



SHARE
Foundation

Building a
Healthier
Community

NEWSLETTER



SHARE
Grants



SHARE the Spirit
Chaplaincy
Services
& Education



Interfaith Clinic



2009 "SPIRIT OF SHARE" WINNERS

At the SHARE Foundation Annual Employee Christmas Party held on December 17th, Steve Cossé, Chairman of the Board announced the "Spirit of SHARE" winners.

The "Spirit of SHARE" Award was created in 2004 to recognize employees of SHARE Foundation who go above and beyond their everyday duties. Any employee who has been with SHARE for at least one year is eligible for the award with the exception of the President/COO. Nominees are evaluated on their willingness to go the extra mile, as well as their compassion, loyalty, responsibility, and integrity toward their co-workers, patients, and members.

Nominations are made anonymously by fellow SHARE employees. An anonymous committee of the SHARE Board reviews the nominations and makes the selections. This year there were two finalists and one overall winner who exhibit the "Spirit of SHARE."

The first finalist was Terri Powell, Certified Nurses Aid/Food Tech of *Life Touch Hospice*. Terri has been described as giving 100% of her time & energy to see that the hospice mission statement is carried out. "She cares for patients as though they are her family members," states a co-worker. She treats her co-workers as though they are important, always speaking favorably of others, she comes to work with a smile. Terri always does more than is expected or asked of her. "If this company had about five more of Terri, we would all want to come to work – even on our days off." (photo unavailable)



Mr. Steve Cossé presents Charlotte Ellen with the 2009 "Spirit of SHARE" Award

(continued from cover)

The second finalist was Michelle Kinnaird, Membership Director of HealthWorks. Michelle is a great mentor for all the staff and a great ambassador for SHARE. “Her middle name should be ‘team player’. Michelle loves her staff, members and her position at HealthWorks and the SHARE Foundation and it shows every day.” “Michelle makes us all better employees,” states one co-worker. She always finds a solution to any problem and goes out of her way to make sure things are done right. “She doesn’t limit her abilities by just an extra mile...she goes miles!”

The two finalists received an engraved glass paperweight and an extra day of paid time off.

The 2009 “Spirit of SHARE” winner was Charlotte Ellen, Patient Care Manager at Interfaith Clinic. Charlotte is described as a devoted worker, treating all patients the same, with compassion and respect. She is always helping wherever she is needed, working extra hours, making sure patients, family, friends and co-workers always have what they need – regardless of the sacrifice to herself. “She takes her oath as a nurse as a way of life. She is a wonderful role model for any nurse, friend or co-worker.” “The amazing thing about her is that she is never too busy to stop and help a patient.” “We cannot forget that while she has done all these wonderful things for the clinic, she is a single mother and has raised three wonderful children.”

The overall winner received an engraved plaque and an additional week of paid time off.



Linda Stringfellow, SHARE Foundation COO, with Michelle Kinnaird, “Spirit of SHARE” finalist.

DIET MISTAKES AND HOW TO AVOID THEM

Part 4 of a 6 part series

THE DRIVE-THRU HABIT

You’ve had a hectic day, you’re tired and you’re thinking what can I have that’s quick for dinner? Why not fast food? Sure, you tell yourself. You’ll get a salad but once you are there can you really resist a milkshake or fries? According to a long term study, people who ate fast food more than twice a week gained an average of ten pounds in comparison to those who ate fast food once a week. Drive-thru is convenient but it can also become an unhealthy habit.

SIPPING CALORIES

With the holidays and parties behind us, did you keep in mind those sipping or drinking calories? We tend to overlook the calories we drink. A big mistake since those fancy coffees and alcoholic beverages have more than 500 calories. Even sodas and fruit juices will add up quickly. Liquid calories won’t curb hunger and you won’t eat any less after a high calorie drink. Drink lots of water. It is essential for burning calories. Adults who drink eight glasses of water a day burn more calories than those who don’t drink enough water. Try adding a glass of water with each meal and with snacks.



Interfaith Clinic

2009 LIFE TOUCH HOSPICE BALLOON RELEASE & COMMUNITY WALL UNVEILING



The 2009 segment of the Community Wall was unveiled on November 25, 2009 at the Union County Courthouse. Bricks are purchased every year for loved ones by family and friends to benefit *Life Touch* Hospice. The balloon release is held in conjunction with the wall unveiling. Balloons are purchased in honor or memory of someone special and then released by families/loved ones and *Life Touch* Hospice staff members. Bricks are installed once a year in November around the retaining wall of the Union County Courthouse.



THE LADIES' LUNCHEON/STYLE SHOW/SILENT AUCTION was held at First United Methodist in Magnolia benefiting *Life Touch* Hospice. Sponsors of the event were: Columbia County Ambulance Service, Lewis Funeral Home, Mule's Cantina, and ProMed Ambulance. The Style Show featured clothing from: Jennifer's, Lois Gean's, Manik, Inc., Pink n' Blue Avenue and Sara's.

ATTENTION EMPLOYEES

W2 Time is almost here. If you have any changes (i.e. name, address, etc.) please contact Shawna Ruffin at shawnaruffin@sbcglobal.net or Heather McGarity at heather.mcgarity@sbcglobal.net. You can also call the Admin. Office at 870-881-9015.

Groups of *Life Touch* Hospice volunteers and staff members caroled recently to patients in the John R. Williamson Hospice House, Nursing Homes and patients' homes.



(Above) A crowd gathered in anticipation of the lighting of the *Life Touch* Tree of Lights held on Dec. 1st. The tree remained lit through the month of December.

(R) A few of Parkers Chapel Jr. High Cheerleaders came out to the John R. Williamson Hospice House to bake cookies for the patients and caregivers.



NATIONAL CHAMPS

Mike Dupuis, left HealthWorks Director, Linda Stringfellow, SHARE Foundation COO, and Team Arkansas Coaches Farrin Cain and Patrick Bass, gather to celebrate the team's National Championship. Forty swimmers, including 28 from El Dorado, 9 from Little Rock and 3 from Searcy, made up the team, which won the AAU Junior Olympics

in August in Des Moines, Iowa. SHARE Foundation purchased the team's championship rings. The celebration and ring presentation was Nov. 14 at HealthWorks.



GRADUATION OF CLINICAL PASTORAL EDUCATION CLASS



In December Dale Bowen, Pat Odom, James Fout and Mike Proctor successfully completed a unit of Clinical Pastoral Education (CPE) at the Medical Center of South Arkansas.

Clinical Pastoral Education is a professional training experience for persons engaged in clinical chaplaincy. Each unit consists of 100 hours of instruction, small group dynamics and personal supervision, as well as 300 hours of clinical practice. The Reverend Phil Pinckard, M.Div., CPE Supervisor-in-Training and Board Certified Clinical Chaplain, leads the program.

Jake Jacobi with Snell Prosthetic & Orthotic Lab. present the annual contribution to Shelley Rahaim, Director of Public Relations for SHARE Foundation.



EMPLOYEE SPOTLIGHT



Becky Davis

Licensed Practical Nurse
Interfaith Clinic

Place of Birth: El Dorado, AR

Favorite Song: *Give Me Your Eyes*
by Brandon Heath

What I like most about my job:
Helping others in need

I drive: A 2009 Kia Sorento

My fondest memory: Finding out I was pregnant with my first child after trying 15 years.

I'm most thankful for: My children & husband.

I never imagined: motherhood could be so rewarding.

A little known fact: I was a beautician before I became a nurse.

My dream is: To see my children grow up and accomplish their desires. I live for my children, God's gift to my husband and me.

GOLF TOURNAMENT CHECK PRESENTATION TO INTERFAITH



Matthew Shepherd, Golf Tournament Committee Chair, presents Bettye Thurmon, Executive Director of Interfaith Clinic a check for \$48,000 from the 2009 First Financial Bank/SHARE Benefit Golf Tournament Committee and Tournament Winners.

Since proceeds were first designated toward the Clinic in 1996, the tournament has donated over \$573,000, a huge contribution to an organization that receives *no government funding* as the demand for the services increases.



PRIDE GEARING UP FOR A STRONG 2010

On November 14, several students from Union County auditioned for the 2010 Arkansas State PRIDE Team. The students competed for positions as singers, dancers, or actors. PRIDE Youth Programs is excited to have 24 Union County youth representing our area on the state team. The 2010 State Team consists of youth from Hot Springs, Magnolia, El Dorado, Smackover, and Norphlet. These students will perform and assist at the 19th Annual Arkansas PRIDE Conference in Hot Springs, February 22-23, 2010. Union County is represented by the following youth:

Vocalists are Allison George, Sharvonnia Nelson, Tylor Ritz, and Amanda York from El Dorado; and Sherrile Turner from Smackover. The dancers are Cabrina Aaron, Kjersti Cogburn, Taylor Culpepper, Kadi Dykes, Shanetta Hicks, Lesly Jervis, Jeremy Rogers, and Jessica Turner from El Dorado; Jordan Burns and Blaklee Jerry from Norphlet; and Kiera Burks, Dominique Gray, Shaq Richardson, and DeVonte Roberson from Smackover. The acting team consists of Ashley Malone, Lillian Revels, Greg Roberson, and Jordan Thurmon of El Dorado; and Audrey Kemp from Smackover.

Congratulations to ALL area PRIDE youth!

PRIDE Youth Programs is gearing up for a strong 2010! In January, PRIDE will host “Teen Time” for all ninth graders in the El Dorado School District, “Best Friends, Worst Enemies” for 5th-8th grade girls, and “Real Men” for 5th-8th grade boys. Suze Rutherford, Lead Trainer for International Training Associates, will be flying in from Seattle, Washington to lead these trainings. PRIDE Youth Programs’ very own Chris Becnel will conduct the “Real Men” training. These trainings are set for the week of January 25-29.

Happy Birthday!

JAN. BIRTHDAYS

Gladys Rivas	4 th
Linda Stringfellow	7 th
Charlotte Ellen	7 th
Bobbie Smith	7 th
Laura Taylor	11 th
Monique Thomas	11 th
Jeanna Thomason	14 th
Deborah Thompson	14 th
Monica Christianson	18 th
Catina Frazier	18 th
Shelley Rahaim	22 nd
Thomas Waters	23 rd
John Bretschneider	24 th
Venus Ford	24 th
Amy Hayes	27 th
Devonye Tucker	29 th

FEB. BIRTHDAYS

Jane Victoria	1 st
Cherelle White	2 nd
Toni Dixon	4 th
Cartrina Brooks-Smith	5 th
Savanna Langston	6 th
Betty Dowty	10 th
Marti Hogue	14 th
A. Machel Clark	17 th
Wanda Johnson	20 th
Tarrah Wake	21 st
Ann Robinson	22 nd
Alisa Earnest	26 th



CALENDAR OF EVENTS

JANUARY

- 1 New Year's Day
SHARE offices closed
- 5 "Appealing Appetites"*
11:30AM
- 6 SHARE Grant Awards
Presentation, SAAC, 10 AM
- 12,13 *Life Touch* Hospice
- & 14 Volunteer Training, 9:30 AM
- 14 Healthy Cooking*, 11:30 AM
- 18 Martin Luther King, Jr. Day
- 28 Diabetes & Exercise*
9:30 AM

FEBRUARY

- 2 "Appealing Appetites"* , 2 PM
- 11 Healthy Cooking*, 11:30 AM
- 14 Valentine's Day
- 15 President's Day
- 19 Roundtable Lunch Discussion
with Dr. Reddy*, 12:00 PM
- 17 Ash Wednesday
- 22-23 Arkansas PRIDE Conf.
- 25 Diabetes & Exercise*,
9:30 AM
- 25-26 *Life Touch* Hospice Individual
Crisis Intervention & Peer
Support, SouthArk

**Meet in the HealthWorks Conference Room. Call 870-862-5442 for more information. Spots are limited.*

SHARE ANNIVERSARIES

JAN. ANNIVERSARIES

Phil Pinckard	13 years
Donna Holmes	12 years
Robertine George	9 years
Melissa Henley	9 years
Carol DeVault	7 years
Erin Welch	4 years
Sharon Story	3 years
Patricia Storey	3 years
Regina Zeigler	2 years
Farrin Cain	2 years
Brandy Guidry	2 years
Kyle Rainwater	1 year

FEB. ANNIVERSARIES

Alisa Earnest	10 years
Shawna Ruffin	5 years
Shirley Tinsley	3 years
Bonnie Warwick	3 years
Jackie Fuller	3 years
Luther Allgood	3 years
Wanda Johnson	3 years
Randal Garner	3 years
Erica Traylor	3 years
Timothy Smith	2 years



SHAREing

From: Linda Stringfellow, President/C.O.O., SHARE Foundation

REKINDLE INNER LIGHTS

In her speeches and workshops Barbara Glanz sometimes asks her audiences to shut their eyes and think about someone who, at some time in their lives, has “rekindled their inner lights”. She says that it is always a profound experience for people as they remember the joy of being appreciated by someone when they needed it most. May your inner lights be rekindled this year. Although you may never be told by the individuals themselves, throughout the year each of you will make a difference in the lives of others. They may be families served by Life Touch or patients at Interfaith or clients at HealthWorks. They may be inpatients at MCSA or young people at PRIDE. They may be scholarship recipients or grantees. They may be co-workers, volunteers or neighbors.

Because of what you do others will be encouraged, aches and pains will be lessened, burdens will be made a little lighter and hearts will be refreshed.

Your unselfish acts of service will bring joy and renewal to others much like Philemon did for Paul in the New Testament. The Apostle Paul tells Philemon, “Your love has given me great joy. It has cheered me up. My brother, you have renewed the hearts of God's people.”

870-881-9015 Phone
870-881-9017 Fax

www.sharefoundation.com

403 West Oak, Suite 100
El Dorado, AR 71730

RETURN SERVICE REQUESTED

NON-PROFIT
ORGANIZATION
US POSTAGE
PAID
EL DORADO, AR
PERMIT #44

SHARE Foundation
403 W. Oak, Suite 100
El Dorado, AR 71730

