

ANGEL AWARDS FOR 2014 — WALKING ON SUNSHINE —

“Walking on Sunshine” turned out to be the perfect mantra for the 2014 Angel Awards. Not only was the afternoon a beautiful spring day, but it felt like we were literally “walking on sunshine” during the light hearted program. After our Quarterly meeting, presented by Volunteer Assistant **Susie Cook, Charla Bowden, PT** from *St. Dominic Hospital*, gave us an in-service on “Posture can affect how we fee.” Visitors in the back of the room laughed as they noticed how we all straightened up more in our chairs.



Charla Bowden, PT

This good feeling continued as the attendees were treated to a sing-a-long with Jeri and back up singers **Happy Cossell and Judy Mangum**. They led the group in karaoke style to the song “I’m walking on Sunshine.” Everyone laughed so hard it was difficult to sing, yet **Jeanne Rozman** was so moved and inspired she joined the singers in the front, dancing and singing.



The Awards ceremony started with recognition to some of the people who had helped with special events or projects during the past year.



Tim Pearson, Judy & Carroll Mangum

Judy Mangum’s husband and son were recognized for their help during the yard sale last summer; **Beta Sigma Phi** for their continued support and help with special projects throughout the year, along with lead gardeners **Rebecca Allen and Bethan Read** for their dedication with garden projects.



Rebecca Allen & Bethan Read



Brand new volunteers who had started working this year were introduced **Ferrell Tadlock, Jane Hull, Jane Jones, & Holly Clark**.

Volunteers who have earned over 25 Hours were **Martha Jones & Trish Taylor**



200 + hours **Molly Davis, Jeanne Rozman & Nelson McDonough**



250 + hrs **Judy Mangum**

400 + hrs **Debbie Upton**

500+ hrs **Linda Smith**

650+ hrs **Sonya Lee & Diane Marler**

800+ hrs **George Hill & Jeanne Till**

1000+ hrs **Susie Cook & Happy Cossell**



Volunteers receiving *Angel Awards* were **Debbie Upton, Jeanne Rozman & Nelson McDonough**

Angels who received their *wings* were **Judy Mangum, Happy Cossell and Molly Davis** (not pictured.)

Angels who won the *Excellence Award* were **Dixie Myrick & Rebecca Allen**

Angels who became *Champions* were **Mary Clare Hogan & Jeanne Till**

Master of Volunteering went to **Susie Cook, Bethan Read & Alice Rice**

The *Angel Badge* went to **Charlotte Robinson & Kathy Hilton**

The *Radiance* pin went to **Ella Weston**

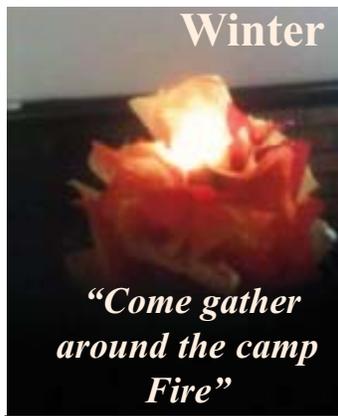
Sharon “Happy” Cossell is *Volunteer of the Year for 2014*.



After the program everyone relaxed in the dayroom and dined on the creative, tasteful treats donated by volunteers. The “sun cake” at the left from **Anita Jemison** and the *Swiss Smörgåstårta*, alias “sandwich cake or layer cream cake” from **Sonya Lee** were huge hits with the group. I hope you will join the celebration next April for the **2015 Angel Awards**.



Winter Get-Together 2015



*“Come gather
around the camp
Fire”*



But, don't feed the Bears!

A crowd of volunteers attended the Winter Get-together 2015 and Quarterly meeting in January. The quarterly in-service reviewed our

company's policy on the importance of customer service and how volunteers play an important role in that service. Jeri requested that if anyone had any new ideas on how we may increase our role as volunteers in providing the best customer service care to our patients and their families please give her a call. We are always interested in more ways we can serve others.



Our two imaginative volunteer angels **Sonya Lee** and **Anita Jemison** once again created a delightful and lighthearted theme of a “camp out” complete with a “non-flammable” fire.



Although the dayroom was surrounded by “bears” the food proved to be a plentiful and enticing selection of delicious snacks for everyone to enjoy. Sonya's and Anita's campground touches accented the table with sticks, gummy worms and chocolate mud. I hope you can join us for our next **Summer Get-together** on **August 23rd** for the **“Wheel of Fortune”**. It promises to be an afternoon full of fun and games and always loaded with good food.

Please join us.



Volunteer Training Winter Class 2015

The winter training class proved to be a fast paced event full of questions and opportunities to learn from each other. Chaplain **Sister Dorothy Kunding** started us off Saturday morning with an uplifting talk about the joys of the Chaplain's role in



Hospice. In-patient nurse **Hope Fleming**, reviewed the nurse's role and discussed how volunteers are a big help in the in-patient facility.



Hope Fleming, RN

After lunch a panel of active volunteers dropped by to discuss their chosen duties at Hospice Ministries. They gave the new attendees an opportunity to ask questions and get to know some of our veteran volunteers. The panel included **Linda Smith, Happy Cossell, Diane Marler** and **Charlotte Robinson**.



Later in the afternoon volunteer **Charlotte Robinson** led a discussion on the importance of communication and listening as tools for volunteers. Besides learning about the different areas/departments needing volunteers, in-services concerning health information from the Mississippi State Department of Health were presented.

On Sunday afternoon the Bereavement Department Manager **Joyce Burnett** dropped by to discuss ways volunteers can help within the Bereavement Department.



A snapshot of the attendees looking forward to volunteering included,

(LtoR); **Ferrel Tadlock, Becky Wells, B.J. Teague, Chaplain Sr, Dorothy Kunding, Charla Bowden, Charlotte Robinson, Debbie Laudstrom Holly Clark and Susie Cook**, Volunteer Services Assistant.

Volunteers confirmed on Sunday were **Lynda Michel, Ferrel Tadlock, B.J. Teague, Charla Bowden**, Volunteer Services' Assistant **Susie Cook, Debbie Laudstrom, and Holly Clark**.





Valentine's Day Treats



On the Saturday before Valentine's Day volunteers gathered to create the delightful Valentine prize bags to give to patients. These little treat bags gave patients and their families just a little spark of happiness on a gloomy day. Judy Mangum brought her adorable grandchildren to help with the creation of the treat bags and offered some laughter for those who participated.

Our volunteers were (LtoR) **Judy Mangum, Jane Hull, Trish Taylor, visiting friend, Kathy Hilton, Anita Jemison and Sonya Lee.** In the front were Judy Mangum's grandchildren: **Hanna Polk, Natalie Hendon and Torrey Polk.**



Easter 2015



With the Easter each year, we know that spring is just around the corner. Volunteers created brightly color Easter Bags for all of our patients both home and in-patient. Volunteers are encouraged to bring their children to help fill the bags as most seem to enjoy the creation of the treat bags.



Our adult volunteers enjoy also express their love of the holiday, as you can see volunteer **Sonya Lee** giving everyone an Easter Blessing.



We were thrilled to have **Mama Anita, Anita Jemison's mother Anita Fairchild,** join us. She snipped off the tops of the Easter grass to place in the Easter bags.



Volunteers gathered around their creations; (LtoR) **Adam Bowden, Sonya Lee, Jeanne Rozman, Anita Fairchild, Renee Rawls,**

Charla Bowden, Anita Jemison, Jan Elliott and Sophia Bowden.

Other Easter Donations

We would like to thank *Miss Mississippi Jr. High for 2014, Grace Alman and Jennifer Massey, Miss Jr. High Rankin County,* for donating these colorful special Easter baskets for the nurses in the in-patient facility along with two gifts cards for the Volunteers' patient fund for the easter baskets.



Grace Alman, Marilyn Stickman, RN and Jennifer Massey



St. Patrick's Day



St. Patrick's Day is a fun holiday for the volunteers at Hospice Ministries. We love to show our "Irish side" by dressing up to bring a little "cheer" to our patients and their families. Volunteers worked the Saturday before St. Patrick's Day creating the exciting treats.



Volunteers working on the treats bags were: (LtoR) **Holly Clark, Romona Lentz, Kathy Hilton, Sonya Lee and Anita Jemison,** with **Anita Fairchild** in the front.



On Saint Patrick's Day Volunteers **Kris Sahu, Sharron "Happy" Cossell and Linda Smith** dressed up in their St. Patrick's Day costumes with big smiles and delivered the

"cheery" green and white bags to our inpatients and their families. These treats and smiles are some of the greatest gifts we can give to our patients. Thank You for your support.



Pantry

A special Thank You goes to **Beta Sigma Phi** for their donation to our food pantry. These donations

help us keep Ensure and other foods available to our patients who might need them. If you or your group would like to help collect food for the pantry please contact Jeri.

Tribes from Mississippi College at work... Shawreth

Hospice Ministries has been blessed with help from Mississippi College students from the student body group at large and from special mission groups like **Shawreth** and **Kissimee Tribes**.

These young men and women have dropped by Hospice Ministries for mission work sessions through out the semester since January.



They have helped us clean out our storage rooms, pantry, and outside gutters. They cut back our hedges pulled weeds and trimmed back trees.



In April they joined with the Young women's mission group **Kissimee** to help with our projects. We hope to have them back next year.



Gardening Corner



Lakeshia Williams

Hospice Ministries is known for our beautiful and relaxing gardens. Without the dedicated help of our volunteer gardeners we could not have these gardens. As one of gardener reported, "Once the gardening bug gets into you... it is hard to let go."

CNA **Lakeshia Williams** stops by on some Monday's when she is off to give a hand to our Monday gardeners. **Helen Mowry** is another volunteer who dedicates her Monday morning to the gardens. We are truly blessed to have such good hearted gardeners.



Helen Mowry



Dixie Myrick and Rebecca Allen are here on most Mondays to give their special love to our gardens.

Attendance to the Saturday gardening group has dropped off over the past year. We could use more help with the gardening group. If you would like to join us or know of someone who may be interested in playing in the dirt on a few Saturday mornings a year, please give Jeri a call.

Thank You from Hospice Ministries and me.

Thank You for all of your help these past few seasons. Without Volunteers like you, it would be difficult for us to maintain the degree of customer support and services we are known for. Our gardens are spectacular and are very popular with our families. Flower arrangements delivered twice weekly has been a huge success with our patients. But it is the one-on-one personalized friendship that Volunteers give that makes the connection for families and patients. Whether it is a smile when you are in the room for a few moments or sitting by a bedside for hours, that special gift of warmth and love comes through. We can not thank you enough for your support. Hospice Ministries is truly blessed to have Volunteers like you.

Thank You, for all you do.

Jeri

Posture can affect how we feel!

Posture plays an important part in how we well and preform our tasks during the day. Standing and sitting are two of the most technically challenging things we do. You could decrease your back or neck pain by 50% by correct posture.

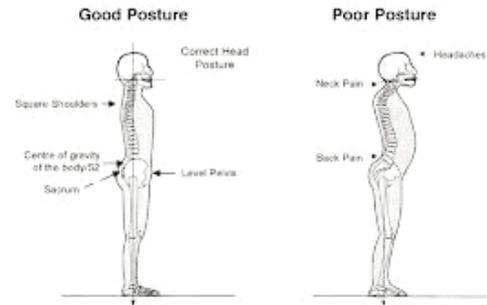
Two pre-disposing factors for developing low back pain

Poor sitting posture

Frequency of bending forward in daily activities; mopping sweeping, lifting etc.

Six key factors that can set-up someone for myofascial pain of the low back:

- * *Poor sleeping posture: Lying on your stomach or in a fetal position on your side.*
- * *Sitting too much during the day. This can shorten hamstrings, hip flexors or abdominals, which can refer pain to low back area.*
- * *Poor work posture or poor posture with your ADL's*
- * *Decrease water intake.*
- * *Increase in-take of sugary and/or caffeinated drinks.*
- * *Decrease amounts of full dynamic movements per day.*



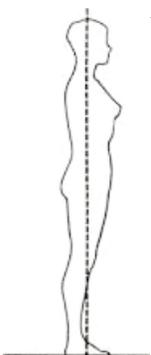
Improving your standing posture

- ▶ *Squeeze your bottom.*
- ▶ *Pull your belly button up into your ribs*
- ▶ *Breath out then tighten your abdominals.*
- ▶ *Neck should be in a neutral position with your shoulders blades reaching slightly downward toward your hips.*
- ▶ *Key points to remember when sitting*
- ▶ *Don't just fall into your chair. Sit gracefully and get set first.*
- ▶ *Feet flat on the floor or on a stool so you hips and knees are at about 90.90 degrees.*
- ▶ *Roll your pelvis slightly forward. You can use a rolled towel or small pillow in the back of the chair to help with this.*
- ▶ *Shoulders slightly back with neck in a neutral position. The further away your head/neck get away from your body the heavier it is and the more stress it places on your spine.*
- ▶ *Your electronics/books should come to you. Do not strain or reach for them. This is also true as you brush/floss your teeth or perform other daily routines.*
- ▶ *Change your positions as often as possible and this means getting up every 10-15 minutes.*

A strong core is the foundation for balanced and optimal use of all our muscles, lessening our chance of injury as we perform our ADL's.

Our core is made up of several muscle groups including our abdominals, lower back and pelvis region. Over training of any of these muscle groups can cause an imbalance.

For further assessment from a Physical therapist you can talk with your primary health care provider about obtaining an order for PT. The order should contain your diagnosis such as neck pain, shoulder pain, back pain etc. Preferable the order would read, "PT to eval and treat."



Charla Bowden, PT

St. Dominic's for outpatient rehab 601-200-4920 Fax 601-200-4924

Volunteer Events for June 2015 - August 2015

June, 2015

Monday, June 8th Hospice Ministries Golf Tournament
11:00 a.m.- 6:00 p.m. Annandale County Club
Call for more information 601- 898-1053 ext. 258

Saturday, June 13 - Gardeners' Day
9:00 a.m.- 12:00 p.m.
South Courtyard



Sunday, June 26th - 28th
Volunteer Training at Hospice Ministries
June 26th , 5:30 p.m. -8:30 p.m.
June 27th, 9:00 a.m. - 5:30 p.m.
concludes on June 28th, 1:00 p.m. - 5:30 p.m.
Call 898-1053, ext. 258 for more information



Saturday, June 27th
4th of July bags
9:00 a.m. Dining Room



July, 2015

Saturday, July 11th
Gardeners' Day ; 9:00a.m. - 12:00 p.m.
South court yard



August, 2015

Saturday, 8th
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 23rd
Volunteer Summer 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.*