

SUMMER GET-TOGETHER: HEARTS - VS- THE STARS



Volunteers' Family Feud

The summer get-together last August was centered around the Family Feud game. Contestants created two teams, the Hearts and the Stars. Chaplain B.B. Watson acted as our host as he called out the questions based on the T.V. program Family Feud. Contestants for the Star team were **Diane Marler, Happy Cossell, Jolly Sahu and Molly Davis**. Contestants for the Heart team were **Linda Smith, Kris Sahu and Cindy Nguyen**. The questions were answered prior to the event from a survey conducted with the staff from Hospice Ministries. The contestants added their own interpretations with a lot of laughter and suggestions.



Contestants: Jolly Sahu, Molly Davis & Happy Cossell with host B.B. Watson



The reception after our meeting and "Feud" game was full of great treats. It was worth coming just for the food!. Once

again, volunteers had laid out a spread which could charm any catering service. No one walked away hungry. **Gwen Ross, Diane Marler, Ella Weston, George Hill and James & Dot Rule** are seen in the photo above filling up their plates.

Group shot of everyone enjoying their treats during the reception.



Socialization during the reception was very lively as everyone ate and discussed possible answers for some of the more colorful questions.



Kathy Hilton, Emmie Carmichael, Bobbie Artgues, and Gwen Ross socializing during the reception.



It was also a time for old friends to reconnect, as **Cindy Nguyen** and **Kris Sahu** discovered. Cindy was one of Kris' students at Ole Miss.

We could not have had such a wonderful program without the help of the **Beta Sigma Phi Sorority**. They not only handled all of the decorating but were responsible for the concept of the game and the coordination of all the food.



Anita Jemison and Sonya Lee with fellow members of Beta Sigma Phi.

Thank you all for participating in this wonderful afternoon of fun and companionship. It meant a lot to me to share a fun afternoon with those who give so much.

Fall Volunteer Training Class for 2013

The September training class brought a new group of volunteers to our program. It was a small but powerful group, who have been working with their new areas this fall.



Gary Runnels

Gary Runnels works with administration and helps his wife **Peggy Runnels** with picking up the flower



Pat Bell

vases. **Pat Bell** and **Jeanne Rozman** work with the Bereavement department, **Debbie Upton**



Jeanne Rozman



Debbie Upton

helps Jeri in the Volunteer office and **Sandra Little** works with special events and plans to work with patients.



Sandra Little

MC's "Shawreths" returns to Hospice Ministries

Mississippi College's Community Service Day

Students from MC came to Hospice for their Community Service day in August. They broke into several groups to work with different work crews. Some of the girls worked inside in the Children's wing, organizing areas.



The others worked outside blowing away leaves, weed eating around the path stones, weeding, cutting plants back and edging. They put in a few hours of hard work which the gardens definitely needed.



Our Saturday Gardeners have dwindled down and these young people have filled a very needed void. I'm hoping this



next year more will be able to help with the gardens.



Beathan, our lead gardener, joins me in thanking them for their dedication and time in helping with our gardens.



The MC students for Community Service Day with Bethan Read in the center.

October Saturday Gardener's Day



In October, the young men from Shawreth mission group of MC, came back to give us a helping hand in the gardens. They cut back and shaped the bushes in the front of the building and helped put out pine straw in the beds.

The Saturday gardening group has dropped to just a few so their help has been very appreciated.



Chapel tree for Memorial Service



The young men returned in early November to transfer the Chapel tree to the Chapel for the upcoming holidays and for the Memorial service which

was scheduled for later that month. They also decorated the tree with lights and gold bulbs and our memorial birds.



Christmas trees for the entire building



Suites



Dayroom



Main Hall

The boys returned a few weeks later to help with the transfer of all of our Christmas trees. They fluffed all of the trees out and took off some of the old lights. Afterwards, they posed with Duncan, our Therapy dog.



Cookie Connection 2013



The Cookie Connection 2013 was a big success. Plenty of cookies were donated by companies like Trustmark Bank, Regions Bank and MDot, thanks to the tireless effort of Colleen Holloway and others. Colleen has helped with the Cookie Connection for many years, but this was her first year as solo chairman. She did an excellent job, and it isn't



easy following in the foot steps of Linda Chase. But Linda's notes were a big help for all of us. Linda, second to the left, is seen in the photo to the right with a regular helper for the Cookie Connection, Cathy Vernon, filling the boxes full of cookies.



Ann Kelly, Linda Chase & Cathy Vernon



Dr. Raju's son, **Rand Raju**, and volunteer **Kathy Hilton**, along with others, formed a continuous line of stuffers as they filled the boxes with cookies.



Volunteer elves were: (L to R) Kathy Hilton, Helen Haygood, Patricia & Bob Perry, Rece & Rand Raju in front of Mrs. Claus and Stanta (Ella & Larry Weston), Paul Kennedy, Robert Miller, Colleen Holloway, George Hill, Simone Mc Kiney, DeShante Johnson, Ginger Hogg, Cathy Vernon, Linda Nix, Ann Kelly, Whitney Raju, Lazora Eichelberger, Debbie Upton, Linda Chase, Aaron Akers, and Peggy Runnels

I hope you can join us next year for the fun!

Christmas Dinner

Volunteers **Kris Sahu, Chelsea Pham, Happy Cossell, Rebecca Allen and Bethan Read** joined the staff for the Christmas dinner in December.



Kris Sahu, Chelsea Pham, Happy Cossell, Rebecca Allen, & Bethan Read

Volunteers, along with the Executive Director Belinda Manor, and Director of Support Services Isabel Cordua, waited on staff so the Kitchen staff could enjoy their Christmas dinner. It was not only very delicious, but fun filled with good cheer.



Isabel Cordua and Belinda Manor serve the staff their dinners.



Thanks to the volunteers and Directors, **Crystal Fuqua** Dietary

Director, and Dietary staff **Flossy Jones** and **Marie Mays** got to sit down with the rest of the staff to enjoy Christmas dinner.

Decorating for Christmas



This year's Christmas decorations were created by the creative talents of **Debbie Upton, Debbie Hyatt, Anita Jemison, Sonya Lee, Martha Aaron Akers and Paul Kennedy**. Although they were few in number, they did an excellent job of decorating the trees. The

boys from MC's Shawreth mission group had put up all the trees and decorated the tree down stairs in the main hall. Anita & Sonya and Martha decorated the adorable Dining room with their Ginger bread man theme. Thank you all so much for making all of the areas so beautiful.

T Aaron Akers, Gary Runnels, Paul Kennedy, Linda Chase, B.B. Watson, Debbie Upton, Bethan Read, Bob Perry, Judy Mangum, Anita Jemison, Jeanne Rozman, & Helen Haygood answered my plea and came to my rescue for the Christmas decorations takedown. We were able to finish in an hour and a half.
A Wow
K what a Job!
E Thanks
D Guys!
O
W
N



Volunteers at Work

Sometimes volunteer work could be classified more as great fun than work, such as giving a birthday party to a patient in the in-patient facility.

Volunteers **Anita Jemison, Happy Cossell and Susie Cook** pulled together a party to brighten the day for one of our inpatients with a cake from **Katie Rodgers** of *Birthday Cakes for Free Mississippi* and balloons .



Or working on a special event with the Referral department. Volunteer **Diane Marler** is shown with **Lisa**

Meadows of the Referral Department at this year's *Senior Fest*.

Diane also works each week with the Monday Flower Ladies. She and Linda Smith are seen with



Dr. Raju children, **Rand & Rece Raju** during a Monday school break helping with the flowers.

The children along with their mother, Dr Whitney Raju joined us for stuffing our Fall Festival treat bags .

Volunteers from Left to right are: **Dr. Whitney Raju, Chaplain B.B. Watson,**

Mayra Pryon, Jeanne Rozman, Renee Rawls, and Bob Perry with Rece Raju and Simone McKinney.

Volunteers returned for the Thanksgiving Treat Bags in November with (L to R) **Tom Berry, Dr. Whitney Raju, Bob Perry, Debbie Upton, Lucy Simmons, Sandra Felton, & Anita Jemison.** Children



in front were: Rand Raju, family visitors from the in-patient facility, Rece Raju, Simone McKinney and Sinclair Mc Kinney. The children enjoyed participating in the creation of the colorful bags. Children are always welcome to help.

Nurse Notes

The nurses from the in-patient facility would like to thank everyone who helped at the nurses station during the last two months. They asked me to give you their deepest thanks. One nurse said "the volunteers have been such a big help by answering the phone . It allows us to take care of the patients."

Each month the Nurses station needs help with the evening management of the inpatient facility main desk, answering the phone and opening the door for visitors. It is pretty quite most of the time, and sometimes very exciting .

Here are the dates the nurses have informed me they need help with for January and February.

If you can help with any of these dates or hours, even if it is not the whole shift, please give me a call.

January:

Date	Day	Time
20	Mon	3:30 p.m. - 8:30 p.m.
22	Wed	5:30 p.m. - 8:30 p.m.
24	Fri	5:30 p.m. - 8:30 p.m.
25	Sat	5:30 p.m. - 8:30 p.m.
26	Sun	5:30 p.m. - 8:30 p.m.
27	Mon	3:30 p.m. - 8:30 p.m.
30	Thur	8:30 a.m. - 2:30 p.m.
31	Fri	5:30 p.m. - 8:30 p.m.

February:

Date	Day	Time
3	Mon	3:30p.m. - 8:30 p.m.
4	Tues	5:30 p.m. - 8:30 p.m.
7	Fri	5:30 p.m. - 8:30 p.m.
10	Mon	3:30 p.m. - 8:30 p.m.
11	Tues	5:30 p.m. - 8:30 p.m.
14	Fri	5:30 p.m. - 8:30 p.m.
17	Mon	3:30 p.m. - 8:30 p.m.
18	Tues	5:30 p.m. - 8:30 p.m.
21	Fri	5:30 a.m. - 8:30 p.m.
24	Mon	3:30 p.m. - 8:30 p.m.
25	Tues	5:30 p.m. - 8:30 p.m.
28	Fri	5;30 p.m. - 8:30 p.m.

Memorial Service November 2013

by Joyce Burnett

The annual Hospice Ministries Memorial Service was held in the beautifully decorated and spacious chapel Sunday afternoon on November 17.

Volunteers and staff member, Kare Henley served as greeters. Approximately 120 family members and friends attended the special service along with staff members of Hospice Ministries.



Volunteers Karen DeLatte, Deborah Ellis, Linda Young and Bereavements' Kare Henley.

One of the traditions of the memorial service is to incorporate various staff members into the program to represent the administrative, medical and support staff. Community guest musicians volunteered their talents to provide lovely music including Laura McMillan, vocalist who sang the beloved hymn, *Amazing Grace, It Is Well, and The Prayer*, accompanied by **Joyce Burnett**, pianist.



Laura McMillian singing *Amazing Grace*.



Jan Halford, pianist provided beautiful piano arrangements for the prelude and postlude music.

Old friends Laura McMillian, guest vocalist, Jan Halford, guest pianist and Tom Halford pose for a picture.

The Director of Support Services, Isabel Cordua welcomed all who attended, followed by an opening prayer and scripture reading by Chaplain Dewayne Tullos. Kim Gray, Coordinator of the Customer Service and Jean Rose-Weisinger, Admissions Nurse led the Litany. The service consisted of vocal music, prayers and the Remembrance Ceremony along with the lighting of the candles that represented grief, courage, memory, and love.



Joyce Burnett of the Bereavement Department shares in the Remembrance Ceremony.

Staff members who participated in the ceremony and the lighting of the candles included, Isabel Cordua, Director of Support Services and Joyce Burnett and Kare Henley of the Bereavement Department.



Kare Henley of the Bereavement Department shares in the Remembrance Ceremony.



Rev. B.B. Watson, Chaplain shares in the candle ceremony

The lighting of the candles included staff members-Deborah Priestler, RN, Health Information Mgmt., Sandra Strittman, RN, In-Home Nurse, Karen Denham, RN, Referral Liaison and Rev. BB Watson, Chaplain.

Closing remarks and prayer was offered by Tom Halford, Finance Coordinator. The ceremony ended with Jan Halford sharing inspiring and hope-giving piano selections.



Tom Halford, Finance Coordinator.

A note in the program summed up the mission and desire for each family we served-Thank you for sharing your loved ones with us during a very intimate time in the life of your family. It has been a privilege to care for them. And thank you for being with us today to celebrate their lives. It is always a privilege to care for people at this time in their lives and to celebrate the life of each because 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.

We would like to extend a special thank you to everyone who participated in the program. Thank you for making our day so lovely.

INSERVICE : TIME MANAGEMENT

It's not the hours you put in, it's what you put in the hours!

In the U.S., people are living longer than they used to, yet many of us are enjoying it less because we may feel pressed for time. One reason could be the way we manage our time. Do you feel stressed out--with too much to do and not enough time? This inservice will spell out some basic time management skills that can help. If there is one thing that most of us would love to buy, it is time. The new year is an excellent time to start reviewing your time management. If you are having problems getting things done, "there never seems to be enough hours in the day"...you need to think about efficient time management.



Here are some signs of "poor" time management:

- You keep missing deadlines or dates regularly
- You don't get enough time for yourself
- You have trouble finishing your tasks each day
- At the end of the day you wonder what you did all day
- You miss important task/dates now and again
- You feel overwhelmed and don't know where to start
- You procrastinate often.

If you see some of these symptoms in yourself, it is very probably that you are having issues managing time. The biggest difficulty with people who have poor time management is that ***they don't recognize the problem in the first place.*** Often this may be solved merely by recognizing it. In other words, if you are conscious of a problem, it is more likely that you will actively do things in order to change it.

Effective ways of combating poor time management:

Prioritize your tasks: Create a "to do list" and then order the tasks according to priority - highest first. Make sure you write down only the tasks that really need to be done.

Schedule your time: Do the most important tasks first. Be realistic about what you can and can't do in a set amount of time. Don't set goals that are unachievable and unrealistic.

Set Goals: People who set goals are able to see what they have done and are able to feel proud of their accomplishments.

Plan your breaks: When you actively say to yourself that you will take a planned break, you can look forward to that time and try to get a number of tasks done before then. This way you can remain focused on your work during work time and not mess around wondering what to do.

Making sure you are using your time efficiently can really help to reduce stress and make your volunteer life much more enjoyable. It also has many health benefits in that less stress equals a healthier person.

Time Saving Tips:

Create extra hours: get up early! If you get up one hour earlier for a year, you'll give yourself enough extra hours to equal 10 weeks worth of work.

Top Priority: If you have more to do in one day than you can furnish, ask yourself which task is top priority, then furnish that task first. Afterwards you can handle each task by order of priority.

Have a good breakfast: It helps keep your brain "fed" throughout the morning, which helps your energy level. Eat a light lunch so that you don't feel tired during the afternoon.

Keep a "To Do" list: It's one of the secrets to getting more done. Most successful people will tell you that they make a "To Do" list everyday. If they don't finish everything on the list in one day, they carry the left over tasks to the next day's list.

Write down your goals: People who write down their goals are more likely to achieve their goals. Make sure you state some action to help measure your progress.

Know your skills: Knowing your skills will help you put them to best use. Open yourself up to learning new skills. The more you know, the more time you will be able to save during your day and more accomplished in your work and fulfilled you will be.

Best use of time: Ask yourself what is the best use of your time. Answering this question can help you decide what your top priority is at any time.

Don't waste time regretting past failures. Learn from your mistakes and then continue moving forward.

From the Education Department of Hospice Ministries.

Volunteer Events for January - April 2014

January

Sunday, January 19th **Get-together/ Quarterly Meeting & Inservice:**

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

Dayroom/ Conference Room

Call if you would like to help with the refreshments.

Friday, January 31st

Volunteer Training at Hospice Ministries

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



February

Saturday & Sunday, Feb. 1st & 2nd

Volunteer Training at Hospice Ministries Continues

Feb. 1st,, 9:00 a.m. - 5:30 p.m.

concludes on Feb. 2nd , 1:00 p.m. - 5:30 p.m.

Call 898-1053, ext. 258 for more information

Saturday, Feb. 8th, **Valentine Creative Cards**

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

Dining Room

Help create cards for patients. Hershey's Kisses appreciated.

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



March

Saturday, March 2nd: **First 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 15th: **St. Patrick's Day Treat Bags**

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

Dining Room

Soft candy, chocolate covered gold coins or St Paddy cookies appreciated.



April

Saturday, April 5th:

Saturday Gardeners' Day

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

Meet in South Court yard



Saturday, April 19th:

Easter Baskets for all patients

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

Board Room

Plastic eggs, small soft candy and cookies wanted.

Welcome new Pet Therapy Cat Volunteer



Beaux

Hi, my name is Beaux. Some call me Bojangles, but really my name is just Beaux. I was found in the Facility Manager's back yard one evening with my brothers and sisters from our litter. My Mom had gone off to find a place to hide us when we were found. Boy, was she mad when she came back and discovered we were gone. I am a Ragdoll cat literally, I mean that is what my "Breed" is called. Yeah you can Google it. We do not extend our claws while playing and absolutely love people. At the present, I'm in training to be the new pet therapy cat for Hospice Ministries. Since I'm only five months old now, I have to wait till I am a year old to be certified. But I have enjoyed playing with families or anyone who comes wandering down the hall, as I don't visit patients yet. Drop by and visit with me any time. I love to play; I even like Duncan, cause he is

In-Direct and Direct Volunteer Special needs for Hospice Ministries:

Administrative: Computer data entry, phone and office work.

Juice Cart: Offering juice, cokes and water to patients and families. Rotating late mornings or afternoons.

Flower Arranging: Friday group needs members to help arrange flowers for patients' rooms.

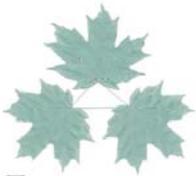
Flower Vase Pick-up: Rotating Sunday afternoon pick up or Thursday early afternoon pick up from inpatient.

Gardening: Need Monday and Saturday gardeners for courtyards, 8:00 a.m. - 12:00 noon

Special Events: Help with planning and participating in special events.

Vigil Volunteers: Volunteers who can be with a patient who is near death.

Vet to Vet: Veterans to volunteer with veteran patients.



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***