



"Where Were You..." will always be our mantra, when we hear the date 9/11/2001.

In Remembrance of September 11, 2001 Memorial Service

Hospice Ministries held a remembrance for those who lost their lives and families who lost their loved ones that terrible day. The service was designed to help bring closure to some and peace to all. It was a tearful service but one filled with love and hope. The **Ridgeland High School Color Guard** presented colors, while the **Troubadours** led the audience in *The Star-Spangled Banner* and later raised spirits as they sang *America the Beautiful*, and *This is My Country*.

Our guest speakers were **Major Phillip Carr** U.S. Air Forces retired, and **Jan Marts** volunteer, who shared personal stories of that tragic day. Prayers were lead by **Sister Camilla Hemann** from Hospice Ministries, **Rabbi Valerie Cohen** from *Temple Beth Israel* and **Kaye Schloemer** from *St. Matthews United Methodist Church*.



Special musical arrangements were played by **Nash Noble** and **Joyce Burnett**.

Joyce Burnett



Nash Noble

Ridgeland High School Color Guard
Cadets Michael Poe, Matthew Jenkins, Tito Bacallao



Troubadours included:
Libria Butler, Ellie Heitmann, Charlene Freeland, Ellen Ford, B.B. Watson, Carol Richardson & Jeri Flinn.



Major Phillip Carr, U.S. Air Force retired.

Major Phillip Carr U.S. Air Force Ret. gave an uplifting message of healing and hope.



Jan Marts

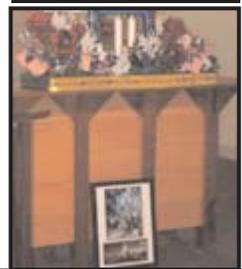
Volunteer Jan Marts recalled her story of lost and fear while trying to return to the U.S. from the Paris airport during the historical attack in New York.



Roy Povall and **B.B. Watson** stop for a photo after the service, along with **Susie Cook** and **Martha Jones**.



A special Thank you to volunteers **Anita Jemison** and **Sonya Lee** for the beautiful decorations in the Chapel and Inpatient facility.



RELAX & RENEW BRUNCH for New Direction at St. Dominic's

On Wednesday, November 2, 2011 the members of New Directions enjoyed an ultimate relaxation brunch. Colleen Freeman, RN and Educational Coordinator offered ways not only to take care of yourself, but to remain calm and cool during stressful times. The wonderful brunch was provided by our own, **Crystal Fuqua** and new to Hospice Ministries, **Chef Fernando Coleman**. Helping to greet and serve were **Lesa Meaders**, Referral Liaison, and our wonderful volunteer, Dixie Myrick. Everyone left feeling relaxed and renewed!

Hospice Ministries staff for the event were: (L to R) Lesa Meaders, Chef Fernando Coleman and Crystal Fuqua, Colleen Freeman and Dixie Myrick.

Hospice Ministries 2011 Memorial Service



Hospice Ministries' families, staff and volunteers gathered Sunday, November 11, 2011 to celebrate the lives of those who had died during the past year. Families were greeted warmly at the door by staff and volunteers **Alvergia Gary, Mary McMurry, Kare Henley and Linda Young.**



Linda Young and Kare Henley



B.B. Watson & Rosa Cockerill

Scripture was read by **Kim Gray** and a *Litany of Remembrance* was shared by **B.B. Watson and Rosa Cockerill.**



Deborah Priestler

A standing room only crowd received a moving call to **"Share the Light"** as candles representing our grief, our courage, our memories and our love were lit by staff members **Lorene Nevels, Deborah Priestler and Donna Evans.** Patients were honored by loved ones who stood to share each patient's name.



Amy Jackson, soloist

The assembly was treated to uplifting musical performances by **Amy Jackson,** soloist and **Joyce Burnett,** concert pianist.



Joyce Burnett, pianist



B.J. Phillips, Dawn Chester, Bobbie Artiques & Diane Marler

The Chapel was beautifully decorated with flowers, lights, and a twelve foot Christmas tree dressed in gold and white. Those assisting in the transformation were **Carol Duggar, Betty Jane Phillips, Dawn Chester, Bobbie Artiques and Diane Marler.**

Behind the scenes activities, such as the creation of rosemary scrolls, the program, and hand addressed invitations, were handled smoothly by **Marretta Henderson, Kare Henley, Linda Young,**

Barbara Sentell and Jacqui Katool. A heartfelt thanks to our staff and volunteers for their commitment to creating a remembrance service that truly honored those who were entrusted to our care.

September Volunteer Training

Six new volunteers participated in the training this September. A small but dedicated class.

Volunteer **Mike Graham** shared stories about his experiences with patients. Other panel members who shared their experiences were **Zach & Terrie Spurk, Delores Barlow and Ella Weston.**



Constant Vigilance

Over the course of twelve plus years of volunteer service, **Bob Jones** has built all of our beautiful benches and arbors around the gardens. He recently built and replaced the old arbor by the rose garden. Bob has been a dedicated volunteer working with the garden staff every Monday to beautify our gardens. We are thankful for volunteers like Bob.



New Volunteer Programs are off and running



Sensory Quilts for patients.

Our Alzheimers and Dementia patients now have the new sensory "fidget" quilt.

They have been a big success

with the patients home and inpatient.

A special thank you goes to **Denise Nicademus** for

chairing this new program and for **Paula Skeen** and her group of friends for making the quilts. The patients love them.

But they are going fast. If you think you might like to help make these "fidget" quilts, please give Jeri a call.



Paula Skeen

Vet to Vet

Colleen Freeman, Education

Coordinator for Hospice Ministries

gave a talk at the *State Convention of the VFW*. Volunteer **Anita Jemison** is an active member of the Ladies Auxiliary of the VFW and set up a talk at the convention in Vicksburg. Colleen gave a brief talk about our up-coming program.

The Vet to Vet Training will be in early January. Let Jeri Know if you are interested in attending.



In November we held a second class for the *Vigil Volunteers*. There will be another class this spring.

Dawn Chester, Emmie Carmichael, Betty Jane Phillips, Sister Camilla Hemann and Tracy Breeden

Vigil Volunteers

The first training class for the *Vigil Volunteer* program was held last September. Eleven volunteers stepped up to the challenge under the training guidance of **Sister Camilla Hemann**.

Some of our new vigil volunteers have already worked with

patients and families in the inpatient facility. One daughter thanked us for all of our support of her Mother, and the many hours that volunteers spent with her Mother before she died. She said, "the volunteers were a blessing to her and her mother. We could not have made it through without them".



Kandra Kilbert, Aaron Akers, Cathy Nicholls, Martha Jones, Diane Marler, Lakesia Williams, Ella Weston, Jan marts, Karen Delatte, Sister Camilla Hemann, Burea Lee Huff and Roy Povall

Cards to Patients Program

Uplifting cards have been written to home patients and sent once a month to help lift their spirits. Volunteers **Kim Moore, Lucy Simmons, Flo Carden** and **Kathy Hilton** write the cards and volunteer **Barbara Sentell** addresses the envelopes on Fridays.

Volunteer Calendar of Up-coming Events Winter 2012



January



Saturday, January 7th

Take down Christmas trees

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

Join the fun & help take down and store our Christmas decorations. Dayroom

Sunday, January 22nd

Winter Get-Together & Quarterly Meeting
POT LUCK

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

Join the fun and get to know your fellow volunteers.



February

Friday, Saturday & Sunday, February 3rd, 4th & 5th

Volunteer Training

5:30 p.m. - 8:30 p.m.- Friday

9:00 a.m. - 5:30 p.m. - Saturday

1:00 p.m. - 5:30 p.m. - Sunday

Board Room

Saturday, February 11th

Valentine Treat Bags Home & Inpatient

10:00 a.m. - 12:00 -Dining Room

Valentine cookies and candy are needed.

Tuesday, February 21st

Mardi-Gras' **Fat Tuesday**

Join us for Beignets and Cafe-au-lait

Dinning Room

8:00 a.m. - 9:30 a.m.



Volunteer Happenings for Fall

Fall Quarterly Meeting and In-service.

Our Fall Quarterly Meeting was held November 17th. The success of our new programs, Vigil Volunteers, Sensory quilts, Cards, and Vet to Vet, and a reminder of up coming events for December were discussed. Volunteer **Aaron Akers** reminded everyone that cookies for the **Cookie Connection** (Dec. 10th) do not need to be individually wrapped, but to please remember we will need 200 dozen for the Christmas boxes so please bring cookies!

After our business meeting and the Emergency Preparedness in-service we had a special treat.

Brenda Berry a member of **Beta Phi** sorority, showed us how to make Holiday Angels.

Pictured are the volunteers who stayed for the in-services Dawn Chester, George Hill, Jan Marts, Susie Cook, Brenda Berry, Betty Ross, Karen Delatte, Sonya Lee and Anita Jemison. If you are interested in getting the directions on how to make these lovely angels contact Jeri or Sonya Lee at sonyaalee@att.net.



Dawn Chester, George Hill, Jan Marts, Susie Cook, --our quest speaker, Betty Ross Karen Delatte, Sonya Lee and Anita Jemison.

Labor Day Treat Bags

Volunteers **Martha Jones, Helen Heygood, Lakeisha Williams, George Hill, Kathy Hilton, and Vangie Hughes** pose for the Labor Day Treat Bags.



Fall Festival Treat Bags

Volunteers **Helen Heygood, Bob Perry, Leigh Schutts, Julie Cockayne, Kathy Hilton, George Hill, Libria Butler, and Vangie Huhges** pulled snacks together to create the **Fall**

Festival Treat Bags for our patients. One family member called to say thank you and to tell us that the treat bags made her Mother's day. Thank You all for giving.



Beyond the Normal Call

Volunteers **Helen Heygood** and **Carole Ring** gave a Saturday in November cleaning the home of a home patient who lived alone and needed help. We greatly appreciate their dedication and willingness showing the true meaning of giving to their fellow man. What stars we have in Volunteer Services!



Saturday Gardeners

Maya Prado, Lakeisha Williams, Jan Marts, Bethan Read and Kathy Hilton started the fall off with a morning in our gardens weeding and spreading pine straw. We will take a respite for the next few months. Watch emails or website for next Saturday Gardening Day.

Thanksgiving Treats Boxes



Our "Treat" boxes for Thanksgiving were filled to the top with cookies, candy

and fall decorative items. Volunteers who participated were: **Bob Perry, Mayra Prodo, Ellie Heitmann, Lakesia Williams, Melissa Bolland, Vangie Huhes, Betty Ross, Jan Marts, Kathy Hilton, Julie Cockayne, Anita Fairchild, Nash Noble, Anita Jemison, and Ellen Ford.** Not pictured are **Sonya Lee and Diane Marler.**

After the treat boxes were delivered to our inpatients, the Troubadours took one treat box to one of our home patients to sing to her and her family.

Troubadours were; **Ellen Ford, Nash Noble, Mayra Proda, Jeri Flinn, Bob Perry, Ellie Heitmann, and Mellisa Bolland.**





Beating the Holiday Blues

Feelings of sadness and depression are common during the holidays, but not inevitable. University of Maryland experts offer a variety of practical tips to help you keep the blues away. Once again

the holidays are upon us, which means it's time for festive partying with friends and family, sharing gifts and laughter -- and getting depressed. That's right. For many people, the holidays bring on feelings of sadness and anxiety that can be hard to shake. According to the *National Mental Health Association*, reasons for feeling blue around the holidays are numerous. They range from fatigue -- a result of all of the increased holiday activity -- to financial limitations and family tensions. Experts say one of the fastest routes to holiday depression is unrealistic expectations.

Holiday Blues vs. Serious Depression

The holidays cause many people to feel anxious and depressed in a general sense, but for some, holiday tensions can lead to full-blown clinical depression. According to the National Institute of Mental Health, about 19 million American adults suffer from depressive illnesses every year. Unfortunately, many people with clinical depression don't seek help, even though depression is a treatable condition.

Symptoms of Depression

Below are a list of depressive symptoms compiled by the National Institute of Mental Health. NIMH experts suggest that you seek professional help if you experience five or more of these symptoms every day for two weeks. *If you have recurring thoughts of death or suicide, you should get help immediately.*

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
- Decreased energy, fatigue, being "slowed down"
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain

Don't let all of the pressures of shopping, coordinating social functions, negotiating family issues and missing lost loved ones overwhelm you this holiday season. There are a number of things you can do to keep stress, anxiety and depression at bay.



One of the best antidotes for the holiday blues is doing ***something for someone else***. "Volunteer your time this holiday season to help others who have less than you do," said Dubin. "Taking the focus off of yourself and putting it on others can really make you feel much better. Not only can you help other people, but doing so will add a lot more meaning to your holiday season."

Delegate. Don't try to do it all by yourself. People often want to help and to be involved. By breaking down tasks and doling them out to friends and family, everything becomes more manageable.

Spend Some Time Alone. Some people love the energy and exuberance of big holiday parties and activities. For others, all of it is very taxing. If you find yourself getting a little anxious, take a breather. Find a quiet spot to relax and recharge your batteries. Other people will be so caught up in what is going on that they probably won't even miss you.

Let Go of the Past. Don't be disappointed if your holidays aren't like they used to be. Life brings changes. Embrace the future, and don't dwell on the fact that the "good old days" are gone.

Don't Drink Too Much. It is easy to overindulge around the holidays, but excessive drinking will only make you feel more depressed.

Give Yourself a Break. Don't think in absolute terms. You aren't the best cook in the world, or the worst. You aren't super mom, or the most horrible mother in the world.

If despite your best efforts to remain upbeat this holiday season, you find yourself feeling down for a sustained period of time, ***get help. Don't try to "tough it out" alone***. There are treatment options available to you that could make a significant difference in your outlook.

MORNING MARCH 2014

BY MARY ANN

UNDER THE

ROSE



HOSPICE
MINISTRIES, INC.

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**