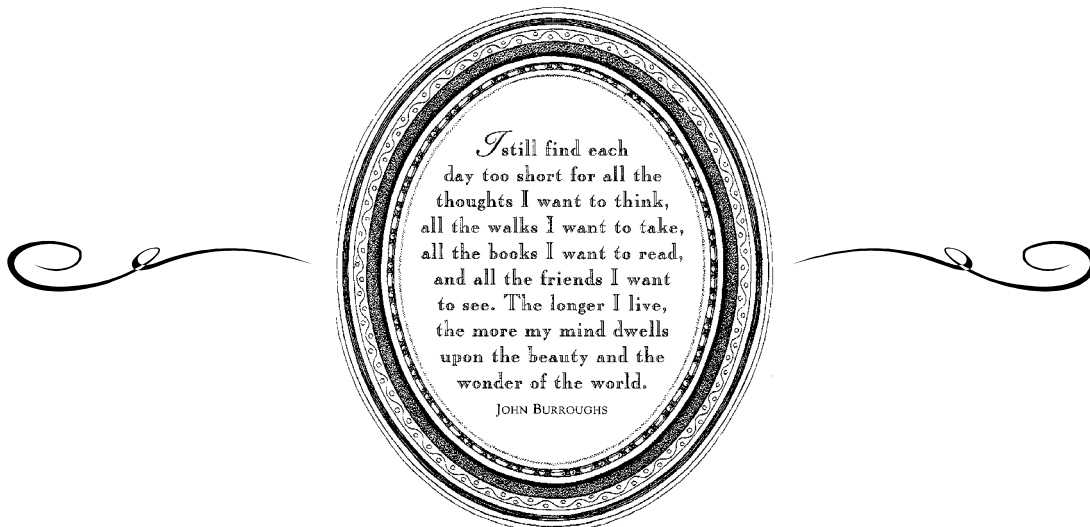


In Loving Memory of



Curtis "Pops" Baker Washington

Curtis "Pops" Baker Washington is no longer with us. He let everyone know that he was going home and told them when he planned to go. Just short of his eighteenth birthday, he kept the appointment that he made. Curtis' funeral was a celebration of his short life. There were tears, but there was also much laughter as friends and relatives participated in a service that Curtis himself had planned well ahead of time. The ceremony marking his exit from this world was filled with style and humor, as was his time with us here. It was "pure Curtis," a final gift to those who loved him.





OPPORTUNITIES



• **Benefactor**

Angels' Place is looking for a local philanthropist with a big heart for ill children. This person supports the mission of Angels' Place and will help find our children's respite/end of life home in Orleans of Jefferson Parish! The rewards are heavenly!

• **Families**

Families or parents who experienced the death of their child are needed as Volunteers or to help parents facing similar stresses. Your input is valuable. Call 455-2620. **Come and share your story at one of our educational/volunteer meetings.**

• **Volunteers-Respite**

Urgent need! We need respite volunteers, especially to rock an adorable 7 month old baby in the hospital.

• Angels' Place is now positioned to accept donations of **appreciated stock** for significant tax advantages if you are interested please contact 455-2620.

• **Businesses & Clubs around New Orleans**

Angels' Place welcomes businesses & clubs to learn more about the mission and vision of Angels' Place and the future respite/hospice home. Founder and President, Anita Gilford will speak at your meeting to discuss our goals and share opportunities to help. Call 504/ 455-2620 for details

• **To Host an Angels' Place Family Party/**

Gathering anytime during 2003, please call Charlotte or Anita at 455-2620

INSPIRATIONAL MESSAGES



Angels By Your Side

*May you always have Angels by your side
Watching out for you in all things you do
Reminding you to keep believing in brighter days
Finding ways for your dreams to come true.*

*May you always have Angels by your side
Someone there to catch you when you fall
Encouraging your dreams, inspiring your happiness
Holding your hand and helping you through it all.*

*May you always have Angels by your side
May they give you the gifts that never end
And dreams and hopes to keep you warm
And someone to love and be a dear friend.*

by Harry Todd



 **UPCOMING EVENTS** 

Volunteer Dinner—Tuesday, June 17 at 6:00 PM—7:00 PM hosted by **Lee Hoffman** and **Anita Gilford** at Angels Place, 2705 Division St. Ste. 4, in Metairie. Guest speaker, **Mark Firman**, will talk about his Head Start Program at Rummel High School and what they have been doing for Angels' Place Children. Please **R.S.V.P. Mary Ellen Alack**, (504)455-2620.

Annual "**Trunk or Treat**" event—Sunday, October 26 at the **Treasure Chest Casino** lawn. Decorate your car trunk, load it with candy, put on your costume and come have a great time. You can provide candy as the area children go by "trick or treating" from car trunk to car trunk. There will be a Children's costume contest on stage and also prizes. Call us to enter your trunk for a great cause!! Entry is \$25.

Creole Classic Fishing Tournament
Fishing season is upon us and the **Creole Classic Fishing Tournament** is being held June 19, 20, 21, 2003 at the **Bridge Side Marina** in **Grand Isle, Louisiana**



Adult tickets are \$20.
Children's tickets are \$15.

Tickets are Children's (Under 12) Part of the

proceeds from the Classic will benefit Angels' Place.



So get goin'! Lots of fun, lots of fish and you will be helping Angels' Place too! For information on Sponsorship Categories call **Gerry Authement 561-7965**

For information call: **Bridge Side Marina (985) 787-2419**



Annual Angels' Place Christmas Party at Rummel High School in the Raider Room. All Angels' Place children and their families are invited to receive gifts from Santa. **Volunteers are needed** to donate their time, gifts and food! Please give us a call at (504) 455-2620.

HO! HO! HO!

 **Gifts from the Heart** 

I want to help the little angels of Angels' Place

Name _____

Address _____

City__State__Zip__Day Phone (____)

I hereby pledge the following tax-deductible contribution of: \$__One Time donation \$__Per month x 12 months \$__Per Quarter x 4 months

Gift may also be dedicated in honor or memory of a loved one, friend, or someone special.

Tax Deductible Gift Amount \$ _____

Gift is [] in HONOR/ or [] in MEMORY of Name _____

Please notify Ms/Mrs/Mr _____

Address _____

City__State__Zip _____

Please make check payable to : **Angels' Place, Inc.**

Please mail to : **2705 Division Street; Suite 4 Metairie, LA 70002**



Hurray!!!

#

Thank you Rob Schulte of the “*Top Cats*” for agreeing to produce another “Holiday Angels Working Undercover (Green Edition, Volume III)” We are thrilled and look forward to the new local bands featured, new songs, and the great common cause—helping the ill children of Angels’ Place! We love you,

Anita Gilford, Executive Director and Founder
Angels’ Place



Angels' Place
2705 Division Street, Suite 4
Metairie, LA 70002
(504) 455-2620
Fax 504/ 455-2622

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A non-profit organization that provides supportive services to seriously and terminally ill children and their families.