

A Publication for the Volunteers of Hospice Ministries



Memories of food, friends & fellowship

Volunteer Winter Get-together 2013

Volunteers gathered for a fun afternoon during the Winter get-together in January. The volunteers were entertained by participating in a game show during the in-service part of our program. Two teams of four were formed by volunteers. The game was a mixture of TV's *Jeopardy* and the board game *Trivial Pursuit*. The questions were based on healthy eating facts from the *American Heart Association*. We discovered that we all had a lot to learn when it came to healthy eating. The audience called out suggestions, as the teams conspired



to answer each question. Everyone remarked that they had really enjoyed the in-service. As door prizes, attendees

were given homemade cookbooks full of recipes which had been created by many of our volunteers. The cookbooks only contained a few sections at the time of the meeting, but the rest of the book will be available soon. If you got a book and would like to add to it, please email or call Jeri.



The adorable tablescapes were made by the creative minds of **Sonya Lee** and **Anita Jemison**. With a collection of unique antique cooking and table decorations, they created the perfect background for our home cooking theme. Thank you to Sonya & Anita for their creative style and dedication to the event.



Several of the volunteers brought dishes made from the recipes represented in the cookbook for guests to

taste. As always everyone went home very full and with a smile on their face.

A panoramic view of the get-together. I hope you will be able to join us for the Summer get-together in August.



Taking down Christmas decorations 2013

This year our Christmas decorations were awesome, thanks to the volunteers who decorated for us. The takedown required two Saturdays to dismantle the decorations and put them away. On the first Saturday, **Aaron Akers, Paul Kennedy & Bill Taylor** joined **Susie Cook, Anita Jemison** and **Helen Haygood**, as they carefully removed the decorations and packed them away for



next year. On the second Saturday **Drake & Melissa Bolland, Vangie Hughes, Julie Cockayne, William Thomas, B.J. Phillips, Diane Marler** and **Mayra Prado** tackled the task of taking down all of our Christmas trees and storing them away for next year.

On the second Saturday **Drake & Melissa Bolland, Vangie Hughes, Julie**



Valentine's Treat Bags



During February, volunteers created the decorative Valentine treat bags full of sweet things for our patients.

(L to R) **Denise Mason, Molly McDonald, Lalla**

Bell, Robert Miller, Aaron McLellan, George Hill, Bob Perry, Carol Richardson, Ellie Heitmann, Shirley Lockett and **Myra Prado**

Troubadours

Although the weather was chilly, the Troubadours got together to warm a patient's heart. In February they sang to a gentleman and his wife at St. Catherine's Village. The other residents, along with our patient and his wife, truly enjoyed their performance and requested a return visit. *The Troubadours are in need of new voices so if you enjoy singing (no experience necessary), please consider joining.*



Lt R: Helen Haygood, Bob Perry, Gwen Ross, & Ellie Heitmann. Seated: Nash Noble.



Rebecca Allen, Helen Mowry, & Dixie Myrick

Gardening Corner

The gardeners have been busy this year working in the courtyards. It is amazing how quickly the weeds can sprout up.

Spaces are available to work on Mondays with this group. If you are interested in gardening, please give

Jeri a call. The help would be greatly appreciated! Watch for our Saturday Gardening days this spring and summer.

Leprechauns deliver St. Patrick Gift Bags

Leprechauns were seen roaming the halls a few days before St. Patrick's day, delivering treat bags of sweets and chocolate coins for our patients. The previous Saturday, volunteers **Bob Perry, Anita Jemison, Carol Richardson, Kathy Hilton, Aaron McLellan, Martha Jones, Ann Kelly,**



Linda Smith, Happy Cossell, and Jolly Sahu.

Lalla

Bell, Denise Mason, Dot & James Rule, Jan Elliott and **Sonya Lee** created the treat bags for all of our patients.



Easter Treat Bags & Boxes



Diane Marler and Kris Sahu started off our Easter week by making balloon bunnies for the nurses stations.



Later, volunteers got together to create the colorful Easter bags and boxes for our patients.



L to R: Bob Perry, Ian Watson, Mayra Prado, Ellie Heitmann, Anita Jemison, Denise Mason, June Ammons, B.B. Watson, Jan Elliot, Kathy Hilton, and Sonya Lee. Not Pictured was Susie Cook.

The Inpatient Easter boxes were delivered by the Flower Ladies the next week along with special Easter bouquets for the patients.

L to R: Linda Smith, Kris Sahu, Diane Marler, & Ginny Phillips.



Winter Volunteer Training Class for 2013

In February ten new volunteers went through training. With a variety of experience and ages, this group was enthusiastic and ready to go. Most have already started working in different areas of Hospice Ministries.



The Friday night class began with a presentation from **Karen Denham, RN.**

She discussed the admission process for hospice patients, explaining the rules and procedures that need to be covered before a patient is admitted. After her talk there was a lively discussion.



Saturday morning's session began with a talk from **Chaplain B.B. Watson** on the role of Hospice Chaplains. The attendees were

enthralled by B.B.'s stories on the importance of spirituality in the dying process. Questions were asked about his experiences and the differences in religious beliefs of our patients.

Later that morning **Beverly Coleman RN**, dropped by to tell the attendees about the nurses' role in Hospice. She spoke of the dedicated nursing care the patients receive. She reiterated that it is the *heart* that makes the difference at Hospice.



RN Beverly Coleman

After lunch the attendees were able to ask questions of our volunteer panel.



L to R: Helen Haygood, George Hill, Ella Weston, Norman Turk, Emmie Carmichael, & Diane Marler.

Laughter was the true mode of communication for the afternoon as Medical Social Worker Donna Evans entertained the attendees with a talk about the social workers' role in Hospice. Donna's unique mode of explaining is a talent and gift we cherish at hospice. Through the laughter she was able to explain the different ways that dying or death can affect a family.



Donna Evans, LSW

The weekend went quickly for the volunteers. After the training, we welcomed them to Hospice Ministries. Pictured L to R: **Sharron (Happy) Cossell, Christopher Hubbard, Lalla Bell, Steven Tooss, Tiffany Hall, Beth Bennett, Baylor Blandchard, Peggy Runnels, Susie Cook (Volunteer assistant), Denise Mason and Kris Sahu.**



Vigil Volunteer Training

Sister Camilla Hemann, RN led a new group of volunteers through the vigil training for our Vigil Volunteer Program. This is a special program developed to prepare volunteers to sit with a dying patient, giving love and comfort to them and their family.



Volunteer RN Sister Camilla Hemann

Mardi Gras at Hospice Ministries

Facility Coordinator **Bob Schroeder** brings a little of his New Orleans background to Hospice on Fat Tuesday. He makes New Orleans styled beignets served with cafe-au-lait for families and staff. Volunteers



Delores Barlow, Kathy Hilton, Jan Gabriele, Sonya Lee and George Hill dropped by to enjoy his gifts.



SHAWRETH, from Mississippi College, returns to Hospice Ministries.



The mission group Shawreth, from Mississippi College returned to Hospice in January to help clean up and move decorations and Christmas trees into a secure location in our storage area for next year. They put up chicken wire to make

Shawreth Guys: Top row: Drake, Austin, Thomas, Eric, Preston, Alex. Middle: AJ, Andrew, Erik, Austin, Bryce, Timothy, Parker, Kenneth, Jordan, Sam, & Whitney Bottom: Elliot, Cole, Myles, & Tyler

walls and swept up dust. A dirty job but these young men enjoy the idea of hard work. We were very glad to get their help.



Thomas, Daniel, Dakota, Eric, Drake and Beau sitting down.

In March they helped create a storage area to house items being delivered for the Hospice Ministries' Sale

Eric, Beau, Daniel and Thomas nailed up our walls

in the storage area while Dakota and Drake tackled the difficult assignment of creating the curling ribbons of colorful tags for our Easter baskets. Dakota will tell you that he and Drake had the 'most difficult' job.



Drake, cutting ribbon.



Dakota curling the ribbon.

Volunteer Events for Spring 2013

April, 2013

May, 2013

Saturday, April 6th

Gardeners' Day 9:00 a.m.- 12:00 p.m.

South Courtyard

Come join our Saturday garden day to work in the Hospice gardens with Lead Gardeners. Lunch provided.

601- 898-1053 ext. 258

Sunday, April 21st 4:00p.m. - 6:p.m.

Volunteer Awards Celebration

Quarterly Meeting & Inservice

Chapel

Reception in Dayroom

Refreshments, entertainment and good cheer.

I sincerely hope you can attend.

***RSVP--Please let Jeri know if you can or cannot attend.**

601-898-1053, ext. 258



Saturday, May 4th

Gardeners' Day 9:00 a.m.- 12:00 p.m.

(May change check website.)

South Courtyard

Come join our Saturday garden day to work in the Hospice gardens with Lead Gardeners. Lunch provided.

601- 898-1053 ext. 258

Sunday, May 5th

6th Annual Gospel Fest 3:00 p.m. - 5:00

Mt. Olive Baptist Church

Bolton , MS

Saturday, May 25th

Memorial Day 10:00 a.m. - 11:00 a.m.

Dining Room

Treat Bags of cookies, and candy for our inpatients.

Troubadours 11:30 a.m. Chapel

We will be visiting a patient.

Call 898-1053, ext. 258

Friday May 31st

Volunteer Training at Hospice Ministries 5:30 p.m. -8:30 p.m.



National Healthcare Decisions Day

-----April 16, 2013-----

Have you signed your Advance Directive?

National Healthcare Decisions Day exists to inspire, educate & empower the public & providers about the importance of advance care planning. National Healthcare Decisions Day is an initiative to encourage patients to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be.

Advance care planning is a process, not just a document. It's conversations that you have with close family and friends about your values and beliefs as well as the medical procedures that you want and don't want at the end of life. It's also about the experiences and people that you want around you at the end of life.

1. Think about what's right for you.

Begin by reflecting on your values, beliefs and understanding about end-of-life care or specific medical procedures, such as drug therapies, cardiopulmonary resuscitation or dialysis.

2. Learn about end-of-life care options and procedures.

Some individuals want to prolong life as long as possible with interventions, while others would not want to be hooked up to machines at the end of life if there is no chance of recovery.

3. Decide who will make medical decisions on your behalf should you become incapable of doing so.

Think carefully about who you feel would honor and follow your wishes, and would be most capable of making medical decisions on your behalf. This may be a spouse, an adult child, trusted family member or a good friend.

4. Start the Conversation.

Now it's time to have a conversation with your Substitute Decision Maker(s), your family and if needed, appropriate professionals. Your Substitute Decision Maker(s) may find the conversation difficult, or may be relieved to know exactly what kind of care you would like to receive. If you write your plan down, make sure that your Substitute Decision Maker(s) have a copy of your plan, and that they can honor and feel comfortable making medical decisions on your behalf.

5. Document your wishes.

Write down or record what you would want if you are at the end of life and are not expected to survive - such as the use of machines that will keep you alive (for example, breathing machines or dialysis), a trial period of that procedure, or no medical interventions at all except to relieve pain or other discomfort.

For more information about advance care planning, and National Healthcare Decision Day please visit **National Healthcare Decisions Day Initiative** at: <http://www.nhdd.org> or **The National Advance Care Planning Task Group** at: www.advancecareplanning.ca



Questions about Advance Directives

When is an advance care plan used?

Your plan is only used if you are unable to make your own health care decisions. Your representative can use it to guide your care and advocate for your wishes.

What if I change my mind?

Our lives- and the people around us - change over time. You will want to review your advance care plan regularly to be sure it still reflects your wishes and that you are comfortable with your Substitute Decision Maker. Remember, it will only be used if you cannot speak for yourself.

What happens if I have an emergency, I can't communicate and the emergency room staff don't know about my Substitute Decision Maker?

Make sure that your Substitute Decision Maker and your doctor have a copy of your plan and that family or friends know who will act as your Substitute Decision Maker - they will likely be contacted if an emergency occurs. You can also use a wallet card to name your Substitute Decision Maker and contact information.

What if my Substitute Decision Maker is not able or willing to make decisions for me?

Health care professionals will approach family members as directed in provincial or territorial legislations.

I have a Living Will - isn't that good enough?

A living will is a type of advance care planning - but it's also important that you have a conversation with those who will make decisions about your care - they may have questions about your wishes. You should also review your advance care plan regularly to be sure that it still reflects your feelings, beliefs and values about end-of-life care.

My family will know what to do - why do I have to write it down?

Writing down your wishes helps to ensure your wishes are clear for everyone. You may believe that they know what to do - but perhaps they don't. You need to be clear about what that really means to you. Your family may also have questions about the choices that you've made.

These types of documents are only for old people, right?

You can't predict how and when you'll die. If you are an adult, you should have a plan. You can change your plan as often as you like, and as your life changes. But don't just write it down - the most important thing to do is to have a conversation with the person or people who will make decisions for you when you can't.

Volunteer Events for Summer 2013

July, 2013

June, 2013

Friday - Sunday, May 31st - June 2nd
Volunteer Training at Hospice Ministries
May 31st, 5:30 p.m. - 8:30 p.m.
June 1st, 9:00 a.m. - 5:30 p.m.
concludes on June 2nd, 1:00 p.m. - 5:30 p.m.
Call 898-1053, ext. 258 for more information



Saturday, June 8th *Gardeners' Day*
9:00 a.m. - 12:00 p.m.
South Courtyard
Check website for Rain Day 601- 898-1053 ext. 258

Monday June 24th
5th Annual Golf Tournament
11:00 a.m. - 6:00 p.m. Annandale Country Club
Call for more information 601- 898-1053 ext. 258

Saturday, June 29th
4th of July Treat bags
10:00 a.m. Dining Room
Cookies & candy needed



Saturday, July 6th *Gardeners' Day*
9:00 a.m. - 12:00 p.m.
South Courtyard
Check website for Rain Day

August, 2013

Saturday, TBA
Gardeners' Day
9:00 a.m. - 12:00 p.m.
South Courtyard
Check website for Rain Day
601- 898-1053 ext. 258



Sunday, August 18th
Volunteer Get-Together, Quarterly Meeting & Inservice
3:30 p.m. - 5:00 p.m.
Bring your family to meet and mingle with old and new friends.



450 Towne Center Boulevard
Ridgeland, MS 39157

*Life is a gift
given to share with others
but for a brief moment.
Through sharing this gift,
we learn about the process of dying.
We learn what is most important in life.
Our conversations take on new meaning.
Our body, mind and soul
bond in companionship.
And the process of living and dying
touches us and those around us, forever.*

*At Hospice Ministries we believe that every human being has the right to a quality end-of-life experience.
For each person, no matter the time left, Life MattersSM*