Dominican Sisters Celebrating New Book

Long ago, and in an area far north of Jackson, three young women made the decision to dedicate their lives to serving others and seeking a greater understanding of God’s will. Now, decades later, those same women are grown up and are well known as the Dominican Sisters at St. Dominic’s.

Sister Dorothea Sondgeroth, Sister Thecla Kuhnline and Sister Celestine Rondelli all celebrated a special milestone anniversary as Dominican Sisters this year, celebration known as their Jubilee. All three have spent most of this year doing what they do best, uplifting the community.

In celebration of St. Dominic’s 70th anniversary and the jubilees of three Dominican Sisters who minister at St. Dominic’s, a new book has been released that follows the story of seven Dominican Sisters who have served or are currently serving in the Jackson area.

A Sister’s Love, written by Joe Maxwell, follows each Sister’s journey from childhood to present day and details the intimate ways in which each was called to join the consecrated life.

A Sister’s Love tells about each Sister’s spiritual heroes, growth, service, obedience and tremendous faith in following God’s call to focus on the needs of others in a world that is often so self-focused. These heart-felt stories are filled with many unexpected turns and reveal a very human life that often seems mysterious.

“This story pulls back the veil on these Sisters, who are people just like you and me,” said Mississippi’s First Lady Deborah Bryant. “These Sisters are life-changers and life-menders. In my current role, I’ve met many great people, and Sister Dorothea and her cohorts rank highest among them.”

The book is available at Lemuria Books and on St. Dominic Hospital’s website, stdom.com. All proceeds from sales of A Sister’s Love will benefit The Sisters’ Fund for Charitable Works.

With reporting from St. Dominic’s
NEW DIRECTIONS HAD A GREAT 2016!

Antoine Keller, MD, Cardiothoracic Surgeon at St. Dominic Hospital recently became the first surgeon in Mississippi to perform a fully robotic pulmonary lobectomy. This procedure has shown to promote shorter hospital stays, less pain and a faster recovery for patients requiring surgical removal of cancer.

“Once diagnosed with lung cancer, many patients must first undergo surgical removal of the tumor,” Keller said. “The ability to remove part or an entire lobe of the lung robotically allows patients already facing this difficult diagnosis to experience less discomfort and have hope for faster recovery.”

During robotic lung surgery, tiny incisions are made where a camera and instruments more agile and flexible than the human hand are inserted. The surgeon controls these instruments and is able to remove the tumor with better visualization and complete precision.

“Surgeons who are skilled at robotic lung surgery now have greater accessibility to cancerous tumors in the lung,” Keller said. “The tools allow us to remove the tumor and surrounding tissue with such accuracy and exactness and this is better for our patients and provides superior surgical outcomes.”

Thank you to all the New Directions Members who donated items for the “Be a Santa to a Senior” Program. Nine boxes of items were collected at the annual Holiday Reception in addition to approximately forty seniors who were adopted by Members and St. Dominic Center Employees.
New Directions’ Compass Fund Project

Our new Compass Fund Project, funding Camp Bluebird, has started off with a bang. We have already received more than $6,000 in contributions, but we still need your help to reach our goal of $20,000. This amount will cover the cost of camp for one year (two camps per year). Camp Bluebird is a 3-day, 2-night camp, sponsored by St. Dominic’s Cancer Services. This retreat provides adults who have been diagnosed with cancer, cancer patients and cancer survivors a unique way to experience a creative, educational atmosphere of support in a setting of natural beauty. Through your donation to the New Directions’ Compass Fund we could make this happen.

☐ 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:

<table>
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<tr>
<th>Amount</th>
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☐ Other $_____

Name: ___________________________ Address: ___________________________
City: __________________________ State: __________ Zip: _______ Phone: __________

☐ In honor of: _______________________ Address:_________________________
☐ In memory of: _______________________ Family Address:_____________________

Welcome New Members…who joined New Directions September 1 – December 16, 2016

Mavis Anderson
Richard and Beverly Anglin, Jr.
Linda Bailey
Sandra Ballard
Laura Barham
Marilyn Boone
Howard and Bethany Boone, Jr.
Robert & Sandra Bracey
Russell and Peggy Bridges
Artherine Buckley
Cristy Bullock
Thomas Butts, Jr.
Susan Calicott
Jimmy Champion
Cheryl Collins
Forrest and Betty Coward
Kuhrman and Royce Cox
Sandra Crowley
Lula Mae Curry
Kathy Daniel
DeWayne & Judy DeLaet
Gloria Dixon-White
Larry Driver
Hazel Drummond
Rose Dunaway
Ruby Ealy
Robert and Catherine Eaves
Cleotha Epps
Jimmie Epps
John and Marion Evans
Sheila Evans

Trrese Evans
Robert and Tammie Ezell
Martha Fisher
Priscilla Fitch
Brad and Sheldon Ford
Joyce Foreman
Dale and Gloria Frazier
Dorothy Gordon
Gloria Green
Vanessa Gregory
Liz Hambrick
Phyllis Hammond
Joseph Harris
Carl and Linda Hearns, Sr.
Earnestine Hendrix
Ophelia Holmes
Julia Howard
Annie Jackson
Geneva James
Freda Jenkins
Meredith Jerry
Gwendolyn Johnson
Wendy Johnson
Joan Katzenmeyer
James and Valarie Kendrick
Peggy King
Richard and Eva Lacey
Kenneth and Shuna Lee
Norma Lee
Tom Lee
Eula Lewis
Charlotte Lieb
Susan Lindsay
Annie Lindsey
Lend and Jennifer Lloyd
Carlo and Mary Lorquet
Cheryl Matthews
Jewelene Mayes
Linda McLaurin
Linda McLendon
Othia McMillian
Rhonda Moore
Sue Moore-Lowe
Alister Morgan
Margaret Newman
Ann Nicholson
Hardy and Jean Palmer, Jr.
Inez Perkins
Mary Pfeifer
Curtis and Maddie Potter
Linda Powe
Wesley Powell
Lola Richardson
Toni Roberts
Martha Roby
Kenneth and Marie Rolling
Rosalind Roy
Kay Rush
Glenn Sanford
Susan Sautermeister
John and Madeline Schuerman
Gillian Scott
Rosemary Scrivner
Steverson Sherman
Demackal and Lillie Sims
Aretta Smith
Carrie Smith
Maudell Smith
William and Darlene Smith
Brenda Smith Davis
Cary Spence
Bobbie Stringer
Dennis and Judy Strong
Mandy Strong-White
Margaret Sudduth
Deborah Sumeral
Nancy Tatum
George Taybos
Vivian Taylor
Billie Thompson
Dorothy Thompson
William and Natwassie Truly, Jr.
David and Carol VanLandingham
Jesse Walls
Charlotte Walters
Jimmy and Beverly Ware
Loretta Watson
Dianne Whirlow
Barbara Whitfield
Alice Williams
Doris Williams
Doris M. Williams
Nancy Windham

Demackal and Lillie Sims
Aretta Smith
Carrie Smith
Maudell Smith
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Loretta Watson
Dianne Whirlow
Barbara Whitfield
Alice Williams
Doris Williams
Doris M. Williams
Nancy Windham
New Directions for Over 55 mature adult program is an extension of the healing ministry of the Dominican Sisters of Springfield, Illinois, and is part of the continuum of care provided by St. Dominic Health Services.

St. Dominic Health Services
969 Lakeland Drive
Jackson, MS 39216-4699
stdom.com
RETURN SERVICE REQUESTED

2014 MISSISSIPPI SENIOR OLYMPICS
Saturday, April 26 - Saturday, May 3, 2014
“We don’t stop playing because we grow old. We grow old because we stop playing.”
Don’t grow old!!! Come play!
There’s something for everyone!
To learn more or register for events, contact the Mississippi Senior Olympic Office at 601-949-1986 or check out their website at www.msseniorolym.com.

New Directions
for Over 55
St. Dominic Health Services
969 Lakeland Drive
Jackson, MS 39216-4699
stdom.com
RETURN SERVICE REQUESTED

Saturday, March 4, 2017 * 8 a.m. - 1 p.m.
First Baptist Church Jackson

Program Highlights
* Survivor's Panel
* Breakout Sessions
* Celebration Luncheon
with Keynote Speech by Jay Hopson,
USM Head Football Coach
and two-time cancer survivor

FREE to the public. To register call 601-949-1986 or visit hopeconferencejackson.com

Call 601-987-0200 for information/tickets or visit alzms.org.
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 Center Complex – Toulouse Building (601) 200-6698
**Dates:** Thursday, February 9, 2017  **Time:** 12 – 4:30 p.m.

**Clinton Class** @ Brighton Park (601) 924-6387
**Date:** Monday, March 20, 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:** Tuesdays  **Time:** 6:30 p.m.
**Place:** The Center 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. The class is FREE, beginner friendly and all fitness levels are welcome.

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

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

**Date:** Friday, January 20, 2017  **Time:** 1 p.m.
**Place:** The Center Complex – Toulouse Building

WINNING LIFE’S RACE: MESSAGES WITH MEANING
How is your Life’s Race going? Are you boggled down and in a rut? Do you know, deep down, that you have unfinished business, and unused potential? What will your legacy be? Dr. Bob Litro, college administrator, business professor, seminar leader, and author will be sharing selections from his latest book, *Winning Life’s Race: Messages With Meaning*. Messages from the three main sections: offer encouragement and remind us that God’s Spirit is with us daily. A light brunch will be served and the book will be available for purchase. Fifty percent of royalties will be shared with Hope House and Gateway Rescue Mission.

**Date:** Tuesday, January 24, 2017  **Time:** 10:30 a.m.
**Place:** The Center Complex – Toulouse Building

MOVIE DAY – FLORENCE FOSTER JENKINS
Rated PG-13 - Florence Foster Jenkins is one of those rare people who believe that she can do anything she sets her mind to unfortunately, however, she can’t. With the worst singing voice in the world, this New York socialite sets out to make sure that the entire world hears her. Of course, obstacles do pop up, but Florence’s enduring spirit takes her all the way to Carnegie Hall, where she needs to put on the show of a lifetime in order to prove her worth. Refreshments provided by Wellcare.

**Date:** Friday, January 27, 2017  **Time:** 1 p.m.
**Place:** The Center Complex – Toulouse Building

HEART AND STROKE UPDATE
Mississippi leads the nation in cardiovascular deaths and strokes. However, efforts are being made to remedy this problem. Join us for an update on current progress of the Mississippi Healthcare Alliance (MHA) in tackling this critical issue. Dr. Harper Stone, Cardiologist and President of MHA and Dr. Ruth Fredericks, Neurologist and Education Chair of MHA, will discuss current trends and progress through this collaborative effort to save lives in Mississippi. Lunch sponsored by Sta-Home.

**Date:** Thursday, February 2, 2017  **Time:** 11:30 a.m.
**Place:** The Center Complex – Toulouse Building

FROM THE HEART
Brighten the day of hospice patients by creating uplifting and soothing cards that let them know they are loved and cared about. After you’ve created your lovely Valentine cards, participate in a “Cake Walk” with lively music. Enjoy a sweet treat along with a refreshing beverage provided by Sta-Home.

**Date:** Friday, February 3, 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, February 13, 2017  **Time:** 10:45 a.m.
**Place:** Green Ghost Tacos

MOVIE DAY – SULLY
Rated PG-13 – In January of 2009, an American airline pilot known as Chesley “Sully” Sullenberger captivated the nation when he successfully pulled off an emergency landing in the Hudson River. This stunning feat of aviation history gave hope to a crippled nation, with the story of Sully’s incredible piloting skills dominating the airwaves. In an age of heroes that so often falter, Sully’s story was in question. Refreshments provided by Wellcare.

**Date:** Friday, February 17, 2017  **Time:** 1 p.m.
**Place:** The Center Complex – Toulouse Building

MARDI GRAS IN SHREVEPORT
TRIP LEVEL – ACTIVE – Join us for this overnight trip to celebrate at the Red River Mardi Gras Bash. Attend a private party featuring live music, Cajun/Creole food, Mardi Gras beads, king cake and fun in a climate-controlled environment along the river-front. Learn the history and traditions of Mardi Gras while making your own Mardi Gras Mask at Agora Borealis. Shop at Tubbs Hardware and Gifts for all of your Mardi Gras accessories before the bash begins. Overnight at the Springhill Suites by Marriott located next to Harrah’s Louisiana Downs. Tour the Bonnie and Clyde Ambush Museum in Gibsland, LA, that once housed the café where Bonnie Parker bought sandwiches shortly before the ambush.

**Date:** Saturday, February 18 – Sunday, February 19, 2017  **Cost:** $195 per person (Payment due immediately)

SHOE BOX SHOW OFF
Patricia Coward, Community Liaison with Covenant Caregivers, has put together an entertaining program for adults of all ages to enjoy. The program is modeled after the children’s activity “show and tell”. It allows us to come together and share our precious treasures, reminisce and even bond...all therapeutic activities. So, grab a shoe box and find some of your favorite things to share with the group. You don’t want to miss this special event! Tea and scones provided by Hospice Ministries.

**Date:** Friday, February 24, 2017  **Time:** 1:30 p.m.
**Place:** The Center Complex – Toulouse Building
WINES OF ITALY & TRIP UPDATE
One of the greatest pleasures of eating in Italy is trying the country’s wine. It's not only Italy’s national drink; it's also a national passion: more than 1 million wine-growers live in Italy, and, as you might have guessed, Italians drink more wine than anyone else in the world. Learn more about Italian wines, which pairs well with what kind of food, and how to order them like a pro? Join us as sommelier, John Malanschak gives us some wine tips before our trip. We will also view video clips from Rick Steves’ Italy series. For those going on the trip to Italy, Page Goodrich, AAA Travel & Sawyer Shoates, Collette, will be here to go over our trip details and hand out your packets.
**Date:** Monday, February 27, 2017  
**Time:** 1 p.m. – Wine & Video  
2 p.m. – Trip Update  
**Place:** The Center Complex – Toulouse Building

MY LIFE IN THE GOVERNOR’S MANSION
With a heart of service, First Lady of Mississippi Deborah Bryant, has dedicated her professional and personal life to caring for those around her. She has worked tirelessly through her H.O.M.E. platform (Healthcare, Outdoors, Mansion/Military and Education) to improve the quality of life for Mississippians of all ages. Join New Directions and the St. Dominic Auxiliary in welcoming this amazing lady, who embodies the spirit of the hospitality state, to educate us about her passion for Mississippi and the Governor’s Mansion. Lunch provided by the St. Dominic Auxiliary.
**Date:** Thursday, March 9, 2017  
**Time:** 11:30 a.m.  
**Place:** The Center Complex – Toulouse Building

LEGACY PLANNING – SO MUCH MORE THAN DRAFTING A WILL
Have you specified the distribution of your assets? During our lifetimes, we go through many different phases as we accumulate wealth/assets. We work hard, receive raises and promotions (sometimes switch jobs), have families, invest and ultimately, retire. What if our lives are cut short, what will happen to our assets?
Paul Grassman, J.D. FCEP from Thompson & Associates will present legacy planning and answer questions as to making special request and changes, choosing an executor, etc.
**Date:** Monday, March 20, 2017  
**Time:** 6:00 p.m. for adults still in the workforce  
Or: **Date:** Tuesday, March 21, 2017  
**Time:** 10:30 a.m. for retirees  
**Place:** The Center Complex – Toulouse Building

MOVIE DAY – THE HOLLARS
Rated PG-13 – Struggling graphic novel writer John Hollar never intended to leave his big city life in New York to return to the small town where he grew up. Then, his mother receives a brain tumor diagnosis. Once John returns to his childhood home leaving behind his life and girlfriend, Rebecca, his dysfunctional family, ex-girlfriend and old high school rival help him quickly remember why he left in the first place. Refreshments provided by Wellcare.
**Date:** Friday, March 24, 2017  
**Time:** 1 p.m.  
**Place:** The Center Complex – Toulouse Building

WWII MUSEUM IN NOLA
TRIP LEVEL – ACTIVE – One of the leading cultural attractions in America, The National World War II Museum has some new additions! BB’s Stage Door Canteen welcomes The Vic-Tones, a dynamic male vocal trio that celebrates the music of the 1940s! The newly opened Road to Tokyo exhibit retraces the grueling trail that led from Pearl Harbor to Tokyo Bay by way of New Guinea and Southeast Asia, the Himalayas, Burma, the islands of the Pacific, China, India, and Alaska. A trip to the museum wouldn’t be the same without seeing the multisensory cinematic experience “Beyond All Boundaries”. Tom Hanks produced and narrates this 4D film which takes you to the front lines of the war with cutting edge special effects. Breakfast snack, lunch and box dinner included.
**Date:** Wednesday, March 29, 2017  
**Cost:** $130 per person (Payment due by February 28)

MS GULF COAST SPRING PILGRIMAGE
TRIP LEVEL – ACTIVE – Join us for the 65th Mississippi Gulf Coast Spring Pilgrimage, “Moonlight and Magnolias”, which features elegant homes, gardens, and historic landmarks along the Mississippi Gulf Coast. Enjoy a performance at the Saenger Theatre, with nostalgic crooner and pianist, George Bugatti, as he performs pop standards from the ‘50s, ‘60s and ‘70s. Bugatti, an accomplished Las Vegas headliner, was discovered by Steve Allen and has performed with Tony Bennett, who is one of his biggest fans. Dinner at Half Shell Oyster House in Biloxi. Overnight accommodations and breakfast at the Beau Rivage and lunch at a local favorite.
**Dates:** Sunday, April 9 – Monday, April 10, 2017  
**Cost:** $210 per person/double room (Payment due by March 10)

WATERCOLOR WORKSHOP
Back by popular demand…instructor and nationally known watercolorist, Sharon Long of Destin, FL, will be back to teach us different painting techniques in an easy and unique way. Classes are designed for beginner, as well as, more experienced students.
Learn at your own level and take home a piece of artwork. Price includes all supplies needed for your session. She will also have art pieces and supplies for sale.
**Dates:** Monday, April 17 – Friday, April 21, 2017  
**Cost:** $90 per person/per day (Payment due by March 17)  
**Place:** The Center Complex – Toulouse Building

THE SOUND OF MUSIC
TRIP LEVEL – ACTIVE – We have seats left for the spirited, romantic and beloved musical story of Maria and the von Trapp Family which will once again thrill audiences with its Tony®, Grammy® and Academy Award® winning Best Score, including “My Favorite Things,” “Do-Re-Mi,” “Climb Ev’ry Mountain,” “Edelweiss” and the title song. Trip includes transportation, lunch and the show.
**Date:** Saturday, April 22, 2017  
**Cost:** $198 per person ($75 deposit due at sign-up/Final due by March 17)

BRANSON SHOW EXTRAVAGANZA
Visit the “Live Music Show Capital of the World” and all it has to offer. Discover what it was like to be a passenger walking the hallways, visiting the parlors, cabins, and the Grand Stairwell of the Titanic at the interactive Titanic Museum. See six amazing shows: Smoke on the Mountain, Liverpool Legends “The Complete Beatles Experience!”, Puttin’ On The Ritz, a show that relives the song and dance routines from major movie musicals, the Neil Diamond Tribute Show, and a spectacular show while you cruise the pristine waters of Table Rock Lake on The Showboat Branson Belle. The Bible will come to life at the Sight & Sound Theater through the story of Moses, an experience you will never forget. Also, visit Old Town Branson. Trip includes: 5 days, 4 nights, 4 breakfasts, 4 dinners and transportation.
**Date:** Monday, October 9 – Friday, October 13, 2017  
**Cost:** $595 per person/double room  
($50.00 deposit due at sign-up/Final payment due by August 18)

DEALING WITH PARKINSON’S DISEASE AND DEMENTIA
Join medical specialist, Dr. Natividad Stover from The University of Alabama and Dr. Juebin Huang from The University of Mississippi Medical Center for this discussion. Call 601-856-0123 to register.
**Date:** Saturday, January 7, 2017  
**Time:** 9 a.m.  
**Place:** Common’s Activity Room  
St. Catherine’s Village, Madison

TRIP REMINDERS
*Noah’s Ark Encounter - $100 Deposit due/Final due by March 15  
*Adventuure to Cape Cod - $100 Deposit due/Final due by June 1  
*Christmas in New York - $100 Deposit due/Final due by July 21

ALL have a waiting list...deposits due ASAP.

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.