

Volunteers share their Christmas Spirit



Volunteers decorated our Christmas trees early in December, giving everyone the holiday spirit.

Kathy Hilton placed ornaments on the small trees for the inpatient suite trees while Aaron Akers, Paul Kennedy, Colleen Simmons, Bob Perry & John Wheat worked on the tree in the Day Room. Kellum Wilson adds a red bow on the tree at the main nursing station. All of our eight decorated Christmas trees were beautiful and lifted everyone's spirit. Thank you volunteers for creating and sharing your Christmas spirit with us.

The Cookie Connection '08

Many thanks to all who helped make this year's *Cookie Connection* the biggest ever. It seemed as if we had over 250 dozen cookies, brought in by volunteers and friends of volunteers, to stuff Christmas boxes for our patients. I was so impressed with the number



Linda Chase talking with Jo Webster and Vangie Hughes.

of volunteers who brought these delicious cookies, and by the number of volunteers who came to create our boxes. I want to thank **Linda Chase** for agreeing to chair this event again. It is a big event and Linda always does a wonderful job every year.

I would like to thank Colleen Holloway for her continued support with this event. For several years, Colleen was co-chair for this event with Linda. She has given many hours of dedicated time requesting others to donate dozens of homemade cookies. Her generous spirit and golden heart is a clear example of our volunteers' true Christmas Spirit.



Student Alex Kelly discussing the cookies with Colleen Holloway



Even Santa and Mrs. Claus helped pack up the Christmas boxes, with **Alex Kelly**, (middle) and **Lisa Womack** & **Sister Michele Doyle** (across the table).



Our Decorating Angels - (L to R) Back Row: Aaron Akers, John Wheat, Paul Kennedy, Dixie Myrick, (Chairman), Bob Perry, Lisa Womack, Ronnie Green, Sylvia Morgan, & Kellum Wilson. Front Row L to R: Abby Hester, Karen Delatte, Kathy Hilton, Jolly Sahu, Colleen Simmons, Lucy Hite, and Mary Clare Hogan. Not pictured was Julie Cockayne.



"What can I say, they are all wonderful!" explained Volunteer Coordinator Jeri Flinn, with volunteer **Colleen Simmons**, who dressed as an elf to brighten the day. *"Thank You all! for giving so much!"*



Cookie Connection angels standing: (L to R): Alex Kelly, Jo Webster, Colleen Holloway, Bob Perry, Karen Delatter, Abby Hester, Larry & Ella Weston, Rene Bodin, Lisa Womack, Ronnie & Jenny Green, & Cathy Venor. (Seated L to R): Kathy Hilton, Chairman, Linda Chase and Betsy Bodin. Not pictured was John Wheat.

Volunteers **Larry & Ella Weston** (alias *Mr. & Mrs. Santa Claus*) delivered cookies to **Carol Davis and Laverne Sessions** of dietary, for all the great service and kindness the dietary department delivers to everyone.



They made the rounds that afternoon delivering the Christmas boxes with volunteer **Bob Perry** to the inpatients and their families, brightening up the day with Christmas spirit.



Winter Volunteer Happenings in Ridgeland

Volunteers in the Ridgeland area are busy visiting patients in homes or inpatient unit. Some also have taken advantage of our free inservices. Staff and volunteers enjoyed **Kip Bowen's** inservice in early December on *Stress and the Holidays*. Kip is from *Baptist Medical Center's Employee Assistance Program*. The program was designed for all of us when we need a little stress relief especially around the holidays.



Seated (L to R): Ellie Heitmann, *Bereavement*; Beverly Coleman, *Inpatient*; Karen Delatte, *Bereavement*; Jolly Sahu, *Juice Cart*; Venetta Simmons, *Office Manager in home*; Colleen Freeman, *Education Coordinator* and Colleen Simmons *home & inpatient*.



Volunteers often help with special events, Volunteer **Sylvia Morgan** (*far left*) joined **Crystal Fuqua**, Dietary Coordinator, **Jeanie Alexander**, Director of Nursing at *Cottage Grove Nursing Home*

along with **Karen Denham & Kevin Jones** of Referrals at Hospice for the Christmas luncheon at *Cottage Grove Nursing Home* in December.

Volunteer **Dixie Myrick**, **Alice Rice** and **Mary Clare Hogan** participated in cooking and feasting at the *"12 Days of Christmas"* feast. Each department picked a day to deliver a feast for the rest of the staff. Alice, Dixie and Mary Ann joined the administration staff in preparing a feast in early December.



Volunteers **John Gibson** and **Sam Simmons** stop by to visit with patients during the holidays in the inpatient facility. **Thank you to all of the volunteers** who choose to spend some of their holiday time with our patients and spread a little cheer.



Weekends bring out Volunteers

Volunteers often step up to help with odd jobs around the inpatient facility. Volunteer **Bob Perry** is seen in the photo above, showing a family member where to go to find information. A special thank you to **James Chapman**, **Bill Kopp**, **Martha Jones**, **Shirley Hubbard** and **Barbara Laing** for spending part of their Valentine weekend welcoming our guests.

Hospice Troubadours



Volunteers in the Ridgeland area have formed a singing group to serenade our patients called the *Hospice Troubadours*. They practice on Saturdays in the Chapel at Hospice Ministries. They are always looking for new voices. If you like to sing, please join us. Just call Jeri for the time of the next practice or event.



L to R: Jolly Sahu, Ellen Ford, Barbara Thompson, Wendy Reddick, Jeri Flinn, Ellie Heitmann, Kellum Wilson, and Bob Perry. Not pictured are Ronald Green, Lisa Womack and Nash Nobel.



The Troubadours had their first singing debut on Tuesday, February 17th. They sang for the *Highland Baptist Church* when the members of the church toured the inpatient facility.

SNOWBERRY

Some students understand the joy of giving to others during the holiday season. Students from Ridgeland High School came by the inpatient facility at Hospice in Ridgeland to give of their hearts and voices just a few days before Christmas. We appreciated their smiles and voices. One patient, particularly, talked of nothing but *Rudolph the Red Nose Reindeer* for days. We thank you for your generous

spirit by entertaining our patients.



L to R: Molly Conway, Allen Marett, Craig Winship, Carly Jo Winship, Robert Jackson, and Carley Marett.



New needs at Hospice Ministries

A new need has come to light in the inpatient facility. We need help with delivering the lunch trays and feeding our patients. If you would be interested in helping with this much needed job, please give Jeri a call. We also need help with the dinner trays at 5:00 p.m. **Norman Turk** (seen above) volunteered to help with the lunch trays during the holidays. Slots are open for anyone else interested. A special thank you goes to **Jolly Sahu**, **Bob Perry**, **Colleen Simmons** and **Ella Weston** for helping with the lunch trays and filling in some of our days.



Working in the Nurses' Station



Sometimes volunteers are requested to help answer the phones at the main nurses' station. Volunteers **James Chapman** and **June Jefferson** are seen changing shifts on a Saturday afternoon. If you would like to help at the nurses' station give Jeri a call.



Volunteers give with all their Hearts

Volunteers came bearing cookies and candy to fill the **Valentine Goodie Bags** for our patients.

Standing behind their cart of "Goodies" were (back row L to R) Patrick Butler, Bob Perry, Ronald Green, Benard Harbin;

(second row L to R) Kathy Hilton, Julie Cockayne, Katherine Nutt, Gloria Butler, Vangie Hughes, Jerry Masters, Kellum Wilson; (first row L to R) Jolly Sahu, Abby Heste and Karen Delatte.



The group worked hard organizing and wrapping up cookies and candy to make each bag special.

Jolly Sahu, Karen

Delatte, Katherine Nutt, Ronald Green, and Bob Perry laughed and chatted while they worked.



Jolly Sahu and Jerry Masters (left worked as a team to create the ribbons for our cards on each bag.

Volunteer **Ronald Green** made a special basket of cookies for the nurses in the Inpatient facility. He wanted to make sure they had a special valentine gift for all they do.

Volunteers are seen giving the basket to the nurses.



(Pictured L to R): volunteer **Katherin Nutt**; **Nancy Roberts** inpatient RN; volunteer **Julie Cockayne**, RN; volunteer **Vangie Hughes**, RN ; and **Shanika Washington**, inpatient RN.

Easter Baskets for the patients and their families are a tradition at Hospice Ministries. Lots and lots of candy, plastic eggs and cookies are needed for the baskets along with plastic wrap, ribbons etc. Please sign up to help create these beautiful baskets for our patients.

Time: **Saturday, April 4th - 10:00 a.m.- 11:30 a.m.**
601-898-1053, ext. 258



Volunteer Get-Together and Quarterly Meeting

During our fall Volunteer *Quarterly Meeting* we voted on having a **Volunteer Get-Together** to help introduce new volunteers to volunteers who have been with us for a "few years." Late in the evening on January 18th the day room overflowed with volunteers bringing food and stories. We also took advantage of our numbers and held our Winter Quarterly meeting. Minutes from the meeting were mailed out to all volunteers. Our next Quarterly Meeting will be in April just before our Volunteer Awards Party.



Volunteers review the minutes from the Fall Quarterly Meeting, while Jeri conducted the Winter Quarterly Meeting. Minutes from this meeting were sent to all volunteers.

Volunteers **Alice Rice** and **Kellum Wilson** fill their plates at the Volunteer Get-Together, while **Terri Spurk** and **Leo Heller** talk in the background.



Long time volunteer **Sandy Crook** shares some of her stories with new volunteer **Susie Cook** over the delicious refreshments brought by everyone.

Colleen Simmons, **Carol Richardson** and **Nancy Vickers** laugh over their New Years' resolutions or failure to follow them, with all the great food brought by the volunteers.



Leo Heller turns to comment to others at the table while **Ella Weston** and **Jeri** laugh with Leo about his latest adventure. Leo always tells such wonderful stories.



New volunteer **Mavis Broadway** gets some sage advise from long time volunteer **Linda Chase**.

The Get-Together was a big success thanks to both old and new volunteers. I really appreciate everyone's comments and ideas.

Heartstrings Gala of 2009

The *McClean Fletcher Center's Heartstrings Gala* was a wonderful success raising approximately eighty thousand dollars for the Center. This annual fundraiser was graciously hosted by **Darden and Sally North** whose beautifully decorated home provided the perfect setting to help us celebrate our *10 year anniversary event*. Everyone attending had only praise for the lovely setting, the food, the music, the silent auction items, and how beautifully everyone worked as a team.



Sally & Darden North

We would like to thank *Greg Campbell Photography* for taking the marvelous pictures featuring the Center's children and families that were placed around the home the night of the Gala. His photos captured the heart and spirit of the Center and for that we are truly grateful.



Charles & Laura Barbour seen in the photo to the right, take time to admire one of the photos of the children from the McClean Center taken by Photographer **Greg Campbell**.

There is absolutely no way this event could have been the huge success it was without the help of all our volunteers, Friends and sponsors.



Volunteers and Friends each year come through with both silent auction items and food donations. There were also many



Long time Volunteer Robbie Carmichael & Carol Ann Carter

volunteers who cooked and served the delicious food the night of the event and who set up and transformed the silent auction area into a marvelous showcase of goods. To each of you we send our heartfelt thanks.



It was a lovely night out by the registration table for Volunteers **Lexanne Guffin** and **Patsy Edrington** who helped gave out bid cards to guest as they arrived.



Emily, from *V.I.P. magazine* is seen in the photo to the right, getting the names of **Mary Anne & Larry Lefoldt** after taking their photo for the Gala's story in the magazine.

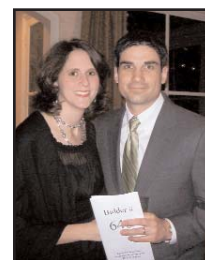


Early on, the silent auction created the buzz of excitement which lasted throughout the night.

Amanda & Leland Mize stop for a moment to have a picture taken on their way to the Gala's silent auction. **Sandi Norton**



(seen in the photo to the left) studies one of the many delightful items as the auction opens.



Chris Maloney, one of our creative silent auction artist, looks over the multitude of other items offered at the auction with **Kathy Beard** and **Tom**



Other guests enjoying the items at the auction were **Gayle and Tom Papa** with **Larry Lefoldt**

Isabel Codua *Director of the McClean Center* chats with friends **Jeff Carter**, **Lynn Hoseman** and **Carol Ann Carter**.



Guests continued arriving as the night went on. Host **Darden & Sally North** stopped greeting for a photo with guest **Susan & Dr. Joel Payne**.

Pick Pickering, **Sally Fletcher**, **Judy Pickering** and **John Fletcher** enjoyed the lovely evening out on the patio.



Guests **Alon Bee** and **Pam Partridge** took a minute to pose for a photo before heading to the silent auction.

Guests **Vicki Lynn Adams**, **Jeanifer Shipp**, **Brandon Kennedy**, **Pat Decker** and **Holley Noblitt** take a minute from their chat to pose for a photo.



Enjoying the evening festivities were **Dan & Tina Holliday** with his sister and her husband **Dana & David Traxler**.



Longtime Friends of the *McClellan Center* **Mary Anne & Larry LeFoldt** posed for a photo for our newsletter and V.I.P.



Guest **Mike McRee** took a minute from his chat with **Sister Dorothea & Sr. Trinita** to pose for a photo.



As the evening continued the silent auction become more competitive. Everyone watched, trying to keep an eye on their favorite item.

By the end of the night the room was packed with those checking or placing that last bid.



Sandi & Archie Norton decided to have a seat while waiting for the results of the silent auction.

Anticipation was high as the guests filed by to check the signs placed in the family room outlining who had won the bids for the items from the silent auction. **Tim Taylor** points out winners on a few items.



Volunteers **Becky Blanks and Carol McKinnan** waiting for the first bidder to come to claim their prize.



Gray & Tatum Goodman were the first guests to claim their prize. Tatum was thrilled over her silent auction item.



Mary Tarquinio, Isabel Cordua Director of *McClellan Center* and Executive Director of *Hospice Ministries* **Belinda Patterson** wanted to especially thank **Briarwood Mart**

Wine & Spirits, Bravos, Nandy's Candy, Julep, Sysco, and Service Printers who have contributed every year since the inception of our yearly Gala event. A special thank you to all our silent auction donors and artists whose dedication to our silent auction has made it one of the best. We so appreciate your donations and thoughtfulness each year!

Proceeds of this event will go towards furthering the services of the *McClellan Center's* grief support groups as well as renovations of our new 4,400 square foot building donated by Baptist Health Services, located at 12 Northtowne Drive.



Fat Tuesday brought out the **Mardi Gras** lovers at Hospice Ministries.

For the past several years **Bob Schroeder**, Facility Management Coordinator and **Crystal Fuqua**, Dietary Coordinator create the **Mardi Gras** spirit for us all by making New Orleans style **Beignets** and **Cafe-au-lait** for staff and volunteers for free to celebrate **Mardi Gras**.



Bob is seen at the left giving Volunteer **John MacGregor** some sweet beignets with his morning coffee. At the right **Crystal** and **Ms. Marie Mays** are shown making the delicious beignets for everyone to enjoy.



Marie Mays are shown making the delicious beignets for everyone to enjoy.



Volunteer **Terri Spurk** and Education Coordinator **Colleen Freeman**, enjoyed their **Mardi Gras** morning with Inpatient RN, **Jacqui Cherry** and Chaplain **Richard Brogan**. All gave Bob and Crystal a special thank you for starting our day off with **Mardi Gras spirit**.

With the new spring weather approaching...

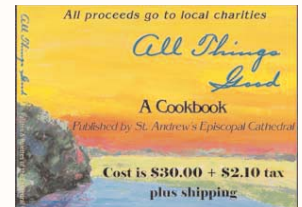
please don't forget about the two cookbooks on sale to benefit Hospice Ministries.



Cooking with Cox's Army II
\$22.00

The Cox family is giving back through the development of a cookbook with all proceeds going to Hospice Ministries. This cookbook is full of four generations of family favorite recipes, that will take you through breakfast, lunch and dinner as well informal gatherings or formal events.

All Things Good Palates & Palettes of the Cathedral Parish of St. Andrews
\$30.00
601-354-1535



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 *McClellan Fletcher Center* along with other outreach programs of *St. Andrews*.

Working with the Natchez Office

Amidst the angelic sounds of the harp of volunteer Florence Hargis, volunteers and staff from the Natchez office spent an early afternoon in mid December enjoying the congenial friendship during the fabulous feast created by everyone.



L to R: Kathy Sutton, Nurse Supervisor, Lou Verda Langston Volunteer, Cindy Galloway, RN, along with volunteers Alma Timmons, Kay Miller, and Danny Freeman

After stuffing our own bodies, we set out to stuff the Christmas boxes for our patients with cookies, snacks and topped with lovely Christmas ornaments donated by the volunteers.



(L to R): Kay Miller, Florence Hargis, Janet Passman, Carol Swindoll, Shirley Hughey, Danny Freeman, Genie Jones and Lou Verda Langston.

(Group Picture- L to R): Jessica Dewitt Office Manager, Kay Miller; Danny Freeman; Harpist, Florence Hargis; Lou Verda Langston; Carol Swindoll; Shirley Hughey; Kathy Sutton, N. S.; Genie Jones; Cindy Galloway, RN; Grace Woods, RN; Janet Passman; & Alma Timmons



Volunteer Coordinator Jeri Flinn stands between volunteers Shirley Hughey (left) and Alma Timmons (right) as they model the warm wraps that Shirley made for our patients in the Natchez area.



We would like to thank Volunteer Florence Hargis, whose delightful music entertained everyone during the feast and the creation of our Christmas boxes. Florence has agreed to play her beautiful music for patients in the Natchez area.



Parkway Baptist Church of Natchez invited Jeri to talk with their "Women on a Mission" group in February, about Hospice Ministries and volunteering.

The group seemed very interested in hospice and volunteering. They applauded generously after the talk and some are interested in joining our next **Volunteer Training Class**. The class is scheduled for **Saturday, March 28th** from 8:30 a.m. - 5:30 p.m. Anyone interested please give Jeri a call at **800-273-7724, ext. 258**.

Winter '09 Volunteer Training Class



The end of January ushered in a new class of volunteers for the Ridgeland area. Class attendees were (L to R): Jerry Master, Robbie Landrum, Betty Papison, Gayle Lang, Jeff Monk, Shirley Hubbard, Lucey McLaughlin, Martha Jones, Melba Wright, Debbie Cox, Aaron Akers, and Melitta



(L to R): Bob Perry, James Chapman, Kellum Wilson, Sandy Crook, Cathy Black, Aaron Akers, and Terri Spurk and Dallas.

Once again some of our active volunteers came by to share their stories. These volunteers' descriptions of what they did and how they felt about their jobs with

Hospice were very enlightening for the new trainees. Many questions were asked and answered. It is helpful for new trainees to understand the different roles of volunteering for Hospice Ministries.

Education Coordinator and RN Colleen Freeman, (seen in the photo to the right) gives a TB test to new volunteer Shirley Hubbard while volunteer Bonnie Zimmerer RN, checked everyone's blood pressure during the training class. A special thank you to both Colleen and Bonnie for giving us their Saturday afternoon.



We would like to thank all of the dietary staff of Hospice Ministries for always helping with the wonderful refreshments and lunch during our training classes. *They really do make the best cookies in the world, not to mention the best chicken salad sandwich known to man.* Carol Davis of Dietary is seen in the photo to the left after she brought our snack in for our morning break.



Spring Volunteer Training Class

Our next training class will be **May 2nd and 3rd, 2009**. Class is 8:00 - 5:30 on Saturday and continues on Sunday afternoon from 12:30 p.m. to 5:00 p.m.

If you know of anyone interested, please have them give Jeri a call at **601-898-1053, ext. 258** or ask them to check out our website at www.hospiceministries.org under Volunteer Services.



Winter in Brookhaven

On December 1st Brookhaven held a **Memorial Service** for our families and friends who have lost a loved one this past year. Attendance was strong as friends, family and staff were reunited and remembered how special everyone involved had become.



A special Thank you to **Mrs. Rachel Bullock** who furnished the lovely hand made angels to adorn each Christmas tree.



After the service the wonderful ladies from **Willing Hearts** helped out with our food and setting up. Thank you to **Mrs. Floy Mathis** (at the left) for coming in early and staying late to help with the service.



Volunteer **Keith McDaniel** is seen in the photo to the right, diligently washing and washing and washing more dishes to help with the clean up after the service.



Thank you all for helping make this service so special to our families and to our staff.

New Volunteers for Brookhaven

We would like to welcome three new members of our Volunteer team in Brookhaven.

Angela Martin from Hazlehurst, **Robert Berry** from Brookhaven and **Jim Talley** from Summit. We appreciate their willingness to give of their time and hearts to Hospice Ministries. We look forward to working with them.



Soups ON...



Once again during the month of February we accepted home made soup to give out to our patients on cold, rainy days. If you have not had a chance to participate, *it's not too late!* There will be a few more cool, rainy days ahead in which a cup of warm delicious soup would be a comfort to our patients. Call Iris if you have some to donate.

Cookies, Cookies, Cookies...



Our "**Cookie Swap**" was a huge success! Some of the best, and I do mean **BEST homemade cookies you could ever taste!** It is such a gratifying feeling to know that our volunteers not only have wonderful Christmas Spirit

but are fabulous cooks! By forming an assembly line the work went fast and all the volunteers enjoyed the day. Thank you all for your hard work. The cookies were such a thrill for our families. New Volunteer **Robert Berry** enjoyed the small tasting of a few treats. They were delicious!



Pictured from the back to front are volunteers: Joyce Hughes, Annie Tillman, M.J. McGee, Peggy Castilaw, Mary Clark, Opal Smith, Faye Watts, Billy Hughes, and Robert Perry.

Brookhaven Volunteer Notes



Another great cook, **Keith Guy** (pictured at the left) dropped by in early December with a great dish for everyone. Showing that even an incredible pharmacist can volunteer and bring a delicious dish. **What a TEAM!**

Thank you to **Wanilla Baptist Church** for inviting Iris Waldrop Brookhaven's Volunteer Supervisor, to speak to them on a Sunday in December. Please remember that she is always looking for opportunities to give a talk about volunteering at any func-

Hospice Ministries will be responsible for the activity time at **Lawrence Co. Nursing Home** on **Thursday March 12th** from 9:30 - 10:30 a.m. Iris needs several volunteers to help during this time. Please give her a call if you can help.

We are now accepting items for our **Easter Baskets**. We will meet on **March 31st** at **10:00 a.m.** in the **Brookhaven office** to put them together. We will meet at **2:00 p.m.** on the same day in the **McComb office** to work on Easter Baskets for delivery there. Call Iris for more details.

It is time for our annual **Health Screening, T.B. test** and those other necessities for volunteers. On **Tuesday April 7th** at **9:00 a.m.** we will be conducting the tests and screenings for Brookhaven volunteers.

On **Wednesday April 8th** at **9:00 a.m.** we will be conducting **Health Screenings & T.B tests** in the McComb office. These tests and screenings are mandated by the State and are conducted free for our volunteers.



Volunteer Calendar for Spring

March, 2009

Ridgeland:

Sunday March 8th - 4:00 p.m.
3rd Annual Gospel Benefit Program for Hospice Ministries
Hill of Zion M.B. Church, Bolton,MS
601-573-6337 for more details

Saturday, March 14th - 10:00a.m. - 11:00 a.m.
"St. Patrick's Day Happies" Treats to be given out on St. Patrick's day to inpatients.- Dining Room
601-898-1053, ext. 258



Brookhaven:

Thursday March 12th - 9:30 -10:30
Activity Hour for Lawrence Co. Nursing Home
Call Iris for more details 601- 835-1020

Tuesday March 31st - 10:00
Easter Baskets for patients
Brookhaven office. Call Iris for more details 601- 835-1020

McComb:

Tuesday March 31st - 2:00 p.m.
Easter Baskets for patients
McComb office. Call Iris for more details 601- 835-1020

Natchez:

Saturday, March 28th - 8:30a.m. - 5:30p.m.
Volunteer Training
601-466-8000 or 800-273-7724, ext. 258



April, 2009

Ridgeland:

Saturday, April 4th - 10:00 a.m. - 11:30 p.m.
Easter Baskets
Candy, plastic eggs and cookies are needed.
601-898-1053, ext. 258

Tuesday April 21st at 8:30 & 1:30
9th Annual Hospice Ministries Golf Tournament
Annandale Country Club
Call 601-898-1053, ext. 207 for more details

Sunday, April 26th - 4:00 p.m. - 4:30 p.m.
Spring Quarterly Meeting
Chapel, Inpatient Facility

Sunday, April 26th - 4:30 p.m. - 6:00 p.m.
Volunteer Awards Party - Chapel & Day Room.
RSVP required.

Brookhaven:

Tuesday, April 7th - 9:00 a.m.
Health Screening & T.B. Test
Call Iris for more details 601- 835-1020

MCComb:

Wednesday, April 8th - 2:00 a.m.
Health Screening & T.B. Test
Call Iris for more details 601- 835-1020

Natchez:

Wednesday: April 29th,- 6:00 p.m.- 7:00 p.m.
Volunteer Awards Party
Natchez Office Conference Room
601-466-8000 or 800-273-7724, ext. 258



May, 2009

Ridgeland:

Saturday, May 2nd - 8:00 a.m. - 5:30 p.m.
& Sunday, May 3rd - 12:30 p.m. - 5:00 p.m.
Volunteer Training
Formal Board Room; 601-898-1053, ext. 258



Hospice Ministries' 9th Annual Golf Tournament

Hospice Ministries will host its ninth annual golf tournament at Annandale in Madison, Tuesday, April 21st. This event has grown every year and has become one of the most prestigious tournaments in the area, enjoying the participation of leading businessmen and corporations.

The tournament is the primary annual fundraiser for Hospice Ministries, and 100% of the proceeds help offset the costs related to care for our indigent patients and helps to give an added amount of compassionate, personalized care along with needed medical equipment, medication and medical supplies necessary to make the patients' and families' life as comfortable as possible. Hospice Ministries is there, wherever our (over 1300 last year) patients need us, in 31 counties in Mississippi ... in their homes, assisted living facilities, nursing homes, area hospitals, or in our inpatient facility in Ridgeland.

The tournament will be a four man scramble format with a shotgun start at 8:00 a.m. and 1:00 p.m. All players will be provided lunch at Annandale, and a meal and awards presentation at Annandale will take place at the end of the day. Morning players will be provided a continental breakfast.

Sponsorships, player and corporate team spots are still available. For information on participating in the tournament, Janie Asher Reynolds at 601-898-1053 ext. 207, cell 601-613-4686, or email jreynolds@hospiceministries.org.

Schedule of Events

Tuesday, April 21st

8:00 a.m. - Shotgun Start for Morning Players

1:00 p.m. - Shotgun Start for Afternoon Players

5:00 p.m. - Awards Reception

Presentation of Winners

Presentation of Corporate Team Trophy



Get Moving...Spring is here!

For a Healthier Life style



Physical inactivity is a major risk factor for cardiovascular disease, and most Americans are not physically active enough to gain any health benefits. Swimming, cycling, jogging, skiing, aerobic dancing, walking or many other activities can help your heart. Whether it's included in a structured exercise program or part of your daily routine, all physical activity adds up to a healthier heart.

According to the latest joint *American Heart Association / American College of Sports Medicine* guidelines on physical activity, all healthy adults ages **18-65** should be getting at least *30 minutes of moderate intensity activity five days of the week*. However, there are additional guidelines for those 65 and older, or for those 50-64 with chronic conditions or physical functional limitations (e.g., arthritis) that affect movement ability or physical fitness.

Physical Activity in Your Daily Life

At Home

It's convenient, comfortable and safe to work out at home. It allows your children to see you being active, which sets a good example for them. You can combine exercise with other activities, such as watching TV. If you buy exercise equipment, it's a one-time expense and other family members can use it. It's easy to have short bouts of activity several times a day. Try these tips:

- Do housework yourself instead of hiring someone else to do it.
- Work in the garden or mow the grass. Using a riding mower doesn't count! Rake leaves, prune, dig and pick up trash.
- Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes.
- Walk or bike to the corner store instead of driving.
- When walking, pick up the pace from leisurely to brisk. Choose a hilly route.
- When watching TV, sit up instead of lying on the sofa. Better yet, spend a few minutes pedaling on your stationary bicycle while watching TV.
- Throw away your video remote control.
- Instead of asking someone to bring you a drink, get up off the couch and get it yourself.
- Stand up while talking on the telephone.
- Walk the dog.
- Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall.
- Stretch to reach items in high places and squat or bend to look at items at floor level.
- Keep exercise equipment repaired and use it!

start! *Start!* is the *American Heart Association's* movement calling on all Americans and their employers to live longer, more heart-healthy lives through walking and other healthy habits. If you would like more information about the Start Program check out the American Heart Association website, www.heart.org/start.

Another good program to get you moving is **CHOOSE TO MOVE™**. This is a free 12-week physical activity program for women. It shows women how to get active, eat healthfully and love their heart in 12 weeks.

You could try a program of your own with the help of a professional trainer, health club or advice from your Doctor.

At the Office

Most of us have sedentary jobs. Work takes up a significant part of the day. What can you do to increase your physical activity during the work day? Why not...:

- Brainstorm project ideas with a co-worker while taking a walk.
- Stand while talking on the telephone.
- Walk down the hall to speak with someone rather than using the telephone.
- Take the stairs instead of the elevator. Or get off a few floors early and take the stairs the rest of the way.
- Walk while waiting for the plane at the airport.
- Stay at hotels with fitness centers or swimming pools and use them while on business trips.
- Take along a jump rope in your suitcase when you travel. Jump and do calisthenics in your hotel room.
- Participate in or start a recreation league at your company.
- Form a sports team to raise money for charity events.
- Join a fitness center or Y near your job. Work out before or after work to avoid rush-hour traffic, or drop by for a noon workout.
- Schedule exercise time on your business calendar and treat it as any other important appointment.
- Get off the bus a few blocks early and walk the rest of the way to work or home.
- Walk around your building for a break during the work day or during lunch.

Where ever you are, what ever you do, just stay active. Be creative in ways to keep your body moving.





Pearls Before Breakfast

*Taken from Washington Post
By Gene Weingarten, Washington Post Staff Writer

HE EMERGED FROM THE METRO AT THE L'ENFANT PLAZA STATION AND POSITIONED HIMSELF AGAINST A WALL BESIDE A TRASH BASKET. By most measures, he was nondescript: a youngish white man in jeans, a long-sleeved T-shirt and a Washington Nationals baseball cap. From a small case, he removed a violin. Placing the open case at his feet, he shrewdly threw in a few dollars and pocket change as seed money, swiveled it to face pedestrian traffic, and began to play.

The musician did not play popular tunes whose familiarity alone might have drawn interest. That was not the test. These were masterpieces that have endured for centuries on their brilliance alone, soaring music befitting the grandeur of cathedrals and concert halls. He played 6 Bach pieces for about 45 minutes. During that time, since it was rush hour, it was calculated that thousands of people went through the station, most of them on their way to work.

In the 45 minutes the musician played, only six people stopped and stayed for a while. About 20 gave him money but continued to walk their normal pace. He collected \$32. When he finished playing and silence took over, no one noticed it. No one applauded, nor was there any recognition.

The musician was world reknown **Joshua Bell**. A onetime child prodigy, at 39 Joshua Bell has arrived as an internationally acclaimed virtuoso. Three days before he appeared at the Metro station, Bell had filled the house at Boston's stately Symphony Hall, where merely pretty good seats went for \$100. Two weeks later, at the Music Center at Strathmore, in North Bethesda, he would play to a standing-room-only audience so respectful of his artistry that they stifled their coughs until the silence between movements. But on that Friday in the station, Joshua Bell was just another mendicant, competing for the attention of busy people on their way to work.

The Washington Post had organized this performance as part of a social experiment about perception, taste and priorities of people. The outlines were: In a commonplace environment at an inappropriate hour: Do we perceive beauty? Do we stop to appreciate it? Do we recognize the talent in an unexpected context?

One of the possible conclusions from this experience could be:

If we do not have a moment to stop and listen to one of the best musicians in the world playing some of the best music ever written, how many other things are we missing?

*Washington Post
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450 Towne Center Boulevard
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*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***