



Volunteers *Matters*

A Publication for the Volunteers of Hospice Ministries

Angel Awards for 2012



This year's winner for **Volunteer of the year** went to **Bethan Read**. Bethan has stepped up many times to help with not only the garden work, but also stepped in for Jeri when she could not be there. Many thanks to Bethan for her ability to always be ready to help, no matter the assignment.

Another angel at our program was Chaplain **B.B. Watson**, who started off the ceremonies with a prayer.



Although our group was small, we were captivated by our special guest, **Tony West** and his stories of God's work with the mission group in the village of *Galette Chambon, Haiti*. Tony and his family moved to Haiti last summer to open a medical clinic. His heart warming stories described the hand of God in their work.



You can follow the awesome adventures of their journeys on their blog www.Haitiwest.com. Commitment and talent run in Tony's family. We were entertained by Tony's son, **Jason West**, and his girlfriend, **Katelyn Meeks**, as they sang a few original songs for the program.



Angels went to **Aggie Carson, Molly Davis** and **Linda Smith**.

Angels who won hearts were: **Anita Jemison, Carol Merchant, Jolly Sahu** and **George Hill**.



Angels who won wings were: **Roy Povall, Diane Marler** and **Sonia Lee**.



Angels who won *Halos* were: **Norman Turk** and **Ellie Heitmann**.

Angels who have become *Champions* were; **Dixie Myrick, Bob Jones** and **Alice Rice**



Angels who won the *Masters of Volunteering* were: **Ella Weston & Rebecca Allen**

Bob Perry and **Mary Clare Hogan** were Angels who have become stars .



New volunteers were announced and other volunteers were honored for the amount of hours they have given to Hospice Ministries.



New volunteers **Kris Sahu** and **Gwen Ross** received their Hospice volunteer pins.



Roy Povall received his pin for over 50 hours of volunteering.



Jolly Sahu received her rainbow pin for over 250 hours of volunteering.

Anita Jemison, George Hill and **Sonia Lee** received their gold pin for over 400 hours.



Carol Merchant and **Mary Clare Hogan** received their Smoky Topaz for over 650 hours of service.

Volunteer **Alice Rice** served up a cup of punch to our guest speaker, **Tony West**, during the reception. Thank you all for all you do, you truly are angels for Hospice Ministries.



Volunteers at work...



Volunteers **Lakeshia Williams, Bob Perry** and **Jan Elliott** helped with the creation of the *Memorial Day* treat bags for our inpatients in May.

Sharon Cossell (Happy) volunteered to undertake the task of decorating our new bulletin board displaying photos taken of volunteers to see. If you have any photos please send them to Jeri to put on the board.



Happy Cossell



The Monday flower group stopped for a moment to pose for a picture, left to right are; **Happy Cossell, Aggie Carson, Kris Sahu, Diane Marler, Cindy Mc Mullen, Jolly Sahu,**

Linda Smith and Ginny Phillips, (not pictured is **Gwen Ross**). This group along with the Friday group, is responsible for the lovely flowers which are placed around the building twice a week and in every patient's room. Their arrangements are deeply appreciated by our patients and their families. The flowers bring a little sunshine into their lives.



Another group of volunteers who brighten the day for our patients (home and inpatient) are the volunteers who created the treat bags for the 4th of July. Volunteers (L to R) **Jan Elliott, Ivan & B.B. Watson, Helen Haygood, George Hill, Kathy Hilton, Aaron Mc Millian, Anita Jemison, Bob Perry and Carol Richardson.** These treat bags bring a smile and a little happiness to our patients. Thank you all for caring enough to help bring this sunshine to our patients.

Gardening Corner

Our Saturday gardeners are an important part of our gardening team. Meeting once a month this group, although small in number, helps clean beds, distributes pine needles or trims bushes. It is educational for those of us who want to learn more about gardening.



Jeri is seen with **Taylor Coleman** pulling up weeds in the south courtyard in May.

Mayra Padro, Bethan Read

and **Lakeshia Williams** came in June to trim the bushes and pull more weeds.



In July the Saturday gardening group; **Sandra Felton, Cindy Nguyen, Lakeshia Williams** and **Bethan Read** worked the flower beds.

Please join us on our Saturday Gardening days ---we need your help!!



Lead Gardener **Rebecca Allen** celebrated an important birthday during the month of June. The gardeners and flower ladies for Monday got together to throw her a small party at noon on her birthday.

Our Monday gardening crew continues to carry on throughout the summer heat. At the right, gardeners **Dixie Myrick** and **Helen Mowry** are sporting their work hats for the summer sun.



It seems we are lucky enough to have a summer elf who comes early in the morning to weed the garden. Volunteer **Alice Rice** was caught as she was weeding early in the morning several times a week to help. "It is something I can do after exercise class," she says. Thank You Alice!

Welcome new Pet Therapy Dogs Volunteers

We want to welcome our new pet therapy dogs, **Trudy & Duncan Hogg (Ginger Hogg)** and **Honey Lee (Barbara Lee)**. These dogs offer emotional support for patients and families in our inpatient facility. They have already become very popular with our patients and their families.



Trudy & Duncan Hogg



Barbara & Honey Lee

Hospice gets help from MC students' Mission Groups

Youth leadership mission groups, including the **Shawreth** group from **Mississippi College**, stepped up to help Hospice Ministries and the McClean Center in



April. The groups split up, half chose to work for the McClean Center, mowing the grass, cutting back plants and

cleaning up the grounds. The other half of the student workers stayed at Hospice Ministries. Girls from different



women mission societies painted shelves which had been built by volunteer **Bob Jones** for the patients' rooms in the inpatient suites.



A few of the young men helped lead gardener **Rebecca Allen** by scrubbing the fountain

in the south court yard.



Catholic Heart Work Camp returns to Hospice Ministries



For the seventh straight year, Catholic Heart Work Camp workers came to help at Hospice Ministries. Each summer these teenagers from across the USA travel to different areas to help non-profits with physical projects, such as painting, clearing away, mowing etc.. They each earn money to pay their way to go to a destination where they spend a week

taking care of someone else - in our case out in the hot southern sun.



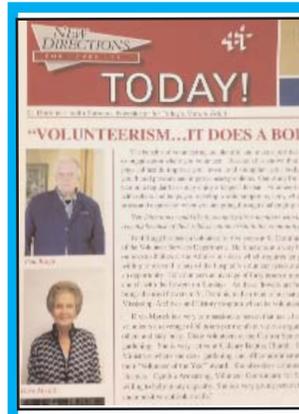
Joshua and Matthew were seen in the photo to the left, working in our storage area moving furniture and other items around to organize the area.

They also worked outside, landscaping and clearing away bushes and shrubbery for our gardens during the mornings.



During the lunch hour the group would retire to the shade to talk and rest. After a week of working at different organizations' locations, the kids from the camp

held a good bye celebration. They invited their sponsors to come and they exchanged stories of their experiences and how they saw the Spirit working in the lives of the people they worked with. It was a very inspirational meeting, and a fun time with the students. We look forward to working with CHWC again next year.



"Volunteerism... It Does a Body Good."

Hospice Ministries' Volunteer **Dixie Myrick**, is highlighted in **St. Dominic Health Services New Directions'** latest Newsletter. Way to go Dixie!

Summer Volunteer Training Class for 2013

The summer training class brought new members to our ranks in Volunteer Services. Volunteer Diane Marler is seen in the photo handing out balloon flowers to the new members, trying to persuade them to join the flower committees, arranging or gardening.



Active volunteers **William Thomas, Mayra Prado, Diane Marler and Terri Spurk** recounted their experiences while volunteering

with Hospice during the volunteer panel on Saturday. They also answered questions about their experiences posed by the new volunteers.

Speakers included Karen Denham, RN, from Marketing, **Carrie Powell**, RN, from Inpatient, Chaplain **Nash Noble** and our popular speaker, Social Worker, **Donna Evans**.



Karen Denham



Carrie Powell



Donna Evans



Nash Noble



Susie Cook

Volunteer Services Assistant, **Susie Cook** is shown going over the proper paper work that all volunteers are required to do, to record their activities and visits.



Denise & Ginger

Volunteer RN, **Denise Mason** gives pet therapy volunteer **Ginger Hogg** her TB test.

Gospel Fest 2013

The 7th Annual Hospice Ministries Gospel Benefit Program was held on June 9th at the Mt. Olive Mission Baptist Church in Bolton, MS. Hazel Bradley was our honored Master of Ceremonies .



Hazel Bradley

Ms. Bradley gave the opening prayer for the festival and lead us into the toe tapping songs from the combined voices of Brownsville M.B.

Church, Mt. Olive M.B. Church and St. Paul M.B. Church.



Ms. Bradley is seen in the photo to the right singing along with enthusiastic joy to the lively songs of the combined male choir.



The members of the Praise and Mime Team stopped for a moment between shows to pose for the photo at the right.

The Praise and Mime Team of St. Thomas Missionary Baptist Church entertained the audience with artistic interpretations of the spiritual connection of God's love.



Cierra Jacobs, Patzavi Readus, Sedarius Jacobs, Kim Moore, Djaydyn Moore and Hazel Bradley.

Hospice Ministries would like to thank Kim Moore and her family for their dedication and hard work putting together the Gospel Fest this year. Please join us for next year's Gospel Fest.

Hospice Ministries' 2013 Golf Tournament In Memory of Allison Coggin Lee



Twenty teams signed up for a glorious day of golf the last Monday in June at **Annandale Golf Club** in Madison for our annual golf tournament. Special thanks to our title sponsor this year, **Jim Coggin**.

The golfers were treated to a delicious lunch from Annandales' kitchen. Before the tournament



many took advantage of the putting green. **Lloyd Hocott** of the **Paul Moak Team**, chose to participate in the unlimited Mulligans offer for his team.

Unfortunately the weather did not cooperate and the rains caused the tournament to end early. However, we were lucky to catch a few players before the tee off.



Scooter Myers and **Blake Lewis** of the **Protel Team** take advantage of the new coolers to ice their drinks before they started to play.



We appreciate all of our teams and deeply appreciate **Paul Moak Jr.**, who provided the beautiful Volvo for our prize. In the picture are members of their team and coworkers.

Competing for the Prestigious trophy were the teams of:

- Jim Coggin
- Paul Moak
- Glynn Griffing & Associates
- Protel, Inc.
- Bank Plus
- Ross & Yerger
- Tatum Medical
- Solace Medical
- Service Printers
- First Commercial Bank
- Wright & Ferguson

- St. Dominic Hospital
- First Choice Medical
- Lefoldt & Company
- Cal Maine Foods
- Enterprise
- Community Trust Bank
- Jackson Paper



We want to thank all of the golfers who joined us for this year's tournament.

HEAT STROKE & HEAT EXHAUSTION

People aged 65 years and older are more prone to heat stress!

Heat Stroke

Heat stroke is a serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Signs and Symptoms of Heat Stroke

Warning signs vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

Heat Exhaustion

Heat exhaustion is a milder form of a heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Signs and Symptoms of Heat Exhaustion

Warning signs vary but may include the following:

- Heavy sweating
- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

What You Can Do for Someone With Heat Stress

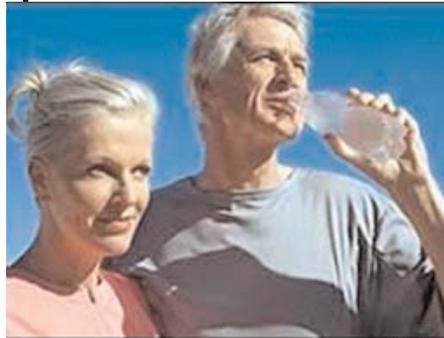
If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person. Do the following:

- Get the person to a shady area.
- Cool the person rapidly, using whatever methods you can. For example, immerse the person in a tub of cool water; place the person in a cool shower; spray the person with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101°-102°F
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the person alcohol to drink.
- Get medical assistance as soon as possible.



What You Can Do to Protect Yourself

You can follow these prevention tips to protect yourself from heat-related stress:



Drink cool, nonalcoholic beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely

cold liquids because they can cause cramps.)

- Rest.
- Take a cool shower, bath, or sponge bath.
- If possible, seek an air-conditioned environment (If you don't have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off.)
- Wear lightweight clothing.
- If possible, remain indoors in the heat of the day.
- Do not engage in strenuous activities.



Volunteer Events for August - December 13

August

Saturday, August 3rd

Gardeners' Day

8:30 a.m.- 11:00 a.m.

South Courtyard

601- 898-1053 ext. 258



Sunday, August 18th

Volunteer Summer Get-Together - Volunteer Family Feud Quarterly Meeting & Inservice

3:30p.m. - 5:00 p.m.

Bring your family to meet and mingle with old and new friends.

Watch as volunteers challenge one another in games.

Saturday, August 31st

Labor Day Treat Bags

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

Dining Room. Bring candy and soft individually wrapped cookies.

September

Saturday, September 9th

Gardeners' Day

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

South Courtyard



Friday - Sunday, Sept. 13th - Sept. 15th

Volunteer Training at Hospice Ministries

Sept. 13th, 5:30 p.m. -8:30 p.m.

Sept. 14th, 9:00 a.m. - 5:30 p.m.

concludes on Sept, 15th, 1:00 p.m. - 5:30 p.m.

October

Saturday, October 5th

Gardeners' Day

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

South Courtyard



October cont.

Saturday, October 19th

Fall festival treat bags

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

Bring candy and soft individually wrapped cookies.



November

Saturday, November 9th

Gardeners' Day Last one till march!

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

South Courtyard

Check website for Rain Day

601- 898-1053 ext. 258

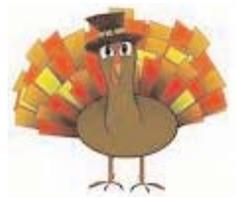


Sunday, November 10th

Memorial Service

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

Chapel



Saturday, November 23rd

Thanksgiving Treat Baskets &

In-service- Beating the Holiday Blues

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

Dining Room. Bring candy and soft individually wrapped cookies.

December

Saturday, December 7th

Christmas Decorating

Christmas trees and inpatient building.

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

Dayroom



Saturday, December 14th

Cookie Connection

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

Dining Room. Bring candy and soft individually wrapped cookies.



In-Direct and Direct Volunteer 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.

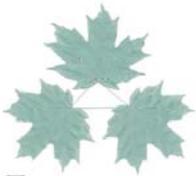
Flower Vase Pick-up: Rotating Sunday afternoon pick up or Thursday early afternoon pick up from inpatient.

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 stay 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***