



BROOKHAVEN'S MEMORIAL SERVICE



On a stormy Tuesday night, the first day of December, many gathered to remember their loved ones at our annual Memorial Service. Many family members shared how much Hospice Ministries had meant to them and allowed them to spend those last days and develop lasting memories with their family members. One family member shared, "I will be honest, I did not want Hospice, but by the grace

of God and people continuing to come into my path that said, "You need Hospice Ministries, not just any Hospice, Hospice Ministries, I finally accepted and I am so thankful today I did." Another family member stated, "Everyone that came was so helpful, so professional, and so compassionate,"

As family members made their way to the **Angel Tree**, they each took a moment to share the name of their loved one and their relationship to them. One young man stated, "I lost my Mama this year and to me, she was the best mama in the world. I am so thankful we were able to keep her home and she was surrounded by all her family, just like she wanted. You do not get this kind of care anywhere else."



Everyone enjoyed the fellowship and delicious food following the service. Pictured to the left are volunteers **Keith McDaniel,**

Cheryl Banks, Faye Watts, and **Shirley Sandifer** who all helped us out in the kitchen.

A special Thank you goes to **Mrs. Gretchen Parson,** for delivering their delicious meatballs. They were very popular.

Mrs. Shirley Sandifer and **Mrs. Floy Mathis,** from the **Willing Hearts at KDMC,** are seen in the

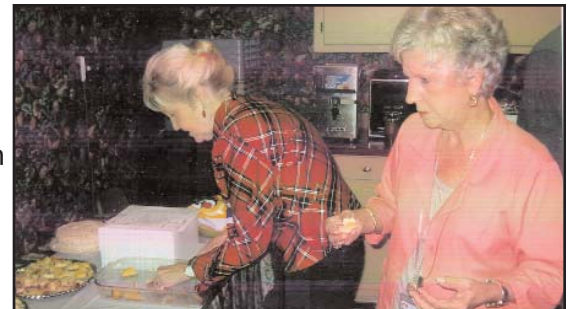
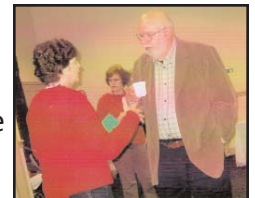
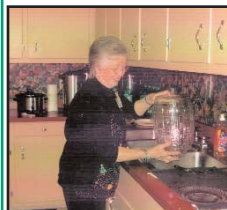


photo to the right cutting and placing goodies on trays.

Thank you volunteer **Faye Watts** (photo to the left), who helped with the kitchen clean-up.



Iris Waldrop, VC and Volunteer **Tom Rankin** at the right exchanged stories during the reception.



Everyone who attended expressed how grateful they were for the opportunity to share this time together and offered a special thank you to **Mrs. Rachel Bullock** for the beautiful hand-made angels that adorned the tree.

Volunteer **Travis Tadlock,** left, chooses an angel from the tree in memory of his wife, **Ms. Melba.**

Winter in McComb & Brookhaven

Cookie Swap for Brookhaven & McComb



Volunteers in the Brookhaven area attended a Cookie Swap Diane Herring, Faye Watts, Sylvia Keene, Joyce Hughes and seated, Billy Hughes

Brookhaven welcomes new Volunteers to our January training class.



Long time volunteer **Annie Tillman**, at the left in blue, shared with the new volunteers the rewards of being a patient care volunteer.

Volunteers attend Brookhaven's In-services

Volunteers listen attentively to annual in-services for our Brookhaven volunteers. Pictured are Faye Watts, Travis Tadlock, Cheryl Banks, Billy Hughes, and Joyce Hughes.



Volunteers attending the training class are : (L to R) **Mrs. Alydia Rankin, Sandra Coleman, Teresa Smith, Wayne McGee, and Don Walley** standing with volunteer **Mrs. Annie Tillman and Mrs Maxine McGee** seated.



Brookhaven & McComb Volunteer Notes

We will begin accepting items for **Easter Baskets** on **Monday, March 1st**. The baskets will be filled with trial size items such as lotion, note pad and pen, wipes, toothpaste, etc.- anything that you think would be useful to a patient. We will also put some candy in the baskets! We will meet at the office on **Tuesday, March 30th at 9:00 a.m.** to put all the baskets together. Please plan to be here for this. We will be preparing baskets for all Brookhaven and McComb Patients.

Tuesday April 20th, 2010, is the date we will do our annual **TB Skin test** and **physical**. Please be here around **10:30** that morning and *we will serve lunch to honor all the volunteers*. This is **National Volunteer Week** and we want to show our appreciation to each of you for all that you do. I hope each and every one of you will be here for this special day.

** For those of you whom have recently had your TB test & physical, plan to be here by 11:30 a.m.*

Volunteer Need: I am in need of someone who enjoys organizing, scrapbooking, etc. We have many items that need to be organized; this includes organizing photos albums. If this is something that may interest you, please give me a call.

Heartstrings Gala of 2010



Our annual fundraiser was held Thursday, February 18th at the home of **David & Jordan Goodwin**, and once again it was a fabulous evening. The night was filled with good friends, wonderful food, delightful music, and generous hearts. Funds raised from the silent auction will help us foster and grow our grief support groups for children and families who have experienced the death of someone in their lives. We thank our many volunteers, "Friends of the Center", Advisory Board members, and Chairpersons **Vicki Lynn Adams, Natalie Arnemann, Robbie Carmichael, Rosemary Clark, Stacie Sharp, Kathleen Terry** and **Ginny Williams** for their time and devotion. We also thank the many artists and donors for

the silent auction who continue to support us with their generous donations year after year. **Thank You one and all!**



David & Jordan Goodwin



The beautiful music of singing violins during the gala was furnished by **Bonnie McCoy & Megan Russ**



Greeting our guests on the front porch were volunteers **Vicki Willoughby, Amanda Daughdrill**, (back row) with **Lexanne Guffin** and **Lea Ann Stacy** seated in front.

Bryant Trotter, Ann Christopher Peacock with **Marie & Reed Hill** volunteered to help with the evening by checking coats for the attendees.



As always one of the favorite areas for friends to meet was around the lovely refreshment tables .



Volunteers **Helen Morrison, Jana Smith, Rosemary Clark, Robbie Carmichael**, along with helpers **Dorothy Cage & Angelia McGee** stayed busy all evening making sure there were plenty of refreshments. We thank them for their dedication and their wonderful dishes.

As the evening expanded our roaming camera made its way through the Gala attendees and captured some of them chatting with friends..



John & Sally Fletcher
Pamela & Kyle Keeton



Ingrid Taylor, Chesley James, Hillary James & Tim Taylor



Randy & Kathy Eure, Stacie Sharp and Ashley Barlow



Natalie Arnemann & Mary Ann Lefoldt



Sandra Tucker,
Dale Cook, Dea Dea Baker



Dr. Dan Woodliff, Annette Hitt &
Kathy Woodliff



Chris & Tammy Savell with
Cynthia & Hugh Parker



Jamie, Belinda & Jason Patterson



Andrew & Mary
Lindley Sweat



David Russell,
Carol & Doug
McKinnon



Russ & Kathy York



Meg Reeves, Foster
Kennedy & Logan Phillips



Sr. Trinita, Sr.
Dorothea, Karis
Harbage, and
Robin Kennedy



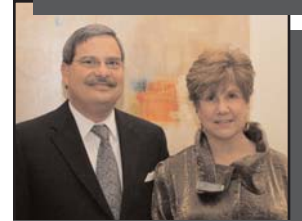
Dana & David
Traxler



Jordan Goodwin, sitting with
Maxine & Joe Goodwin



Lynn & Delbert Hosemann with
David Russell



Mel & Isabel Cordua



Dr. Gerry Ann Houston
& Dr. Todd Sherwood



Dale cook, Jill Tinnin, Tatum
Goodman along with Joanne
Mathison all pose for a photo



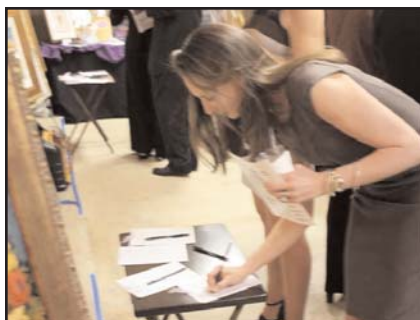
Susie & Jim Baker, Toddy &
David Sanders



As the evening went on the bidding at the silent auction began to intensify as

the closing time drew near.

Rivers Walker is seen at the right placing a bid on her favorite item.



Elton & Jan Sims likewise put in their last bid for the item of their choice before the time was called.



Mary Tarquinio from the Center is seen with volunteers **Natalie Arnemann** & **Dana Traxler** organizing the bids.



Board member **Mary Ann Lefoldt** files the numbers for distribution.

Dr. Gerry Ann Houston is first in line to settle up for her silent auction item. Thanks to everyone helping to make the **2010 Heartstrings Gala** so successful and fun.



Christmas at Hospice Ministries Ridgeland



The elves came out early in December to decorate the six Christmas trees on our Ridgeland campus. It is a monumental job, but we had a jolly ole time decorating the trees and rooms. Christmas is a time for sharing and these elves shared their talents and good nature with one and all.



Volunteers in the top photo to the left are **Paul Kennedy**, **Aaron Ackers** on the ladder and **Julie Cockayne**. In the photo to the right volunteers **Jan Marts**, **Carol Ring**, **Martha Jones** in front along with head elf in uniform, **Colleen Simmons**.

After decorating the whole group posed for a picture with **Dallas and Terrie Spurk** center in front. Volunteers included left to right: **Debbie Cox**, **Bob Perry**, **Jan Marts**, **Julie Cockayne**, **Colleen Simmons**, **Paul Kennedy**, **Carol Ring**, **Mondreco Watkins**, **Aaron Ackers**, **Joslyn Matthews**, **Shonda Archie**, **B.B. Watson & son**, and **Martha Jones** holding **Dallas'** leash.



Volunteers, **Bob Perry**, **B.B. Watson** and his son applied their talents by helping **Debbie Cox** decorate the tree for the dining room.

Cookie Connection 2009



Chairman **Linda Chase** stands with helpers **Aaron Ackers** and Co-Chair **Colleen Holloway** during the annual event of the Hospice Ministries' *Cookie Connection*. The Cookie Connection has grown every year and has proven to be one of the most popular events that the volunteers undertake. Over 200 dozen cookies are needed to fill our Christmas boxes to deliver to our patients and their families, spreading a little "sweetness" during the Christmas holidays. This year we were joined by left to right: **Cathy Vernon**, **Julie Cockayne**, **Colleen Holloway**, **Brenda Odom**, **Mavis Broadway**, **Bob Perry**, **Colleen Simmons**, **Ann Kelly**, **Kathy Hilton**, **Carol Richardson**, **Linda Chase** and **Aaron Ackers** and many more who sent in cookies or candy. Mr & Mrs. Claus, Larry & Ella Weston (center) delivered the cookies with the Troubadours, singing carols. Thank you all so much for making this years *Cookie Connection* memorable for so many.



This group of adventure-some volunteers braved the cold and I do mean cold weather, to come and help me take down the Christmas decorations at Hospice Ministries. It was a chilling 18 degrees outside, but we were warm inside with the work required to take down our decorations, although the hot chocolate helped a lot, too. A very special thank you to these guys for being there and warming my heart. Left to right back row are: **B.B. Watson**, **Lem Smith**, **Paul Kennedy**, **Aaron Ackers**, & **Bob Perry**.

Taking Down Decorations

Middle row: **Vangie Hughes**, **Colleen Simmons** and **Jerry Cochran**, with **Ian Watson** standing in front.



Ian worked hard putting away the decoration with his father B.B. Watson, as Vangie, Lem & Jerry put away the decoration from one of the suites.

Thank You to Aaron, Paul & Bob for taking the trees back to storage for us.



Winter Volunteer Happenings in Ridgeland

JA Girls came by to sing

7th grade girls from **Jackson Academy** made home made Christmas cards for our in-patients and delivered them while they sang Christmas carols.



The girls posed for pictures: Front row (L to R): Maggie Hubbard, Sarah Allen Bowman, Annie Edgecomb, Mary Morgan Pryor, Hannah Jane LeDuff, Kristen Clower, Eliza Lundy, Abby Miskelly. Back row (L to R): Caroline Burford, Elizabeth, Burford, Emory Ann Durfey, Allie King, Suzie Raines, Liza McPhearson, Katherine Bickerstaff, and Maris Hardee.



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

Volunteers joined in the fun of Mardi

Gras on Fat Tuesday. They stopped by *Cafe-au-Bob* at Hospice Ministries and received their free *Beignets* and *Cafe-au-lait*.



Volunteers from L to R: Alice Rice, Dixie Myrick, Mary Clare Hogan, Larry & Ella Watson standing.



Ella & Larry Watson passed out Mardi Gras beads to family members and patients in the inpatient facility so that they might have a little of the Mardi Gras spirit.

Thank you Bob Schroeder and Glenda Lee for making such delicious *Beignets* & *Cafe-au-lait*.

Staff members: **Crystal Fuqua, Sheryl McDurmon, Debbie Cox** and **Bob Schroeder** show off their Mardi Gras spirit.



As volunteer Alice Rice worked in the chart department, we stopped by to wish her Happy Birthday. But her birthday balloon busted. Alice being the good sport she is, just laughed, not letting it spoil her big day.



Troubadours

The Troubadours joined in the fun during the Cookie Connection by singing Christmas Carols as Santa & Mrs. Claus delivered cookies to our patients in the inpatient facility. Left to right: Bob Perry, Nash Noble, Janie Thacker, Larry Weston (Santa), Ellie Heitmann, Ella Weston (Mrs. Claus) and Carol Richardson.



Round Table Book Club of First Baptist of Madison



Ladies from the **Round Table Book Club of First Baptist of Madison** came by to sing to our patients in early December. They brought adorable small snow globes to give to each patient.

Left to Right: **Cissa Richardson, Caro Druey, Sue Smithhart, Cathy Phillips, Mary McLaurin, Sarah Wilson, Donna Massey, & Bette Flowers.**



Knitting & Crocheting In-Service

Karen Hill from the **Knitting Studio** battled the snowy weather on a February Saturday to come to Hospice Ministries and instruct some

of us on the different types of yarn and stitches for beginners to advanced. Volunteers brought some of their own projects to show off and many ideas were exchanged.



Holmes Community College Talk

Early on a Saturday morning in February, Volunteer Services Coordinator Jeri Flinn conducted a talk for sociology students from Holmes Community College about Hospice and how volunteers play an important role in the palliative care of our patients.





Volunteers give with all their Hearts

The early February weather kept many volunteers from being able to get out and about. These brave volunteers showed up to help on a cold Tuesday evening to create the Valentine Goodies bags for our home patients. A special thank you goes to our Front Desk Manager Patci Haller who stayed to help. Patci is seen in the photo below helping volunteer Bob Perry with the name tags.



Volunteers Aaron Acker, Debbie Cox, Linda Chase, Bob Perry, & Delores Barlow



In the photo on the right Linda Chase works with the bags.



On Saturday during our BIG snow days... volunteers **Martha Jones** and **Kathy Hilton** braved the icy roads to come help me with the Valentine Bags for our

inpatients. I was very happy when I saw them walk through the door. Thank you to all who would not let the weather keep you from giving of your heart!

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, March 27th - 10:00 a.m.- 11:30 a.m.**
601-898-1053, ext. 258



Volunteer Get-Together and Quarterly Meeting



As volunteers looked over our minutes from the last Quarterly Meeting, **Karen Denham** and **Melanie Field** from Hospice Ministries Referral

Department are seen in the photo to the left asking volunteers to join a *Special Events Committee* to help them with special events they conduct off campus. Several volunteers signed up that evening. Volunteer **George Hill** talks with Karen &



Melanie about the committee in the photo at the left.



Melanie Field, Karen Denham and volunteer George Hill

Volunteers brought such wonderful and delicious goodies to share at the Volunteer Get-together after the meeting. In



the photo at the left volunteer **Jeanne**



Till samples some of the tasty snacks. As volunteers **Janie Thacker**, **Ellie Heitmann** and **Lana Giessinger** hang out at the punch table.



Troubadour leader **Ellen Ford**, discusses the Troubadours with new Volunteer **Buena Lee Huff**. Buena has now joined the Troubadours.

Towards the end of the party door prizes were given out to those who's names were drawn by our guest speakers, Karen & Melanie.

George Hill is seen in photo to the right receiving his prize from Karen & Melanie along with **Lana Giessinger** and Karen in the photo at the left and Melanie with **Linda Chase** in the photo to the right.





Volunteer Calendar for Spring

March, 2009

Ridgeland:

Saturday, March 13th - 10:00a.m. - 11:00 a.m.
"St. Patrick's Day Goodies" Treats to be created to be given out on St. Patrick's day to inpatients. - Dining Room
601-898-1053, ext. 258

Sunday March 21st - 4:00 p.m.
4th Annual Gospel Benefit Program for Hospice Ministries
601-573-6337 for more details



Saturday, March 27th - 10:00 a.m. - 11:30 p.m.
Easter Baskets
Candy, plastic eggs, cookies and "much help" are needed.
601-898-1053, ext. 258



Brookhaven & McComb:
Monday March 1st

We begin to accept items for Easter Baskets
Brookhaven office. Call Iris for more details 601- 835-1020

Tuesday March 30th - 9:00 a.m.
Easter Baskets for Brookhaven & McComb patients
Brookhaven office. Call Iris for more details 601- 835-1020

April, 2009

Ridgeland:

Sunday, April 18th -4:00 p.m. - 4:30 p.m.
Spring Quarterly Meeting
Chapel, Inpatient Facility

Sunday, April 18th - 4:30 p.m. - 6:00 p.m.
Volunteer Awards Party -

Chapel & Day Room.
RSVP required.
Call 601-898-1053, ext. 258 for more details

Tuesday April 20th at 8:30 & 1:30
9th Annual Hospice Ministries Golf Tournament
Annandale Country Club
Call 601-898-1053, ext. 207 for more details

Wednesday April 28th - 11:00 a.m. - 4:00 p.m.
Hospice Ministries' Blood Drive
Chapel
Sponsored by Mississippi Blood Bank
Call 601-898-1053, ext. 258 for more details



April, 2009

Brookhaven:

Tuesday, April 20th - 10:30 a.m.
Health Screening & T.B. Test
National Volunteer Week
Luncheon honoring Volunteers
11:30 a.m.
Brookhaven Office
Call Iris for more details 601- 835-1020



Hospice Ministries' 9th Annual Golf Tournament

Hospice Ministries will host its ninth annual golf tournament at Annandale in Madison, Tuesday, April 20th. This event has grown every year and has become one of the most prestigious tournaments in the area, enjoying the participation of leading business men 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 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, with a meal and awards presentation at Annandale at the end of the day. Morning players will be provided a continental breakfast.

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

**Schedule of Events
Tuesday, April 20th**

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

Maintain Your Brain



When we think about staying fit, we generally think from the neck down. But brain health plays a critical role in almost everything we do -- *thinking, feeling, remembering, working, playing --even sleeping*. The good news is we now know there are things we can do to keep our brain healthier as we age - and these steps might reduce our risk of Alzheimer's.

1. Head first

Good health starts with your brain. It's one of the most vital body organs, and it needs care and maintenance.

2. Take brain health to heart

What's good for the heart is good for the brain. Do something every day to prevent heart disease, high blood pressure, diabetes and stroke-- all of which can increase your risk of Alzheimer's.

3. Your numbers count

Keep your body weight, blood pressure, cholesterol and blood sugar levels within recommended ranges.

4. Feed your brain

Eat less fat and more antioxidant-rich foods.

5. Work Your body

Physical exercise keeps the blood flowing and may encourage new brain cells. Do what you can - like walking 30 minutes a day - to keep both body and mind active.

6. Jog your mind

Keeping your brain active and engaged increases its vitality and builds reserves of brain cells and connections. Read, write, play games, learn new things, do crossword puzzles.

7. Connect with others

Leisure activities that combine physical, mental and social elements may be most likely to prevent dementia. Be social, converse, volunteer, join a club or take a class.

8. Heads up! Protect your brain

Take precautions against head injuries. Use your car seat belt; unclutter your house to avoid falls; and wear a helmet when cycling or in-line skating.

9. Use your head

Avoid unhealthy habits. Don't smoke, drink excessive alcohol or use street drugs.

10. Think ahead - start today!

You can do something today to protect your tomorrow.

For more information on healthy aging and ways to Maintain your Brain go to: www.alz.org. *Alzheimer's Association

Foods that you eat affect the body but they also influence on how well your brain functions.



Nutrients found in foods that enhance neuron firing and cross-linking in the brain listed below can help you: *concentrate, increase memory, tune sensory-motor skills, keep you motivated, speed up your reaction time, control stress, and even slow down the aging of brain cells!*

1. Wholegrain Foods

2. Nuts

3. Berries

4. Seeds

5. Green Tea

6. Eggs

7. Avocados

8. Tomatoes

9. Broccoli

10. Red Cabbage

11. Eggplant

12. Spinach

13. Yogurt

14. Chocolate

"Our brain is the greediest organ in our the body, and its proper nourishment is vital to creative thought, positive mood, memory, and good overall health."

Jacquee Gardner

From: *20 Super Brain Foods - Jacquee Gardner's MySpace Blog*

I'm Here to Help

A Hospice Workers's Guide to Communicating With Dying People & Their Loved Ones

By M. Catherine Ray

Not long ago, a close friend called me from work. She is a Personnel Supervisor and she described an unusual dilemma..

"This employee, 'Larry,' has worked here for years and now he's dying of cancer. Friday's his last day, so we're having a party for him. His manager asked what he wanted written on his cake, and Larry told him, **"Enjoy yourself!"** People say his manager must have misunderstood what Larry had said, but they are too embarrassed to ask him again. I personally don't see what's so strange about it, but I finally told them I knew someone who worked with hospice, and I'd get an outside opinion. What do you think about all this?"

My friend didn't know if Larry was going to hospice, but he certainly embodied the hospice philosophy; he focused on living while respecting his dying as a normal, natural transition.

The hospice philosophy spreads with each family it touches. Hospice makes a difference; nationwide statistics prove it as much as the personal stories one hears.

I'm Here to Help was written for the people who are responsible for that growth-- the hospice volunteers and professionals who, on any given day, are helping thousands of families live with dying.

Such people are among the most life-loving humans I know. They are nondefensive, sensitive--a disproportionate percentage of *"feeling types"* is drawn to this work. Hospice workers are plateaus beyond initial fears and embarrassments; they are comfortable with life's complexities. They share a healthy acceptance of death and dying, and most have superb senses of humor.

They are often asked *"why they do what they do,"* by skeptical friends and family. The answer is simple: hospice workers get to eat cake with people like Larry.

Enjoy yourself!



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*