

LAKE AREA HOSPICE

Serving Jasper, Newton, Hardin, Sabine, Tyler, San Augustine, Polk, Angelina, Orange, Shelby, Panola and Jefferson Counties for 15 years. . .



**DON
GRAHAM**

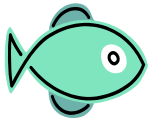
Don normally looks like this.



He's one of those people who

makes you feel good just to be near him. He always greets you with a smile and usually has a new joke or punch line to share. He can lift your spirits and chase away those gray skies.

He's been a LAH volunteer for five years and travels with the HOPE Family. He plays a mean keyboard and has the best voice in the group.



VOLUNTEERS—A PRICELESS

APRIL 26th - 30th was National Volunteer Week and LAH had a picnic in the park for our volunteers with area friends and neighbors.

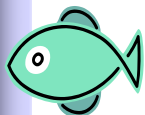
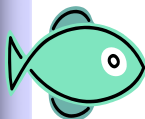


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LAH SHARES THE FUN OF VOLUNTEERING AT THE SENIORS FISHING TRIP TO MAGNOLIA RIDGE PARK



LAKES AREA HOSPICE
254 Ethel St. / PO Box 2086
Jasper, TX 75951

Nonprofit Org.
U.S. Postage
PAID
Jasper, TX
Permit No. 107

LABEL

WISH LIST - I've been asked by several nurses this month to please put batteries on the Wish List. Our baby monitors and blood pressure cuffs use AA & AAA batteries and we use lots of them. We would be very grateful for whatever you can donate.

LAH relies on the generosity of the communities we serve. A donation goes a long way to help us supply those needs some families can't afford. Please make your checks payable to [Lakes Area Hospice](#). *All gifts are tax deductible.*

NAME OF DONOR: _____

ADDRESS: _____
STREET CITY STATE ZIP

Enclosed is my gift: \$_____ (In Memory of) (In Honor of) (Birthday) or other (Special Occasion) for:

Please send acknowledgement of this gift to: NAME _____

ADDRESS: _____

LAKES AREA HOSPICE

254 Ethel
(409) 384-5995

Jasper, TX 75951



13th Annual Crappie Tournament Eagle Rock Energy Brookeland / Masters Creek Employees and Friends June 12, 2010 Umphrey Pavilion	<h1 style="margin: 0;">JUNE, 2006</h1>	<i>Benefiting</i> Lakes Area Hospice, Jasper 4H Gun & Bow, Brookeland Youth Baseball & Softball and Vernon Parish TRIAD & Special Kids Registration forms - local tackle shops, The Stump, Hollis Tire, Jasper Outboard, Miller's Bait & Tackle, or call 409-698-9606.
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NATIONAL ROSE MONTH DAIRY MONTH WOMEN'S GOLF MONTH	"SAY SOMETHING NICE DAY"	STAFF / VOLUNTEER Staff Meeting 8:30 am LAH ANNEX	"AUDACITY TO HOPE DAY"	Belmont Stakes	
6 National Cancer Survivors Day 	7	8	9	10	11	13th Annual Crappie Tournament Umphrey Pavilion
NATIONAL BUSINESS ETIQUETTE WEEK				NURSING ASSISTANTS WEEK		
RAGGEDY ANN & ANDY DAY 	14 FLAG DAY 	"Caring Friends" Luncheon Belle Jim Hotel 11:00 to 12:00	16	17 7:30 am CoC Builders' Breakfast "HOPE FAMILY" Belle Jim	18	JUNETEENTH
2 FATHER'S DAY 	21 SUMMER SOLSTICE 	22	23 PUBLIC SERVICE DAY 	24 WATERMELON SEED SPITTING WEEK	25 	26 FULL MOON
27	PLEASE TAKE MY KIDS TO WORK DAY	29	30	JUNE BIRTHDAYS - <i>Forest Read - 2nd Yvonne Hubbard - 11th</i> <i>Michiel Howell - 20th</i> <i>Fran Read - 22nd</i> <i>Jennie Hollis - 27th</i>		

"The 5 Essential Elements of Wellbeing"

By Tom Rath & James K. Harter, Ph.D.

What differentiates a thriving life from one spent suffering?

The 5 Essential Elements are the currency of a life that matters. They do not include every nuance of what's important in life, but they do represent five broad categories that are essential to most people worldwide.

- Career Wellbeing - Social Wellbeing -
- Financial Wellbeing - Physical Wellbeing - Community Wellbeing

While 66% of people are doing well in at least one of these areas, just 7% are thriving in all five. If we're struggling in anyone of these domains, as most of us are, it damages our wellbeing and wears on our daily life. When we strengthen our wellbeing in any of these areas, we will have better days, months, and decades. But we're not getting the most out of our lives unless we're living effectively in all five.

The single biggest threat to our own wellbeing tends to be *ourselves*. Without even giving it much thought, we allow our short-term decisions to override what's best for our long-term wellbeing. We know that physical activity improve our health, yet we skip exercising. We know that too much sugar and fried foods are bad for our health, but we grab a handful of candy or chips without even thinking. Similarly, we know it's important to spend quality time with our friends and family, but when work is pressing, we don't stop to ask a friend how he is doing.

As long as we allow short-term desires to win, it will be difficult to effect long-term behavioral change. This book can help short-term incentives consistent with our long-term goals.

MEMORIALS

JEWEL BLASINGANE -
Betty Casey

RICHARD COLLIER -
Sarah Matthews

MILDRED CORBETT -
Anna & H. V. Swearingen
Arthur & Sam Miller
Dr. & Mrs. Martin Gilliland

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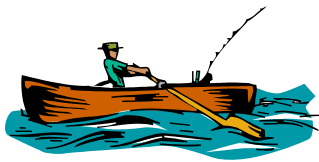
WILLIAM HANNA -
Leona & Donald Price
Mary Hanna

GILES HORN -
Gladys Lemons

RACHEL MARTIN -
Frances Malone

KATHRYN SCHOFIELD -
Anna & H. V. Swearingen
Sandy & Bill Snelson

DEBRA PARKS WATSON -
Kitty Whitmire
Kathleen M. Force
Jasper Newton Electric Coop Club



CONTRIBUTIONS



Gladys Lemons
Linda Ryall
Sally Swan
Mrs. G's - Kirbyville
Woman's Civic Club of Buna
Lake Rayburn United Methodist Church
Hillcrest Mission Sunday School Class
Jasper FUMC Seekers Class
Jasper FUMC - WMU
Trinity ECW
George Ebarb &
Sonic Drive-In - Jasper
Sonic Drive In - Kirbyville
Judy Lummus

The FLORENCE & ROBERT SMITH ESTATE

On behalf of the patients and families, the staff and the Board of Directors, our deepest gratitude is extended to the estate of Florence & Robert Smith.

Once again, Lakes Area Hospice has received an overwhelming blessing from someone we have served. The estate of Florence & Robert Smith, with loving direction from Judge A. J. Satterwhite, has made a substantial donation to Lakes Area Hospice following her death. Not only did we have the privilege of caring for Mrs. Smith during her last days, but she made certain that her resources would help someone else. The funds will be used for patient services and community education about hospice.

It is a joy to be able to serve so many individuals and communities in Southeast Texas. We are delighted when our efforts are recognized and feel blessed each time we are able to help.

*Jeanette Coffield
Executive Director*

