



MENTAL OUTLOOK

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AN INTRODUCTION TO RECOVERY

No matter the background or specific situation of patients who come to Mississippi State Hospital, they all have something in common: the desire to get well and stay well.

One way the staff at MSH is helping patients with that goal is by introducing the Wellness Recovery Action Plan – WRAP, as it's mostly known. The work of Dr. Mary Ellen Copeland, WRAP is based on the experiences of others who have lived with mental illness and focuses on helping those living with it to achieve long-term stability.

“It was created by Mary Ellen Copeland, who was a patient herself at various times in her life, and didn't really feel like she had a proven plan to get better,” said Corey Myers, an academic teacher in Adult Education who has been introducing WRAP with his students. “It's just now coming to Mississippi. We had our first workshop last month.”

The introduction to the WRAP principles and recovery concept all starts with a questionnaire that asks the patients about their attitudes regarding recovery and wellness.

“We just see how they engage and participate in that,” Myers said. “Then we kind of go into it chapter by chapter based on Copeland's book.

“It really just depends on if they're able and really wanting to try to recover, because that's the first part.”

It's related to the models often used for alcohol addiction – simply show people that even though they may have to live with a problem for the rest of their life, there is still hope, there are still people who will provide help and support, and dreams and goals can still be realized.

“It may be something you have to deal with, but you can recover from it,” Myers said.

Sometimes, all it takes for someone to realize that are some exercises anyone can do, as long as they make the decision to do it themselves and really embrace the notion that recovery is possible.

One of the things they do in Myers's class is creating a “wellness toolbox,” in which the participants write down their feelings and experiences from when they're well. It gives them something to look at and see how they once were, and give them ideas on how to get back to that point.

They'll make several copies of it and give it to people who can support them and help them in their recovery. If the patients begin to fall off the wellness track, Myers said, they'll now have people who can help them get



A former coach, Corey Myers says he likes to use quotes to illustrate some of the principles he teaches to his patients. “It's the coach in me,” he said.

right back on it.

It's not a therapist or psychology group; he simply facilitates the recovery program. It's for them, by them, Myers said.

He said he thinks the patients find it less threatening to get involved when the program is presented from an educational and self-help perspective.

He has only been offering the WRAP program for a few weeks, but he can already see a difference in the five patients who have been working with the program. Four of the five guys who have been participating usually come by his classroom three times a day.

They get to engage in conversation not only with Myers, but with other patients who may be in his classroom, even if those others are not actively taking part in WRAP. That can help spur on those who haven't decided to take that first step and get involved.

“They at least get to enjoy the conversation, and they provide insight into the conversation. One thing we've talked about with the WRAP is empowerment and confidence, and that's one thing they're able to work on with the other guys,” Myers said.

“They can provide that confidence to other guys, and it gives them empow-

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MENTAL OUTLOOK

MISSISSIPPI STATE HOSPITAL

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MISSION

Mississippi State Hospital facilitates improvement in the quality of life for Mississippians who are in need of mental health, chemical dependency or nursing home services by rehabilitating to the least restrictive environment utilizing a range of psychiatric and medical services which reflect the accepted standard of care and are in compliance with statutory and regulatory guidelines.

VISION

We will be a customer-driven organization.

CORE VALUES

Respect - Teamwork - Trust
Communication - Commitment

MEMBER OF

Mississippi Department of Mental Health
American Hospital Association
Mississippi Hospital Association
Southern States Psychiatric Hospital Association

ACCREDITED BY

The Joint Commission

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A LETTER FROM THE DIRECTOR...

Welcome to the spring edition of Mental Outlook. This newsletter has been informing readers about the activities and programs here at Mississippi State Hospital for decades, and once again, we have no shortage of news in this issue. Two of our biggest events of the year are coming in the next several weeks. The 9th Annual Farmer Jim Neal Golf Event, sponsored by Friends of MSH, will be April 16, only a couple of weeks before the 28th Annual MSH Day on May 7. I invite everyone reading this to come visit MSH Day to not only take part in the fun and entertainment, but to let us challenge your perceptions of mental illness and those who live with these diseases.

Also of note is the story about the WRAP program taking place through our Adult Education services. The Wellness Recovery Action Plan fits into the recovery model of care that is being adopted by mental health professionals across the country, and that you hopefully read about in our winter issue. We are excited about these new ideals and glad to see them enthusiastically adopted by both our staff and our patients. I'm sure you will be reading more about the recovery model in future issues as its principles take hold here at Mississippi State Hospital and elsewhere.

There is much more to read about here, but I'll leave that for you to discover. I hope you enjoy, and please remember to come visit us on May 7.

Sincerely,

James Chastain

Friends of MSH, Inc.
would like to say

Thank You

to our

**CORPORATE
SPONSORS.**

BankPlus



Valley
Bringing Fresh Ideas to the Table

MSH NAMES 2009 EMPLOYEES OF THE YEAR



MSH EMPLOYEES OF THE YEAR – On Friday, Feb. 5, Mississippi State Hospital recognized its 2009 Employees of the Year. Pictured are (l to r) Direct Care Services Employee of the Year Brenda Hayes, Licensed Clinical Services Employee of the Year Lisa Nichols, and Support Services Employee of the Year Sharron Mills.

Mississippi State Hospital recently honored all of its 2009 Employees of the Month, but three of those walked away from the recognition ceremony with the top honors – Employee of the Year.

Brenda Hayes of Florence, Lisa Nichols of Brandon and Sharron Mills of Jackson were named the 2009 Employees of the Year on Friday, Feb. 5 in the Albert Randel Hendrix Treatment Center on the MSH campus. Hayes received the honor for Direct Care Services, while Nichols was honored for Licensed Clinical Services and Mills for Support Services.

“Each of the Employee of the Month nominees are among a very special group of employees, but only three could be chosen,” MSH Director James G. Chastain said.

The Employee Recognition Committee votes on the Employees of the Year after having selected one employee per month throughout the year from each of the three hospital divisions (Licensed Clinical, Direct Care and Support Services). At the end of the year, the committee votes from the Employees of the Month to decide on one Employee of the Year in

each category.

Besides being recognized for their hard work and achievements, all those gathered Friday got to hear well-known Florence resident Margo Hemphill. An entrepreneur, author and motivational speaker, Hemphill gave the nominees one specific piece of advice.

“Always think before you act,” she said.

That was one aspect of their personalities that had helped get them nominated, Hemphill said. In the nomination forms from their coworkers, they were also all noted as being respectful, honest, responsible and hardworking.

Mississippi State Hospital Support Services Director Kelly Breland said that since its inception in 1978, the Employee of the Year program had honored 48 employees.

“Each employee is here because you have demonstrated the core values of Mississippi State Hospital – respect, teamwork, trust, communication and commitment,” Breland said.

The MSH Employee of the Year program is sponsored by Friends of Mississippi State Hospital, Inc., a non-profit organization dedicated to educating the public about mental illness and the needs of the mentally ill.

In addition to employee recognition programs, Friends sponsors patient events such as an annual fishing rodeo and the patient Job Placement Program.



Margo Hemphill

Continued from Page 1

erment by providing that confidence to the other guys.”

That’s exactly how some of the patients using WRAP see it. They simply haven’t approached their mental health from that perspective before.

“The wellness recovery action plan has helped me realize that recovery is possible and I can be empowered to act on my own plans,” one patient said. “I don’t have to be scared about a possible relapse when I go home because WRAP has given me the power to take control over my diagnosis.”

Dr. Joseph Griebler, Director of Male Receiving and the Chemical Dependency Unit, said he is a firm believer in the concept of recovery and is very proud of the initiatives that are taking place on his unit.

“Every single individual, regardless of their psychiatric or cognitive circumstances, wants to feel hope, and they want to believe that there is some possibility that they can change their lives. This is universal,” Griebler said.

The recovery concept is so powerful, he said, because it allows individuals

to take an active, interested role in their care. Those concepts have also spread out to communication classes being offered by Thom Coates and in a choices class offered by Doris Macsherry.

“Through Corey’s tireless work, through the leadership and vision shown by Debbie Waller, and through the superb WRAP-grounded groups and classes being led by Thom Coates and Doris Macsherry, I believe that our Male Receiving clients are being given the gift of daring to believe in themselves again,” Griebler said.

Myers said he has actually been a little bit surprised at how strongly and quickly some of his students had taken to WRAP.

“They’re speaking more confidently about recovery and realizing that they can recover,” he said.

One patient put it as simply as possible:

“The WRAP lets you think about the good times in your life and how you can get that back,” he said. “WRAP works if you let it do that for you, but you gotta take the action.”

FRIENDS OF MSH THANKS LEGISLATORS WITH APPRECIATION BREAKFAST



Mississippi State Hospital, Jaquith Nursing Home and other Department of Mental Health staff and volunteers gathered on Tuesday, Feb. 2 to honor legislators for their dedication and support of the hospital in the 23rd Annual Legislative Appreciation Breakfast.

Held at Galloway United Methodist Church, the breakfast is sponsored by Friends of Mississippi State Hospital, Inc., a non-profit volunteer organization dedicated to educating the public about mental illness and the needs of the mentally ill. Originally started by former Friends president Gladys Jackson and former MSH Director James Stubbs, it was their way of thanking senators and representatives for their support of mental health in the Legislature.

This year's event began with a quartet of two MSH staff and two JNH residents showing their own thanks by providing some live entertainment with songs, like the well-known "California Dreamin,'" to take attendees' minds off the unusually cold winter that gripped the Jackson area in January and February.

That thankfulness was again expressed by everyone else who spoke at the breakfast.

"I want to thank each member of the Legislature for making mental health a priority," DMH Executive Director Ed LeGrand said. "I know we're facing the most difficult budget year we've seen, and I thank you for the priority you've placed on mental health."

MSH Director James Chastain noted the facility had recently undergone an accreditation survey by the Joint Commission and expected to receive a good report.

"I want to tell you we're very proud of that, and that's something that couldn't have been done without your support," he told the legislators.

Friends board members Joel Ross and Shane Hariel spoke about the passion and dedication with which MSH employees went about their work.

"I'm blessed to be a part of Friends," said Ross, president of the Rankin



County division of BankPlus. "Their fundraising and the work they do make life better for patients at Mississippi State Hospital. They are passionate and dedicated in what they do."

Hariel, with Horne LLP, said he has worked with the medical industry for 20 years, and said that those in the mental health field face unique challenges – challenges that the MSH staff overcomes daily.

"It is an extreme compliment to them that they can do what they do," he said.

The Friends organization dedicates 100 percent of its funds to support a variety of programs and activities for patients and employees at MSH. Those include an annual patient fishing rodeo, an Independence Day fireworks celebration, educational field trips, the Job Placement Program for patients and employee recognition programs.

"Our goal is not to explain mental illness in a clinical way, but we want to send the message that mental illness is a medical condition, and give patients the hope and support they need to seek treatment," Hariel said.



MAY BRINGS MSH DAY AND MORE TO MISSISSIPPI STATE HOSPITAL

The Mississippi State Hospital campus will turn into a festival full of fun, games, food and entertainment as it the hospital celebrates the 28th Annual MSH Day on Friday, May 7.

There will be live music, games and competitions, and vendors with plenty of food and crafts to sell, but MSH Day is also an opportunity to take part in National Mental Health Month and let the public visit the campus and learn more about the hospital and mental health issues across the state and the country.

“Our patients, residents, staff and community members will all have a great time and share the excitement of MSH Day,” hospital director James G. Chastain said. “The day is about much more than just a fun celebration, though. This event opens the campus to the public during National Mental Health Month and lets them learn about the importance of mental wellness.”

MSH Day is in its 28th year. Scheduled activities include live entertainment, games, food, vendor booths, face painting, a space jump, a \$1,000 raffle, and a hole-in-one contest at MSH’s Harry O’Steen Golf Course. Last year, attendees had a blast watching the lip synching competition between hospital and Department of Mental Health employees.

The celebration brings together employees from all across the 350-acre campus. Many who are also artists or craftsmen set up their own booths to showcase their work, and the official t-shirt is even being designed through a campus-wide contest.

MSH Day only kicks off the celebration of National Mental Health Month, which began more than 50 years ago as a tool to educate the American public about the importance of mental health and the reality of mental illness. May is filled with activities and recognitions for health care professionals.

May 2-8 is Children’s Mental Health Week, which is of special importance to Mississippi State Hospital, whose Oak Circle Center is a child and adolescent unit that serves children from as young as four to 17-year-olds.

May 6-12 is National Nurses Week, which seeks to raise awareness of the vital role nurses play in health care. May 9-15 is National Hospital Week, the nation’s largest healthcare event and a recognition of the history and professionals that have helped make hospitals the trusted institutions they are today.

That same week is also National Nursing Home Week, which always begins on Mother’s Day. Jaquith Nursing Home, located on the MSH campus, has events planned throughout National Nursing Home Week. They include a classic car show, along with a train ride where residents will hop on a train in Jackson, ride to McComb and have lunch, then take a bus back.

For more information, about MSH Day, or to reserve booth space for the event, contact MSH Public Relations at (601) 351-8018.



FARMER JIM NEAL GOLF TOURNAMENT SET FOR APRIL 16



Friends of Mississippi State Hospital is getting ready for its biggest fundraiser of the year, the 9th Annual Farmer Jim Neal Golf Tournament.

Scheduled for Friday, April 16 at Whisper Lake Country Club in Madison, proceeds from the charity event will go towards Friends of MSH, a non-profit group dedicated to educating the public about mental illness, the work of Mississippi State Hospital and enhancing the quality of life for MSH patients and Jaquith Nursing Home residents.

“BankPlus is thrilled and honored to sponsor the Farmer Jim Neal Golf Event again this year. This is just another way of giving back to our community and those in it who are working to serve others,” said Joel C. Ross, president of the Rankin County division of BankPlus, the title sponsor for the Farmer Jim Neal tournament.

“We’re pleased to know that our sponsorship can help Mississippi State Hospital serve the needs of the people of this state.”

The charity event is named in honor of Farmer Jim Neal, who passed away in 2006. Neal was a popular radio personality in Jackson for decades who dedicated his life to community service, volunteerism and charity.

Also a member of the Mississippi Legislature for 20 years, Neal was an enthusiastic supporter of Friends of MSH who sincerely cared for the patients and residents at Mississippi State Hospital and Jaquith Nursing Home.

Friends is still looking for players who would like to participate in the event. Tee times are 8 a.m. and 1 p.m. The individual player’s fee is \$125 and all players will receive breakfast, lunch, dinner, a gift bag and a tournament cap.

Winners will be recognized at the end of the tournament, and prizes will also be awarded to winners of longest drive and closest-to-the-hole competitions. One lucky person will receive the chance to shoot for \$1 million.



Valley Services Inc. is also a major sponsor of the tournament, and has been since it began.

The following sponsorships are available:

- **Tee Sponsor** – a contribution of \$250. Sponsor receives a tee sign at the tee box.
- **Par Sponsor** – a contribution of \$650. Sponsor receives one team (4 players)/2 mulligans per member; a tee sign at the tee box; and recognition at the tournament and in the program.
- **Birdie Sponsor** – a contribution of \$2,000. Sponsor receives two teams (8 players)/2 mulligans per player; a booth display; a tee sign at the tee box; and recognition at the tournament and in the program.
- **Eagle Sponsor** – a contribution of \$3,500. Sponsor receives two teams (8 players)/2 mulligans per player; a booth display; recognition in MSH’s anti-stigma campaign booklet (5,000 circulation); a company/individual vinyl banner; a banner on MSH’s website; a banner in MSH’s 2010 quarterly newsletter Mental Outlook; a cap logo; and recognition at the tournament and in the program.



Friends of Mississippi State Hospital dedicates 100 percent of its funds to support programs and activities for MSH patients, residents and employees that cannot be funded with state dollars. The organization sponsors annual activities like the patient fishing rodeo and an Independence Day celebration, as well as the patient Job Placement Program. It also funds patient outings to local restaurants, stores and ballgames, and sponsors MSH employee recognition programs.

For more information or to sign up for the tournament, call Sheila Shows at (601) 351-8377.

CONTRIBUTION INFORMATION

Name: _____ Company Name: _____
 Mailing Address: _____ City: _____
 State: _____ Zip Code: _____ Phone (H): (____) _____ (W): (____) _____
 Email: _____ (other): (____) _____

If your sponsor sign should reflect a company name other than the one above, please list it here:

Team Members: 8:00 Tee Time 1:00 Tee Time

Team 1: _____

Team 2: _____

Phone: _____

Phone: _____

Team 3: _____

Team 4: _____

Phone: _____

Phone: _____

TITLE SPONSOR: BankPlus™

EAGLE SPONSORS:



My participation in the 9th Annual Farmer Jim Neal Golf Event will include:

_____ **Eagle Sponsor** - A contribution of \$3,500
 (minimum of \$3,000 in cash and \$500 in-kind services/products)

- Cap logo
- Quarterly newsletter banner 2010
- Website banner
- Anti-stigma booklet circulation 5,000
- Company/individual vinyl banner
- Recognition at tournament
- Recognition in tournament program
- 8 players (2 teams)/2mulligans per member
- Booth display

_____ **Birdie Sponsor** - A contribution of \$2,000
 (minimum of \$1,500 in cash and \$500 in-kind services/products)

- Recognition at tournament
- Recognition in tournament program
- 8 players (2 teams)/2mulligans per member
- Booth display
- Tee sign at tee box

_____ **Par Sponsor** - A contribution of \$650

- 4 players (1 team)/2 mulligans per member
- Recognition at tournament
- Recognition in tournament program
- Tee sign at tee box

_____ **Tee Sponsor** - A contribution of \$250

- Tee sign at tee box
- Awards dinner

_____ **Individual Player** - A contribution of \$125

_____ **In-kind Gift**, Value \$ _____ / Items(s) _____
 Another fun thing about our tournament is the prizes. Serious players, scratch golfers or duffers take home a prize thanks to the generosity of local businesses. In fact, the entire tournament revolves around donations. **To be a contributor of goods or services, please contact Friends of Mississippi State Hospital, Inc., 601-351-8377. You may also fax the team players and contribution application to 601-351-8364.**

All donations are tax deductible as provided by the IRS.

Double Shotgun Tournament Itinerary

Format **Four-person Scramble**

Itinerary	7:30 a.m.	Driving Range, Registration & Breakfast
	8:00 a.m.	A.M. Shotgun - 100 Players (25 teams)
	11 a.m. - 2 p.m.	Lunch
	1:00 p.m.	P.M. Shotgun - 100 Players (25 teams)
	5:30 p.m.	Dinner and Awards Party

Tournament Chairman
Bo Chastain

Honorary Chairman
Janna Neal Bradley



JNH

Jaquith Nursing Home

HAPPENINGS

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ALMOST A CENTURY



For some people, big birthday parties begin to lose their appeal after big milestones – 25, 21, or sometimes even after the Sweet 16, but Edward Gray usually has a pretty nice birthday party every year.

This year, though, the Jaquith Nursing Home resident's family went all out for his party. And rightfully so, since it was one of those milestones. Edward celebrated his 99th birthday on January 17 in the B-71 Conference Center on the Mississippi State Hospital Campus.

"He usually has a big birthday party every year. He's had that for a while," said his daughter, Edwina Brown. "But we decided to do something a little bigger this year."

That "something a little bigger" turned into an all-out family reunion, with family coming from literally all over the country to attend. Family members came from Chicago, Cleveland, New Orleans, Washington D.C. and California, as well as from cities across Mississippi like Prentiss and Mount Olive.

"We've had family reunions every couple of years, but not in a while," Edwina said. "So this was a birthday party and a family reunion. We had cake, and plenty of food. There was lots and lots of food, and lots of decorations."

And when it came time for the guest of honor to make his grand entrance, that's just what he did.

Even though a recent bout of pneumonia has left him weak, Edward said he wasn't going to be rolled into his 99th birthday party in a wheelchair.

"He wanted to walk in, so he made his grand entrance on a walker," said Judith Brown, another daughter.

It was only fitting, considering how much he had been looking forward to it. While his family was spreading the word amongst themselves and their friends, Edward was doing his own part to let people know about his party.

"He went and passed out some invitations himself," Judith said.

That way, some of his friends and co-residents in Madison Inn got to come enjoy the party as well.

It was especially good though, for him to see one guest in particular.

One of his childhood friends, Garfield Griffin, who turned 99 on Feb. 15, was able to come to the celebration. The two of

them had grown up together and been friends practically all their lives. It's not too often, Edwina said, that two childhood friends like that get to see each other celebrate their 99th birthday.

After a lifetime together, the pair had lost touch during the three years Edward has been living at Jaquith Nursing Home. As soon as they got together though, it was like times hadn't changed.

"It was good for both of them," Edwina said. "Their memories are sharp as a tack, both of them. Matter of fact, we'll call him if there's something we can't remember."

The rest of the party went great, with guests from all over enjoying themselves and each others' company. Reverend Barbria Martin was the speaker, and there were a lot of people who remember him being known as the "Pea Man," back from his vegetable growing days, when he would travel to the farmer's market twice a day.

Judith said the highlight for her was when one of Edwin's granddaughters brought tears to his eyes after she talked about how his working in his garden had inspired her and showed her how to work for the things she wanted.





Henry McCullum, sheriff of Jefferson Davis County, even came by to visit. Edward is a former deputy and constable in the county.

“As a matter of fact, he used to transport clients out here,” Judith said. “When he got sick, he asked us to take him here, because he knew he’d be taken care of.”

It probably helps too that Edwina and Judith both work at the hospital, along with several other family members. They get to visit as often as possible.

The only problem they have now is trying to figure out how to top this year’s party for next year – 100 years old, an even bigger milestone than 99.



“We’re not sure how, but we’re already talking about it,” Edwina said. Edward said the highlight for him was simple, and something that will probably happen next year, too.

“Having all my family there,” he said.

FULFILLING A NEED



Friends of Jesus

Not everyone can find the time, or even the desire, to give of themselves and spend their free hours volunteering to make someone else’s life better.

But Mississippi State Hospital and Jaquith Nursing Home are blessed with groups of people who donate their time, money and resources, day in and day out, to improve the lives of the patients and residents here. They come by the hundreds during holidays, but in smaller numbers

through most of the year.

They may be making a huge difference in the lives of the patients and residents here, but many volunteers say they end up getting more than they give.

“It’s special to me because I get more of a blessing than I give,” said Ann Thornton, who comes with a group every second Saturday.

She has been coming to Mississippi State Hospital and volunteering since 1982. Through the years, she has come with a lot of different people and spent time at a lot of different buildings, but she now comes to Jaquith Nursing Home every month with her group, Friends of Jesus.

“It’s all just people who volunteer,” she said. “We’ve gone to several buildings, but of course, the same people aren’t with me now, but there is another volunteer who’s been coming since the ‘80s.”

It all started when a hospital chaplain came to visit her church and spoke about some of the work that goes on at Mississippi State Hospital. Thornton said she was moved to volunteer because her family has been personally touched by mental illness.

“I knew how much it meant, and it was just my heart to minister,” she said.

It simply grew from there. Others heard about what she was doing and wanted to help. Her group is now composed of people from several dif-

ferent local churches and organizations.

Ruby Tullos, with Crossgates Baptist Church, has a similar story.

“It was a God thing,” she simply says. “Our class hadn’t been formed too long, and we had been praying God would give us an ongoing ministry.”

That was a December eight years ago, and her Echoes of Grace Sunday school class has been coming ever since. About six or eight people come with their group to Jaquith Nursing Home every third Sunday of the month now, bringing sandwiches, hamburgers and other snacks.

“And the ones who don’t come, they furnish the snacks, and a lot of home cooked meals at the holidays,” Tullos said.

Wanda Butler has been coming with Tullos for the past eight years, and while the food is nice, it’s about more than just that, she said.

“Anyone can bring food, but reaching out and touching and letting them know people care, that reaches people more than anything else,” she said.

“It certainly fulfills a need. It’s a blessing for us, because we feel like we’re really helping people.”

Their visits to the nursing home are similar to the ones Thornton and her group have – snacks, food, songs and a short devotional.

“They’re always so happy to see us, and we’re glad to be there,” Thornton said.

About five people usually come with her group each month.

“It’s mostly just a nice little visit,” she said.

In addition to the snacks, on one recent visit, they brought some flowers for Valentine’s Day from students at Faith Academy in Pearl.



Crossgates Baptist Church

Tullos said her group also sings a lot of old gospel songs, something that many of the Jaquith residents enjoy. One of her most poignant memories from volunteering came from singing those hymns.

“There was a resident with Alzheimer’s, and she didn’t talk. But I looked over and saw two ladies singing ‘Jesus Loves Me,’ and she was keeping time and singing with them. It was just like a miracle,” Tullos said. “It’s amazing how music touches people.”

Sheila Shows, volunteer services director for Mississippi State Hospital, said the volunteers touch the lives of the residents here through the songs, the food, and most importantly, just by spending time with them.

“We have a lot of volunteers who give their efforts all throughout the year, and I can’t say how important that is,” Shows said. “Their hard work and dedication to enrich the lives of those served by the hospital and Jaquith Nursing Home can’t be measured.”

‘THE DREAMERS’ MAKE THEIR BIG DEBUT

There’s some new entertainment that has been making the rounds at Mississippi State Hospital, a group that has been featured on the closed circuit Channel 5 station on the hospital campus has even had a chance to play for state legislators.

The Dreamers, a quartet made up of MSH staff and Jaquith Nursing Home residents, had their debut performance at the 23rd Annual Legislative Appreciation Breakfast at Galloway United Methodist Church on Feb. 2. Going along with the sunny beach theme of the breakfast, The Dreamers sang a couple of well-known, happy-go-lucky tunes for some entertainment on a cold February morning.

“‘California Dreamin’” is one song I’ve always liked but I’ve never sung,” said Andy Wogoman, CUO for Madison Inn. “I wanted to stick along those lines, wishing we could be somewhere with warmer weather.”



Accompanied by Ceci Whitehurst of Rehab Services and Mattie C. and Susie S., two Jaquith Nursing Home residents, Wogoman formed The Dreamers and started getting some practice time in near the end of January.

They made their big debut at the Legislative Appreciation Breakfast, held yearly to honor the legislators who have worked hard to support Mississippi State Hospital and the Department of Mental Health in the Legislature.

Friends of Mississippi State Hospital, which sponsors the breakfast, came to Wogoman to help provide some entertainment since he's played in bands for years and is no stranger to the stage.

"I was just given the opportunity to be in charge of entertainment for the legislative breakfast, and asked to, most importantly, include some residents in that," he said.

He knew Whitehurst had played guitar for many years, and the two had some ideas about who may want to join their little group for their big premiere at the legislative breakfast.

"He had the idea, since it has been so cold, to sing about some nice weather, and we know some residents who like to sing and enjoy

music," Whitehurst said.

A hectic schedule didn't leave The Dreamers with much time to practice, but that's all right. Wogoman said everybody knew the songs they were performing, and both he and Whitehurst were excited about the opportunity to get the residents involved in the event.

It ended up being a great time for everybody involved.

"I thought it went very well," Whitehurst said. "The ladies had a good time, I think the audience enjoyed it and I know we enjoyed it a lot."



JAQUITH RESIDENTS HAVE A BUSY 2010

It's been a busy 2010 so far, and that doesn't look to be changing any time soon. Jaquith Nursing Home residents have been kept busy with everything from dances to movies.

Some residents started the new year off right, having a hot dog roast on New Year's Day, and they've been moving from there. One of the most recent events they have participated in was the annual St. Patrick's Day Dance on March 17.

"That is a dance that we normally have and we usually have a lot of residents participate in that," JNH Recreation Director Holly Haralson said. "We also usually have some residents who go to Horses for the Handicapped at the fairgrounds, and that's between April 19 and April 22nd. Our residents get to go and enjoy the horses up close, and may even get to take a ride."

Another annual event will be the fishing rodeo, which is coming up in April, though a date isn't set for it yet. Haralson said there is a very good turnout for the rodeo each year.

"We actually had a resident win the overall fishing rodeo a couple of years ago," she said. "There's usually a cash prize."

May will be a busy month for Jaquith Nursing Home. The annual MSH Day celebration will be on May 7, and JNH will have a Mother's Day celebration on May 5, both for mothers who are here and for anyone who would like to reminisce about their mother.

May 9-15 will bring National Nursing Home Week. Plans are still underway for the activities that will be going on then, but Haralson said there will be a classic car show that week, along with a train ride where

residents will hop on a train in Jackson, ride to McComb and have lunch, then take a bus back.

A lot of residents enjoy the train ride, while the car shows are usually fun for everyone.

"We get the cars out here, and the residents obviously enjoy reminiscing about them, and it's fun for me to hear them talk about that," Haralson said.

There are also several ongoing activities that JNH residents can get involved in. The Petal Pushers art group creates flower arrangements and other decorations for buildings and events around the campus, and there is a cooking class in the transitional living unit where residents can either go learn to cook or get back in the kitchen if that is something they enjoy doing.

One resident has even taken some initiative herself and started a "birthday club," where she places signs on doors and gets signed birthday cards ready for residents who are celebrating a birthday.

"We have birthday celebrations, but she's wanting each and every person to feel special on their day," Haralson said.

And if that weren't enough, the past several weeks have also been keeping residents busy. Besides all of the ongoing recreation activities around the campus, February brought a Valentine's Day dance, and on Friday, Feb. 12, residents got to observe the Dixie National Wagon train rolling through campus in several inches of snow.

"We've got a lot going on right now," Haralson said.