



Angel Awards for 2010

The afternoon was perfect for our Angel Awards Program. We started off with a short **Quarterly Meeting** presided by Volunteer Services' Assistant **Susie Cook**.



Afterwards she and **Dorothy Claire Glover** entertained us with a thrilling piano duet, **Stars and Stripes Forever**. It was very appropriate because the theme of this year's

Awards Program was **"Volunteers are our Shining Stars"**.

Sherry McColgin, Anita Jeminson and **Sonya Lee** were given an appreciation gift for all of their hard work in making the reception one of the best we have ever had, with a three tier chocolate fountain and fresh fruit cascade.



Our special guests for the afternoon's entertainment were **Ken and Zack Simmons**, son and grandson of Volunteer **Sam Simmons**. They delighted us with their lovely voices of praise during the program. Also



Volunteer **Robert Perry** entertained us with a rendition of **Oh' Danny Boy**, which brought tears to a few eyes.

Guest speakers for our In-service "Handling a Difficult Situation", were **Chaplain B.B. Watson, Dr. Woody Osborn**

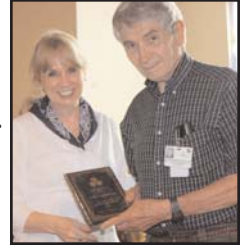


and **Billie Jinx Carroll, RN**. They each reviewed how they had handled a difficult situation while visiting with a patient or family. We were all challenged and encouraged by the experiences of these volunteers.

A special award was given to two Chinese exchange students from JSU, **Hanwen Zichone** and **Jie Li**. These young ladies dedicated many hours translating for one of our Chinese home patients who could not speak English. They helped her in a loving way to know and understand she wasn't alone during this difficult time.



Another "Special" award went to Volunteer **John MacGregor** for his dedicated service of over 5,000 hours.



Bob Jones picked up an Award for **Christ United Methodist Church** for their continued support this year.



Jeri presented a Special Recognition Award to **Laverene Session** and **Carol Davis** to the Dietary Staff for their continued support to volunteers.



Billie Jinx Carroll was presented the **Volunteer of the Year Award**. Jinx has worked with hospice patients since 1992 and has always gone beyond the call of duty, being there for her patients.



Anita Jeminson, (left), and **Mayra Pardo**, (right), won Angel Awards for their dedication to Volunteer Services in several areas.



To say the reception was "fantastic" would be an injustice. It was such a wonderful treat just to look at all of the great dishes that were brought by volunteers, tasting was divine. It was quite a feast!



Sherry McColgin, (center), opens more ginger ale for the punch bowl as **Mary Clare Hogan** and **Alice Rice** take a break from serving.



George Hill, shown in the photo to the right, displays a pastel painting of Volunteer Services' Angel Award he won as a door prize.



I am so proud of everyone and humbled by your work and love. Thank you all for being here and present for our patients and in my life.

You truly are the shining stars of Hospice Ministries.

Fifth Annual Gospel Fest for 2011



Westhaven Funeral Home Choir



Pamela Graves

Westhaven Funeral Home Choir sang out with spirit as the **Fifth Annual Gospel Fest Program** started. This year the festival was held at **Mount Nebo M.B. Church** in Jackson. **Pamela Graves** once again kept our spirits and hearts light as *Master of Ceremony*. The Scripture reading was given by Volunteer **Chaplain Robert Thompson**, with the opening and closing prayer by **Pastor John Wicks, Jr.** of **Mt. Nebo M. B. Church**. Pastor Wicks also treated us to a solo gospel prayer.



Pastor John Wicks, Jr.

Volunteer **Glenda Grant**, in the photo to the immediate right, is seen with other members of **Mt. Nebo Choir**, as they lifted us with joy and song.



Volunteer Chaplain Robert Thompson

The young ladies from **Progressive Morningstar Praise Team** won our hearts with their graceful movements.



Brownsville M.B. Church Male Choir and the **Mighty Chosen Voices of Bolton** with **Clyde**



Robinson kept our hearts pumping and smiles on our faces.



Sedarius Jacobs and **Patzavi Readus** of Bolton, volunteered to help with the Festival and were a blessing. We look forward to working with them again next spring and hope you will join us.



Kim Moore and Jeri pose for a picture.

Volunteer **Kim Moore**, once again put on a fabulous up-lifting event full of laughter and song. Thank you Kim for your kind and generous heart.

Blood Drive 2011

Hospice Ministries, Inc. and **Mississippi Blood Services** hosted a blood drive in our Chapel on Thursday, April 28. Employees, volunteers and community members came by to support the drive.



Karen Denham and Lesa Meadows stand with Willie Reynolds of Mississippi Blood Services and the nurses, along with Volunteer Barbara Sentell (yellow sweater).



Volunteers: Linda Layton, Terri Spurr, & George Hill
Not pictured was Dixie Myrick

We especially thank our volunteers and our staff who helped make the day a success.



Chaplain Duewayne Tullos & Karen Denham

Volunteers, (left), checked in donors and helped with registration for the day long drive.

Rick of **Miss 103 Radio** was on hand to promote our event, providing their listening audience with information about Hospice Ministries' services. Thank you Rick!!!



We would like to send a special thank you to **Chef David Groll** of **McAlister's Deli** for donating sandwiches to the donors throughout the day. Volunteers **Jan Marts** and **Kathleen McEwen** were a few of the volunteers who distributed sandwiches from McAlister's Deli to donors as they finished their sessions.



Jan Marts & Kathleen McEwen

It was a great day at Hospice Ministries... and donating is a way to say thank you by giving back to our wonderful communities.

Volunteer Happenings for Spring 2011

TB Test

Volunteer nurses' **Vangie Hughes & Julie Cockayne** spent one Saturday morning in March giving free TB Tests to volunteers. **Jeanette Prescott**, seen in the photo above, is having her test done by Julie, while Vangie, in the background, is getting ready for the next volunteer. If you haven't had your TB Test for this year please get in touch with Jeri.



St. Patrick's Day



Volunteer **Kathy Hilton** came by in March to help create our *St. Paddy's Day Goodie Bags*. On *St. Patrick's Day* volunteer **Ella Weston** delivered

them to the patients. Ella is seen with a patient's family member as she delivered the bags.



Troubadours on the Road



Hospice Ministries' Troubadours went to sing to a patient in March. Surrounding **Mrs. DeFore** are; **Ellen Ford, Mayra Prado, Ellie Heitmann, Nash Noble, Wendy**

Reddick, Carol Richardson, and Bob Perry.

Gardener News for the Spring

Saturday Gardener's Day has proven to be extremely helpful to our volunteer gardeners who come every Monday morning. The extra help is needed for our gardens. We started off in early March cleaning out beds in the front of the building. By April we



Bethan Read, Kathy Hilton, Lucy Simmons and Virginia Green give a hand with the weeding.

were working on the

beds at the front of the Inpatient Facility. We had some extra help from **Brooke Holloway** and **Ruth Cash** of **Christ United Methodist Church** who were here to help for **CUMC's Blitz Mission**.



Mayra Prado, Brooke Holloway, Lakeisha Williams, Ruth Cash and Kathy Hilton pause for a photo during a break.

Easter Baskets



Madison Central Middle School Beta Club helped decorate our Easter baskets for our patients and made Easter cards for each patient under the leadership of **Leanne Sage** at (far right).

Volunteers **Kathy Hilton, Dixie Myrick, Mayra Prado, Terri Spurrk** and **Vangie Hughes** brought candy, cookies and eggs for the Easter Baskets, then finished stuffing the baskets and added the tags.



A Little Extra time for Flowers



Flowers were donated to Hospice Ministries from a patient's family from **Christ United Methodist Church** during the middle of a week. Volunteers **Julie Summerfield** and **Becky Davis** stepped in to make special flower arrangements for the family and then delivered them to other patients in the facility. Thank you for taking the time to help make the beautiful arrangements on such short notice!

The rains of April and early May put us a little behind with our work but we have tried to catch up. Lead Gardener **Rebecca Allen** instructed new volunteers **Leigh Schutt, Sonya Lee** and **Donna Hill** about different plants and planting time as we worked around the inside courtyards.



Sitting with Rebecca is Leigh Schutt, standing behind are Donna Hill and Sonya Lee.

The Gardeners gave hand-made decorative crosses by **Bob Jones** and a card by **Bethan Read** to express their appreciation of the support of the dining staff.



Kathy Hilton, Rebecca Allen, Carol Davis, Bob Jones, Walter McKee, Marie Mayes, Vesta Draper, Mary Jones, and Bethan Read showing off their crosses and cards.

11th Annual Hospice Ministries' Golf Tournament



Another beautiful day for the **Hospice Ministries 2011 golf tournament at Annandale** is in the history books! Not only has this event provided a venue for great golfing and fun times over the past eleven years, but the proceeds have touched the lives of many patients and families that utilize the services of Hospice Ministries across Mississippi.

First Place winners were **Baptist Health System's** team, **Second Place Ross & Yerger's** team, and **Third place, Service Printers'** team. Longest drive was **Matt Fagan** with **Protel**, and **Closest to the Hole** was **Jason Presley**. Executive Director **Belinda Patterson** is seen below with the **Second Place winners Ross & Yerger's** team.



Volunteers **Mary Clare Hogan, Dixie Myrick, Karen Delatte and Alice Rice** were there to give a hand to help with the tournament.



Rave reviews came from all golfers who enjoyed



"Miss Marie May's" (a member of Hospice Ministries' dietary staff) southern fried chicken meal with home-made banana pudding for dessert. Marie received a standing ovation from all the players and one player offered a kiss on the hand.

Thank you to our sponsors: **St. Dominic Health Services, Blue Cross Blue Shield, ERGON, Gertrude Ford Foundation, Baptist Health Systems, Ross & Yerger, Community Trust Bank, Regions Bank,** and many others for supporting our mission. We would also like to thank **Southern Beverage, MMI Hotel Group, U. S. Foodservice and Brown Bottling.** We deeply appreciate all of your continued support for the Annual Golf Tournament for Hospice Ministries.



Crystal Fuqua and Marie Mays of Hospice Ministries with her famous fried chicken.

Renovating Suite Two...

Judy Moody from **Meadowoods Baptist Church** spearheaded a group of ladies to renovate suite two by donating furniture for two rooms. Members from **Christ United Methodist Church** came by and sanded, taped windows and doors preparing the rooms for painting.



Monte Luehlfing and Ruth Cash from CUMC



Gary Chong from CUMC preparing the walls.

A few weeks later after the rooms had been primed, members from **Meadowoods Baptist Church** gave the whole suite a new coat of paint.



We would like to thank both churches and their members for their donations and dedicated service to Hospice Ministries.



A Daughter's Loving Prayer

One of our inpatient's family members wrote this poem and gave it to our in-patient facility to share.

*I came to visit often, and daily I did pray
For God to take my loved one home, each and everyday*

*I sat beside his bed, and watched as he would sleep
The people here are wonderful, and consoled me when I'd sleep*

*The volunteers are gifted, They know just what to do
From showing you compassion, to saying a prayer for you
As angels walked the halls, in search of someone new
The people stand on ready, to do what they can do*

*A loving arm around you, to console you as you cry
Another one to prepare you, to tell your loved one goodbye*

*The people here at Hospice, They know just what to do
To make your loved one comfortable, and help take care of you*

*I pray that God will care for each and everyone of you
I know your home's in Heaven, and He's very proud of you.*

*In loving memories of Jimmy Schultz
By Paula Malone*

With the Summer quickly approaching, this in-service on **Drowsy Driving** would be helpful during the traveling months of summer vacations. Please pay attention to all safety measures while on the road. Be careful and take your time as you travel on your vacations.



Drowsy Driving...Drive Alert and Arrive Alive.

The AAA Foundation for Traffic Safety Administration conservatively estimates that 100,00 police-reported crashes are caused by fatigued drivers, resulting in 1,550 deaths, 71,000 injuries. According to National Sleep Foundation surveys half of Americans consistently report that they have driven drowsy and approximately 20% admit that they have actually fallen asleep at the wheel in the previous year.

Sleepiness Impairs Your Performance...Just like Alcohol and Drugs.

Studies show that being awake for 18 hours produces impairment equal to a blood alcohol concentration of .05% and .10%--more than legally drunk--after 24 hours of being awake.

Warning Signs of Sleepiness or Fatigue

- ▶ *Turning up the radio or rolling down the window*
- ▶ *Impaired reaction time and judgment*
- ▶ *Decreased performance, vigilance and motivation*
- ▶ *Trouble focusing, keeping your eyes open or your head up*
- ▶ *Daydreaming and wandering thoughts*
- ▶ *Yawning or rubbing your eyes repeatedly*
- ▶ *Drifting from your lane, tailgating and missing signs or exits*
- ▶ *Feeling restless, irritable or aggressive*

Are You at Risk?

Special at-risk groups for drowsy driving include young people, shift workers, commercial drivers and people with undiagnosed or untreated sleep disorders. However, any driver can experience fatigue at one time or another. Your risk for drowsy driving increases if you are:

- ▶ *Sleep deprived or fatigued*
- ▶ *Driving long distances without proper rest breaks*
- ▶ *Driving through the night or mid-afternoon*
- ▶ *Working more than 60 hours a week*
- ▶ *Working more than 1 job and your main job involves shift work*
- ▶ *Drinking alcohol*
- ▶ *Driving alone on a long, rural, dark, or boring road*
- ▶ *Taking sedating medications*

Before a Trip Do the Following:

- ▶ Get adequate sleep- most adults need 7-9 hours to maintain proper alertness during the day
- ▶ Schedule proper breaks - about every 100 miles or 2 hours during long trips
- ▶ Arrange for a travel companion- someone to talk with and share the driving
- ▶ Avoid alcohol and sedating medications - check your labels or ask your doctor

Countermeasures to Prevent a Fall-Asleep Crash While Driving

- ▶ Watch for the warning signs of fatigue
- ▶ Stop driving - pull off at the next exit, rest area or find a place to sleep for the night
- ▶ Take a nap - find a safe place to take a 15 to 20 minute nap
- ▶ Consume caffeine - the equivalent of 2 cups of coffee can increase alertness for several hours
- ▶ Try consuming caffeine before taking a short nap to get the benefits of both

For more information about this topic and other sleep issues and tips, visit the National Sleep Foundation's Web site at www.drowsydriving.org

Top Tips to minimize distracted driving and create a distraction-free zone

- . Stow personal materials - electronics, reading, and writing - before you drive
- . Review your map and GPS only while parked
- . Don't eat while driving
- . Secure any loose items that could bounce and strike the driver
- . Pull over to make or receive calls
- . Postpone intense conversations
- . Adjust controls - radio, mirrors, seat, AC-only when stopped or before driving
- . Hands on the wheel, eyes on the road.

Visit safteyambassador.nsc.org National Safety Council

Disclaimer: Information and recommendations are compiled from sources found in the NSC Library and are believed to be reliable. The NSC makes no guarantee as to and assumes no responsibility for the correctness, sufficiency or completeness of such information or recommendations.

Volunteer Calendar of Events for *Summer 2011*

Saturday, June 4th

Gardeners' Day

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

South Courtyard

Come join our Saturday garden day to work in the Hospice gardens

601- 898-1053 ext. 258

June, 2011

Friday - Sunday, June 10th through 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

Troubadours Sing

11:00 a.m. Chapel

Call 898-1053, ext. 258



Saturday, July 2nd

4th of July bags

10:00 a.m. Dining Room

July, 2011



Saturday, TBA

Gardeners' Day

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

South Courtyard

Check website under Volunteer Events for Gardener's Day

601- 898-1053 ext. 258

Saturday, TBA

Gardeners' Day

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

South Courtyard

Check website for Gardener's Day 601- 898-1053 ext. 258

August, 2011

Sunday, August 21st

*Volunteer Get-Together, Quarterly Meeting
& Inservice*

2:30p.m. - 4:30 p.m.

Bring your family to meet and mingle with old and new friends.



**HOSPICE
MINISTRIES, INC.**

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*