



2009

Volunteer Angel Awards

It was a beautiful spring evening, very appropriate for awarding *Earth Angels* to Hospice Ministries' volunteers. Around 45 volunteers and friends joined in the celebration of our *Awards Program for 2009*. A power point presentation portrayed the many different jobs that volunteers do at Hospice and who they are. As one volunteer told me, "It was nice to put a face with the job. I never knew there were so many of us". Many volunteers only get to know a few others as they work and don't understand just how much work is done with the help of volunteers here at Hospice Ministries.

I enjoyed putting this presentation together. It warms my heart to show just how much unbelievable amount of work you do, and how very grateful I am to be part of your life.

You are a major part of mine. *Thank you for coming and for all that you do.*



Lead gardener Rebecca Allen won the *Volunteer of the Year Award* for 2009, for her dedication and commitment to Hospice Ministries and the Gardens.



Jeri



The Troubadours started the *Awards Program* off with a few uplifting songs for the volunteers, with **Troubadour Chaplain Nash Noble** accompanying on the piano. Attending Troubadours included **Ellen Ford, Carol Richardson, Ellie Heitmann, Wendy Reddick, Jeri Flinn, Robert Thompson, Carol Ring and Bob Perry.**

2009 Awards presentation



In the photo at the left, Jeri hands out award pins to **Jeanne Till, Mary Clare Hogan, Dixie Myrick and Karen Spiers** for their many hours of volunteer service for their departments.

The presentation of pins went so quickly that our photographer soon learned it was difficult to capture the volunteers with the camera, as they made their way excitedly to Jeri to claim their pins.



Angel Awards for 2009

Receiving Best Angels this year were:

Male Role for Inpatient Support - **Norman Turk**

Female Role for Inpatient Support- **Sylvia Morgan**

Male Role for Home Support - **B.B. Watson**

Female Role for Home Support- **Jan Sorrels & Yanita Ratliff**

Male Role for Versatile Support - **Aaron Akers**

Female Role for Versatile Support - **Ellen Ford**

Administration - **Susie Cook**

Flower Role- **Lana Geissinger**

New Programs - **Martha Jones**

Special Events - **Debbie Cox**

Bereavement Committed Role - **Melissa Bolland**

Bereavement Versatile Role - **Janie Thacker**



At the left, Volunteer Chaplain B.B. Watson receives his angel from Jeri.



At the right, Lana Geissinger receives her angel from Jeri.



Ellie Heitmann from Bereavement gave out angels to volunteers for their dedication to the Bereavement Department.

Pictured to the left is **Melissa Bolland** receiving her angel from Ellie.

Angels getting their wings were:

Karen Spiers, James Chapman, Vesta Draper, John Gibson, Mary Clare Hogan, Mary Lee Livesay, Catherine Lowery, Kim Moore, Mary Ann Miller, Bob Perry, Carol Richardson, Colleen Simmons, Sam Simmons, Dean Rydbeck, Jolly Sahu, Jeanne Till, Dixie Myrick

Angels receiving their Hearts were: **Cathy Black, Kathy Hilton, Vangie Hughes, Bob & Jo Jones, Bethan Read, Charlotte Robinson, Julie Cockayne, Paula Skeen, Terri Spurk, Danna Shirley, Leo Heller, Suzanne Hart, Nancy Williamson and Linda Young.**

Angels with shining Halos were: **Barbara Barnette, Jerry Cauthen, Sandy Crook, Becky Davis, Carol Duggar, Susan Halton, Evelyn Hinton, Sherry McColgin, Karen Delatte, Alice Rice and Julianne Summerfield.**

Angels who have become stars: **Ella Weston, Jinx Carroll, Jeanette & Bob Prescott, Linda Chase, Rebecca Allen, and Hobson McGeHee.**



A new *Spirit of Excellence Award* was announced this year for a few volunteers who had gone far beyond their normal call of duty for their departments. These were: **Mary Ann Miller, Bethan Read and Alice Rice.**

John MacGregor won the *Angel Badge* for his continued dedication and service for over fifteen years with Hospice Ministries. John has given over 4000 hours at Hospice Ministries.



2009 Awards Reception



New Bereavement Coordinator **Carla Wilson** took the opportunity at the reception to get to know some of the volunteers from her department. Pictured are **Carla Wilson, Dana Shirley, Karen Delatte and Jeanne Till.** Lots of laughter,

love, and sharing of stories were exchanged on this beautiful spring evening.

Volunteers and friends enjoyed the **2009 Awards Reception**, which was held after the presentations. A very special *Thank You* goes to volunteer **Sherry McColgin** who masterminded this reception. Once again it was outstanding. Every year Sherry and her crew of creative volunteers do such a fantastic job in presenting a delightful and delicious table for everyone to enjoy. *Thank You to all who participated in the*





10th Annual Hospice Ministries' Golf Tournament

By Janie Reynolds

Annandale, was again, the ideal setting- along with a beautiful day, for the annual **Cellular South/Hospice Ministries** golf fundraiser. Now in its 10th year, the event is a major fundraiser for Hospice. Hospice Ministries was proud to have **Cellular South Foundation**, the corporate philanthropic arm of the nation's largest privately owned wireless communications provider, as the title sponsor.

Each of the players received a rolling cooler - a gift from title sponsor **Cellular South**, along with a "six pack" soft sided ice chest provided by **Murray Cox** of **Simply the Best Travel**.



Board member Rev. Sherry Travis hands Frank Fillingin, Alon Bee & Parks Johnson their rolling cooler.

Beverage stations provided by **First Commercial Bank**, **Foreman Perry Watkins Krutz & Tardy LLP**, **Netchex**, **Regions**, and **Wise Carter** were also strategically placed for a refreshing break, if needed, when the beverage cart was not in sight. Hole sponsors included **Broadway Linen**, **Jim Coggin**, **Valic**, **Jackson Oncology Associates PLLC**, **Pileum**, **Protel**, and **Mike Quick**.

Wise Carter Child & Caraway provided huggies for all the players.



Golfer Robert Portwood & volunteer Debbie Cox at the huggie table.

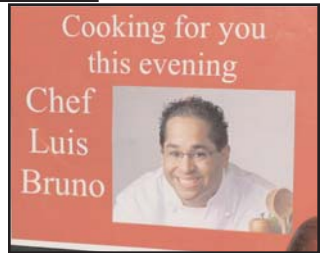


Rounding out the day was the awards reception featuring a gourmet meal prepared by famous

Melanie Fields & Murray Cox offer golfer Lloyd Holcott his cooler.

The afternoon players came together to enjoy a hearty lunch provided by **MMI Hotel Group/Dining Services**.

Chef **Luis Bruno**. Produce for Chef Bruno's meal was provided by **MidSouth Produce** and other items for the meal along with deserts were provided by **Sysco**.



The putting green, sponsored by **Baptist Health Systems**, was a very popular place as players warmed up for their round of play.



On the course, competition got stiff for the **Closest to the Pin** and **Longest Drive** prizes. Each winner received a **GPS rangefinder**. **Jeff Martin** was the closest to the pin and **Matt Fagan** claimed longest drive honors. Unfortunately the Cadillac provided by **Barksdale Cadillac** and the \$15,000 plus 3 great golf packages provided by **Stan's Pest Control**, went unclaimed this year, but several golfers came close and think next year those prizes may be theirs.



Jeff Martin



John Norman talks with Isabel Cordua

We were pleased to have **John Nordan** of **Cellular South**. John shared with the players how community service has been a priority of **Cellular South** for over two decades. He said that the **Cellular South Foundation** targets academic, athletic, health, wellness, safety, civic and scholarship programs that improve lives and help communities thrive. He also said that the **Cellular South Foundation** gives special priority to programs and services like **Hospice Ministries** that improve the quality of life for everyone.

Score cards provided by **Ross & Yerger** were used to record each player's performance. Beverage carts provided by **St. Dominic**, **Ergon** and **Blue Cross/Blue Shield** were filled with cool **Southern Beverage**, **Elite Water** and **Brown Bottling** drinks.



John reminded the players that **Hospice Ministries** not only provides comfort, dignity, and choice for the patient, but also offers patients and caregivers emotional and spiritual support. He continued by saying how **Hospice Ministries** is making a difference in the lives of thousands of Mississippi residents and their families.

At the end of the day at the Awards ceremony, **First place honors** went to the **Gertrude Ford** team players, **Stephen Sims, Ken Graeber, Ron Winford, and Brad Hartzog**. Each received a Golf & Wine legends collection, **Bonefish** and **Walker's Drive Inn** gift certificates, a wine bottle opener, and an overnight traveling bag.



Representing the Gertrude Ford Team: Stephen Sims & Ron Winford

Door prizes included a **Cutter & Buck Vest** and **Cutter & Buck Shirt** provided by **Mars Marketing**; one night's stay at **Tunica Resorts**; golf lessons by **Stephen Christopher**, golf pro at **Annandale**; **Hickory Pit** famous home-made pie; Grill by **MS Prison Industries** and a cookbook by the **Cox family**; and a gift certificate from the **Pie Place** in Madison. Winners were **Brad Hartside, Jeff Carruth, Brian Applewhite, Scott Moak, Wayne McKee, Matt Fagan** and **Jeff Martin**.



Janie Reynolds with golf pro Stephen Christopher



Representing the Netchex Team; Chad Bloodworth & Jeremy Nelson

After a very unusual 6-way tie and a scorecard playoff, **Second place honors** were awarded to **Netchex** team players **Ralph Ross, Chad Bloodworth, Jason Boyles** and **Jeremy Nelson**. Each received a carving knife set, bottle of wine, and gift certificates to the **Steam Room Grille**



Representing Service Printer's Team Duke Simmons & Brent Cofield

and **AJ's on the Lake**.

Third place honors went to the **Service Printers'** team of **Duke Simmons, Brent Cofield, Chris Dockery** and **Keith McGee**. Each player received a flash-light provided by **Mars Marketing**, Shakers, Vodka and bloodymary mix along with **Cool Water, Biaggis'** and **Ruth Chris' Steak House** gift certificates.



Golfers **Frank Fillingin** and **Alon Bee** joined our servers just before the ceremony.

Next year's tournament is slated for **Tuesday, April 19**, 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.

A few of our teams for the Hospice Ministries Golf Tournament 2010



Charles Furlow, Jim Coggin, Mike McNames & Joe Ruck



Ted Enstrom, Ted Lloyd, Larry Accardi Record Max Team



Kim Calvin, Lloyd Holcott, Bob Dingus & Brad Garrison



Holis Shoemaker, Larry Lefeldt, Chris Savel, & Chuck Adams



Ergon Team
Keith Lofton, Ed Lofton, Keith Clair & Jerry Vernon.



John Mark Cuser, Ray Caulter, Monty Hilton, Johnny Hilton, Justin Jackson.
Celluar South Team



Alon Bee, Ron Applewhite, Parks Johnson & Frank Fillingin

Volunteer Matters

By Iris Waldorp

Volunteers Create Easter Basket for Patients

Volunteers gathered on a beautiful spring morning to prepare Easter baskets for all of our patients. The patients and families were so thankful that many sent cards to express their appreciation. **Marie Burke** and **Sandra Coleman** place the Easter grass inside each basket.



Sandra Coleman, Marie Gray from *Willing Hearts at KDMC*,



and **Peggy Castilaw**, prepare to fill the brightly colored baskets with useful items as **Joan Chism** and **M.J. McGee** add the finishing touches to the baskets.



Marie Gray, Peggy Castilaw, and **Keith McDaniel** place batteries in hand held flashlights that were donated to go in the Easter baskets by volunteer **Sue Smith**.

At the right, **Mrs. Faye Watts** and **M.J. McGee** were *experts* at cutting the wrapping paper for the baskets.



Joan Chism, Sandra Coleman and **Annie Tillman**, lent a helping hand to get the baskets ready for

delivery. All of our male patients received camo baskets while the female patients received beautiful baskets in traditional pastel colors.

National Volunteer Week

On April 20th, McComb & Brookhaven volunteers gathered at the Brookhaven office to be honored for National Volunteer Week. The staff and volunteers enjoyed this time together. It was a great opportunity for all staff to express appreciation for all the volunteers give to Hospice Ministries. Special guests were the pastor and a few faithful members of **Vanilla Baptist Church** who continually fill our pantry with items that we need for our patients that unless donated, we would not be able to provide. Thank You for every item you place in our pantry.



Our volunteers are seen in the photo at the right enjoying the fish fry and waiting on dessert.



Donation of Flowers

Recently, a sweet lady delivered some beautiful flowers from her home. We separated the flowers and delivered to our patients for them to enjoy. We appreciate others thinking of ways to minister to our patients.



Community Spirit

After working with **Wal-Mart Distribution Manager Rick Davis** for many months, on Monday, April 26th & Tuesday, the 27th **Wal-Mart** employees gave their time off to volunteer by working in the yards of our patients. They cut grass, raked leaves, cleaned roofs & gutters, trimmed shrubs and built a wheelchair ramp. There never was a harder working crew. Thank you to the employees of Wal-Mart for showing true **Community Spirit**.



Wal-Mart employees **Jimmy Wright** and **Spence Walker** rake leaves as **Lewis Mazer** hauls them to another location.



Steve Guidry, Billy Smith and **Danny**



Brown work on building a wheelchair ramp for one of our patients.

Sheila Vining, Tamara Bell and **John Kelly** rake a yard after

several trees were cut down. Many others, not pictured, worked very hard in the yards. We hope to work together again in the future.



Spring Volunteer Happenings in Ridgeland

CUMC Mission Blitz

On the first weekend in March *Christ United Methodist Church* made us part of it's *Mission Blitz*. This hard working group that came to Hospice Ministries worked cleaning carpets, hanging pictures in all the suites and working in the gardens all morning. The amount of work this group completed was outstanding. **Shannon**

& Jamie McKay held the carpet machine as **Kim Thigpen** went over our carpets. **Howard Boone & Keith**

Levine put up pictures as the others worked outside in small groups.



CUMC workers from left to right : Pat Pierce, Bob Jones, Gerald Smith, Howard Boone, Kim Thigpen, Rebecca Allen, Shannon McKay, Jo Jones, Marvin Scott, Keith Levine, Jamie McKay, Lennard Huff, Linda Smith, Bethan Read & Bill Clement.

Thank You for all your hard work!

Gardeners' Corner

Saturday Gardeners at Work

Volunteer **Aaron Akers** wipes his face as **Bethan Read** bends over to pick up weeds and **Carol Richardson** laughs, while they work at our first *Saturday Garden Day* in April.



Our May date had a good group of hard workers too. **Virginia Green**, *Co-Lead Gardener* **Bethan Read**, **Debbie Cox** and **Carol Richardson** worked by the Chapel



entrance, while *Co-Lead Gardener* **Rebecca Allen** was on her knees weeding in the bed around back. Several donations were presented for the Gardens. A lovely donation of 50 lily plants were donated by one family of several of our patients. **Bethan Read** is seen at the right posting the memorial sign in the garden where the lilies are planted.



St. Paddy's Day

Volunteer **Debbie Cox** led the way in the creation of the *Saint Patrick's Day Goodie Bags*. She did an excellent job with her small but merry band of leprechauns **Ann Kelly, Kathy Hilton** and **Lucy Simmons**. Thank You Debbie and ladies.



Easter Bags for our patients

A lovely spring day brought volunteers to work on the Easter baskets for this year. We chose to send brightly colored bags filled with yummy eggs, candy & cookies, in hopes of brightening a few faces. As is our custom, we draw for door prizes for the volunteers.

Volunteer Chaplain B.B. Watson holds the basket as our *Easter Bunny*, **Ella Weston** pulls out winning names for the prizes.



Our winners were: **Martha Jones, Jan Marts, Ella Weston (Easter Bunny), Susie Cook & Pat Travlin.**

Donations for Ridgeland

Gardeners **Bob & Jo Jones** built and donated the arbor on the terrace in honor if **Rev. Bernard Nail**, a long time inpatient Chaplain at Hospice Ministries who retired in 2007.



Rebecca Allen, Bernard Nail, Bob & Jo Jones.



Coralen Cain of *Madison United Methodist Church* is shown at the right donating several boxes of books from the church library to Hospice Ministries for our patients & families.



Coleen Vlack, *Office Administrator* and **Brian Pearson**, *General Manager* of *North Park Mall* dropped by one morning with indoor plants to donate to Hospice Ministries along with two very large lovely copper containers. The beautiful copper containers were placed by the Chapel. The trees were planted in our gardens.



The 4th Annual Gospel Benefit Program & Food Drive

Although an early spring snow had begun to fall, people kept coming through the door, to attend the **Fourth Annual Gospel Benefit Program on March 21st**. They merely dusted off the snow and removed their coats and took a seat in the lovely chapel of **Johnson Chapel Missionary Church**.



For the past four years volunteer **Kim Moore**



(left) has worked with different churches to produce a benefit program for Hospice Ministries. This year she was joined by volunteer **Trina Wilson** and added the feature of a food drive for our patients' pantry. Kim always presents a hand clapping and toe tapping program every year and this year was no exception. With Choirs such as the **Johnson Chapel Missionary Choir, Mt. Olive Community Choir**, and the mighty **Westhaven Funeral Home Choir**

heavenly songs bounced off the walls all afternoon. Special treats such as the solo by **Jerry Hopkins** could move even the hardest of hearts. Another delight of the afternoon came with the combined voices of **Darrell Nelson & Jacobi Jones** from **St. Paul Baptist Church** (right). The warm glow of love was so strong in the Chapel, that we could not feel the wintry air left by the early spring snow outside, as we floated to our cars.



Thank You Kim and Trina for such an entertaining wonderland of an afternoon!

Mississippi Blood Services' Blood Drive at Hospice Ministries.

Hospice Ministries and **Mississippi Blood Services** hosted a blood drive at Hospice Ministries' inpatient facility, Wednesday, April 28. We were pleased that even though this was our first blood drive over sixty participants registered to donate.



The chapel was transformed into a blood bank set up by Mississippi Blood Services and for most of the day there was standing room only. **Mississippi Blood Services** was a great help in promoting the event and making the day a success.



JT and Dave of Supertalk Mississippi interview Donna Evans, LSW

JT and Dave of Supertalk Mississippi were on hand to promote our event providing their listening audience with information about Hospice Ministries and our services.

Thank you JT and Dave!!!

Staff workers **Holli Burns, Jeri Flinn, Donna Evans, Gloria Jaques** and **Melanie Fields** took a photo opportunity in front of the big bus.



We would also like to thank **Chef David Groll of McAlister's Deli** for donating food for the donors throughout the day.



Karen Denham and Melanie Fields with Chef David Groll



Volunteer George Hill greeted the donors as they came in..

We especially thank our volunteers and our staff who made the drive a success along with others who rolled up their sleeves. It was a great day at Hospice Ministries... a way to say thank you and a way to give back to our community.



Volunteers Robbie Lanford and Delores Barlow manned the refreshment table.



Volunteer Chaplain **B.B. Watson** (left) and volunteer **Lucy Hite** (lower

right) took time out from their busy schedules to stop by and donate blood.

Because the event was such a success, Hospice Ministries is planning another blood drive in the future.



Volunteer Calendar for Summer

Ridgeland: **June, 2010**

Saturday, June 5th 9:00 a.m.- 12:00 p.m.

Gardeners' Day

South Courtyard

Come join our Saturday garden day to work in the Hospice garden with Master Gardeners.

601- 898-1053 ext. 258



Saturday, June 5th 11:00 a.m.

Troubadours

Chapel

We will practice for 40 minutes then go to a home of one of our patients to sing.

601-898-1053, ext. 258

Saturday, June 26th - 8:30 a.m. - 5:30 p.m. continues on
Sunday, June 27th - 12:30 p.m. - 5:30 p.m.

Volunteer Training

For information call

601-898-1053, ext. 258

If you have a story to share let Jeri know.

July 2010

Ridgeland:

Sunday, July 3rd -10:00 a.m. - 11:00 a.m.

July 4th Bags- Inpatient

Dining Room

Cookies, candy and small flags

601-898-1053, 258



Volunteer Training

at Ridgeland

The last volunteer training class was held in late winter and missed the last newsletter. We would like to introduce these new volunteers to you. They are from left to right;



(back row) **Amy Murray, Trina Wilson, Dennis Wilson, Tonya Moore, and Tracy Ethridge.** In front are **JoAnn Alford, Pat Tavlin and Lanette Williamson.** Sandra Jackson not pictured.

Hospice Chaplain and volunteer

Troubadour **Nash Noble** talked to the group about Spirituality in Hospice.

Later in the day inpatient **Carol**

Duggar RN and one of our volun-

teer "Flower ladies" stopped by to talk to the

new volunteers about the nurses' role at inpatient facility.



July 2010

Ridgeland:

Saturday, July 3th 9:00 a.m.- 12:00 p.m. (May change check website.)

Gardeners' Day

South Courtyard

601- 898-1053: 258

Ridgeland: **August, 2010**

Saturday, August 7th 9:00 a.m.- 12:00 p.m.

(May change check website.)

Gardeners' Day

South Courtyard

601- 898-1053: 258



Sunday, August 22nd, 4:00 p.m. - 6:00 pm.

Volunteer Summer Get-together & Quarterly Meeting

Brookhaven & McComb:

Tuesday, August 10th 2:00 p.m.

Quarterly Meeting

Come ready for dessert!

Call 601-835-1020

September

Tuesday , September 21st

Volunteering Training - Call 601-835-1020

If you know anyone interested.

The class listened to our wonderful Volunteer Panel as they talked about their experiences with Hospice. Volunteer **Ella Weston** shows everyone how easy it is to deliver juice to our inpatients.



Dennis, Julie, Delores & Trina

While the panel volunteers shared their stories, **Delores Barlow RN** and **Julie Cockayne RN** conduct blood pressure checks and TB tests for the trainees. New volunteer **Dennis Wilson** and **Trina Wilson** are seen

with Delores & Julie having their skin test given.

The next Training class will be June 26th & 27th. Call **601-898-1053, ext. 258** if you need more information or check out our website at www.hospiceministries.org



Volunteer In-service

June is National Safety Month

Each June, the **National Safety Council** encourages businesses to get involved and participate in **National Safety Month**. Each week carries a theme that brings attention to critical safety issues.

2010 Dates & themes

June 1-6 : Prescription Drug Overdose Prevention

Prescriptions for health can turn into a dangerous cocktail when ill-used. Unintentional drug overdose is the second leading cause of injury death in the home. Do not combine or add medications without a doctor or pharmacist's approval. It can possibly lead to harmful reactions, poisoning even death.

June 7-13: Teen Driving Safety

Vehicle crashes are the leading cause of death and injury for U.S. teens between the ages of 15-19. The death toll is equivalent to about 17 deaths per day for people involved in teen driver crashes. For teens, the likelihood of being in a crash is at a lifetime high in the first 12 months and 1,000 miles of driving. Gradually introducing novice drivers to the traffic environment in phases, also known as Graduated Driver Licensing, has been proven to reduce crash risk and save lives. But, parents also play a key role in changing this trend

June 14-20: Preventing Overexertion at Work & at Home

Over exertion is a major cause of the inflammation of joints and ligaments that results from excessive physical effort. Overexertion injuries, mainly sprains and strains, to the back or spine comprise about 40 percent of both on and off-the-job injuries.

It is important to:

- * *Stretch and/or warm up before heavy lifting or strenuous activity.*
- * *Know your limits. Don't be afraid to slow your pace or take a break if your body needs one.*
- * *Lighten your load with a friend! Take the strain off with half the load.*
- * *Avoid bending, reaching and twisting when lifting.*
- * *Lift with your legs bent and objects close to your body.*

June 21-27: Dangers of Cell Phone Use While Driving

An estimated 28 percent of all traffic crashes – or 1.6 million each year – are caused by drivers using cell phones and texting. Cell phone use has increased dramatically during the last 15 years. According to NHTSA, an estimated 11 percent of drivers are talking on cell phones at any point of the day. We need to reverse this alarming trend. Even if you aren't using your phone while driving, it's important to be aware of others who are and to drive defensively.

It is important to:

- * *Silence your phone before you begin your drive.*
- * *Set up a voice mail message that explains you're on the road, practicing safety to protect yourself and fellow drivers.*
- * *Stop texting while driving. Research shows drivers who text are 8 to 23 times as likely to be involved in a collision.*
- * *Pull over and park if a call is absolutely necessary.*
- * *Encourage your friends and family to leave their phones out of reach while driving.*

June 28-30: Summer Safety

Summer is a great time to be outdoors; however, being exposed to hot weather for too long can result in serious health problems. Overexposure to the sun can damage the skin and could cause skin cancer. Heat stroke, heat exhaustion, heat cramps and heat rash are possible when you become overexerted in the heat.

- * *Wear a wide-brimmed hat to keep your head and face cool.*
- * *Wear long sleeved light material shirts*
- * *Carry a source of water and drink frequently*
- * *Take frequent breaks in the shade during the hottest times of the day.*
- * *Adjust gradually to working in the heat over a period of 10 -20 days.*
- * *Wear sunscreen that has an SPF of at least 15.*

Someone suffering from heat exhaustion or heat stroke should be moved to a cool environment, offered sips of water, if conscious, and provided with attention from emergency medical personnel.

To learn more about acts of safety for the summer months check out the **National Safety Council's** website; nsc.org/nsm

Taken from the National Safety Council website nsc.org with permission



Gone from My Sight

I am standing upon the seashore. A ship at my side spreads her white sails to the morning breeze and starts for the blue ocean. She is an object of beauty and strength. I stand and watch her until at length she hangs like a speck of white cloud just where the sea and sky come to mingle with each other.

Then someone at my side says: "There she is gone!"

"Gone where?"

Gone from my sight. That is all. She is just as large in mast and hull and spar as she was when she left my side and she is just as able to bear her load of living freight to her destined port.

Her diminished size is in me, not in her. And just at the moment when someone at my side says: "There she is gone!" there are other eyes watching her coming, and other voices ready to take up the glad shout: "Her she comes!"

And that is dying

Henry Van Dyke



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*