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

“A-HEC of a Summer”
Health Careers Volunteer Program 2024
Special Thanks To
Woman’s Hospital
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

**Friday, August 23**
- 2 PM – 4 PM: 2 volunteers

Bust Out T-shirt Sales

**Monday, August 26 @ BAT Center**
- 10 AM – 1 PM: 2 volunteers

**Wednesday, August 28**
- 10 AM – 1 PM: 2 volunteers

**Thursday, August 29**
- 10 AM – 1 PM: 2 volunteers

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).