



## Volunteer Services' 2017 Cookie Connection

The second Saturday in December marks the date of our annual **Cookie Connection**, where donations from volunteers, create our fun **Christmas Cookie Boxes**. These boxes are given to each hospice patient and their families filled with homemade goodness and love! For more than a decade volunteers have gathered for this family-centered activity to create these wonderful Christmas boxes of sweets filled with cookies and candy. The boxes are a physical reminder of the love that volunteers give to our patients and their families, and are personally delivered to them by staff. Each box brings a smile to the faces of every patient or their family.



We are especially grateful to the community organizations and church groups that provided the majority of our baked cookies: Thank you to **Crossgates Baptist Church** of Brandon; **Broadmoor Baptist Church**, of Madison, **SourceLink**, of Madison; and **Trustmark National Bank**, Downtown Branch of Jackson.

Volunteers Elves included; Valerie Dembry, Mayra Prado, Kathy Hilton, Jeanne Rozman, Gary & Helen Haygood, Nichlas Ward, Sonya Lee, Priscilla Waits, Ferrell Tadlock, Jeanne Rozman, Carol Richardson and granddaughter, Liz Anderso & Roman family, Peggy Reese and grand daughter, Julianne Rains, Beverly Smills, Patricia & Bob Perry, Sherry Mc Colgin, Karen Peterson, Wendy Tate, and B. J. Teague.



To all of the volunteers, friends and community groups who participated in this year's **Cookie Connection**, we offer our deepest gratitude for your support and warm wishes for a perfect Holiday Season and Happy New Year.

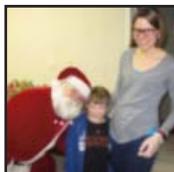


Volunteer "Christmas Elves" formed assembly lines at Hospice Ministries to fill the colorful boxes.



Gary & Helen Haygood  
with Santa

A very special thank you to our "Santa", **Steve Bread** of Brandon, for lifting our spirits and placing a twinkle in all of our eyes, especially the children.



# Volunteer Fall 2017 Happenings

## Hospice Ministries Yard Sale

It was an early morning for volunteers who helped with the **2017 Yard Sale, on October 7th** this fall. Pictured at right are Volunteers **Ann Cook, Ardell Hinton** and Chairman **Judy Mangum**. Lots of fantastic items were donated by volunteers, and friends of Hospice Ministries. It was a warm day for dedicated workers who started at 5:00 a.m. that morning. We would like to thank them all for their donations and time for this event which raised over \$2300.



Thank you all for your support and dedication. Volunteers attending included: **Bob Perry, Becky Davis, Fred Davis, Ferrell Tadlock, Luz Dail, Liz Anderson, Judy Mangum, Sonya Lee, Ardell Hinton, and Helen Haygood**. A special Thank You goes to **Johnny Logan** for being our head cashier; and to our clean up committee from St. Andrews: **Elizabeth Wills, Jenifer Wills, Jason Wang, Amy Zhang and Nathanel Smith**.

## Fall Festival Treat Bags

This years' Fall Festival Volunteers included: **Bob Perry, Sonya Lee, Kisha Dyse, Lindsay Carter, Kathy Hilton, and Elena Buno**.



## Thanksgiving Treat Bags

Thanksgiving is a time to remember how truly grateful we all are. I am



personally grateful for all of the wonderful Volunteers we have at Hospice Ministries. Without you we could not run Hospice Ministries.

Volunteers helpers for our Thanksgiving Bags included: **Gary Yeck, Mossie Redmond, Shelia Hill, Kathy Hilton, Beth Huntsberry** with guest **Bryson Taylor, Layden Taylor and Alisa Hill**. After creating the Thanksgiving bags volunteers stayed to go through an in-services on "Mediation Healing" conducted by Chaplain **Beth Huntsberry**.



Volunteers donated candy and cookies to fill our brightly decorated bags created by Volunteer **Gigi Ray** and her daughter. The bags were passed out the week before Halloween to our patients to brighten their day. Thank you to all who contributed to creating the bags.

## Decorating for the Holidays

Our Holiday Season is a joyous time full of laughter and good cheer, but getting there can be a formidable task. We were grateful for the help of volunteers who decorated the halls of Hospice Ministries. Volunteers, like the women of *Beta Sigma Phi* lead by Volunteer **Sonya Lee**, for creating the adorable Gingerbread theme in our dining hall.



Thank you to our Volunteer Elves for decorating our beautiful trees: **Bob Perry, Gary & Helen Haygood, Ed Oliver, Nicholas Ward, Ferrell Tadlock, Jeanne Rozman,**



**Sonya Lee, Joy Aycok, Priscilla Waits and Courtney Hill**



I was so impressed with volunteers like **Ferrell Tadlock, Nicholas Ward** and **Robert Miller** coming in to help pull out our Christmas trees, a huge undertaking and major help to start off the



Sonya Lee & Priscilla Waits of Beta Sigma Phi

season. And a special thank you to the fantastic decorating crew who ventured out on that first icy Saturday of December to help decorate our beautiful trees around the building. These trees created the glow of Christmas within our walls. Thank you all!



Nicholas Ward, Robert Miller and Enoch Suggs



# Volunteer Training Class Fall 2017

The 2017 Fall Volunteer Training Class proved to be a varied class of knowledge and experience. Our discussions were lively and informative for everyone.



**Volunteer Jane Jones** started off our line up of speakers on Friday evening with her vast knowledge of HIPPA and Confidentiality. Her experience as Health Information Officer of a major hospital has been extremely helpful to this training.

Jane Jones

**Donna Evans LSW**, entertained the class with her comical yet compassionate rendering of the business, emotional and practical side of the dying process for patients and their families.



Donna Evans



**Breavement Coordiantor Joyce Barnett** gave the class an understanding of different ways the Breavement department can help with grief for families, after the death of their loved ones.

Joyce Barnett



Volunteer Panel Speakers included: **Mayra Pardo, Emmie Carmichael and Liz Anderson**

**Tammy Bufkin , RN** from in-patient gave TB test to our new volunteers.



New Training class with Chaplain **Beth Huntsberry** included, **M.C. Burks, Malinda Rice, Sierra Sossamon, Nicholas Ward, and Ray Mc Namara. (Courtney Hill not pictured).**

## VIGIL TRAINING CLASS OF 2017

The 2017 Vigil Training class was held October 26th, with Nurse instructor Geri Grey-Lewis. Geri has amassed multiple years of experience as a hospice nurse and is a major advocate of the hospice message.



Geri Grey-Lewis

Guest speaker Vigil Volunteer **Emmie Carmichael**, described for the class her persoanl encounters with different situations she experienced as Vigil volunteer.

The new 2017 Vigil candiates were: **Malinda Rice, Elena Buno, Ray McNamara, Mayro Prado, Jeanne Rozman, and Ann Homer Cook.**



Emmie Carmichael

## First Baptist of Madison Work Day

On Saturday December 2, **First Baptist Church of Madison** came to help our gardening crew in cleaning up our grounds. They trimmed, hedged and pulled up weeds. We appreciate their willingness to help keep our grounds cleaned and trimmed. What a wonderful way to show your Christmas spirit with a gift filled with love.



## Rose Society Meeting and Tour

Ferrel Tadlock toured members of the **Mississippi Old Garden Rose Society** around our gardens here at



Hospice Ministries. They were interested in helping us with our rose garden and old roses around the grounds. They will sponsor a work day in the Spring for instruction for others in working with roses.

## Pine Straw Delivery

Gardener **Lynda Hunsicker** delivered another load of pine straw to use in our gardens for the up coming winter months. Gardeners meet on Monday mornings for those intersted in helping spread the pine straw.



# Volunteer Events from January - May, 2018

## January:

Saturday: Jan. 6th

*Take down Christmas Decorations*

9:00 - 11:30 a.m.: Dayroom

Lots of help is needed.



Sunday: Jan. 14th

*Winter Get-Together, Quarterly Meeting*

*& In-service: "Blast off to Tomorrow"*

3:00 p.m. - 4:30 p.m. Dayroom



## March:

Saturday: Mar. 10th

*St. Paddy's Day Treat Bags - Dining Room*

9:00 a.m. - 10:00 a.m.



Saturday: March 24th :

*Easter Treat Bags - Dining Room*

9:00 a.m. - 10:30 a.m. Need eggs, candy and

cookies



## April:

Sunday: April 22th

*Volunteer Awards and Quarterly Meeting*

3:30 p.m. - 5:00 p.m. Chapel & Dayroom



Saturday : April 28th, (date may change)

*Garden Workshop Seminar 9:00 a.m. - 5:00 p.m.*

*Workshop with leading Gardeners from around the State.*

*Reservation are needed for this event & lunch will be provided.*

## May:

Saturday: May 5th

*Walk/Run to Remember*

Hospice Ministries, 8:00 a.m. Start

Call if you would like to be on the Run Volunteer committee.



## February:

Saturday: Feb. 10th

9:00 a.m. - 10:00 a.m.

*Valentine's Day Treat Bags for Inpatient Dining Room, Cookies and candy needed.*



Friday- Sunday: Feb. 16th, 17th , & 18th

*Volunteer Training Course. Fri 5:30 -8:30 p.m.;*

*Sat. 9:00 a.m - 5:00 p.m. & Sunday 1:00 p.m. - 5:00 p.m.*

*Downstairs Board room.*



Saturday: Feb. 24th

9:00 a.m. - 12:00 p.m. **Rose Society Work Day**

work along professional rose gardeners in our rose garden.



## Donations

Volunteer Diane Marler donated a 6 X 8 plastic Green House for our gardeners, to grow seedlings in.



Lead Gardener

**Ferrell Tadlock** had mentioned to Diane that several of the Master gardeners wanted a green house to work with seedlings and grow herbs. Diane said she thought she had one she wasn't using and brought it over for the gardeners to



use. **Ferrell** and **John Malanchak** put it together one Monday morning in November and now there is a small green house for them to use for this spring's growth cycle.

Thank you to **Diane Marler** for her generosity and Volunteer Spirit!

## Memorial Rock Garden

Hospice Ministries' **Memorial Rock Garden** continues to grow as more and more add names to our garden. For a \$20 donation to Hospice Ministries, a rock will be etched with a name of a loved one in his or her memory. This garden contains names of volunteers, patients and family members who have died, and not just hospice patients. "It is so comforting to walk past the garden and see your loved one's name in the garden," stated a staff member. Recently, **Dr. Whitney Raju** placed a rock in our Memorial Garden to honor her father who was a patient here a few years ago. Plans are under way to move the garden and form a **Memorial Walk** in front of the Chapel surrounding our Memorial Garden. If you would like to honor a loved one with a "Memorial Rock" please give us a call.





# Resolutions

As 2017 comes to a close and 2018 starts a new year, many of us are indulging in retrospection and reevaluating some of our choices, attitudes and behaviors of the past year. New Years Resolutions are a perfect opportunity for some of us to start making positive changes to create the life we want to live.

- 1. Get in Shape**, physically, along with practicing healthy eating habits. Your mind will be sharper, and you may even feel younger. What ever program you use, just stick to it. In no time at all you will feel better.
- 2. Improve your concentration and mental skills.** There are many programs out there to explore on the internet, community centers or self help books. Pick a few and try them. You may be surprized at how helpful they are. Whether you learn a new skill, practice mediation or meet new people this avenue is an interesting path to follow, and could help you become more confident.
- 3. Reduce Stress.** Mediating, taking long walks, picking up new hobbies, could make you feel good and will go a long way in helping you balance out the difficult areas of your life.
- 4. Read More.** Cut off the T.V. read more news magazines or books. Reading is an excellant way to gain knowledge, understand view points and exercise your brain.
- 5. Connect with people who matter to you.** Whether it is family or friends, life is too short not to spend as much time as you can with those who matter most to you. Enjoy your time in laughter, love and peace.
- 6. Volunteer and give to charity.** Devoting more time and energy to others who need help, can brighten your spirit and connect you with your spiritual force. Volunteering is also an excellent opportunity to meet new friends, learn new skills and feel closer to God.
- 7. Let go of negative feelings.** Revenge or negative feelings towards others can only back fire on you. It isn't the snake bite that destroys you but the venom that stops the heart. Forgiveness is healthier and lightens your heart. Leave the past in the past and look forward to a brighter and lighter future.

Succeeding with your resolutions may simply be a matter of being smarter about them. If you are going to set some goals this year, maximize your chances of success by following some tried-and-true, science-backed guidelines.

### **Ask, don't tell.**

A recent study published in the Journal of Consumer Psychology examined the "question behavior effect" as it applies to new year's resolutions. They found that when people were asking a question about a new habit they'd like to adopt — such as, "Will you start meditating?" or "Will you run every morning?" — those people were 14 percent more likely to follow through on that behavior.

To apply this insight, write down your resolutions in question form, or leave a post-it note with a question about your habit on the fridge or the bathroom

### **Stop to consider any potential obstacles.**

Many of us are good at creating a vision of how we'd like to improve ourselves. What we're less good at is anticipating the obstacles that we'll inevitably face in the pursuit of our goals, according to New York University psychologist Gabrielle Oettingen.

Oettingen's research has shown that mental contrasting — a technique for goal attainment in which you contrast a desired future outcome with challenges that you currently face and may one day encounter in the pursuit of that goal — can help make resolutions stick.

"What we've found, in the many studies we've done, is that mental contrasting could help a lot," Oettingen told The Huffington Post. "It means that I can take these positive fantasies and then shift gears and say, 'What holds me back from meeting these positive fantasies? What is it in me that prevents this?'"

Research has suggested that the key to making a habit stick may be to make it automatic, which you can easily do by creating a specific time slot for the activity every day or however often you plan to do it.

By Carolyn Gregoire, The Huffington Post

[https://www.huffingtonpost.com/entry/psychology-new-years-resolutions\\_us\\_5683e286e4b0b958f65ad409](https://www.huffingtonpost.com/entry/psychology-new-years-resolutions_us_5683e286e4b0b958f65ad409)



***All Aliens are Welcomed!***

Please join us for the  
***Winter Volunteer Get-Together  
"Blast Off to Tomorrow"***

**Sunday January 14th, 2018  
3:00 p.m. – 5:00 p.m. Dayroom**

As we "blast off" with resolutions on programs and/or events both old and new for 2018.

***Your input and ideas are very much wanted for this year's Volunteer Services planning.***

***Please come ready to contribute your ideas or suggestions for Volunteer Services.***

*If you would like to help with refreshments please call Sonya Lee (601-668-2897).  
All help is greatly appreciated.*

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