

VolunteerMatters



A publication for the Volunteers of Hospice Ministries, Inc.

Spring 2008



What better way to usher in Spring than through honoring our volunteers on a beautiful spring afternoon! Over forty people attended our **2007 Volunteer Awards Recognition and Reception** in the dayroom at the Ridgeland office on May 1st. Old friends reunited while new friends bonded with shared stories.

The delightful refreshments and decorations were donated by volunteers **Sherry McColgin, Lisa Tate and Claire Frascogna**. Volunteer **Carol Duggar**, created the lovely flower arrangements in the dayroom and for the *Awards Ceremony* in the Chapel.

Excitement filled the air as everyone waited eagerly to hear who would win Angels and Awards for 2007.



2007 Volunteer Awards Party

Volunteers and staff enjoyed the delicious food at the Reception as seen in the photo. (Back row standing L to R): **Sherry McColgin, Karen Delatte, Referral Liaison Kevin Jones, Mary Clare Hogan, Director of Support Services Isabel Cordua, Norman Turk, Education Coordinator Colleen Freeman, Executive Director Belinda Patterson, and Katherine Drake.** (Seated L to R): **Lillian Louie, Glenda Grant, Jane Cutrer, Rebecca Allen, and Cathy Black.**

Volunteers winning Angels Awards

Charlotte Robinson
Best Angel in a Juice Cart Role



Leo Heller
Best Angel for Inpatient Support in a Male Role

Cathy Black
Best Angel for Home Patient Support in a Female Role



Susan Cannon
Best Angel for Inpatient Support in a Female Role



Bonnie Zimmerer
Best Angel for a Versatile Volunteer in a Female Role



Karen Delatte
Best Angel in Versatile Bereavement Role



Marian Stevens
Best Angel in an Administrative Role



Mary Beard
Best Angel in Flower Arrangement Supportive Role



Special Awards

Volunteer of the Year went to **Jane Cutrer** for her many hours of support for Hospice Ministries' inpatients.



A *Special Recognition Award* went to **John MacGregor** for his dedication, support and many hours of service working for the in-patient facility of Hospice Ministries.



Reverend Richard Brogan gave a *Special Recognition Award* to **Kim Moore** for her dedication and support for creating *Gospel Fest*, as a benefit for Hospice Ministries.



Other Angel Winners not pictured were:

- Kathy Hilton:** *Best Special Event Angel*
- Kellum Wilson:** *Best Home Patient Angel in Male Role*
- James Chapman:** *Best Versatile Angel in Male Role*
- Nan Schmid:** *Home Patient Angel in Female Role*
- Paula Sheen:** *Versatile Angel Bereavement Role*
- Linda Young & Danna Shirley:** *Committed Bereavement Angel*

Regions Bank/Morgan Keegan Trust 8th Annual Golf Tournament to benefit Hospice Ministries

Hospice Ministries' eighth annual golf tournament proved to be the most successful to date.

We were pleased to have *Regions Bank* and *Morgan Keegan Trust* on board as our new title sponsors thanks to **Alon Bee**, City President of *Regions Bank*. Alon also volunteered to be our MC during the awards ceremony.



Alon Bee

We were excited that all of last year's players and sponsors, as well as new players and sponsors, were a part of the Tuesday, April 22, 2008 tournament at *Annandale Golf Club*.

This year the golf Tournament raised a record of more than \$97,000 in profit, with *Ergon and AT & T* returning as *clubhouse sponsors*. Other primary corporate sponsors for this highly regarded tournament at Annandale included *Baptist Health Systems, St. Dominic Health Services, Blue Cross Blue Shield, MMI* and *Wise Carter Child and Caraway*.

Each of the 144 players received a beautiful knife carving set in a matching wooden storage box and a wine tote with opener as a gift from *Regions/Morgan Keegan Trust*, along with a "six pack" soft sided ice chest provided by *Hospice Ministries, Inc.* **Janie Reynolds** from Development is seen at the right giving a gift box to player **Dr. Babatunde Olutade** from *CMMC*.



Janie Reynolds and Dr. Olutade

A continental breakfast was provided to the morning players, and the morning and afternoon players came together to enjoy a hearty lunch provided by *NEWK'S*.



The putting green, sponsored by *Central*



Mississippi Medical Center, was a popular place as players warmed up for their round of play.

On the course, competition got stiff for the *Closest to the Hole* and *Longest Drive* prizes. **Buster**



Mooneyham was the closest to the hole, **Chad Davis** claimed longest putt and **Shane Humphries** won the honor of longest drive.

Buster Mooneyham



Chad Davis

Unfortunately the *Honda Aquatrax* and trailer provided by *North Jackson Honda* and new car provided by *Barksdale Cadillac* as hole in one prizes remained unclaimed again this year, but several golfers came close and hope next year those prizes will find a place in one of their homes.

Golf carts were sponsored by *Baptist Health Systems* and beverage carts were sponsored by *St. Dominic Health Services*.



Beverage carts were kept busy as drinks provided by *Southern Beverage, Coca-Cola Bottling* and *Pinnacle Trust* were distributed to the players. Score cards sponsored by *Wise Carter Child & Caraway* were used to record each player's performance, and beverage stations provided by *Bancorp South, Jackson Oncology* and *Copeland, Cook, Taylor & Bush* were strategically placed for a refreshing break if needed when the beverage cart was not in sight.

Hole sponsors included *Enterprise Car Rental, Marty's Pharmacy & Compounding Center, McNeely Plastics, Medical Deliveries, Netchex*, and *Stan's Pest Control*. Other sponsors contributing were Hospice Ministries' supporters and friends from *Mars Marketing, Skygolf, Mississippi Prison Industries* (grills and aprons), *Kroger* and many restaurants in the area. Rounding out the day was an Awards Reception featuring a delicious meal provided by the *Chimneyville*.



Regions Bank/MorganKeegan Trust 2008 Tournament Winners

Service Printers, represented by **Duke Simmons, Keith Magee, Kevin Magee and Doug Garner.**

Each received a spot in the "Bushy Tail Down" Redneck Adventures Squirrel Hunt in Natchez.

This package included dinner on the banks of the Mississippi River, live entertainment by country music stars, a guided squirrel hunt with world champion squirrel dogs, and the opportunity to star in an episode of the "Redneck Adventures" television show. Each member of the team also received an SG2.5 Sky Caddie Range Finder, an SG215 Sony Ericsson cell phone from AT&T, and a rolling cooler. The traveling first place trophy will be displayed at Service Printers until claimed by next year's tournament winners.



JimBob & Stork from Redneck Adventures with the 1st place winners from Service Printers; Duke Simmons, Kevin Magee and Doug Garner.



Development department's **Lisa Ratzlaff & Janie Reynolds.**

AT&T placed second, with team members **Sean Oakley, Dempsey Wedgeworth, Justin Duvall and Buster Mooneyham.**



Madison Heart Clinic received third place honors. Team members included **Dr. Gene Hutcheson, Adam Hand, David Sinclair and Wayne Whitley.**



Prize winners representing *Regions Bank* included **Larry Ratzlaff, David Payne, Mitch Collins and Matthew Newman.**

Our *Hospice Ministries/Regions Bank and Morgan Keegan Trust* tournament is the primary annual fundraiser for *Hospice Ministries*, and 100% of the proceeds help offset the costs related to providing patients the very best care related to a patient's terminal illness. This means we do not place limits on the amount of supplies, medication or equipment. Our decisions are dictated by what is needed to provide optimal patient care, not by profit margins.



Volunteers from our staff work hard to help make the tournament a success. **Deborah Priester, Director of In-Patient Care and Tony West, Hospice**

Ministries' Clinical Director were two of those volunteers seen here handing out soft sided ice coolers, furnished by Hospice Ministries, filled with ice and water for each player. Next year's tournament is slated for **Tuesday, April 21 at Annandale**, and



reservations are already being accepted for sponsor and player spots. Anyone interested in participating should mark their calendars now and contact **Janie Reynolds** at Hospice Ministries at **601-898-1053, Extension 207** for information.

**MAKING
MEMORY
BOOKS**



On April 12th we were delighted to have an in-service with professional Memory Book artist **Jackie Kuriger** at the Ridgeland office. Jackie showed us the

basic and best way to create a memory book. As seen in the photo below Jackie, on the left is explaining different ways that **Mary Tarquinio** from the McClean Center could enhance her book.



Creating *Memory Books* for patients or their families, is a new project of Volunteer Services. A committee has been set up to train volunteers on how to help



patients and/or their families open up memories by creating memory books. If you are interested in joining this committee please give Jeri a call.

Jackie Kuriger will return on **June 21st** to give us another in-service about making Memory Books. Bring your photos, sayings, pretty paper, etc. (anything you would like to add to a memory book.)

Spring Volunteer Training Class



Seen at the left are our new volunteers from left to right they are; **Millie Didlake, Stanley Hayman, Lisa Womack, Kevin McNair, Lillian Louie, Enid Leopoldus, and Ellen Ford.**



In the photo to the left, the class is listening intently to staff as they discussed their roles with Hospice.

A panel of volunteers discussed their different experiences as volunteers. Seated left to right; **Colleen Simmons, Jeanette Prescott, Pam Flanagan, Leo Heller, and John Gibson.**



Next class for Ridgeland is scheduled for Saturday August 9th & will continue on Sunday afternoon August 10th.

Easter in Ridgeland

In March, *Volunteer Coordinator Jeri Flinn*, addressed the students of the **Madison Middle School 7th Grade Beta Club**. The Beta Club invited her to give a talk about



Hospice Ministries so that they may understand more about the mission of hospice and palliative care. They volunteered to collect and make Easter Baskets for our



Madison Middle School's 7th Grade Beta Club

home patients. Seen in the photo at the left, are the students after they created the bright baskets for the our in home patients.

Madison Middle School 6th Grade Beta Club collected money and brought items for the inpatient Easter Baskets as seen in the photo to the right with our very own Easter Bunny (Ella Weston,). Ella took the baskets around to the patients bringing warm wishes and smiles to many for Easter.



Ella Weston

Hospice Ministries' Gardeners Corner

This spring brought new gardeners to Hospice Ministries gardens. Seen in the photo to the right are lead gardener,



Bethan Read, new gardener **Linda Collins** and Co-lead gardener **Rebecca Allen** and long time gardener **Jo Jones**. **Dixie Myrick** and **Vesta Draper** seen here with longtime volunteer gardener **Bob Jones**, have also joined the weekly work group.



Another long time volunteer **Tom Harris**, reviews work on the climbing flowers on the arbor.

If you would like to join this group of *weekly garden warriors* or have pine straw or plants to donate please give us a call. You don't have to be a master gardener, but you may learn from those who are.



Special In-Services for Spring

Enhancing End of Life Care For Our Veterans

Presented by the VA with Deborah Grassman.

On March 13th Hospice Ministries hosted a compelling program dealing with *End of Life Care for our Veterans*. National Speaker, **Deborah Grassman** captivated us with her presentation of the *Wounded Warrior: Their Last Battle*.



A standing room only crowd listened intently to the program which consisted of three sections. Each section grew more interesting by the hour. By the end of the day people were eager to tell their stories and experiences dealing with veterans and war. Never has any in-service affected so many so deeply.



Deborah Grassman

The Hospice Ministries staff was joined by VA personnel for the program and lunch. In the photo at the right, seated around the lunch table are left to right **Ron Lovelace, Stan Cheatham** and **Polly Barnes** from the VA.



In this photo to the right are more VA personnel enjoying their lunch in the beautiful courtyards at the Ridgeland office. Seated clockwise are **Sabrevian Gilmore, Irin McDonal, John Arnold, Willie Brown, Lori Love, Ginger Brown, Sarsh Abernathy** and **Carol Thompson**.



Wounded Warriors Presented to volunteers



The in-service was so well received that one section of the program was presented to our volunteers, with the help of our *Education Coordinator Colleen Freeland*. In the photo to the left volunteers watched the video of the *Wounded Warriors* in Ridgeland during the Volunteer In-service in May.



After the in-service several volunteers stayed to help put together “happies” for the patients for *Armed Forces Day*. Volunteers **Brenda Wheatherstone, Bill Kopp** and **Syliva Morgan** at the left, are seen delivering these “happies” to our in-patients.



“Feeling Great in 2008”



above are volunteers **Mary Clare Hogan** and **Karen Delatte** helping with registration.

Other vendors participating:
Alzheimer’s Association; Corp. Health Service; Blue Cross Blue Shield; Baptist Employee Asst. Program; Home Instead Senior Care; MSDH Osteoporosis Screening; New York Life & Casualty; and MS State Dept. of Mental Health

Clinical Director **Tony West** is seen in the photo at the right taking blood from Inpatient Chaplain **Pete Peterson**.



Medical records **Vivian Fortenberry** is seen at the left having her Osteoporosis screening with nurse Kay



Cinnamon Friendship Loaves.



St Paddy's Day in Natchez was celebrated by delivering fresh homemade cinnamon loaves of bread to Doctor Offices, Nursing Homes and Hospitals in the Natchez area. Nurse Supervisor **Kathy Sutton** had a friend bake more than 50



loaves of bread to be given out in "a act of friendship" from the Natchez office. **Cindy Galloway RN**, decorated each loaf with ribbons and a card. Cindy remarked, "We are spreading some St. Patrick's Day cheer to our friends in the area, bringing smiles to their faces, treats to their tummies and our name to their minds." **CNA, Cynthia Mangrum**, pictured at the left, is ready to depart and deliver the loaves.



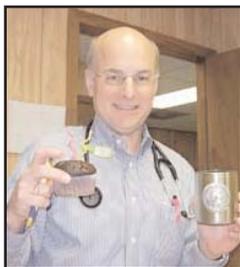
(L to R) Lisa Bunch, Office Manager, Cindy Galloway RN, Kathy Sutton Nurse Supervisor.

Put Your Best Foot Forward

This busy group of Hospice Ministries' employees won the "Best Over All Participation" for Hospice Ministries' *Start Walking Program*. Hospice Ministries partnered with *The American Heart Association* this past spring, in promoting healthy activities for our employees and volunteers. Putting their best foot forward are: SW **Lil Granning**, Office Manager **Lisa Bunch**, RN **Grace Woods**, RN **Cindy Galloway** and Nurse Supervisor **Kathy Sutton**.



Happy Birthday to Me!



Medical Director for the Natchez office, **Dr. Kenneth Stubbs** shows off his birthday gifts from the Natchez office staff in April.



As you may have guessed, he is a big **LSU** fan.

Volunteer of the Year Award

This year the Natchez office awarded volunteer, **Shirley Hughey** the *Volunteer of the Year Award* for her dedication to Hospice Ministries.



Shirley Hughey

A delicious awards luncheon and celebration was held at the Natchez office for our Volunteers on April 30th. Not only did they give of their hearts throughout the year, but they



Volunteer Appreciation Luncheon Group

also donated special "goodies" for the celebration.

Posing for a group picture are: (L to R; back row): **Zerline**

King, Johannanna Cocharan, Shirley Hughey, Tim Queen, Janet Passman, Colleen Freeman (Ed. Coordinator for Hospice Ministries), **Sonya Stevens**, and Office Manger **Lisa Bunch**. (L to R; front row): **Phillip Kunkle, Charlotte Kunkle, RN Grace Woods, RN Cynthia Galloway**, and CNA **Linda Holden**.

Volunteer Training

Kevin Jones Marketing Liaison for Hospice Ministries, was kind enough to join us at the training class in



Natchez on April 5th. Kevin discussed the role of marketing in Hospice Ministries and the importance of communications within our communities about hospice care. Even today there are still many people who do not understand the role of hospice and palliative care and how Hospice makes a difference in caring for your loved one.

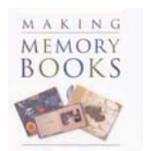
Natchez office offers

Memory Books In-service

July 19th : 10:00 - 12:00 noon

at 317 Highland Blvd., Natchez

Bring your photos, and memory book items to create your own memory book with Cindy Galloway.



Health Fairs in Brookhaven

Turn your Tuesday into a Sundae was the sign at **Haven Hall Nursing Home's** ice cream social, celebrating **National Nursing Home Week**.



Helping serve the ice-cream to the patients were **SW Glenda**

Cameron, RN Fannie Williams from the Brookhaven office and the Director of Haven Hall Nursing Home. seen below.

Seen at the right are Marketing Liaison **Tina Brumfield** from the McComb office and **Iris Waldrop** Volunteer Coordinator from the Brookhaven office at a Health Fair in Brookhaven this spring.



Volunteer Appreciation Luncheon for Brookhaven Hospice Ministries

The Brookhaven office recently celebrated National Volunteer Week with a luncheon to honor our wonderful volunteers. A great time was had by all as smiles and laughter abounded.



Volunteer Coordinator **Iris Waldrop** is seen in the photo below serving volunteers **Faye Watts**, (left foreground), **Judy Robicheaux** and **Judy Furr** in the right foreground.



Volunteers **Sue Smith** and **M.J. McGee** look up for a photo while enjoying their luncheon celebration.



McComb's Hospice Ministries News

April 22nd was the recent Volunteer Class for the McComb office. **Iris Waldrop** Volunteer Coordinator from the Brookhaven office conducted the class and welcomed two new volunteers for McComb. Seen at the left are, VC **Iris Waldrop**, new volunteers **Serrie Smith** and **Lou Rae Middleton**.

Lou Rae Middleton is seen in the photo at the right taking notes during the training class.



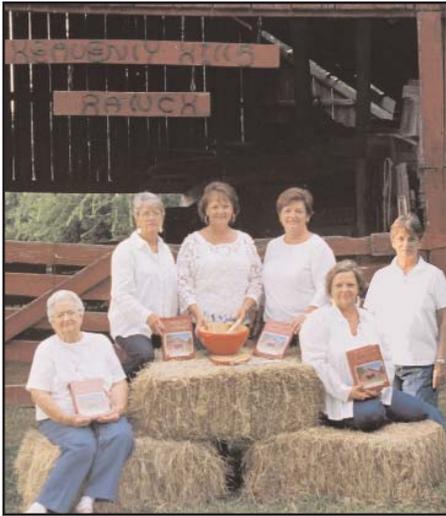
Once again **The McClean Center** would like to say a big **THANK YOU** to all of our volunteers. Our **"Friends of the Center"** helped in many ways from providing food for our groups through out the year to helping us

raise money for the Center with the **Heartstrings Gala**. Also we had 37 volunteers that worked with us through out the school year, greeting and facilitating our grief support groups. We could not provide the services we do without these wonderful people.

Summer is here and things are still busy at The McClean Center. Our families did not want to take the summer off so we are having a June group. The **11-18** year olds will meet each **Monday** and the **4-10** year olds will meet on **Tuesdays in June**.

The McClean Center is already planning for the 2008-2009 school year. We will have our annual training in August. If you know of someone who is interested in becoming a McClean Center volunteer please have them contact **Jennifer Goodwin** at **601-982-4405**.

Cooking with Cox's Army II



The Cox Family: Dot "Honey" Cox, Mag Bozeman, Muray Cox, Linda Powell, Dorthory Terry and Kay Kiger.

Hospice Ministries is made up of individuals who bring genuine compassion to their work on a daily basis, and appreciation is often expressed when care is given. However, relationships forged during this emotional time between staff and family members are often forgotten as

families return to their regular routines, and the staff often never knows how the care provided impacted family members. But one shining exception is the **Cox family** of Madison, Mississippi. **Mr. Murray Cox** was a patient of Hospice Ministries for six months in 1991. That's right—he received care 16 years ago. The father of six girls, he was the patriarch of a rather large extended family. Adored by his "girls" as well as his bride of 53 years, the transition from battling cancer to making his last days as comfortable and peaceful as possible was difficult for some of the clan, but through this time the beginning of understanding the value of providing hospice care for them became apparent.

Over the intervening years, the Cox family never forgot about Hospice Ministries. Exposure to others, including three of the girls husbands and several friends, that had also benefited from the Hospice Ministries experience kept our organization ever present in their minds. This family is now giving back through the development of a cookbook with all proceeds going to Hospice Ministries. Before the book ever hit a store, Hospice Ministries Director, Belinda Patterson was presented a large check representing the proceeds from the initial sales effort. This effort continues and just recently through a "**Cooking with The Cox's Army II**" "**Tasting Tea**" on May 3rd the girls cooked for friends, some of their favorite recipes from the cookbook and the profits were donated to Hospice Ministries.



In the circle of life we all hope to touch and be touched—to receive help when needed and to offer help to others. The Cox girls are a part of the continuation of that circle. The monetary support generated from the cookbook will go a long way to help many people, but the commitment of the Cox family to Hospice Ministries has profoundly impacted the staff and encouraged them to give even more to the patients and families in their care. Mr. Cox would be proud.



In May the **Cox Family** was honored with a small luncheon at *Hospice Ministries*, where they received an award for their dedication to Hospice Ministries.

"**Honey**" Cox is seen in the above photo opening the award.

At the right are; *Development Coordinator* **Lisa Ratzlaff**, *Executive Director* **Belinda Patterson**, **Murray Cox**, **Mae Bozeman**, **Linda Powell**, **Dorothy Terry**, *Director of Support Services* **Isabel Cordua** and **Dot "Honey" Cox** in the center.



Cooking With Cox's Army II



The Cox family has created a cookbook full of four generations of family favorite recipes, that will take you through breakfast, lunch and dinner as well as informal gatherings or formal events. All profits go to Hospice Ministries.

For more information or to order call
601-879-8076

Cost: **\$22.00** plus tax and shipping if mailed.

Volunteer Services Up-Coming Events

June Up-Coming Events

Ridgeland:

Saturday - June 21st: 10:00 a.m. - 12:00 noon.

Volunteer In-service:

Memory Books Creations II

with professional scrapbooker, **Jackie Kuriger.**

Registration required, call 601-898-1053, ext. 258

Saturday - June 28th: 10:00 a.m.

4th of July at Hospice

We will be decorating and making *Fourth of July* “happies” for patients. Please call if you would like to participate.

Brookhaven:

Call 601-835-1020 for more information

Natchez:

Call 601-446-8000 for more information

McComb:

Call 601-835-1020 for more information



****Saturday - July 12th:** 11:30 a.m. -12:00 p.m.

Quarterly Volunteer Business Meeting and

Brown Bag lunch. Committee Chairmen please plan to meet with your committees. Please stay for brown bag lunch afterwards. Call Jeri for more information or check the Communication page on the website.

Natchez:

Memory Books In-service

July 19th : 10:00 - 12:00 noon

at 317 Highland Blvd., Natchez

Bring your photos, and memory book items to create your own memory book with Cindy Galloway.

Brookhaven:

Call 601-835-1020 for more information

McComb:

Call 601-835-1020 for more information

July Up-Coming Events

Ridgeland:

Saturday - Mid July TBA

Volunteer In-Service

“ Using Journals to help give a voice .”

Understanding the importance of writing for the patient and how we can help put those thoughts on paper. Registration required, call 601-898-1053, ext. 258 Please check website for date and time under volunteer’s upcoming events.



August Up-Coming Events

Ridgeland:

Saturday August 9th

Volunteer Training for Ridgeland

Class starts at 8:30 a.m. - 5:00 p.m. on Saturday then continues on Sunday from 1:00 p.m. - 5:00 p.m.

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

Brookhaven

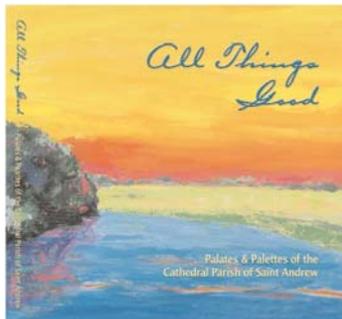
Call 601-835-1020 for more information

Natchez:

Call 601-446-8000 for more information

McComb:

Call 601-835-1020 for more information



All Things Good Palates & Palettes

All Things Good Palates & Palettes of the Cathedral Parish of St. Andrews

A coffee table quality cookbook with over 260 pages of recipes, picturesque works of art from Mississippi artists, and a satin ribbon bookmark, has been created to benefit The McClean Fletcher Center along with other outreach programs of St. Andrews.

This lovely cookbook is priced at \$30.00 plus \$2.10 (tax) and is available by calling 601-354-1535 or sending a check payable to: St. Andrew’s P.O. Box 16965

Jackson, MS 39236-6965

Stress Management for Volunteers



Understanding Stress

Stress is the physical and mental response to any demand made on an individual. The response to stress has been described as the “fight or flight” response. The thinking part of the brain sends an alarm signal which triggers a series of “*relay switches*” in the body. This causes physical changes to occur.

Physical Changes

- | | |
|---|---|
| -Blood volume & blood pressure increase | -“Goose Bumps” appears hair stands on end |
| -Pupils dilate to sharpen vision | -Sweating increases |
| -Blood flows to the large muscles | -Blood clotting time decreases |
| -Body temperature increases | -Body feels less pain |
| -Immune system is depressed. | -Sugars & fats pour into the blood for quick fuel |
| | -Cortisol is secreted |

Stress can affect you immediately (*acute stress*) or over time (*chronic stress*). It can be caused by external factors that we have imposed on ourselves or on factors we have no control over. Stress may be positive or negative depending on the stressor or cause.

Stress is not a bad phenomenon; it is your response to stress and the unhealthy habits you may develop that can be negative. This natural fight or flight response triggers the brain to release steroid hormones and the stress hormone **Cortisol**.

Symptoms of Stress

- | | |
|--------------------------|-----------------------|
| - Sore/Tense Muscles | - Fatigued/Low Energy |
| - Head/Neck/Back Aches | - High Blood Pressure |
| - TMJ/Teeth Grinding | - Fidgety |
| - Sleep Disturbances | - Accident Prone |
| - Frequently Ill | - Depression/Anxiety |
| - Appetite/Weight change | - Impulsive Behavior |
| - Stomach Disturbances | - Poor Concentration |
| - Skin Problems | - Pessimistic Outlook |

Stress Solutions:

- Identify your stressors. What is making you feel so stressed ?
- Use positive thinking or talking to yourself about the stressful situation.
- Understand your feelings on the matter and review your behavior.
- Use a “feeling scale” to determine your feelings on the situation then use the “serious scale” to determine the situation. Is it worth the stress you are giving the situation?

Ways of Coping or Reducing Stress

- | | |
|------------------|------------------------------|
| Relax Regularly | Daydream |
| Proper Nutrition | Stay Focused |
| Rest | Get Support |
| Exercise | Simplify Your Life |
| Take breaks | Set Goals |
| Seek Balance | Accept What You can't Change |
| Manage time | Check your thinking |
| Laugh | Keep Your Perspective |
| Breathe | Avoid Alcohol |

Be gentle with yourself

- Keep your expectations realistic.
- Ask for help, be willing to share work.
- Relinquish any demands for perfection that you impose on yourself.
- Forgive yourself for any mistakes and use them as a learning opportunity.

In Summary

- **Recognize that you cannot avoid stress.**
- **Understand the effects stress has on your body.**
- **Be aware of the symptoms of stress.**
- **Identify your triggers to stress.**
- **Pay attention to the voice inside your head.**
- **Practice a variety of coping skills.. not a few.**

*In everyone's life, at some time,
our inner fire goes out.
It is then burst into flame
by an encounter
with another human being.*

*We should all be thankful
for those people
who rekindle the inner spirit.*

Albert Switzer

*Thank you to all of you who rekindle our flames daily-
Volunteer Services*



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**SM