



## Angel Awards for 2011

It was perfect spring afternoon for our **Angel Awards Program**. Director of Support Services **Isabel Cordua**, gave a heartfelt "Thank You" to our Volunteers for all you do, reminding us of the wonderful job you do and how much we need and appreciate your work.

We were delighted to have a special treat by a very talented young musician from **Madison Central High School, Lan Tolleson**. Lan sang several of his original songs for our program. We were very impressed by the professional quality of his songs and voice. We could have listened to him all afternoon. All agreed he would win on the TV program **American Idol**, if he entered!



Lan Tolleson

After the Power Point presentation **Volunteer Champions of 2011**, **Joyce Burnette** from Bereavement accompanied **Eddie Atkins** from



**Saint Francis Catholic Church**, as he sang "**You are the Wind Beneath my Wings**", a special song dedicated to the Volunteers of Hospice Ministries.

A special award was given to **Linda Chase** for her dedication and commitment to Hospice Ministries. Linda has chaired the **Cookie Connection** for many years making it our largest event. She has also taken over the pantry, organizing and keeping a "food date log" for Hospice Ministries, so our items are kept up to date.



Volunteers who received Angels this year were **Lakeshia Williams, Diane Marler, B.J. Phillips, Sonya Lee** and **Carole Ring**, with a special Angel going to **Ian Watson**.

Our new "**Champion**" pin was given to **Susie Cook, Linda Chase** and **Rebecca Allen** for their commitment to the Volunteer Program throughout the years.



**Special Recognition Awards** from the Development- Referrals Department went to **Dixie Myrick, Mary Clare Hogan** and **Alice Rice**, for their dedication and commitment to Hospice Ministries. (Alice Rice not pictured.)

**Aaron Akers** was presented the **Volunteer of the Year Award**. Aaron has worked tirelessly with special events for Hospice Ministries for several years before joining our team. He also has helped with the Saturday Gardeners, decorating and taking down the Christmas decorations and spending Sunday afternoons in the inpatient facility working with the juice cart and visiting with patients. He is also a member of our "Vigil Volunteer" team, volunteering for night duty. His dedication and commitment to Hospice Ministries has become legendary. Thank You, Aaron, for all you do.



Aaron Akers

The reception was masterful, with a Greek theme concentrating on our new "Champion" pins. **Sonya Lee & Anita Jemison**, along with **Beta Sigma Phi**, once again raised the bar for our events. At the right are



some of the ladies from **Beta Sigma Phi**.



Anita Jemison, Evelyn Ussery, Sonya Lee, Lynn Hilson, and Doris Campbell

Thank You to everyone who brought the fantastic food. Tasting it all was divine. I felt like I was at a feast on **Mt. Olympus**. **Rebecca Allen** signed a special card that was passed around for Jeri given by the volunteers.

I am very touched by each and everyone of you. Your dedication and heart for our mission humbles me. **Thank You for attending our Awards program**. It meant a lot to me to share my presentation with you; for **You really are the "wind beneath the wings" of Hospice Ministries. Thank You for all you do.**

# Sixth Annual Gospel Fest for 2012



Brownsville Choir sang out with spirit as the *Sixth Annual Gospel Fest Program* started. This year the festival was held at *Brownsville M. B. Church* in Bolton.

Smiling for the camera with Volunteer **Libria Butler** was **Ms. Hazel Bradley**, who acted as *Master of Ceremony* for the festival.



The Scripture reading, opening and closing prayer were given by **Rev. Stanley Garner** of *Brownsville M.B. Church*.



**Clyde Robinson** along with with members from *Brownsville M.B.*

**Church Male Choir** kept our hearts pumping and smiles on our faces as they sang out with the crowd.



Members of the *Westhaven Funeral Home Choir* once again sang out in joyful song to the assembly.



Volunteer **Libria Butler** (left), assisted **Kim Moore** (center), with staging of this year's *Gospel Fest* at

*Brownsville Church*; while **Donna Evans** (right), once again charmed the Festival as the spokesperson for Hospice Ministries.



The young ladies from *Progressive Morningstar Praise Team* and *T.R.I.P. The Rightly Inspired Praisers* won our hearts with their graceful movements.



Volunteer **Kim Moore**, once again put on a fabulous up-lifting event full of laughter and song.

**Thank you Kim for your kind and generous heart.**

## Compassionate Callers

In March Hospice Ministries Bereavement Department held the inaugural training session for Compassionate Callers, a new service providing additional telephone follow-up for those who have lost a loved one. The training covered the entire gamut of this topic from how to present yourself on the phone to what to do in difficult situations. Volunteers participating also enjoyed special treats and sharing with trainers and other volunteers during the breaks. Carla Wilson, Bereavement Coordinator stated, "I'm extremely pleased with the interest and expertise of those who responded to this training. Their enthusiasm and caring spirit are contagious!"

Anyone interested in attending the next training should call **Carla at 601-898-1053.**



Carla Wilson (Coordinator), Jolly Sahu, Libria Butler, Sandra Hollingsworth, Donna Hullsman, Angela Newman, Joyce Burnette (Bereavement Asst.), Janet Stovall, Nancy McGhee.

## The Troubadours



**The Troubadours** sang and visited with a patient at *St. Catherine's Village* on a pretty April morning. The patient was a loved one of our own, **Holly Burris**. We sang songs to brighten up the day. Troubadours; Lt. to Rt. were: **Mellisa Bolland, Linda Smith, Ellie Heitmann, Holly Burris, Carol Richardson, Ian Watson, B.B. Watson, and Ellen Ford**

It turned out to be a very emotional and heartfelt adventure down memory lane for everyone. If you feel you may enjoy joining the Troubadours for the next "gig" later this Summer, please give Jeri a call. *Voices are always welcomed "on key" or not.*

## Gardeners' Corner

It was a very bright and cool Saturday in March and a bit on the breezy side on the first "Saturday Gardening Day" of Spring. There is always a lot to do, for after the dormant winter the weeds are everywhere, but for us the first Saturday Gardening Day holds the promise of a fruitful spring. We hope you can join us throughout the spring, summer and fall as we clean, clear, cut back, plant and trim the gardens.



The first **Saturday Garden Day for 2012** workers were; **Larry McKay, Cindy McMullen, Bethan Read, and Bob Jones.**



## St. Paddy's Day 2012



Volunteers practiced a little of the "Ol' Irish Magic" when they created the **St. Patrick's Day** Treat Bags for our patients. Filling the bags full of candies, cookies, laughter and a lot of love. Although it may have seemed somewhat confusing, everything always comes together to create these festive treat bags for our patients.



Sometimes a question will come up over the number or type of cookies to place in the bags,... decisions, decisions. **Delores Barlow** along with **James & Dot Rule** work out the details for the bags.

There was a rumor that the treat bags this year had a few chocolate covered gold coins in them for luck.



Our Leprechauns this year were; **Aaron McLellan, Larry McKay, Carol Richardson, Martha Jones, Marya Pardon, Nancy McGhee, Dixie Myrick, Lucy Simmons, Lakeshia Williams, Delores Barlow, Kathy Hilton, Bob Perry, Dot & James Rule.**

## Request for volunteers:

We have several requests for non-direct patient care volunteers:

- ◆ Flower vases pick up on Thursday afternoon
  - ◆ Flower arranging on Fridays or Monday
  - ◆ Juice cart during the week
  - ◆ Gardening on Monday
  - ◆ Computer data entry in several departments
- If you are interested in helping in any of these areas, please give Jeri a call.

## Easter Bunnies hop to Hospice Ministries

A group of dedicated “Easter Bunnies” dropped by with candy and cookies to create our **Easter Baskets of 2012** for our patients.



They worked all morning filling up our plastic eggs with small chocolate candies. They placed these stuffed eggs along with homemade soft cookies into the colorful baskets filled with bright “Easter Grass”, which had been lined up by other volunteers, ready to stuff.



There was a lot of laughter and giggles heard as they worked on this joyous event creating our “Easter Delights” for our patients.



Volunteers **Dixie Myrick, Anita Jemison, B.B. Watson, Sonya Lee** and **Bob Perry** worked together getting the

baskets ready to be filled. This year’s **Easter Bunny, Sonya Lee**, dressed incognito, (something gave her away), came by to check on our progress. Before we knew it, it was time to deliver our Easter Baskets.

A special thank you goes to **Beta Sigma Phi** for, once again, creating our adorable Easter Wreaths for the patients’ rooms in the in-patient facility. They brightened up each room and brought joy to all who saw them. Several family members remarked how much they liked them. One of these Easter Wreaths is seen in the photo to the right with our Easter Bunny.



After the baskets were stuffed, several volunteers along with our Easter Bunny, delivered the baskets to patients in the in-patient facility. Several family members remarked on how thrilled they were to get an Easter Basket.

Volunteers on the left: **Sarah Creel, Nancy McGehee, George Hill, Ellie Heitmann, Ian Watson, Julie Cockayne, Ellen Ford, and Larry McKay** had a wonderful time as they stuffed eggs with candy, making sure there would be enough for each basket.



Easter Bunnies included: **Sarah Creel, Ellie Heitmann, Larry McKay, Vangie Hughes, Julie Cockayne, Nancy McGhee, George Hill, Sonya Lee, Ellen Ford, Dixie Myrick, Ian Watson, B.B. Watson, Anita Jemison and Bob Perry.**

**Thank You to all who contributed to the Easter Baskets with candy, cookies and time.**

## Extreme Heat Prevention

Conditions of extreme heat are defined *as summertime temperatures that are substantially hotter and/or more humid than average for a location at a certain time of year*. Humid or muggy conditions, which add to the discomfort of high temperatures, occur when a “dome” of high atmospheric pressure traps hazy, damp air near the ground. Extremely dry and hot conditions can provoke dust storms and low visibility. Droughts occur when a long period passes without substantial rainfall. A heat wave combined with a drought is a very dangerous situation.



**To protect your health when temperatures are extremely high, remember to keep cool**

**and use common sense.**

**The following tips are important:**

### Drink Plenty of Fluids

During hot weather you will need to increase your fluid intake, regardless of your activity level. Don't wait until you're thirsty to drink. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour. (Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot.) Don't drink liquids that contain alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.

### Replace Salt and Minerals

Heavy sweating removes salt and minerals from the body. These are necessary for your body and must be replaced. If you must exercise, drink two to four glasses of cool, non-alcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. However, if you are on a low-salt diet, talk with your doctor before drinking a sports beverage or taking salt tablets.

### Wear Appropriate Clothing and Sunscreen

Wear as little clothing as possible when you are at home. Choose lightweight, light-colored, loose-fitting clothing. Sunburn affects your body's ability to cool itself and causes a loss of body fluids. It also causes pain and damages the skin. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) along with sunglasses, and by putting on sunscreen of SPF 15 or higher (the most effective products say “broad spectrum” or “UVA/UVB protection” on their labels) 30 minutes prior to going out. Continue to reapply it according to the package directions.

**Schedule Outdoor Activities Carefully** If you must be outdoors, try to limit your outdoor activity to morning and evening hours. Try to rest often in shady areas so that your body's thermostat will have a chance to recover.



### Pace Yourself

If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or at least into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

### Stay Cool Indoors

Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Use your stove and oven less to maintain a cooler temperature in your home.

### Buddy System

When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know someone in this age group, check on them at least twice a day.

### Use Common Sense

- Avoid hot foods and heavy meals—they add heat to your body.
- Drink plenty of fluids and replace salts and minerals in your body. Do not take salt tablets unless under medical supervision.
- Dress infants and children in cool, loose clothing and shade their heads and faces with hats or an umbrella.
- Limit sun exposure during mid-day hours and in places of potential severe exposure such as beaches.
- Do not leave infants, children, or pets in a parked car.
- Provide plenty of fresh water for your pets, and leave the water in a shady area.

For more information check the website: [http://www.bt.cdc.gov/disasters/extremeheat/heat\\_guide.asp](http://www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp). This information provided by NCEH's Health Studies Branch.

# Volunteer Calendar of Events for *Summer 2012*

Friday - Sunday, June 1st through 3rd  
*Volunteer Training at Hospice Ministries* **June, 2012**

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

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

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

Call 898-1053, ext. 258 for more information

Monday, June 4th *Hospice Ministries Golf Tournament*

11:00 a.m. - 6:00 p.m. Avondale County Club

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

Saturday, June 9th *Painting Day*

Join us for painting the walls of suite 5.

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

Call 601-898-1053, 258

Saturday, June 14th *Gardeners' Day*

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

South Courtyard

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



Saturday, July 2nd  
*4th of July bags*  
10:00 a.m. Dining Room

**July, 2012**



Saturday, July 14th  
*Vigil Volunteer Training*  
Board Room; 9:00a.m. - 12:00 p.m.

Saturday, TBA  
*Gardeners' Day*  
9:00 a.m. - 12:00 p.m.  
South Courtyard

**August, 2012**

Saturday, TBA  
*Gardeners' Day*  
9:00 a.m. - 12:00 p.m.  
South Courtyard  
Check website for Gardener's Day 601- 898-1053 ext. 258

Sunday, August 21st  
*Volunteer Get-Together, Quarterly Meeting & Inservice*  
3:30p.m. - 5:00 p.m.  
*Bring your family to meet and mingle with old and new friends.*



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 Matters<sup>SM</sup>*