A PROFILE OF SERVICE:
NEW DIRECTIONS FOR OVER 55

Bill Scruggs, Senior Director

As someone who works closely with the staff of New Directions for Over 55, I felt the need to share some information with you that will give you a more fervent appreciation for what Jean, Dianne and Stacy do on a daily basis to make New Directions for Over 55 the highest quality program of its kind in the state.

With a staff of three, New Directions for Over 55 conducted 57 educational programs last year, in house and in the community. The preparation time range for each of these educational programs is 2 to 20 hours. Social and therapeutic activities logged in at around 122 hours in 2016 with an average time of preparation for each event being 1.5 hours.

Every weekday morning, two of the staff members visit New Directions members who are in the hospital at St. Dominic’s. Each member receives a local newspaper every weekday morning during their hospital stay. These visits allow staff members the opportunity to assist our members in having an exceptional encounter during their stay, whether it included getting them something, praying with them or assisting a family member. It takes an average of 2.5 hours per day to identify New Directions for Over 55 members in the hospital and to visit with them. In 2016, 1,167 patient visits were logged.

Twenty-two local and state wide trips took place through New Directions for Over 55 this past year, with preparation time for each trip ranging from 8 to 400 hours!

The Senior Wellness Fest has grown to become the largest senior adult event in the state with over 800 visitors and 90+ vendors participating. The number of hours dedicated to this event is tremendous. I feel safe in estimating the time spent in preparation for this event to be 600+ hours!

Last but not least, 300+ hours is given by the New Directions for Over 55 staff yearly to collaborate with other community and not-for-profit organizations by participating in committee meetings, health events and working at community events.

These time calculations do not include all of the undocumented yet vital tasks that are done to make sure each event and activity goes on without a hitch. Time on the phone talking to members and other inquirers can add up to 2-3 hours per day, easily. As you can see, the staff of New Directions for Over 55, Jean, Dianne, and Stacy, are committed to providing their customers with an exceptional experience every time. So, the next time you see one of them, which we hope will be soon, tell them how much you appreciate their hard work at making your experience a delight.
Welcome New Members... who joined New Directions December 19, 2016 – March 13, 2017

Karen Adams, Kay Foshee, Betty Kent, Willie and Deborah Porter
Fay Alderman, Michael and Stephanie Ganucheau, Hazel King, Edna Price
Jeannie Alexander, Debbie Glenn, Tommye Kirksey, Julia Rand
Albert and Willie Banks, David and Diane Gosselin, Victor and Glenda LaGarde, Rose Richard
Joyce Basso, Johnnie Gray, John Harman, Billy and Carolyn Rogers
Larry and Patsy Bonds, Estus and Ida Harper, Jr., Malinda Lloyd, Lois Rogers
Deborah Bradford, Jeanell Hayes, Hugh Hogue, Arletha Ross
Lee and Judith Bramlett, Louise Hollingsworth, Jerry and Willie Lott, Charles and Gail Smith
Albert and Marilyn Brantley, Richard and Donna Holmes, Shirley Mack, Sam and Joyce Smith
Jacqueline Brown, Martha Hopper, Martha McCown, Ann Sommers
Mary Caranna, Diana Howie, Russell McGuffee, Gary and Roberta Taylor
Inez Carnegie, Jane Hull, James and Susan McIntosh, Richard and Christy Thomas
Edward and Carolyn Cole, Suzanne Jackson, Margaret McNeil, Arlette and Bill Thompson
Dorothy Cook, Richard and Patsy Murray, Sylvia Moore, Jeanette Touchon
Kim Cooper, Janice Washington
Wendell and Betty Cox, Douglas and Claudia Jenkins, Marcus Treadway, Jr.
Emily Crews, William Jepsen, Jr., Peggy VanCleave
Woody and Deborah Davis, Howard and Jessie Johnson, Jacqueline Walker Mims
Harsh Doshi, Suellen Johnson, Janice Washington
Dawn Dyess, Beverly Keil, Vera Watson
Debbie Eldridge, Karen Kelly, Peggy Weathersby
James and Jan Elkin, Richard and Triston Kelly, Valerie Wilbanks
Dorothy Ford, Wanda Pitts

Refer a New Member and Receive a Free Tote Bag
Help us spread the word about New Directions by recruiting your friends and neighbors. They can enjoy the many educational opportunities, fun activities and exciting trips that you already enjoy with your membership. If they join between the dates of April 15 – September 15, 2017, we will give you a free tote bag (one per member). The person who refers the most members will receive a free day trip valued at $100 or less and the second runner-up will receive a gift card.

We were honored to have Mississippi’s First Lady, Deborah Bryant, share her passion for our state and the Governors’ Mansion at a recent program hosted by New Directions and the St. Dominic Hospital Auxiliary. The First Lady has worked tirelessly to improve the quality of life for Mississippians of all ages. Mrs. Bryant was welcomed by Sister Dorothea Sondgeroth, the Associate Executive Director of St. Dominic’s Foundation.

Catherine Pope and Kevin Jones celebrated in style at the Red River Mardi Gras Bash in Shreveport, Louisiana, along with 52 other New Directions members.
Meet Lee Gleason, a Volunteer at St. Dominic Hospital

1.) How long have you been at St. Dominic’s? A little over a year and a half. In that time, I’ve volunteered almost 1,800 hours.

2.) What are your responsibilities in your current position at St. Dominic’s? I am a volunteer. I support the staff by helping at the Information Desk in the MHVI Waiting Room on the 2nd Floor of the hospital. I also help with the A.M. Admit Surgery Waiting Room on occasion. Since I am here at least three days a week, you really never know where I’ll be volunteering! I just like helping out wherever I am needed.

3.) What is the most favorite part of your job? I love helping people whether it’s a staff member, patient or guest. The Volunteer office has prayer stones available for anyone who is struggling with something emotionally or spiritually. I carry several of the stones in my pocket in case I see someone who looks worried or upset. I enjoy giving out these stones because they are so well received. Everyone seems to love the stones!

4.) What is something about St. Dominic’s that makes you proud? It makes me proud that St. Dominic’s is a faith-based organization that truly cares about people in the community. I’m proud to be a volunteer at St. Dominic’s.

5.) Tell us a little about your family. I was married for over 40 years to my wife, Lena, who passed away from cancer about two years ago. We have four surviving children: Marty, Tim, Deborah and Mary Nell. I am a very proud Grandfather and Great-grandfather. My family means everything to me!

6.) One thing people would be surprised to know about me is? I retired from farming in the Delta: Doddsville, Mississippi. I spent many years working from sun up to sun down without a day off, but I wouldn’t trade those times for anything. I have Delta dirt running through my veins!

IF YOU ARE INTERESTED IN LEARNING MORE ABOUT VOLUNTEER OPPORTUNITIES AT ST. DOMINIC’S CONTACT OUR VOLUNTEER SERVICES DEPARTMENT AT 601-200-6739.

TOP SCAMS TARGETING SENIOR CITIZENS

Source USA Today

- IRS impersonation scams , victims are telephoned and told they have outstanding tax debts that must be paid immediately or they will be arrested.

- Sweepstakes scams , in which victims are told they’ve won a prize but must pay a fee to collect the purported winnings.

- Robocalls , using advanced electronic technology that enables would-be-scammers to maximize the number of potential victims reached.

- Computer scams , a fraud in which callers impersonate representatives of well-known technology companies and persuade victims to allow remote access to their home computers to check for problems. The scammers then charge a fee to remove purported electronic viruses.

- Elder financial abuse , in some cases involving relatives or friends who gain access to the victims’ identification data, bank accounts, stock accounts or other records.

- Grandchild scam , a con game in which fraudsters phone with phony claims that a grandchild is in trouble and needs help paying a hospital bill, returning home from overseas or gaining release from jail.

To learn more about senior scams and how to protect yourself, attend the Refuse to Be a Victim seminar on June 21, 2017. (See the Programs and Events page for details.)
New Directions’ Compass Fund Project

Congratulations. Our new Compass Fund Project, funding Camp Bluebird, has raised over $6,000 and received matching funds, from the St. Dominic Foundation. We still need your help to fund the second camp! Through your donation to the New Directions’ Compass Fund we can make this happen! St. Dominic’s Cancer Services and the Camp Bluebird participants greatly appreciate your generosity and support.

☐ Yes, I would like to contribute to the New Directions’ Compass Fund in support of Camp Bluebird and those who attend. Enclosed is my contribution/check made payable to St. Dominic Health Services Foundation or telephone the Foundation Office at 601-200-6910 to make a credit card contribution:

_____ $25 _____ $50 _____ $75 _____ $100 _____ Other $_____

Name: ____________________________________________________________
Address: __________________________________________________________
City: ___________________________ State: ____________________________
Zip: ___________________________ Phone: ____________________________
☐ In honor of: ____________________________
Address: __________________________________________________________
☐ In memory of: ____________________________
Family Address: ____________________________________________________

Connecting You to Health and Wellness

St. Dominic’s Health Plus is a program designed to provide consumer friendly and easily accessible assistance into St. Dominic’s broad and progressive array of health and wellness services. Individuals interested in utilizing St. Dominic’s services may contact St. Dominic’s Health Plus at 601-200-3333 to speak with a navigator.

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AARP SMART DRIVER COURSE
Learn defensive driving techniques and receive a discount on your automobile insurance by taking this 4-hour course. Cost is $15 for AARP members/$20 for non-AARP members, per person, payable to AARP.

St. Dominic Classes @ The Centre Complex – Toulouse Building (601) 200-6698
Dates: Thursday, May 4, 2017
Time: 12 – 4:30 p.m.

BALLROOM DANCE CLASSES
Learn a new dance every three weeks, burn calories, improve your cardiovascular health and increase your flexibility.

Date: Every Tuesday
Time: 6:30 p.m.
Place: The Centre Complex – Toulouse Building

INTRODUCTION TO YOGA
Please join Landon Babb, Exercise Physiologist, for a one hour gentle, flowing Chair Yoga Class every Thursday. The class will consist of various exercises done from a seated position, as well as standing positions. Yoga helps strengthen and stretch the body. It also relieves joint pain by heating and moving synovial fluid through the joints. The weight bearing aspects of yoga increase bone strength, which helps prevent osteoporosis. Why not give it a try! Wear comfortable clothing that doesn’t constrict movement. The class is FREE, beginner friendly and all fitness levels are welcome.

Date: Thursdays
Time: 3 p.m.
Place: The Centre Complex – Toulouse Building

BINGO GAME DAY
Join us for a friendly round of Bingo each month! Prizes and refreshments provided by Humana.

Date: Monday, April 24, 2017
Friday, May 19, 2017
Friday, June 23, 2017
Time: 1 p.m.
Place: The Center Complex – Toulouse Building

READY, SET, GROW
It’s spring time and time to garden! Come join Mississippi Master Gardener and St. Dominic’s Volunteer, John Malanchak, as he discusses home gardening topics such as soil preparation, selection and maintenance of shrubs, ornamentals, and turf grasses, and how to prevent and/or combat those pesky plant diseases, bugs and weeds. Refreshments will be served.

Date: Tuesday, April 18, 2017
Time: 1:30 p.m.
Place: The Center Complex – Toulouse Building

MEDICARE PREVENTIVE SERVICES
The best way to stay healthy is to live a healthy lifestyle. Medicare can help you. MaKleisha Logan-Hite, Counselor with the Central Mississippi Planning & Development District will speak with us about the many preventive services that Medicare provides. These services can find health problems early, when treatment works best, and can provide care to stave off some of the diseases that affect people 65 and older. Refreshments will be served by MWG Senior Services.

Date: Thursday, April 27, 2017
Time: 10:30 a.m.
Place: The Center Complex – Toulouse Building

MOVIE DAY
Rated R – Taking place in 1963 in the days following the assassination of President John F. Kennedy, this movie chronicles the experiences of First Lady Jacqueline Bouvier Kennedy as she copes with tumultuous grief, change and the scrutiny of both America and the international community in the immediate aftermath of her husband’s death. Her relationships with her children, members of the Kennedy family and Kennedy’s successor, President Lyndon Johnson, are explored in the wake of the tragedy. Refreshments provided by Wellcare.

Date: Friday, April 28, 2017
Time: 1 p.m.
Place: The Center Complex – Toulouse Building

LUNCH BUNCH
Enjoy fun and fellowship as we drop in on a different restaurant each quarter. Catch the bus at The Center Complex – Toulouse Building. Cost will depend on your meal purchase. Space is limited, so call to register.

Date: Monday, May 8, 2017
Time: 10:45 a.m.
Place: The Feathered Cow

LIVING NEXT DOOR TO THE NUTT HOUSE
A story of hope, courage and cancer survivorship with a touch of humor. Jo Carol Alford Stone, a local author, will share the bittersweet memories of her life in Madison County, MS. Her tale includes many of her favorite recipes from her lifelong passion for cooking and weaves them into her story of hope for the charming child, living next door, who stole her heart many years ago. Her book Next Door to the Nutt House will be available for purchase for $8. Proceeds go to the American Cancer Society. Refreshments will be provided by Mississippi HomeCare.

Date: Thursday, May 11, 2017
Time: 10:30 a.m.
Place: The Center Complex - Toulouse Building
MYSTERY TRIP
TRIP LEVEL – ACTIVE – Shhhhhhhhhhh… It’s a secret!!! We wish we could tell you where we are going. This trip includes numerous stops that are sure to delight and surprise. We always try to include something new and different and this trip will not disappoint. If you have taken mystery trips in the past, you know what to expect; if not, join us. You will have a great time! Trip includes lunch, transportation and all activities.

Dates: Tuesday, May 16, 2017 or Wednesday, May 17, 2017
Cost: $70 per person (Payment due immediately)

BILL CLARK’S SPRING MUSICAL EXTRAVAGANZA
Join regulars Candy Lee Dobbs (singer), Allen Harris (tenor), Andrew Ishee (pianist), Daniel Roebuck (trumpet), David Holmes (drummer) and Bill Clark (producer/entertainer). Returning is Laura Lee Lewis, 2016 Miss Mississippi, and newcomers Abbey and Gracie Swartzengruber (violinist), Esther and Melody Gonzalez (singers) from Honduras and students at Southern Seminary in Louisville, Kentucky; Joey Harris (magician) and Tommy Vaughan (pianist). If you have to miss a show – don’t let it be this one! Call Bill Clark at 601-750-2364 for tickets.

Date: Thursday, May 18, 2017
Time: 10:30 a.m. – 2 p.m. – 6 p.m.
Place: Christ Life Church, 609 Highland Colony Pkwy., Ridgeland
Cost: $18 (New Directions’ members $15)

MOVIE DAY
Rated PG-13 – The story of Ray Kroc, the founder of McDonald’s is portrayed as a man who persistently goes after his dream by “running over” the actual visionaries of the concept. It shows how he was willing to reach out, take advice from others and forge ahead without thought to what it might mean to those he ran over in his pursuit. It is not a “pretty” story, but a true one of how Ray Kroc beat the odds and pressed on to create a multi-billion dollar empire. Refreshments provided by Wellcare.

Date: Friday, May 26, 2017
Time: 1 p.m.
Place: The Center Complex – Toulouse Building

WEDDING MEMORIES
The wedding season is underway, and beaming brides-to-be are getting ready to walk down the aisle. The celebration of a wedding – whether simple or elaborate – is a special time. Let’s ring some wedding bells and share a keepsake and/or photo from your wedding day. Bring your special memory and we will talk about wedding customs, play games, listen to wedding songs and reminisce with some happy memories. Reception to follow, sponsored by Sta-Home.

Date: Tuesday, May 30, 2017
Time: 1 p.m.
Place: The Center Complex – Toulouse Building

NAME THAT TUNE
Come and exercise your mind and have a blast doing so! Jeannie Scott, Activity Director and Certified Programs Coordinator at Brookdale Brandon will be here to test your knowledge and memory of television theme songs. You could go 30-odd years without seeing a TV show, but still instantly remember the theme song. Take a stroll down memory lane with this fun trivia game. Prizes will be awarded. Refreshments will be provided by Camellia Home Health and Hospice.

Date: Tuesday, June 13, 2017
Time: 1 p.m.
Place: The Center Complex – Toulouse Building

REFUSE TO BE A VICTIM
Back by popular demand…Bill Scruggs, Black Belt in Hapkido, a Madison County Deputy Sheriff Reservist, a Certified NRA Pistol Instructor and a Licensed Professional Counselor will teach you how to create layers of safety in your life to protect yourself and your family from today’s criminals. By attending the Refuse to be a Victim® crime prevention and personal safety seminar; you will get the tools you need to develop your own personal safety strategies, including information on: The Psychology of the Criminal Mind, Mental Preparedness, Home & Phone Security, Personal & Technological Security and more!!! Lunch provided by Hospice Ministries.

Date: Wednesday, June 21, 2017
Time: 9:30 a.m. – 1:30 p.m.
Place: The Center Complex – Toulouse Building
Cost: $5 per person for take home book (Payment due immediately)

MOVIE DAY
Rated PG – The incredible untold story of Katherine G. Johnson, Dorothy Vaughan and Mary Jackson…brilliant African-American women working at NASA, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation’s confidence, turned around the Space Race, and galvanized the world. The visionary trio crossed all gender and race lines to inspire generations to dream big. Refreshments provided by Wellcare.

Date: Friday, June 30, 2017
Time: 1 p.m.
Place: The Center Complex – Toulouse Building

NOURISH YOUR NOGGIN
A Free Educational Workshop Series promoting Brain Health

Dates: Thurs., April 20 - Exercise
Thurs., May 18 - Emotional & Spiritual Wellness
Thurs., June 15 - Legal/Financial Wellness
Thurs., July 20 - Coping and Caregiving

Time: 10 - 10:45 a.m.
Place: St. Catherine’s Village
Independent Activity Center
200 Dominican Driv
Madison, MS  39110

RSVP: 601.987.0020

UPCOMING PLAY DAY TRIPS

An American in Paris – Fri., Oct. 27, 2017 at The Orpheum in Memphis
The King and I – Sat., Nov. 18, 2017 at The Saenger in New Orleans
The Phantom of the Opera – Fri., Dec. 1, 2017 at The Orpheum in Memphis
The Color Purple – Sat., Feb. 24, 2018 at The Saenger in New Orleans

TRIP LEVEL RATING SYSTEM

MODERATE – These trips include activities such minimal walking and stops, such as play days.
ACTIVE - These trips include activities such as city tours, museums and stairs.
VERY ACTIVE – These trips include lots of walking and stops… spending most of the time on the go.

Please call 601-200-6698 to make a reservation for all programs and events. Make checks payable to New Directions. Mail to 969 Lakeland Drive, Jackson, MS 39216. Refund policy: A $5 processing fee will be charged for refunds made on trips. In some cases where there has been prepayment for services, full refunds are not possible; notification should be received 14 days prior to a day trip, 30 days prior to an overnight trip or 7 days prior to other events. You need not be a ND member to participate.