

ANGEL AWARDS FOR 2015 — OVER THE RAINBOW —



Opening our program with a prayer was volunteer **Gary Haygood** and Volunteer Services' Assistant **Susie Cook** administered our Quarterly Meeting before the Awards program.



While all hospice volunteers are considered angels, there are a number of volunteers who stand out and go over and above what is expected, like **Diane Marler**, the **2015 Volunteer of the Year Angel Award** recipient. Marler was recognized for her selfless dedication in providing patient care and family support, and her availability, sometimes with only a moment's notice... even on holidays!

The 2015 Angel Awards celebration featured an entertaining production of *"There's No Place like Hospice,"* performed by the **Rainbow Players'**, a cast comprised primarily of volunteers. Delight and amazement showed on the faces of the 45 volunteers, guests and staff in attendance at the April 24, 2016 event designed to celebrate the volunteers of Hospice Ministries. Following the performance and a musical selection of *"Somewhere Over the Rainbow"* by **Sara Thomas Easley**, granddaughter of volunteer **Sherry McColgin**. Hospice Ministries' Executive Director **Isabel Cordua** thanked volunteers for their dedicated service to patients and families, then presented a brief in-service which highlighted the theme, *"There's no place like Hospice."* Cordua shared, "To be a hospice volunteer you need: a brain, to know when to listen and be present; a heart, to give of yourself by showing patients love; and courage, to leap into volunteering at Hospice."



Sara Thomas Easley

2015 Angel Awards winners:

Angels: Luz Dail, Elena Buno, Jane Hull, Gary Haygood and Ferrell Tadlock

Wings: Debbie Upton, & Jeanne Rozman

Heart: Molly Davis, Kris Sahu, Happy Cossell, Judy Mungum & Aggie Carson.

Halos: Linda Smith & Robert Miller

Stars: Helen Haygood & Sonya Lee

Excellence: Susie Cook, Anita Jemison Kathy Hilton Linda Young & Jolly Sahu

Champion: Bob Perry

Angel Badge: Ella Weston

Volunteer of the Year: **Diane Marler**



Rainbow Players:

Dorothy: Aggie Carson

Wicked Witch: Happy Cossell

Glenda, Good Witch: Linda Smith

Scarecrow: Kris Sahu

Tinman: Jeanne Rozman

Cowdery Lion: Jolly Sahu

Wizard of OZ: Bob Perry

Munchins: Sonya Lee & Jeri Flinn

Flying Monkey: Jeri Flinn

A Special Thank You to **Sonya Lee** and **Beta Sigma Phi** for food and decoration, as always they top everyone's expectations. Well done ladies! .



"There is No Place Like Hospice"



Holiday Decor Take Down

“What goes up must come down,” like the Christmas decorations that graced the interior and exterior spaces of the Hospice Ministries facility. We are grateful for the student group representing several mission organizations from *Mississippi College* who organized storage of the decorations and the major clean-up. Hospice volunteers that helped are Carol Richardson, Aubrey McClendon, Sonya Lee, along with youth volunteers Natalie Fortenberry, Jonathan Springer, and Aaron McClendon. Thanks to all for your time and able-bodied assistance!



Mississippi College Mission Students



Our youth volunteers are high schools or college students who do not work directly with patients, but help with programs and events. **Aaron McClendon**, shown here has been working with us for the past few years.



Aaron McClendon

Winter Get-Together 2016: Stress Relief Yoga

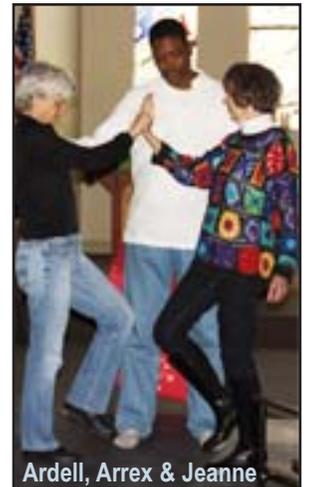


Hospice Ministries Volunteer Services has done its part in helping volunteers launch a stress-free 2016. The quarterly meeting and in-service held on Jan. 24 featured yoga instructor **Arrex Clay**. He provided a personal account of his journey with yoag and demonstrated various yoga



and meditative techniques for releasing stress and anxiety. His program was designed to help anyone design their own personal stress free life. These techniques are complimented by mental and physical exercises to help anyone throughout everyday challenges. Arrex said, “ This practice has helped people with all sorts of ailments. Creating your practice can provide great benefits that can aid in your physical, mental and spiritual life, bringing you balance.”

Attendees practiced some of the techniques during the presentation. **Ardell Hinton** and **Jeanne Rozman** are shown practicing one of the exericies that Arrex gave us.



Ardell, Arrex & Jeanne

Following the presentation, refreshments were served. Volunteers visited with one another while some took advantage of our free TB testing provided by our Hospice inpatient nurse, **Sadie Brister**.



Jane Jones and **Jane Hull** are shown taking advantage of the free TB test.



A Special Thank You goes to **Sonya Lee** and the ladies of **Beta Sigma Phi** for our decorations for the social and for contributing along with other volunteers to present the delightful array of dishes for everyone. Our next quarterly meeting will be at our **Summer Get-Together on August 21st at 3:30 p.m.** Watch your emails and/or our website for more information.

Volunteer Training Winter Class 2016

Introducing Our Newest Volunteers:

Congratulations to eight new volunteers that completed the required 16-hour training course in February:

Mike Booth; Hannah Gaudet; Ginger Hogg; Steve Pertuit; Susan Perduit; Gigi Ray; Mossie Redmond;

and, **Taylor Rogers.**

Mike Booth seen here with **Hannah Gaudet**, is a returning volunteer, who agreed to retake the course as many



changes have occurred with hospice.



Chaplain **Delois Bell** gave a brief look into the duties of the Hospice Chaplain.



Volunteer **Jane Nash Jones** covered the legal and ethical responsibilities of confidentiality and HIPPA as a Health Information expert, retired from her professional life.



Charlotte Robinson a retired college professor gave us a few lessons on listening and Communication.

Inpatient RN **Jill Dent** discussed with the volunteers how they

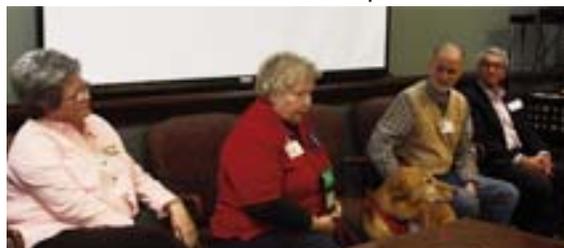


can help with patients in the inpatient facility and what the nurses' role is at Hospice.



Joyce Burnette, Bereavement Coordinator discussed how the Bereavement department works with our patients' families and how volunteers contribute to the program.

Most new volunteer agree that the most exciting part of the training day is when the Volunteer panel sits down to tell their stories. It is during this discussion that the new volunteers can ask candid questions of experienced volunteers about their experiences.



Thank you to our knowledgeable volunteers, staff and Duncan the therapy dog, who donated their time and provided informative presentations. And, to our volunteer panel; **Diane Marler, Ginger Hogg, Gary Haygood** and **Bob Lazarus**, thank you for sharing your stories and reflections about your hospice experiences.

The next **Volunteer training will be June 10th, from 5:30 -8:30 p.m.; continuing on the 11th from 9:00 a.m. to 5:00 p.m. and concluding on the afternoon of the 12th from 1:00 p.m. - 5:00 p.m. .**

If you know of someone interested in exploring volunteer opportunities with Hospice Ministries, please ask them to contact **Jeri Flinn at 601-898-1053 or email jflinn@hospiceministries.org**.

Volunteering for In-Home Patient



Volunteers worked weeding a patient's garden one Saturday morning this spring. This in-home patient wanted to be able

to look out her window and see her garden without all of the weeds. So **Bethan Read, Ginger Moore** and **Trish Taylor** set out to give her this wish. Bethan Read stated with a wide grin on her face,



"This is what it is all about, making others feel good." If you are interested in joining in on our next mission please give Jeri a call.

Positions available for Volunteers over the summer

Juice cart on Mondays and Friday's.

Data entry and office administration.

Vigil Volunteer with home patients.

Gardening on Mondays mornings.

Flower arranging on Monday and Friday mornings.

Holiday Treat Bags: SweetTreats Shower Families with Love.

Volunteers rarely miss an opportunity to show how much they care for hospice patients and families. Such is true of the *Holiday Treat Bags*, a long-held tradition at Hospice Ministries. Volunteers gather typically on a Saturday before the holiday and with donated items, build packages consisting of sweet treats in the theme of the holiday. For Valentine's Day and St. Patrick's Day, treat bags were created and distributed to hospice families. And, in celebration of Easter, "basket" bags were designed complete with the items typically found in a traditional basket. Making the treat bags and baskets is an ideal opportunity to socialize with other volunteers while completing a worthwhile service project for hospice patients and families. Youth Volunteers and family members are welcomed at these events.

Special thanks to the following volunteers for their part in making families feel showered with love:

Valentine's Day Treats

Valentine's Day: Shelia Hill, Alisa Hill, Aaron McClendon, Helen Haygood, Bob Perry, Kathy Hilton, Jane Nash Jones, Martha Jones, Carol Richardson, and Jeanne Rozman.



St. Patrick's Day Treats



St. Patrick's Day: Kathy Hilton, Bob Perry, Sonya Lee, Jeanne Rozman, Chloe Ward, Alisa Hill, Shelia Hill, Martha Jones, Ian Watson, BB Watson, and Renée Rawls.



Easter 2016 Treat Baskets



Special thank you to these volunteers for bringing the treats for our baskets and a very big special thank you to **Sonya Lee** for donating our Easter bags. **Cameren Ward, Chloe Ward, Shunte Ward, Martha Ward, Alisa Hill, Shelia Hill, Trish Taylor, Jane Nash Jones, Bob Perry, Jeanne Rozman, Sonya Lee, and Mossie Redmond.**



Tribes from Mississippi College at work... Shawreth

Hospice Ministries is so grateful for the dedicated young men of the Mississippi College's **Shawreth Mission Group**.



They have donated their time and strength once a month to our hospice mission. Their assistance with some of our projects and heavy lifting was continued this year. These young men from Shawreth donated work days this past spring to help us with our grounds. They handled the big jobs of landscaping, cutting and clearing out. We deeply appreciated their help.



Drake Terry, Trey Helldorter, William Hawkins, Geoffrey Hunt, Joshua Long, Tripp Warren, William Moore, John Whitaker, Myles Farring Karl Dolens, Taylor Laugele, Casey Key, Josh DuBois, Demon Johnson, Walker Mason, Hunter Riley, Charton Ellzey, Elliott Taylor, & Cason Robbins.



Christ United Methodist Church's mission Group Garden clean up



Twenty members of the **Christ United Methodist Church**, of Jackson, selected Hospice Ministries for their community service project in April. They weeded our challenging terrace, day lilies garden, and applied pine straw in the flower beds .

CUMC volunteer **Wendy Maxwell** posed with daughters **Hannah & Lydia Walker**.



Wendy Maxwell, Hannah Walker, Lydia Walker, Gay Tompkins, Donna Kint, Bobby Potter, Hannah Potter, Caleb Potter, Mollie Potter, Anne Rivers Streeter, Courtney Streeter, Clinton Stol, George Nicols, Jana Nicols, Wallace Nicols, Bob Crumpton, John Flynt, Nell Flynt, Parks Flynt, Dabney Flynt along with **Bethan Read**, our co-lead gardener.



A Run to Remember

Hospice Ministres 5K Run/Walk to Celebrate Life



The Hospice Ministries Run/Walk Committee lead by **Lesla Meaders, Marla Baker** and **Robert Gilmore** organized our first Run /Walk , **A Run to Remember** held on April 16 at the Ridgeland facility. They had several goals in mind when they planned this first 5K Run/Walk: provide an opportunity for participants to run/walk in memory or honor of a loved one; raise funds; and raise awareness of Hospice Ministres' mission. This first time event met its goals and drew about 250 registrants, raising over \$7,000 with an additional \$2000 from sponsorship and Remembrance Leaves. The leaves were available to memorialize or honor a special person. Participants were given the opportunity to purchase a green, wooden leaf for \$20, on which the name of the loved one was added and placed on our board at the race. Participants could take them home or leave them for next year's *Wall of Remembrance*.



Run/Walk Remembrance Leaf



Walkers came in teams, this one was for one of our past patient. His family and friends banded together, created their own shirt and walked in honor of him. It was a beautiful moment for all of us to witness.

Organizers, Lesa Meaders and Marla Baker posed for a photo with our oldest runner, Jim Moulds and our Executive Director Isabel Cordua. Jim reminded us all that anyone can run /walk in a 5K, (3.1 miles).



Lesa Meaders, Marla Baker, Jim Moulds & Isabel Cordua



Jimmy Chiles

Some participants ran the race with pictures of their loved ones on their shirts. Jimmy Chiles stated that he felt like his loved one, his wife, had run the race with him making this race more personal. Hospice Ministries had provided services for them while she was ill.

Next year we hope others will follow suit and run for their loved

Volunteers played several important roles in our first Run/Walk. Some worked with registration, others directing traffic, or answered questions, while some actually walked or ran the race. Most importantly some were there as cheerleaders at the end of the race to welcome in those who made it through the walk/run. We all need someone there to cheer us on at the end.



Volunteers Happy Cossell and Robert Miller before the race.

A young walker from one of the walk teams, took a few moments to say hello to one of our therapy dogs **Honey**, with her owner **Barbara Lee** who ran the race with Honey.



Walker with Honey & Barbara Lee

To the staff and volunteers that either helped or participated in **A Run to Remember**, thank you for donating your time and energy in making this event a success!

A number of volunteers were energized and motivated by A Run to Remember and would like to continue to participate in other run/walk events as a coordinated Hospice Ministries team. If you are interested in participating on the Hospice Ministries Run/Walk team, please contact Jeri Flinn.

Hospice Ministries' New Walk/Run Team



Bethan Read, Bob Perry, Jeri Flinn, Marilyn Grossman, and Ginger Moore pose for a picture at the *Fight to the Finish* walk at St. Richard's Catholic Church on the first Saturday in May. The new walk/run team will attend other races through out the year wearing our Hospice Ministries' *Run to Remember* t-shirts. to remind others of our race coming next spring. We formed a team to walk together or in some case, a few of our more athletic volunteers, run the race.

Other members so far include: Wendi Brazil, Diane Marler, Taylor Rogers, Sandy Little, Ardel Hinton, Gary and Helen Haygood, Bob Lazarus, Robert Gilmore, Luz Dial and Happy Cossell.

Our next race will be **May 28th at the Crayola Classic in Pearl**, then at the **Balloon Chase in Canton on July 2nd at 6:30 P.M.** Call Jeri if you would like to join us. You don't have to walk or run, just join in on the celebration at the end by participating in the cherring committee. It only takes about an hour to an hour and half and is a fun way to get your exercises in with friends.



Sun Exposure

Travelers spending a lot of time outdoors are exposed to the sun's harmful ultraviolet (UV) rays, even on cloudy days. Travelers are at increased risk when traveling near the equator, during summer months, and at high altitudes.

Reflection from the snow, sand, and water increases exposure, so consider sun safety during outdoor activities, including snow skiing, spending time at the beach, swimming, and sailing.



Treating a Sunburn

Take aspirin, acetaminophen, or ibuprofen to relieve pain, headache, and fever. Drink plenty of water, and soothe burns with cool baths or by gently applying cool, wet cloths.

Use a topical moisturizing cream or aloe to provide additional relief. Don't go back into the sun until the burn has healed.

If skin blisters, lightly bandage or cover the area with gauze to prevent infection. Don't break blisters (this slows healing and increases risk of infection). Apply antiseptic ointment if blisters break.

Seek medical attention if any of the following occurs:

- Severe sunburn, especially if it covers more than 15% of the body.
- Dehydration
- High fever (above 101°F).
- Extreme pain that lasts more than 48 hours.

Protect Yourself from the Sun

Stay in the shade, especially during midday hours (10 am to 4 pm).

Wear clothing to protect exposed skin.

Wear a hat with a wide brim to shade the face, head, ears, and neck.

Drink plenty of fluids.

Wear sunglasses that block both UVA and UVB rays.

Use sunscreen.

- o Use SPF 15 or higher.
- o Look for "blocks UVA and UVB" or "broad spectrum" on the label.
- o Apply liberally (minimum of 1 oz) at least 20 minutes before sun exposure.
- o Apply to all exposed skin. Remember to apply to ears, scalp, lips, neck, tops of feet, and backs of hands.
- o Reapply at least every 2 hours and each time you get out of the water or sweat heavily.
- o If you are also using bug spray, apply sunscreen first and bug spray second.
- o Sunscreen may need to be reapplied more often.
- o Throw away sunscreens after 1–2 years.
- o Avoid indoor tanning. Getting a "base tan" before your vacation does damage to your skin and doesn't protect you from sun exposure on your trip.



Volunteer Events for June 2016 - August 2016

June, 2016

Friday - Sunday, June 10th - 12th

Volunteer Training at Hospice Ministries

June 10th, 5:30 p.m. - 8:30 p.m.

June 11th, 9:00 a.m. - 5:30 p.m.

concludes on June 12th, 1:00 p.m. - 5:30 p.m.

Call 898-1053, ext. 258 for more information



Saturday, June 18th

Vigil Volunteer Training

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

Board Room

Call for registration



Saturday, June 25, 2016

4th of July bags

9:00 a.m. Dining Room



July, 2016

Saturday, July 2, 2016

Balloon Chase Walk/Run, in Canton

6:30 p.m.

For more information: Check emails or website under Volunteer Communication page. Registration is required if walking or running in race.

August, 2015

Sunday, August 21st

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.*