



# Volunteers Matter

A Publication for the Volunteers of Hospice Ministries



Sept - Dec 2015

## Volunteer Services' 2016 Cookie Connection

*How do Hospice Ministries' volunteers show and share their Christmas spirit?*

We give with boxes of sweets created for each hospice patient and family with homemade goodness and love! For more than a decade volunteers have gathered on the second Saturday in December for this family-centered activity to create these wonderful Christmas boxes of sweets with cookies and candy. These boxes become a physical reminder of the love the volunteers want to give to our patients and their families. Personally delivered by volunteers or staff, each box brings a smile to the face of every patient. Volunteer "Christmas elves" formed assembly lines at the hospice facility and filled boxes.



Other Elves included Medical Director, **Dr. Gerry Ann**

**Houston** with her grandchildren pictured at the left and Santa (Interim Executive Director, **Roy Dumas**).



**Sonya Lee** of **Sigma Bets Phi** presented a Christmas stocking to **Crystal Fuqua** and **Carol Davis** from dietary for all their help throughout the year.



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;**  
**SourceLink,**  
**Madison;** and  
**Trustmark**  
**National Bank,**  
**Downtown**  
**Jackson.**



SourceLink Representatives: **Erica Baggett, Brenda Collette**

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!



Group shot: **Jamille Bryant, Porchia Amica, Kelslyn Williamson, Cathy Vernon, Joi Harris, Santa, Kathy Hilton, Lynda Hunsicker, Dylan**



**Jones, Ella Weston, Jeanne Rozman, Emma Taylor, Helen Haygood, Gary Haygood, Dr. Gerry Ann Houston, Ann Alden, Henry, Elizabeth, Mary Linley & Claire Gatlin, John Malanchan, Meka Ewell, Jasmine Hopson, Elena Buno, Lazora Eichelberg, & Bob Perry.**

## Memorial Service 2016

The annual Hospice Ministries Memorial Service was held in the chapel Sunday, November 13 with a full house of Hospice Ministries staff, guests and families of

patients who were cared for during the past twelve months. Hospice Ministries volunteers and special friends, **Pat Bell, Karen DeLatte, Deborah Ellis** and Bereavement Assistant, **Shay McMurry** greeted guests as they arrived. Violin students of **Belhaven College, Jessica Schmidt** and **Lauren Barger** provided violin prelude music along with pianist, **Joyce Burnett**, Bereavement Coordinator. Employees representing the various departments of Hospice Ministries took part in the remembrance and candle lighting ceremony.



Vocal music selections of hymns as well as a contemporary song were sung by **Greg Tisdale, RN** and accompanied by professional violinist, **Jessica Schmidt**. The annual Hospice Ministries Memorial Service provides the opportunity to honor those our staff cared for and to reconnect with the families of those patients, which is part of the hospice philosophy to care for both the patients and their families. The behind the scene donations provided by **D. Royce Boyer**, piano tuning, decorations by **Lesa Meaders** and **Marla Baker** and flowers from local stores added beauty and a lovely reflection of what it means to work as a team for those we serve in our community.



By, **Joyce Burnette**, Bereavement Coordinator

# Volunteer Fall 2015 Happenings

## Fall Festival Treat Bags

Volunteer **Kathy Hilton** appeared in the spirit of the season dressed as a cat to the *Fall Festival Treat bags* creation last October.



Kathy Hilton



Mayra Pardo

We were delighted to have back volunteer **Mayra Pardo**, who joined us for making the treat bags. Other participants are shown in the photo to the right.



Sophia Bowden, Kathy Hilton, Sonya Lee, Charla Bowden & grandson, Mayra Prado & Bob Perry.

## Thanksgiving Treat Bags



Volunteers gathered the Saturday morning before Thanksgiving to create our *Thanksgiving Treat Bags* for our home and inpatients. Many Volunteers who could not come to the event dropped of cookies and candy to help fill the colorful bags. Shown standing behind the festive bags were;

**Bryson Taylor, Bob Perry, Kayden White, Mossie Redmond, Kathy Hilton, William Thomas and Joi Harris.**



Volunteers **Mossie Redmond**

worked with **Bob Perry** and **Kathy Hilton** in filling the bags while **William Thomas** helped Mossie's grandsons **Kayden** and **Bryson**, stuff the bags with tissue paper and apply the tags.



Kayden White and Bryson Taylor working with William Thomas

## Decorating for the Holidays

After the Shawreth guys delivered our trees to the different locations around Hospice Ministries on Friday afternoon in early December, volunteers came the next day to decorate the trees. Our Chapel tree held a few challenges as the lights would not work so new lights had to be restrung before decorating could start.



**Gary Haygood,**

**Debbie Westerfield and Adam Bowden** work on the Christmas tree for Suite 5.



Gary Haygood, Debbie Westerfield & Adam Bowman

**Robert Miller and Jeanne Rozman** at the left, took on the challenge of the tree at the nurses' station.



**Bob Perry and Charles Dabbs** created our lovely red tree for the Dayroom while **Helen Haygood** along with **Charla Bowman** and her daughter **Sophia**, created a poetic blue tree for Suite 4.



Although our all of our Christmas trees were bright, nothing could compare to the playfulness and wonderment of the Ginger bread cookie tree for the dining room created by **Sigma Beta Phi**. This year's creators included **Carolyn Birmingham, Martha Cooper and Sonya Lee.**



Our decorating elves included: **Bob Perry, Mossie Redmon, Bryson Taylor, Kayden White, Robert Miller, Gary**

**Haygood, Helen Haygood, Martha Cooper, Carolyn Birmingham, Ferrell Tadlock, John Malanchak, Dylan Jones, Jeanne Rozman, Kelslyn Williamson, Sonya Lee, Sophia & Charla Bowman and Debbie Westerfield.**

## Christmas Caroling



The Saturday before Christmas several volunteers under the leadership of **Bob Perry**, filled the halls with joy and happiness, by singing Christmas Carols to our patients. Even our **Therapy Dog Meadow** joined in the fun. Singers included: **Linda Smith, Happy Cossell, Pat Perry, Mike Booth, Helen & Gary Haygood and sons.**



# Volunteer Training Class Fall 2016



**New Volunteers from Fall class of 2016**

Congratulations to our fourteen new volunteers hailing from the Metro area. They are ready to jump in and roll up their sleeves following the 16-hour training program held Oct. 21-23, 2016.

Pictured are: **Beth Huntsberry, Linda Hunsicker, Jamile Brazil, Leland Sentell, Keyslyn Williamson, John Malanchak, Meka Ezell, Charles Dobbs, Jazmine Hopson, Christian Boyce, Bert Currie, Susie Cook,** Volunteer Services' Assistant, and not pictured are **Joi Harris, Danericka Holloway and Porchai Amiker.**

Many thanks to our seasoned volunteers and staff that participated in presenting and sharing testimonials about their hospice experiences with the trainees.

We were delighted to have from home side **Greg Tisdale RN,** who gave us a few minutes of his time to explain the nurses' role in



hospice.

He generously stayed to give the new trainees their T.B. Test. Shown here at the left, Greg is giving **Bert Currie** his TB test.



Chaplain Deloris Bell (left) and Bereavement Coordinator Joyce Burette (right) gave talks about their different departments and how volunteers are a major part of our Hospice Team.



Deloris Bell



Joyce Burnette

Volunteers participated in our Volunteer Panel to discuss their roles with hospice and answered questions about their experiences from the new trainees.

Volunteer Panel:  
**Emmie Carmichael, Diane Marler, Ferrel Tadlock and Sharon "Happy" Cossell.**



Lead Gardener **Ferrel Tadlock** talked about the wonderful gardens of Hospice Ministries and how important they are to our patients and families who visit.



**Emmie Carmichael** shared stories about her experiences with our **Vigil Volunteer** program.

**Diane Marler** explained about our **flower arranging** program and also shared a few heart warming stories about visiting with our home patients.



**Happy Cossell** discussed the **Veterans program** and her joy in working with it. She works in several different areas of Hospice including both Home and Inpatient direct patient care. She related some of her touching experiences with our patients.

We look forward to seeing our new volunteers actively engaged in opportunities with Hospice Ministries. Our next training program will be February 3rd - 5th, 2017. Please call Jeri if you are interested in participating in the training or know of someone who may be interested in taking the course.

## Hospice Program Needs for Volunteers' Help:

1. A great bridge for patient visits is **"picking up of vases"** on Sunday and Thursday afternoons of each month.
2. Another great bridge for visiting patients is the **"Juice Cart"** on Monday, Wednesday, & Thursday late mornings.
3. There is always a need to help **"feed the patients"** during lunch or dinner time. What a wonderful way to get to know someone and develop a trusting relationship.
4. We will be reinstating our Saturday **"gardeners"** program starting in March; (open to non-volunteers), everyone.
6. There is an opening for **Volunteer Awards' Chairman** for the awards program "Mad Hatter's Tea Party" in April. Show your creativity in helping with this funfill event. Special guest singers are performing. FUN!
7. We will be developing a **Gardener's Wine Tasting Gala** this Spring and need people to be on the planning committee. Call Jeri if you are interested. EXCITING & FUN
8. There are several administrative areas which need help. Please call if data entry could work for you.

*If you are interested in participating in a new program similar to the Vigil Program, please give Jeri a call.*

# DEVOTION. PERSEVERANCE. EXCELLENCE. The Young men from Shawreth

**Shawreth Mission's Group** from Mississippi College is a brotherhood with hearts and minds united to serve and glorify the teachings of Christ. Founded in 1998, the **Shawreth** Order of MC has and continues to strive for excellence in every aspect of college life: spiritually, socially, and academically. Their name is a Hebrew word that means servant, minister, and worshipper, and it certainly describes the way its members aim to live. This dedicated group of young men visits Hospice Ministries throughout the fall months to help with gardening chores.



Matt Coleman

This Fall under the leadership of this year's President **Matt Coleman**, this group helped clean out our courtyard fountain, cut back roses and clean up Chapel entrance yard.



The guys have



such a wonderful sense of humor and enjoy clowning around while they work making everyone laugh.



They entertained the staff with their witty personalities and even preformed a dance number they would be persenting at a school function later that month. It is such a joy to see them coming down to hall to work. They always brighten our days.

## Prep Singers' "Healing Voices"

**Katie Newton** of *Jackson Prep*, organized and led the group "*Healing Voices*" from Prep's show choir team, "*Reveillion*", to sing at Hospice Ministries for our patients. Katie, having had a family member recently pass, was touched by the care her family member received from Hospice and wanted to give back in her own way. She organized this amazing group of young singers to entertain the staff, patients and thier families. One of the selections preformed was an acappella rendition of the popular song, "*Mary Did You Know*" pictured here singing were: **Anna Rose Harris, Dakota Kraus, Gregor Patti and Gregory Vance.**



The group gathered together for a photo with Volunteer Lead Gardener **Ferrell Tadlock**. The Shawreth group included:



**Matthew Coleman, Jonathan Hancock, Josh Savage, Taylor Lott, Austin King, Nan Qiu, Jacob Fortenberry, Kobe Quichocho, Mason Cosby, Thomas Gray, Taylor Lanford, Gravin Pittman, Robert Belmont, Drew Adelric, & Blake Gays.**

These wonderful young men returned in early December to help stand up our Christmas trees throughout the building. They put the trees up in every suite, Nurses' Station, Dayroom, Kitchen, Chapel and Reception area. Pictured here are Volunteer Lead Gardener **Ferrel Tadlock**, are **Matt Coleman, Hunter Riley, Ben Stovall & Connor Fortenberry** from Shawreth.



Their voices were clear and beautiful, impressing our staff with their emotional sincerity. Family members stepped out up and down the halls just to listen and maybe shed a tear. We are hoping they will join us again with enchore and maybe a concert this spring.



**Katie Newton, Caroline Newton, Breeilyn Davenport, Abby Newton, Preston Dubberly, Phoebe Carlton, Anna Rose Harris, Emily Michael and Beth Anne Young.** Back row: **Dakota Kraus, Gregor Patti, & Gregory Vance.**

# Stress-Busting Foods: How They Work

*Foods can help tame stress in several ways. Comfort foods, like a bowl of warm oatmeal, boost levels of serotonin, a calming brain chemical. Other foods can cut levels of cortisol and adrenaline, stress hormones that take a toll on the body over time. A healthy diet can help counter the impact of stress by shoring up the immune system and lowering blood pressure.*

## Complex Carbs

All carbs prompt the brain to make more **serotonin**. For a steady supply of this feel-good chemical, it's best to eat complex carbs, which take longer to digest. Good choices include whole-grain breads, pastas, and breakfast cereals, including old-fashioned oatmeal. Complex carbs can also help you feel balanced by stabilizing blood sugar levels.

## Simple Carbs

Dietitians usually recommend steering clear of simple carbs, which include sweets and soda. But in a pinch, these foods can hit the spot. They're digested quickly, leading to a spike in serotonin. Still, it doesn't last long, and there are better options. So don't make these a stress-relieving habit; you should limit them.



## Oranges

Oranges make the list for their wealth of vitamin C. Studies suggest this vitamin can curb levels of stress hormones while strengthening the immune system. In one study of people with high blood pressure, blood pressure and levels of cortisol (a stress hormone) returned to normal more quickly when people took vitamin C before a stressful task.

## Spinach

Too little magnesium may trigger headaches and fatigue, compounding the effects of stress. One cup of spinach helps you stock back up on magnesium. Don't like spinach? Other green, leafy vegetables are good magnesium sources. Or try some cooked soybeans or a fillet of salmon, also high in magnesium.



## Black Tea



Drinking black tea may help you recover from stressful events more quickly. One study compared people who drank 4 cups of tea daily for 6 weeks with people who drank another beverage.

The tea drinkers reported feeling calmer and had lower levels of the stress hormone cortisol after stressful situations.

## Avocados

One of the best ways to reduce high blood pressure is to get enough potassium, and half an avocado has more potassium than a medium-sized banana. A little bit of guacamole, made from avocado, might be a good choice when stress has you craving a high-fat treat. Avocados are high in fat and calories, though, so watch your portion size.



## Almonds

Almonds are chock-full of helpful vitamins: vitamin E to bolster the immune system, plus B vitamins, which may make you more resilient during bouts of stress or depression. To get the benefits, snack on a quarter of a cup every day.

## Raw Veggies

Crunchy raw vegetables can help ease stress in a purely mechanical way. Munching celery or carrot sticks helps release a clenched jaw, and that can ward off tension.



## Bedtime Snack

Carbs at bedtime can speed the release of the brain chemical serotonin and help you sleep better. Since heavy meals before bed can trigger heartburn, stick to something light.

## Milk

Another bedtime stress buster is the time-honored glass of warm milk. Research shows that calcium eases anxiety and mood swings linked to PMS. Dietitians typically recommend skim or low-fat milk.

## Herbal Supplements

There are many herbal supplements that claim to fight stress. One of the best studied is St. John's wort, which has shown benefits for people with mild to moderate depression. Although more research is needed, the herb also appears to reduce symptoms of anxiety and PMS. There is less data on valerian root, another herb said to have a calming effect. Tell your doctor about any supplements you take, so they can check on any possible interactions.



## De-Stress With Exercise



Besides changing your diet, one of the best stress-busting strategies is to start exercising. Aerobic exercise boosts oxygen circulation and spurs your body to make feel-good chemicals called **endorphins**. Aim for 30 minutes of aerobic exercise three to four times a week.

What you eat may not only effect your physical weight but may help maintain your energy and peace of mind. A healthy diet can help counter the impact of stress by shoring up the immune system and lowering blood pressure.

\*From the Food Network:

<http://www.foodnetwork.com/healthy/photos/top-10-foods-for-stress-relief.html>

# Volunteer Events from Jan. - April, 2016

## January :

Saturday: Jan. 7

*Take down Christmas decorations*

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

Sunday: Jan. 22

*Winter Get-Together, Quarterly MeetingW*

*& In-service : All about Wine*

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

Dayroom



## February:

Friday- Sunday: Feb.3, 4 & 5

*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. 11:

*Valentine's Day Treat Bags for Inpatient*

Dining Room,

Cookies and candy needed.



## March:

Saturday: Mar. 11:

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

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



## April:

Saturday: April 8:

*Easter Treat Bags - Dining Room*

*Need eggs, candy and cookies*

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



Sunday: April 23

*Volunteer Awards and Quarterly Meeting*

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

Chapel



Saturday: April 29

*Walk/Run to Remember*

*Hospice Ministries, 8:00 a.m. start*

*Call if you want to be on the Run Volunteer committee..*



450 Towne Center Boulevard

*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*