



Memorial Service November 2012



Volunteers, staff members and families filled the chapel at the annual *Hospice Ministries Memorial Service* on Sunday, November 11. Employees and volunteers from nearly every department of Hospice Ministries were represented at the Memorial Service.



Libby Bufkin with Karen Delatte handing out programs.

Guests were greeted by Kare Henley and Linda Young on the right and to the left by LibbyBufkin and Karen Delatte.



Kare Henley and Linda Young

Starting the service with an opening prayer was Chaplain Duesdayne Tullos. After the prayer inpatient RN **Jane Mason**, gave a scripture reading, from *Psalms 119:28*.



Billy Smith, CNA

Performing acappella, CNA **Billy Smith**, sang a moving rendition of "Morning Dove" to a hushed audience.



Jean Rose-Weisinger, RN and Kim Gray

Admission RN, Jean Rose-Weisinger, and Customer service Coordinator Kim Gray, read the *Litany of Remembrance* for our guests.

Guest entered the services as Harpist, **Mandy Mangrum**, provided beautiful harp selections. "It is Well" and "You Raise Me Up" were two selections she played during the service.



Mandy Mangrum, Harpist

Reading from *Sharing the Light*



Linda Carson, RN

Four inspiring and emotionally charged sections from *Sharing the Light* were read by four of our staff members. In Home Care



Karen Denham, RN

Coordinator, **Linda Carson RN**, read the section called **Grief**, then Referral Department Liaison, **Karen Denham RN**, read the selection called **Courage**. **Donna Evans, LSW**, read the section called



Donna Evans, LSW

Memory and **Sadie Brister, LPN**, finished the readings with the section entitled **Love**.



Sadie Brister, LPN



The service ended with a closing prayer from Chaplain Nash Noble.

MC's Shawreths come to Hospice Ministries

This fall we were introduced to a group of young men from Mississippi College, looking for a place to share their mission of helping others in the community. They have been angels for us at Hospice Ministries.



On their first trip, they cleared out a bed of spikey cacti from the side of the inpatient facility, then moved a fountain from the Chapel entrance

to the South Courtyard. **Rebecca Allen and Bethan Read** are featured at the right with these young men.



The Shawreths came back in October, for our Saturday Gardening Day. They split their forces, some went outside to trim some of our trees and shrubbery, while others stayed inside to help lead volunteer decorator **Aaron Ackers**, put up the foundation decorations for our fall holidays.



Below is a picture of the group that came that day.



Lead Gardener Bethan Read with Volunteer Lakeisha Williams and the guys from Shawreth



A few of the crew helped move heavy bookcases to new homes at hospice. Seen at the left, are Shawreth men with Enoch Suggs, maintenance department, (center back) and Inpatient Care

Coordinator Carol Dugger at the far right.

At the end of November the Shawreth group returned along with a girl's tribe, to help with taking down fall



decorations and moving our Christmas trees to their designated locations around the facility.



Some worked in the gardens with Lead Gardener **Bethan Read**, planting new bulbs for spring.

We hope this group of dedicated young people will be back next semester to help with our many projects.



I thank all of you for being *Shawreths* to Hospice Ministries, and especially want to thank, **Dakota Bibbs** for bringing his crew of Shawreths to Hospice. They were true stewards of Christ's word.

Shawreth Men's Service Club is an organization of 65 men that is specific to Mississippi College. It was originally founded in 1998. The word *Shawreth* comes from the Hebrew word for *servant* or *minister*. It is actually found in the **Bible** in **Exodus 33:11** as well as **Joshua 1:1** in reference to the relationship between Joshua and Moses. Joshua was Moses' *Shawreth*.

Their mission is to strive to live a lifestyle to glorify Christ in all that they do. Shawreth is part of the Men's Social Clubs on Mississippi College's campus, but its main focus is to serve the community around.

Getting Ready for the Holidays for 2012

The Holidays are a busy time of year for everyone. Starting at the first of September with Labor Day, we were off, constantly rushing around until the New Year. I would like to say thank you, to all of you who gave your time to help with the many holiday events of this season. You made a difference, and you also made it fun! I pray the New Year will bring you much joy and happiness.

Jeri



Labor Day

Our Holiday sprint started with the *Labor Day Treat Bags*. **Lakeisha Williams, Kathy Hilton & Bob Perry** seen at the left, worked to create bags full of treats for our inpatients.



Thanksgiving Baskets

Volunteers returned just before the Thanksgiving holidays to create the bountiful Thanksgiving Baskets for all of our home and inpatients.

Volunteers pictured above are (L to R); **Tre Taliaferro, Aaron McLellan, Devan Diamond, Kathy Hilton, Carol Richardson, Robert Miller, Terri Spurk, George Hill, Milicent Bracey, Bob Perry, Hanna Harris, Pam Campbell** with friends. We

were extremely pleased to have some students from Ridgeland and NorthWest Rankin High Schools to help create our baskets. Tre, Devan and Hanna were students from Ridgeland High School and Aaron came from Northwest Rankin.



Tre Taliaferro, Hanna Harris, Devan Diamond, Aaron McLellan (North West Rankin) and Milicent Bracey, adult supervisor from Ridgeland High School.

Fall Festive treat Bags

In a blink of the eye, it was the end of October and time for the colorful **Fall Festival Treat Bags**.

Full of candies and cookies that were created for all our patients by: (L to R); **George Hill, Vangie Hughes, Marilyn Howe, Helen Haygood, B.B. & Ian Watson, Marya Prado, Lakeisha Williams, Susie Cook and Kathy Hilton**



Sonya Lee and Anita Jemison along with the ladies from **Beta Sigma Phi** decorated our dining area with the harvest colors of fall. **Aaron Ackers** and his crafty helpers created the fall harvest look for our halls in the inpatient facility.

The Troubadours



Dot Rule, Nash Noble, Bob Perry, Melissa Bolland, Linda Smith and Jolly Sahu in the top photo.

The Troubadours were traveling around again this fall visiting several patients. At the left, they were pictured at a patient's home in the country, and below at St. Catherine's Village.



Nash Noble, Bob Perry, Jolly Sahu and Dot Rule at St. Catherine's Village.

Giving, from a Young Heart



The Season of giving was well illustrated by the gift of ten large Poinsettias from 7th grader **Robert Stephenson** of St. Joseph High School. Robert sold poinsettias for \$12 each but, in keeping with the holiday spirit, for \$10 one could buy the plant, to be donated to a charity

with Robert paying the extra \$2 per poinsettia as his donation to charity. He chose to give this gift to Hospice Ministries. He said, he wanted to brighten the day of our the patients and families. Such a gift from the heart from one so young is inspirational to us all. Merry Christmas Robert, and Thank You.

Christmas Decorating at Hospice for 2012

It was a glorious weekend for this time of year, really more in the line with California than Jackson Mississippi, when the *Elves of Decoration* came to Hospice Ministries. Our Elves this year under the direction of "Head Elf" **Aaron Ackers**, created beautiful decorations all over the building. It took two days, but was well worth the effort. Participating elves were: **Sonya & Jim Lee, Terri Spurk, Paul Kennedy, Carol Richardson, Aaron McLellan, Lakeisha Williams, Bill Taylor, Martha Cooper, Anita Jemison, Robert Perry, George Hill, Jolly Saha, and Ian & B.B. Watson.** I want to thank all of you for giving your time and creating such a lovely place for our families and for understanding the importance of decorations for our families. It truly is a blessing for those who may be facing a difficult time during this holiday season.



Aaron Ackers and **Bob Perry** worked on the slow process of putting up the decorations in the hall ways.



Aaron McLellan and **Terri Spurk** worked all morning on the giant tree in the Chapel, decorating it with the memorial doves in gold and white.

In the Dayroom **Bill Taylor, Paul Kennedy** and **Lakeisha Williams** created a lovely



Christmas tree, giving the Dayroom a warm and inviting atmosphere for our families.

Sonya Lee, Anita Jemison and **Martha Cooper**, worked diligently creating the adorable ginger bread decorations and tree for the dining area.



We were short staffed the first day, but the joy of the season perpetuated with each volunteer. It was decided that we needed to return the next day to finish. Joining us the next day were **Sonya & Jim Lee, Jolly Sahu, George Hill** and **Ian & B.B. Watson.**



Thank You all for coming and creating the lovely decorations for our families. *You made the difference!*

Cookie Connection

It was an emotional Cookie Connection this year, as we had to say goodbye to **Linda Chase** as our chairman of twelve years. We are very grateful for her guidance and support over the years, as she has lead us through lean times or full times. We are extremely lucky that next year we will have one of her major helpers, Colleen Holloway, as chairman. Colleen has worked along side Linda for many years and I'm sure will continue with the excellency of this event. Thank You Colleen for stepping up to be chairman next year. I'm sure everyone will help in producing a wonderful Cookie Connection for 2013.



Linda Chase



This years Cookie Elves were: (L to R) Mayra Prado, Robyn Farber, Bob Perry, Ann Kelly, Cathy Vernon, Aaron Acker, Gwen Ross, Martha Jones, Helen Haygood, Ellie Heitmann, Kathy Hilton, Linda Chase, Terri Spurk, Ella Westson (Mrs. Claus), Lakeisha Williams, Libria Butler, Colleen Holloway, Larry Weston (Santa), B.B. & Ian Watson, George Hill and Robert Miller.

We worked as an assembly line, as we produced the Christmas boxes for the Cookie Connection. Linda had everything laid out as volunteers took a box and began to stuff it full of cookies....then candy. Bob and Robyn put on the finishing touches before the boxes were delivered to the patients.



Martha, Gwen and Helen along with others, are seen in the photo at the left stuffing the boxes with cookies as Mayra, Libria, and Martha Cooper top



them off with candies. We caught Ann, Gwen and Martha in the process of moving to the candy table to finish their boxes.



After we stuffed the boxes, they were delivered to our inpatients where Christmas carols were sung to patients and family members. One new volunteer said she had such a good time, she can't wait to return for next year. Hope to see all of you next year at the **Cookie Connection 2013.**

2012 Fall Volunteer Training Class



(L to R) Gervis Kendrick, Volunteer Assistant Susie Cook, Jasmine Thompson, June Ammons, Marilyn Howe, Gwen Ross, Morgan Witherspoon, and Timetta Wilson.

This fall brought in a new group of volunteers, continuing our volunteer mission of helping others. This group of professionals, students and big hearted volunteers went through the three day training session with excitement and energy, full of new ideas.



Karen Denham

We started off the first evening with an introduction about Hospice, from Referral Liaison, Karen Denham. Karen discussed the importance of displacing some of the myths about Hospice in the community so that others may understand what Hospice is all about.

Saturday morning kicked off with a talk from Chaplain Nash Noble. Nash entertained the attendees with stories of her experiences with patients and the Volunteer Troubadours. It wasn't very long before she had the group laughing along with her. Nash passed along her thoughts on the importance of the spiritual relationship of working with terminally ill patients and their families. She reflected that after working with patients or family members, it is common for volunteers to feel closer to God.



Nash Noble



Karen Cooper

Later that morning Inpatient RN Karen Cooper, talked to the attendees about the inpatient facility and the differences between the home and inpatient program. She stressed the importance of volunteers working with both groups and offered ways in which they could help. She related experiences that she has encountered while working with home patients and with inpatients.

After lunch the attendees were able to talk with active volunteers during the Volunteer Panel. Volunteers from different areas of Hospice Ministries described their jobs and recounted stories about their experiences.

Molly Davis gave a powerpoint presentation on the "Flower Ladies" describing how much fun they have working with the flowers and delivering them to the patients.



Panelist: Emmie Carmichael, Scott Powell, Linda Smith and Molly Davis.



Donna Evans

Later that afternoon the attendees were thoroughly entertained by **Social Worker Donna Evans**, as she humorously disclosed issues that families sometimes faced when dealing with the death of a loved one. Proving that even when dealing with difficult decisions concerning a loved one, or yourself, one can look on the humorous side of life.

Sunday afternoon the Bereavement Coordinator



Carla Wilson

Carla Wilson dropped by for a talk. Carla described the Bereavement program and how volunteers have made a difference for her department. She entertained the attendees with stories of her years of experience as she worked with bereaved families.

The next training Class will be on February, 1st, 2nd & 3rd, 2013. Friday evening from 5:30 p.m - 8:30 p.m. continuing on Saturday from 9:00 a.m. - 5:30 p.m. and concluding on Sunday afternoon from 1:00 p.m. - 5:30 p.m.

Hospice Ministries' Garden Corner

Here are some tips for your garden for the winter that I retrieved from *Helpful Gardener.com*. I hope these tips help with your own garden.

Tips for a Safe Winter and a Happy Spring

Cutting Back Perennials

Many perennials should be cut back to about 6 to 8 inches above the ground. A word of caution, however, regarding cutting back: Some perennials actually look quite attractive during the winter. If you're not sure, you might want to leave them and see if you like the way they look in your garden over the winter. Additionally, seed heads of some perennials (such as *Rudbeckia* (Black-Eyed Susan), *Echinacea*, *Achillea*, and *Buddleia*) are quite attractive and provide food for birds during the winter. *Evergreen* and alpine perennials (such as *Artemisia*, *Dianthus*, *Helianthemum*, and *Heuchera*) should also not be cut-back in the fall. Many perennials, however, look tired and messy during the cold weather months, so you'll want to cut them back in the fall to keep your garden looking tidy and to avoid extra work in the spring. Prime examples of perennials to cut back are *Alchemilla*, *Campanula*, *Coreopsis*, *Delphinium*, *Geranium*, *Hosta*, and *Veronica*.

Cleaning and Storing Tools

Once your cleaning and cutting is done, it's time to give some love and care to your tools. Clean, oil, and sharpen your tools, then store them in a dry place for the winter. Drain garden hoses and store them coiled in a sheltered place where they won't freeze and crack. It's a little extra work, but come spring, you'll be delighted to pull out your tools that are ready to go to work with no fuss or muss.

Of course, if you choose to ignore winter preparations, the world will not come to an end, but you risk losing some of your less hardy or younger plants to severe cold, and also face a more daunting garden preparation chore in the spring. It's well worth spending some extra time in your garden on a crisp day to snugly tuck-in your garden in before winter takes hold.

It was a fine day in November when **Bethan Read**, **Lakeisha Williams** and **Sandra Felton** worked with the last *Saturday Gardeners' Day* for the year. We will start back in March, 2013



Volunteer Calendar of Events for *Winter to Spring*

January

Saturday, January 12th: Take Down Decoration

10:00 a.m. - 12:00 p.m.

Dayroom

Lots of help is needed to help organize the Christmas decorations.



Sunday, January 27th Get-together/ Quarterly Meeting & Inservice:

Organization

Recipe Exchange, Cook books for door prizes.

3:00 p.m. - 5:00 p.m.

Dayroom/ Conference Room

Call if you would like to send in a recipe for book being made and/or help with food.



February Continued

Saturday, Feb. 9th, Valentine Treat Bags

10:00 a.m. - 11:00 p.m.

Dining Room

Soft home made cookies (individually wrapped) and soft candy needed.

Call for more information 601- 898-1053 ext. 258



March

Saturday, March 2nd: Gardeners' Day

9:00 a.m. - 12:00 p.m.

South Courtyard

Check website for Gardener's Day 601- 898-1053 ext. 258



Saturday, March 9th: St. Patrick's Day Treat Bags

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

Dining Room

Soft home made cookies (individually wrapped) and soft candy needed.

Saturday, March 23rd, Easter Treat Boxes

10:00 a.m. - 11:30 p.m.

Dining Room

Candy eggs, cookies (*individually wrapped*) and soft candy, even a few chocolate bunnies would be appreciated.



February

Friday, Saturday & Sunday, 1st through 3rd Volunteer Training at Hospice Ministries

Feb.1st, 5:30 p.m. - 8:30 p.m.

Feb.2nd, 9:00 a.m. - 5:30 p.m.

concludes on Feb.3rd, 1:00 p.m. - 5:30 p.m.

Call 898-1053, ext. 258 for more information



New Year's Resolution Ideas

New Year means new beginnings and we all want to start our New Year right. New Year resolutions have become a tradition to almost everyone. These New Year resolutions are made and we hope to, be achieved, within the year. Resolutions are motivations to achieve our personal goals. Here are some New Year ideas to help keep you motivated throughout the year.



Try these ideas to keep you healthy and emotionally fit for the coming year.

1. Eat healthy. Eating more fruits and vegetables a day will help you be on your way to a healthy living.
2. Drink lots of water. Nothing beats keeping ourselves hydrated and it is definitely not fattening.
3. Exercise! Want to lose more pounds or want to be physically fit, then do daily exercises you can easily commit to.
4. Get rid of the vices. Smoker? Too much alcohol intake? It's time to lower that intake and get rid of the bad habits.
5. Get more sleep. Nothing beats 8-hours of sleep at night and this will keep you healthy and can help you function better throughout the day.
6. Lower your sugar intake. We all know this will only make you gain some unnecessary pounds and can cause you illness.
7. Save, save, save! Saving is one way to become wealthy.
8. Stick to a budget. Making a budget and sticking to it will make you feel better and you will have more money for other things you may want to buy.
9. Go on more holidays. Holidays are perfect for de-stressing and relaxing, so take a break once in a while and you will have a more positive outlook on life.
10. Broaden your potential. Learn new skills and maybe, you can learn from it. Having fun while you are learning? That's not too bad!



11. Spend more time with your loved ones. If you have been too busy this past year, it is time to make time for them.
12. Read more books. Not only do you learn new things, but you will enjoy the adventure.
13. Try a sport or hobby. Try something you always wanted to try or learn, you'll never know, you might just discover a new talent!
14. Make more date nights with your spouse. This never goes out of style and should be practiced more frequently.
15. Volunteer more. Giving to others is the best way to give to yourself. Bestowing love only brings more love back to you.
16. Try to laugh more. Laughter lifts up the heart.

*Another fresh new year is here ...
Another year to live!
To banish worry, doubt, and fear,
To love and laugh and give!*

*This bright new year is given me
To live each day with zest
To daily grow and try to be
My highest and my best!*

*I have the opportunity
Once more to right some wrongs,
To pray for peace, to plant a tree,
And sing more joyful songs!*

New Year Quotes by William Arthur Ward



"Their sins and their lawless deeds I will remember no more."

Hebrews 10:17

For, me January is always the month of beginning again. I have packed away the bright trappings of Christmas, and our post-holiday house has a simple feel.

Time is right to consider the year that lies ahead. I smile, suddenly recalling the words I used to say to our son as I tucked him into bed: "Tomorrow's a clean blackboard with all the mistakes made today erased away!"

I can almost hear God saying the same thing, as I remember a long-ago teacher choosing me to clean the blackboard. This coveted assignment involved standing on a chair and erasing every word on the blackboard and then gathering the erasers and going out to the back of the school building. There I pounded the erasers against the wall until fanciful clouds of chalk dust floated toward the shy.

I laughed out loud, imaging God pounding the chalk from His big eraser after He wiped our slate clean. A year's worth of my mistakes would seem to cloud the horizon, but God promises the opposite..

I am free to choose. I can leave my mistakes, my disappointments, my bad attitudes to yesterday. I can rewrite myself as a person of hope. I can get up each morning with an attitude of appreciation and turn every event into an occasion of thankfulness. If my life is too complicated, I have the power to make simpler choices.

God has tucked me in with His promise. I wake to a new day; my blackboard is clean; my mistakes have dissipated into the wind. How will I choose to write the New Year?

*Only you can make me brandnew, Father.
Thank You.*

Pam Kidd

Happy New Year



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*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 Matters**SM*