

Volunteer Connection



Woman's

exceptional care,
centered on you

A-HEC of a Summer 2024

The 2024 A-HEC of a Summer Program wrapped up last week with a closing ceremony. Special thanks to the 60+ staff members who helped make the program a great experience for the 12 high school students while they were on our campus. The students represented high schools from Baton Rouge Magnet, Denham Springs High School, East Iberville High School, Liberty High School, St. Michaels High School, Walker High School and Woodlawn High School.



Celebrating JULY Birthdays!

8 – Frankie Edwards, Cathy LeBlanc

12 – Kim Franks

13 – Terry Ashford

14 – Cristina Lawrence

15 – Helen Lemoine

16 – Pat Penton

18 – Glenda Hutchison, Elaine Zollmann

23 – Melissa Molaison

24 – Anne Russo

28 – Lisa Morris



Central Louisiana AHEC

“A-HEC of a Summer”
Health Careers Volunteer Program
2024

Special Thanks To

Woman's Hospital



INDEPENDENCE DAY

Upcoming Volunteer Opportunities

Linen and Sheets Pop-Up Shop

Thursday, August 15

8 AM – 10 AM	1 volunteer
10 AM – Noon	2 volunteers
Noon – 2 PM	FULL
2 PM – 5 PM	2 volunteers

Friday, August 16

8 AM – 10 AM	2 volunteers
10 AM – Noon	2 volunteers
Noon – 2 PM	1 volunteer

Perinatal Mental Health Unit Grand Opening

Thursday, August 22

5:30 PM – 7:30 PM	3 volunteers
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Friday, August 23

2 PM – 4PM	2 volunteers
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Bust Out T-shirt Sales

Monday, August 26 @ BAT Center

10 AM – 1PM	2 volunteers
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Wednesday, August 28

10 AM – 1PM	2 volunteers
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Thursday, August 29

10 AM – 1PM	2 volunteers
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Please email pam.parker@womans.org if you are interested in any of these shifts.



Patriotic Berry Trifle

Ingredients

- 1 (1 ounce) package instant vanilla pudding mix (such as Jell-O®)
- 2 cups cold milk
- 1 (8 ounce) container frozen whipped topping (such as Cool Whip®), thawed
- 1 (13 ounce) package angel food cake, cut into 1/2-inch cubes
- 2 cups fresh strawberries, sliced
- 1 cup blueberries
- ½ cup fresh raspberries

Directions

1. Prepare the instant pudding first according to package direction by whipping the pudding with the cold milk until soft set. Refrigerate until firmed up, about 1 hour.
2. Sprinkle half of the diced angel food cake onto the bottom of a trifle bowl. Set aside a few of the blueberries, strawberries, and raspberries to decorate the top of the cake. Add half of the remaining berries evenly over the cake pieces, then spoon the set pudding on top of the berries.
3. Add the last layer of cake and any remaining berries (except those reserved for decoration). Top berries with frozen whipped topping, spreading gently to create a smooth and even surface. Use the reserved berries to decorate the top of your trifle however you'd like!
4. Serve immediately, or refrigerate until ready to serve (don't make too far in advance, as the cake will start to break down the longer it sits).



July 4th

Word Search Puzzle

D	E	C	L	A	R	A	T	I	O	N	Y	Y	C
C	T	J	V	K	H	I	S	T	O	R	Y	Z	W
L	H	C	T	R	X	A	F	R	E	E	D	O	M
L	L	I	B	E	R	T	Y	U	O	R	N	A	X
H	Y	S	C	P	R	I	D	E	I	P	S	S	X
W	T	V	A	Y	A	E	N	O	K	N	W	U	R
S	B	M	G	N	J	U	L	Y	D	A	U	M	G
E	N	E	O	F	A	M	I	L	Y	T	G	M	F
F	I	R	E	W	O	R	K	S	W	I	L	E	C
G	R	N	I	Y	B	V	B	J	Q	O	O	R	D
H	G	A	T	M	I	M	L	N	Z	N	D	R	I
Q	T	E	P	A	T	R	I	O	T	I	S	M	E
I	N	D	E	P	E	N	D	E	N	C	E	G	M
W	Q	D	C	B	O	O	U	U	V	E	E	L	M



FIREWORKS
HISTORY
JULY
PRIDE

LIBERTY
DECLARATION
FAMILY
INDEPENDENCE

NATION
SUMMER
PATRIOTISM
FREEDOM