

# Heart Beat

January – March 2023

Volunteers are the H.E.A.R.T. of Hospice

## Meet the Board

Board members of Cypress Basin Hospice reside within our service area and are active members of the community. They support the continued mission of Cypress Basin Hospice and are committed to their friends and neighbors in need of end-of-life care. Their diverse backgrounds, skill, and experiences provide a supportive environment for our staff, volunteers and patient/families.

Tonya Taylor, R. N., President – Mt. Pleasant

Clint Davis, Vice President – Mt. Pleasant

Joe Rose, Treasurer – Bogata

Nelda Davis, R. N. – Mt. Pleasant

Kristin Dungan – Pittsburg

David Grundish – Pittsburg

Randy Hazlewood – Winnsboro

Nikki Hein – Mt. Pleasant

Amy Hinton – Mt. Pleasant

Jey Yancey – Mt. Pleasant

J.C. White – Mt. Pleasant

*"Honoring life by  
providing comfort, care,  
and compassion"*



## Cypress Basin Hospice - Neighbors Helping Neighbors

Volunteers are often described as the heart of hospice, helping organizations maintain a connection to the grassroots beginnings of hospice in America. According to the National Hospice and Palliative Care Organization, 420,000 hospice volunteers provide 19 million hours of service – worth \$469 million – each year.

In 2022 Cypress Basin Hospice volunteers contributed 715 patient care hours, 692 administrative/fundraising hours and 1,742 thrift store hours. Cypress Basin Hospice volunteers contributed a total of 3,149 hours which is equivalent to 393, 8-hour days total cost savings of \$89,872.46 (\$28.54 per hour – independentsector.org).



# Volunteer Today!

If your 2023 New Year's Resolution is to "make a difference" or "get involved in my community", Cypress Basin Hospice has an opportunity for you.

Cypress Basin Hospice invites you to serve one another through our Volunteer Services Program. Our volunteer opportunities range from socializing with our patients and their families, administrative projects, assisting with our flower angel or veteran programs, and working at our thrift store. Whether you have an hour a month or several hours a week to give, we have a volunteer opportunity tailored to fit your schedule.

Volunteering has a meaningful, positive impact on our community. But did you know that it can have many benefits for you too? Here are some reasons to volunteer:

- Learn or develop a new skill
- Be part of your community
- Boost your career options
- Discover new interests and hobbies
- Build your confidence level and self worth
- Introduces you to new friends
- Make a difference in your community!

Did you know? Each year in Texas, 4.4 million people volunteer 578 million hours of service.  
Become a volunteer and make a difference right here in East Texas!

Cypress Basin Hospice offers an array of volunteer opportunities including:

Companion Care- visiting with our patients to provide support and friendship

Administrative Support - assisting our office staff with filing and answering the phones

Flower Angel - making flower arrangements for our patients and long term care residents

Munchies & Memories - prepare snacks and reminisce with seniors in long term care facilities

Thrift Store - assisting with sorting, pricing and displaying donated items

Tuck In Program - call patients weekly to see if they have any needs

Camp Brave Heart - assist staff at our annual grief camp for children ages 6 - 12



## Meet Tiffany Aguilar

Tiffany began volunteering for Cypress Basin Hospice in June 2022, working with our young campers at Camp Brave Heart. Shortly after Camp, she transitioned into her current role as a companion volunteer.

Tiffany and her husband Chris own Mount Vernon Memorial Funeral Home and she is a dual licensed mortician, which is a funeral director and embalmer, and is also a licensed funeral pre planning agent. Tiffany and her husband live in Sulphur Springs with their fur babies, two dogs, Rosie a Border Collie and Betty, a Boston Terrier, and three cats: Priscilla Presley, Rascals Johnnie and Cairo Rae. They have a daughter, T. Kamille Serrano, who attends school at UT Austin.



### Why I Volunteer...

"As far back as I can remember, volunteering has been a huge part of my life. It's something that satisfies my soul and helps keep me grounded. Serving as a volunteer for Cypress Basin Hospice is a great way to be a blessing to others."

"One of the greatest influences in my life has been my dad, who passed away during my last semester of mortuary school. He was loving, caring, honest, hardworking, funny and beyond wise. He's the one that instilled in me a heart to volunteer. He also showed me what it means when you choose to love others," said Tiffany.

"Some of the principles that I live by are: respect and love. They never go out of style and they will always stand the test of time. They go with one another and they transcend all boundaries," she added. "Being grounded in my relationship with The Most High, listening to worship music, my relationship with my husband and daughter, as well as continually striving to learn and grow, as a woman, wife and mother, are what guides me."

Cypress Basin Hospice is thrilled to welcome Tiffany as one of our newest volunteers.

What do you **LIVE** to do?

BIBLE STUDY

PLAYING GAMES

GARDENING

REMINISING

LEARN HOW YOU CAN SHARE YOUR PASSION WITH OUR PATIENTS

volunteer today

CONTACT CHRISTINE JACKSON- 903.577.1510

follow us





# The CBH Difference

Our Commitment To The Community We Serve

## The Joy Project

Hospice is a calling, and Cypress Basin Hospice is proud to go above and beyond the call of serving our patients at bedside. For the Dixon's, our team and community were able to come together to fulfill the dream of a vow renewal. Each patient has their own story and our team meets our patients, their caregivers, and their families where they're at.

"No one wants to need the services of a Hospice but if you do, CBH is the one you want. They don't treat you like a client, they treat you like family. They helped make last year so much easier, especially the last week of Jimmy's life. I don't know how I would have made it without them."

- Sharon Dixon



## HAVE A HEART Make A Heart

**TAKE THE LOVE LETTER CHALLENGE:  
CREATE VALENTINE'S DAY CARDS FOR SENIORS**

Let's show our love for local seniors in long term care facilities by creating handmade Valentine's Day cards. Pull out your crafts – construction paper, scissors, crayons and more – and create a card!

### **MAKE HOMEMADE VALENTINE'S DAY CARDS**

You can include words of encouragement, Bible verses, or any uplifting words! It is recommended that you use construction paper for your cards that are no larger than 8.5 x 11 inches for ease of delivery. No glitter please!

### **PLEASE, NO CANDY!**

Not everyone who receives these cards will be able to enjoy candy. Please respect that by NOT putting candy in your card. Thank you!

### **DROP THEM OFF!**

Please deliver your cards to Cypress Basin Hospice at 207 Morgan Street in Mt. Pleasant, or call Christine Jackson, Volunteer Services Coordinator, at 903-577-1510 to schedule a pickup no later than Wednesday, January 25.

Cypress Basin  
Hospice