



November was National Hospice/Palliative Care Month.

This year's theme, *Preserving a legacy...treasuring memories*, reminds us that every person we care for is a unique individual with a lifetime of experiences, relationships and gifts to share. Our Hospice volunteers are instrumental in bringing out these gifts. Their gentle touch or smile has brought peace to many. The easy laughter or a falling tear strengthens the spirit, as the love received from our patients flows back to them. Hospice Ministries would like to thank all of our wonderful volunteers for their time, support and giving of their hearts this year to our patients and/or families during the journey at life's end. To say "Thank You" sounds so easy, but I know how deeply you all care, and how much you want to ease the burdens of our patients. Thank you for being there and keeping the **Heart** in Hospice.

Volunteer Training in Ridgeland



In mid November the Ridgeland office held its fall volunteer training class. Eighteen trainees spent the better part of a weekend learning about Hospice, its disciplines and how to help patients /families.

On Saturday five active volunteers came to talk to the trainees about their experiences with



Hospice. Laughter and heart felt smiles were exchanged between the panel and the trainees as each panel member discussed his/her experiences at Hospice Ministries.

Seated at the left were volunteer panelists **Leo Heller, Jinx Carroll, Sandy Crook, Lana Geisinger and James Chapman.**



Amber Clanton RN.

Throughout the weekend speakers from the different disciplines of Hospice visited the trainees and discussed their roles and talked of their experiences in the Hospice Program. In the photo to the right, RN Amber Clanton, talks about the nurses' role in palliative care.



Medical Social Worker, Donna Evans telling the class her delightful stories of the role of the social worker in hospice.

Later in the afternoon Medical Social Worker Donna Evans delighted the group and brightened the day with her colorful stories of the Social Workers' role in Hospice.



New volunteers attending the class are: (Back row L to R) James Anderson, Melissa Green, Marlyce-Jean Dezzeutti, Brenda Odom, Lem Smith, Katy White, & George Hill. Middle row: (L to R) Maxine Bagget, Gay Logan, Jeanene Ford, Buena Lee Huff, Bettie Ross, & Jim Rasberry. Front row: (L to R) Laura Bridge, Emma Hesketh, Jerry Cochran, and Betsy Burge.



Fall Volunteer Happenings

Youthful Singers at Hospice Ministries

A joyous group of young men from **Jesus Christ of Latter Day Saints** dropped by our inpatient

facility one evening in October to serenade our patients with "old pop" melodies such as *Jail House Rock* and *My Girl*. One patient insisted they learn *Super Freak* and return to sing it for him. We would like to thank these young men for giving us such an enjoyable evening,



The youth singers were: Jacob Holmes, Patrick Whipple, Michael Steadman, Logan McNamara, John McNamara, Johnathon McNamara, Tarek Al-Halteh, and Scottie Kasse.



Fall Festival Bags

Volunteers gather to put together our Fall Festival bags in October for our patients. Eighty bags were stuffed with cookies and soft candy donated by the volunteers. After the bags were stuffed some of the volunteers went around the inpatient facility delivering the bags. Home patients bags were deliveries by in-home nurses.



Volunteers attending were (L to R): Terri Spurk, Kathy Hilton, Ann Kelly, Susie Cook, Vangie Hughes, Julie Cockayne, Martha Jones, Aaron Akers, Colleen Simmons, Lucy Hite, Bob Perry, and Linda Todd.

Troubadours go on the Road



Our Hospice Ministries' **Troubadours** went to sing to patients in their homes during October and November. It was a delightful experience and the patients truly enjoyed it. One family member told me the patient talked about it for a week after the

Troubadours included: Carol Richardson, Bob Perry, Ellen Ford, Barbara Thompson, Lana Giessinger, Wendy Reddick, and Ellie Heitmann.

Troubadours came, saying how much she enjoyed the singing.

In November the Troubadours went to see **Helen Bridges** to sing. She enjoyed the songs and laughed at the "accented" pieces. Mrs. Bridges is a professional musician

and was delightfully entertained by the Troubadour's performance. The troubadours are looking for new voices. "You don't have to have a great voice, just sing with love in your heart," says **Chaplain Nash Noble**. We will be singing in December around the inpatient facility. If you think you may be interested in joining us, please give Jeri a call.



Thanksgiving Boxes



Volunteers worked diligently to filling the Thanksgiving boxes full of candy and homemade cookies for our in-home patients and inpatients in mid November. Volunteers supplied

the goodies and Hospice Ministries supplied the boxes. After the boxes were stuffed, volunteers made rounds in the inpatient facility delivering the holiday boxes to our patients. A special Thank you to all who sent cookies and those who baked and those who stayed to stuff. The patients loved the boxes.



Thanksgiving volunteers are: (front row, L to R) Lucy Simmons, Kathy Hilton, Susie Cook, & Shonda Archie. Middle row, (L to R) Lana Geisinger, Brenda Odom, Carole Ring. Back row, (L to R) Aaron Akers & Bob Perry.

Northside Youth Group from L to R: Will Nations, Wesley Harkins, James Johnson, Dan Freeman, Grant Gilliam, Matthew Tucker, Joseph Meadors, Mary Louise Meadors, & Eilish Callender.



Faith In Action's new Youth Core Volunteer Services Coordinator Jeri Flinn smiles at **Will Nations**, of **Northside Baptist Church** in Clinton, as he reads his list of self

attributes written during Jeri's talk to the youth. These astonishing students are researching working with the new **Youth Core** for **Faith In Action** to help seniors and/or ill patients in their community. We welcome and look forward to working with them as we build our program.

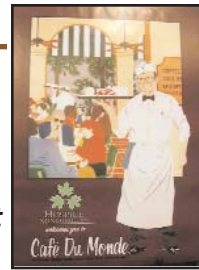


Seniors Fest 2009 at the Fair Grounds



Volunteers Jan Marts, Dixie Myrick, Mary Clare Hogan, stand beside staff members, Karen Denham, Crystal Fuqua, Kevin Jones, Sheryl McDurmon and Volunteer Martha Jones with Volunteer Coordinator Jeri Flinn.

Staff and volunteers manned Hospice Ministries' **Cafe Du Mande** booth at the **Seniors Fest** at the State Fair in early October.



Seniors were treated with fresh beignets and cafe-au-lait or coffee along with the breakfast being served by St. Dominic Hospital. Around eight hundred seniors came by to sample our



Volunteers Martha Jones & Jan Marts serve some beignets.

treats and listen to the band while they took a respite from all the exhibits in the hall.

At the left volunteers **Dixie Myrick** and **Mary Clare Hogan** served up beignets for the seniors to enjoy. "With the music playing it was like visiting New Orleans", one of the seniors said as she sipped her cafe-au-lait. A special Thank You to **Crystal Fuqua** from Dietary and **Sheryl McDurmon** from Human Resources, for making the many delicious beignets.



At the right volunteer Judy Barber helps by picking up the paper dishes when the seniors were through.



Donations for Hospice



Barbara Nail Coordinator of Health Information Management, at Hospice Ministries held a seminar for Medical Records students of **Hinds Community College** in October. The students were so impressed with Barbara's seminar and all of the speakers, that they returned a few weeks later with bags of picnic food to donate to Hospice Ministries. Barbara stands

at the left next to **Michele McGuffee** of **Hinds Community College** with the bags the students donated.

Ladies from the **Hall Ladies Group** of **First Baptist Church of Madison** donated treats for our **Thanksgiving Goodie Boxes** for our patients. Seated at the right with the bags of treats is **Holly Dukes** from the **Hall Ladies Group**. The Church also donates flowers from their Sunday service to our inpatients every Monday. Thank you to First Baptist of Madison for their kindness.



Holly Dukes, from Hall Ladies Group of First Baptist Church of Madison



Emergency Preparedness In-Service and Fall Quarterly Meeting



Volunteers who attend the Fall Quarterly meeting and Emergency Preparedness In-Service were (from Left to right front row): Lucy Simmons, Ella Weston, Ellen Ford, Sandy Crook, Linda Chase, Carole Ring, Colleen Holloway, BB Watson, and Aaron Akers. (Back row): Alice Rice, Julie Cockayne, Linda Todd, Dixie Myrick, Lucy Hite, Vangie Hughes, Cathy Black, Jan Marts, Mavis Braodway, Susie Cook, Sam Simmons, John Macgregor, Bob Perry, and Robert Thompson.



After the Fall Quarterly meeting held at the Ridgeland campus, volunteers stayed for the in-service on **Emergency Preparedness Plan** supplied by the **U.S. Department of Homeland Security**. Whether from national threats, natural disaster or the flu, everyone should have some basic supplies on hand in order to survive for at least 3 days if an emergency occurs.

Thank you to **Vangie Hughes, RN** and **Julie Cockayne, RN** who were on hand to give TB tests and blood pressure readings to volunteers. Linda Chase is seen at the left getting her blood pressure read by Vangie after the meeting.

Brookhaven's & McComb's Volunteer Happenings

Handmade Gowns for our Patients

This group of **WMU Ladies of Sylvarena Baptist Church** are pictured at the right with a table full of gowns they made for our patients. Each gown has a monogrammed tag inside that states "Made by Sylvarena Baptist Church WMU Ladies". We are so grateful for their time and effort to provide these for our patients.



Hospice Talk at 55-Plus Adult Group



Pictured at the left are Hospice Ministries' **Chaplain Charles Guy** and his wife, **Mary**, who recently attended a talk given by Brookhaven & McComb Volunteer Coordinator **Iris Waldrop** and Referral Liaison **Tina Brumfield** of Hospice Ministries at Summit First Baptist Churches' 55-Plus Adult Group. They talked about hospice care and answered questions about Hospice Ministries. Iris and Tina said they had a wonderful time.

Up-Coming Events for Brookhaven & McComb

Memorial Service:

Brookhaven - **Tuesday, December 1st, 5:30 p.m. - 7:00 p.m.** at the **State Room**

Cookie Swap:

Tuesday, December 8th for Brookhaven at **10:00 a.m.** at *Brookhaven Office*

Tuesday, December 8th for McComb at **2:00 p.m.** at *McComb Office*

Please try to be present at one of these. Please bring 4 dozen homemade cookies and we will package and prepare for delivery to our patients and their families. It is always a good time of fellowship for all of us.



February is our Annual Soup Month

Pick any day that is good for you and bring homemade soup and cornbread to our office to be delivered to our patients and their families. *Please bring in a disposable container.*

"Individually we are special, together we are spectacular!", from a quote I recently read. It is so true. It takes all of us working together to do all we can to provide the quality of life needed for our patients and their families. During this holiday season, I want to remind you how thankful Hospice Ministries is for your dedication, commitment and sacrifices made on behalf of our patients.

Iris

If you know someone interested in volunteering with Hospice Ministries, please call Iris Waldrop, Volunteer Coordinator, at **601-835-1020**.

"Calling All Angels"



Our annual Memorial Service for the Brookhaven area will be held on **Tuesday December 1, 2009**

from 5:30 p.m. - 7:00 p.m. at the State Room.

This service honors our patients from the past year.

On Monday November 30th we will have access to decorate the State Room. Help is needed with decoration, food preparation and volunteers to host the service. There is a place for everyone so please come and be part off this special time in the lives of our families.

Call Iris for more details at **601-835-1020**

Brookhaven's and McComb's Pumpkin Painting

Fall 2009

Pumpkins come to life in Brookhaven and McComb

Volunteer, **Mr. Billy Hughes**, draws a face he plans to paint on a pie pumpkin at Hospice Ministries, in Brookhaven.

Volunteers spent a Tuesday morning in October painting pumpkins which were delivered by Hospice Ministries' nursing staff to our patients later that week. The



gifts are meant to lighten the spirits of their patients and family members. As you can see we think they were successful.

A special Thank You goes to all of you who helped paint pumpkins for our patients. We had some really cute ones and they brought some big smiles to our patients.



brought some big smiles to our patients.



Volunteers were extremely creative decorating the pumpkins as seen in the photos above. In the photo to the far right, volunteer **Mary George Collins** adds a few bright orange dots to a modern white painted pumpkin. In the photo to the far left, **Faye Tarver** lends her creative talents to the decorative pumpkins. **Joyce Hughes**, center in the photo below, works on giving each of the festive pumpkin heads great hairdos.



Mary George Collins paints her dots.



Faye Tarver works on a pumpkin.



Peggy Castilaw at the far right is seen adding some finishing touches on her pumpkin's face.



McComb's Pumpkin Day

On McComb's Painting Pumpkin's Day **Trina McClendon** and **Sue Bitz** dropped by to create McComb's colorful pumpkins to give to their patients (photo to the left). Under the creative guidance of **Iris Waldrop** Volunteer Coordinator, these ladies helped create some bright and colorful pumpkins for McComb's families to enjoy. In the photo to the right **Trina McClendon** displays her artistic eye as she paints bright fall colors on the pumpkins.



From left to right are Iris Waldrop Volunteer Coordinator, with volunteers Trina McClendon, and Sue Bitz

Please don't forget McComb's **Cookie Swap on December 8th** at **2:00 p.m.** Call Iris at **601-249-3852** for more information.



Trina McClendon paints bright fall colors on to her pumpkin.

Volunteer's Up-Coming Events

December 2009

Ridgeland:

Saturday, December 5th - 10:00 - 12:00

Decorating Christmas trees

Day Room

Call 601-898-1053, ext.258

Saturday, December 12th - 10:00 - 12:00p.m.

Cookie Connection - Dining Room

Over 200 dozen cookies needed for boxes

Call 601-898-1053, ext. 258

Brookhaven:

Tuesday, December 1st- 5:30 p.m. - 7:00 p.m

Memorial Service

The State Room .

Decorating & help with food needed.

Call 601-249-3852 for more information

Tuesday, December 8th - 10:00

Cookie Swap- Office

Bring 4 dozen homemade cookies

McComb:

Tuesday, December 8th - 2:00 p.m.

Cookie Swap- Office

Bring 4 dozen homemade cookies

January 2010

Ridgeland:

Happy New Year

Saturday, January 2nd:10:00 a.m.

Take Down Christmas trees

Dayroom Ridgeland office

Call Jeri 601-898-1053, ext 258

Sunday, January 17th -3:00 p.m. - 5:00 p.m.

Volunteer "Pot Luck" Get-together & Quarterly Meeting

Call Jeri for more details or check website.

Brookhaven:

Volunteer Training for Brookhaven area in late January or early February. Call 601-835-1020 for time.



February 2009

Ridgeland:

Saturday, February 6th: 10:00 a.m.

Valentine's Bags:

Ridgeland - Dining Room

Call Jeri 601-898-1053: Hearts are needed Saturday

Saturday, February 27th

Volunteer Training: 8:30 a.m. - 5:30 p.m.

Sunday, February 28th

Volunteer training Continued 12:30 p.m.-5:30 p.m.

Brookhaven:

February is our Annual Soup Month

Bring soup and cornbread to office any day during the month.

Gifts of the Season

Gifts of the Season offers you the chance to honor people that are special to you. By honoring a friend, teacher, family member, employee, spouse, child, caregiver, or anyone that has made a difference, you will truly give a gift that will be remembered and will keep on giving to those benefiting from the services of Hospice Ministries, Inc. and the McClean Fletcher Center.

Levels of Giving. Each donor name will be listed in our *Gifts of the Season Book* which will be displayed in Hospice Ministries Chapel throughout the holidays.

Dove of Peace - For each gift of \$100: A delicate ceramic ornament in the shape of a Christmas ornament will be personalized with the name of the individual that is memorialized or honored and mailed to the designated recipient as a special keepsake.

Flame of Love - For each gift of \$50: A candle will be placed in the Chapel at Hospice Ministries.

Shining Light - For each gift of \$25: A light will be placed on a Christmas tree in the Chapel at Hospice.

For more information call Janie Reynolds at 601- 898-1053, ext 207.



Heartstrings



McClean Fletcher Center Heartstrings Gala 2010

We hope you will join us for our **2010 Heartstrings Gala**, which will be held on **Thursday, February 18th** at the home of **Jordan and David Goodwin** located in beautiful Woodland Hills. The fundraiser will, as always, feature delicious food, drink, music, and a fabulous silent auction. Art donations have become a noteworthy part

of the Heartstrings Gala. A variety of styles and price ranges allow almost everyone to participate in the bidding, and attendees now look forward to the opportunity to purchase a piece of art by a local artist. The "Artists Colony" area of the silent auction has become the most significant source of income for the Gala, and this is only possible because of the talent and generosity of our arts community. Please call 601-206-5525 for tickets or for more information.

Handling Grief Through The Holidays



The holidays are a special time of remembrance especially if there has been a recent loss of a loved one - every situation and tradition is different, every family and the way they deal with the holidays will vary just as much. They may choose to carry on with the holiday traditions as they were before the death, knowing that their loved one would want it that way. Some may find the holidays hard to bear for a while and simplify, or tone down the celebrations, choosing to remember their loss quietly and privately. Some can not bear it at all.

If you are trying to aid a grieving friend or family member, remember that this is a very difficult time. It is very unlikely that you can make them forget about their grief by forcing them to celebrate, when that is the furthest thing from their mind. Just let them know that you are there and offer your help in constructive ways, such as running errands for them or having a meal together. Just showing you care and having people nearby will mean the most at this time.

Suggestions to help others during with the stress of the holidays:

PLAN

Help the bereaved plan for the holidays. Divide tasks into essential and non-essential. Shop by catalog or when the stores are less crowded. Change the routine or location. Start a new tradition if need be, and, consult with immediate family members so all voices are heard.

LET NEEDS BE KNOWN

If help is needed in preparation of a meal, ask. If there are have some bittersweet times and a shoulder is needed to lean on, be there. If the bereaved wants to talk about their loved one or the difficulty of this holiday, listen.

DEVELOP ONE OR MORE COPING TECHNIQUES

There will be rough times and days. Help the bereaved learn what stress reducer will work for them - hot baths, long walks, deep breathing exercises, calling a friend, etc.

WATCH THEIR PHYSICAL HEALTH

Make sure they are getting extra rest and eating well. Overdoing is often a reaction to grief which can lead to total physical and mental exhaustion if carried to an extreme. There is enough to deal with; make sure they are being kind to themselves and those that have to interact with them.

RESOLVE TO HELP SOMEONE ELSE

Although they may have been through the most difficult year of their life, they probably have also grown in compassion and understanding for others. By using that knowledge to help others, they may give meaning to their loss.

If you are the one dealing with a loss or a difficult situation during the holidays, follow the same suggestions you would do for someone who needed help in dealing with the stress of the Season.

Another very effective way of handling grief and/or depression is to start a journal. Writing about how you feel can change the feelings of helplessness and make you feel empowered. Writing out your feelings can also help to calm you and make it easier to stay level in a difficult situation.

Volunteer work can also help you enjoy the Season. Plan to spend part of your holiday in a soup kitchen or distributing stockings or gifts at a homeless shelter. Come to Hospice and help with the food trays during lunch or dinner, or help with the decorating of trees or Cookie Connection. Not only will you be doing good, you'll feel better. Studies show that helping others actually improves your health and boosts "feel good" brain chemicals. It also gives the "Season" more meaning when you are sharing your love.

Remember there isn't one cure for depression or "Holiday Blues", only suggestions to try. Everyone is a unique individual with different needs. I have always found that when I remember why we celebrate the Holidays has always lead me through. I wish for you a beautiful and wondrous Holiday Season.

Suggestions to help with the Holidays; By Joanie Overbeck - TLC Group, Dallas Texas

The Most Caring Child

Author and lecturer Leo Buscaglia once talked in a seminar about a community contest he was asked to judge. The purpose of the contest was to find the most “compassionate “ child. The winner of the contest was a four-year old child whose next-door neighbor was an elderly gentleman who had recently lost his wife. One day while playing outside the young child saw the elderly neighbor sitting outside on his patio crying. Upon seeing the man, the little boy went into the old gentleman’s yard, walked up to the patio, stopped, looked at the man then climbed onto his lap and just sat there for a long time.. Later that evening when his Mother asked him what he had said to the neighbor, the little boy replied, *“Nothing, I just helped him cry.”* Sometime a simple act offers more than we know.



Ellen Kreidman.

“I am only one, but still I am one; I cannot do everything, but still I can do something; and because I cannot do everything I will not refuse to do the something that I can do.”

Edward E. Hale

“Love cures people--both the ones who give it and the ones who receive it.”

Dr. Karl Menninger



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***