

Texoma celebrates 30 years of working with Reba

Reported by Sherry Simmons, Texoma Medical Center Volunteer, TAHV District 5 Board Member

What started out with a simple request made to country music artist Reba McEntire to put on an event to help Texoma Medical Center in Denison has turned out to be a tradition that has continued to this day. Following that first concert, Reba returned to perform 11 more times over the years. The concert continued to grow each year, necessitating its move to the football stadium and eventually North Texas Regional Airport - Perrin Field. The event went on to become a who's who of country music over the years with performances by Brooks & Dunn, Dolly Parton, Garth Brooks and Vince Gill, among others. What started out as a benefit concert supported by the community, has grown into the creation of Reba's Ranch House, a home away from home for families visiting loved ones in the hospital. In honor of the anniversary, Reba made a surprise appearance at this October event.



To the left, Stan and Sherry Simmons pose for a photo op with Reba McEntire

Below: Reba's Ranch House, a home away from home for families visiting a loved one in the hospital.



The President's Ponderings



How Can I Help You?

The "Traveling Trio" recently returned from the "Trio Trip", a 3 1/2 week tour covering District Meetings in all 10 TAHV districts in the great state of Texas. I know we (TAHV member facilities) all share in some concerns and vary on others. We all have concerns recruiting,

in part due to the current cultural and political variables in our medical facilities and communities—we just vary in scope and size. More people continue to work after retirement to supplement income and lifestyle, and fewer consider volunteering as a worthwhile activity to give back to their communities. Sometimes they just don't know where they're needed. On top of that, some hospitals are closing and some are being bought out by large corporations. Some auxiliaries are disbanding though some volunteers remain active in their hospitals anyway. Some auxiliaries have difficulty finding members who will take on an office and switch to a Board to govern them. Many are now managed by a Director of Volunteer Services. This said, the changes in our hospitals have an effect on the needs of our volunteers. I am from a small non-profit community hospital and not as threatened as some by these changes. Our CEO loves us and likes that we fundraise to support the needs of our hospital. (I know many of you enjoy this status as well) We're 'small potatoes', but NOT to our wonderful CEO or our staff. We are so appreciated for what we are able to give. We are special and in many ways, we're considered staff!!! Unfortunately, many of our members are 'aging out' and we need more active energetic members. Many of our members love to come to our District Meeting to see what projects/fundraising activities others volunteers are doing that might work in our small hospital/community. I need to understand the needs of our larger hospitals as well as we (TAHV) want to be relevant in meeting the needs on our medium and large hospitals and our hospices and nursing home volunteers.

TAHV is here to assist/support volunteers in ALL healthcare venues. So I want to know YOUR thoughts and ideas! What topics would benefit your groups at Conventions in the future and at District Meetings? Even though District Meetings usually support the President's theme, there may be helpful topics within any given theme.

TAHV is working hard to develop educational topics for today's volunteers through a committee called "Educational Topics for Volunteers" or ETV. We will be debuting one of

the offerings at District Meetings in 2017. One program is ready and available as a power point program that can be sent either by email or by mailing a thumb drive. Typically it could be presented by a Board member from your district (upon request) or by a member of your volunteer group, or by your DVS. So far the topic that is available is entitled "Customer Service" and deals with how volunteers ideally work with those we serve: patients, families, staff, and community. Topics in the works are on "Recruitment and Retention" and on "Leadership and Teamwork". Hopefully these will provide new ideas that might help volunteers in today's environment. Your opinions and input are welcome. Please send any ideas or thoughts to me either by email at mkjudi-winslow@hotmail.com or by snail mail at Judi Winslow, 188 Walker Road, Olney, TX 76374. I can certainly share with the ETV Committee. We are here to serve you and represent you. I look forward to having your help in the direction TAHV is taking to maximize the usefulness, the commitment, and the rewards of pursuing a long term volunteer experience. Our communities, our hospitals, staff and especially our patients and their families need us. Please let me know how TAHV can help you.

Paws for Service

by **Bernie Barnes**,
Board Member,
READ Coordinator



PAWS for Service started in 1995 as a small outreach program and has become San Antonio's premier non-profit therapy dog organization. Our mission is to improve human health and well-being by promoting mutually beneficial relationships with animals and using them as examples of God's unconditional love.

PAWS for Service trains, certifies and places therapy dog teams in the greater San Antonio area. PAWS has more than 100 registered volunteer teams making over 200 visits a month. PAWS teams visit hospitals, nursing homes, assisted living facilities, rehabilitation sites, veteran services, memory care centers, schools and libraries. PAWS membership teams are comprised of people from all walks of life: professionals, executives, homemakers, business owners, students and retired folks. Anyone who has a compassionate heart is welcome. PAWS dogs range from purebred champions to mixed breed rescue dogs of all sizes. PAWS for Service is recognized by the American Kennel Club (AKC) and authorized to certify teams for AKC Therapy Dog titles.

PAWS for Service is also an affiliate of the Reading Education Assistance Dogs (R.E.A.D.) whose mission is to improve the literacy skills of children through the assistance

Continued on page 3

Paws for Service-continued from page 2

of registered therapy teams as literacy mentors. This addition to our program occurred only about 18 months ago yet we currently have 11 teams who are active in elementary, junior high schools and libraries throughout San Antonio. Combined, PAWS R.E.A.D. teams serve roughly 40 struggling and disengaged readers every week.



On a more personal level, our teams have witnessed making a child struggling with chemo and cancer smile and laugh during a rough week; lit up the eyes of an Alzheimer patient who remembers their pet; watched a veteran who had been unsuccessful in physical therapy throw a ball, and built confidence in a child struggling to read a story. In addition, our teams provide therapy to parents, siblings, nurses, doctors, therapists, and people they may meet on the elevator or while entering a facility. The stories that our teams share are sure to bring a tear to your eye, a smile to your lips or the feeling that our everyday situations are minimal compared to the struggles that others face on a daily basis.

Please visit our website at www.PAWSforservice.org for more information.



"The most powerful thing on earth is the human spirit on fire!"

Gathering for the District 3 Meeting

by Norma Burnside, Volunteer,
CHRISTUS Spohn Hospital – South
District 3 Board Member

On September 30, 2016, CHRISTUS Spohn Hospital provided a bus to carry volunteers from their 5 in-town and small out-of-town facilities to attend the District 3 Meeting. The five facilities are CHRISTUS Spohn-Alice, CHRISTUS Spohn-Kleberg, CHRISTUS Spohn-Memorial, CHRISTUS Spohn-Shoreline and CHRISTUS Spohn-South.

Our DVS, Marissa Carrillo, provided us with water, kalaches and taquitos to eat as we traveled our 2 ½ hour ride to Mission, Texas, where the District #3 meeting was hosted by Mission Regional Medical Center. When we arrived and walked in we were blown away by the beauti-



fully decorated room with a color theme of violet/purple. In attendance were 13 hospitals, 6 TAHV Board Members, 88 volunteers and 9 Directors of Volunteer Services. Our speaker was Dr. David Hernandez, MD, PA, and his message was "Love Thy Neighbor" quoting the story of the Good Samaritan from the Bible. He reminded us that volunteers should be the "Good Samaritan". We were then entertained by Maria G. Garza with "Golden Age Zumba", showing us some zumba moves and inviting the volunteers to join in as many did.

To arrive on time, we left Corpus Christi at 5:45 am and returned around 6:00 pm. This was a wonderful trip, informative District Meeting and great opportunity for camaraderie with our fellow volunteers.

YOUR DATABASE UPDATES ARE IMPORTANT!

Please use the "Database Update" form from the TAHV website (www.tahv.org) throughout the year to keep your information current.

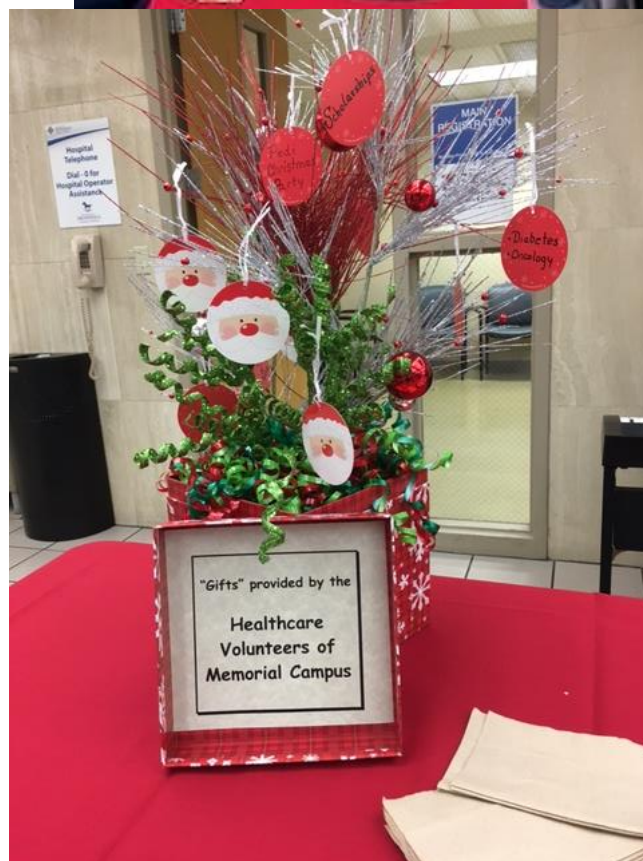
IF CANNOT DOWNLOAD OR PRINT IT, PLEASE CONTACT:

Stephen Apple, Database Chairman
2819 Rainforest Court; Southlake, TX 76092
PHONE: 817-845-3281; Email: Stephen@txapples.com
(A form will be sent to you!!)

A Holiday Tradition

by Patricia O'Toole, Auxiliary President,
Memorial Campus; District 2 Board Member

The Hospitals of Providence - Memorial Campus, El Paso, TX, served cookies and cider, and this year we also offered hot chocolate, to all employees, patients, and visitors to the hospital on December 14, 2016. This is an annual affair, and is a Christmas gift from the volunteers to the hospital. Anders, one of our UTEP student volunteers helped serve the cider and hot chocolate, and Jeffrey, another UTEP student volunteer, provided wonderful Christmas music on the keyboard. Rosie Moniz and Pat O'Toole served the cookies, and also taste tested on occasion to make sure the cookies were still fresh and crisp! Arnold Garcia also assisted in the taste testing. Rosie, and another of our NICU Nanny volunteers Adrienne Ninos, (not pictured) made the beautiful table decoration featuring all the ways our Healthcare Volunteers give back to the hospital. A wonderful and tasty time was had by all.



Inquiring Minds Want to Know

If your Volunteer Group/Auxiliary participates in unique events or fundraisers, don't keep it a secret? Need to HONOR someone very special in your unit? Please share!!! **Send articles/pictures for the Outlook!!! Let's learn from and celebrate one another!**

Send to:
Pat O'Toole at
pcotii2004@msn.com

Five Nice Little Stories

Once all the villagers decided to pray for rain, on the day of prayer all the people gathered, but only one little boy brought an umbrella. **That's faith.**

When you throw a baby in the air, she laughs because she knows you will catch her. **That's trust.**

Every night we go to bed without any assurance of being alive the next morning but we still set the alarm to wake up. **That's hope.**

We plan big things for tomorrow in spite of zero knowledge of the future or having any certainty of uncertainties. **That's confidence.**

We see the world suffering and we know there is a possibility of the same or similar things happening to us. But we still get married. **That's over-confidence!**

Happy 100th to Connie in Beaumont!!

By Julian Payne, Beaumont Baptist Hospital Volunteer,
District 4 Board Member



Dad (police officer) looks on as his son shows Connie a card he made for her

Connie Dickinson turned 100 years old on October 18, 2016. This special day was celebrated by Baptist Beaumont Hospital staff, volunteers, patients, and guests during Ms. Dickinson's volunteer shift the day before. This awesome lady has been a faithful hospital volunteer since 1990 accruing more than 15,000 volunteer hours. She can still be found every Monday and Saturday morning at the Information Desk assisting patients and guests. She has certainly taught us a LOT about giving our time with a kind and humble heart since she has a BIG one!!! Baptist Beaumont Hospital is so blessed to have Connie Dickinson as part of our volunteer team!

Happy 100th to Vera in Texoma!!



Texoma Medical Center, TMC Volunteers and family celebrated the 100th birthday of long-time, volunteer, Vera Kennedy, so cake and punch were the order of the day. Vera has been a TMC Volunteer for the past 30 years and is known and admired by doctors, nurses, administration, volunteers and more patients and families than could

be listed here. She is the oldest volunteer at TMC and is also among the top three volunteers who have served the most hours at the hospital. Vera can often be found greeting visitors in the ICU waiting rooms and continues to bring joy to the hospital's new mothers by putting together educational packets for them and tackling what-ever other tasks she's asked to do. It is this care and dedication that garnered Vera the honor of being named the Salute to Senior Service award winner for the state of Texas in a national contest by Home Instead Senior Care in 2014.

This remarkable lady has personally seen nearly a century of history unfold. Vera's wisdom and servant hearted nature have served thousands of families in north Texas. Over the years she has volunteered a total of 18,749 hours. At the ripe age of 100 years, Vera is an inspiration to anyone who has the privilege of getting to know her and, if you are lucky, she might just give you a ride in her new red car!



Ms. Connie and her Monday morning Information Desk partner, Helen Burford.

On Volunteering....

Having run across this article before and also it was in a packet at one of the District Meetings, it is so true – even today and worth sharing. Most of the article appears below.

Volunteering, it does a body good

From **US News & World Report**, November 2010

Written by **Angela Haupt**

Brooke Ellison would have been bitter, rendered a quadriplegic at age 11 when she was struck by a car while walking home from her first day of junior high. Instead, she's living a fuller life than she could have imagined when doctors told her she'd never walk again. The secret, says Ellison, 31, of Stony Brook, NY, is helping others cope with their own life-altering challenges. "My mother tells me it makes me glow, and I feel it. I feel invigorated." She says. "Where I've gotten over the past 20 years – and my ability to continue moving forward, living my life as fully as possible – is a direct result of what I feel I can give to other people."

And she has gotten far: Ellison graduated from Harvard with a bachelor's degree in Cognitive Neuroscience in 2000 and a master's in Public Policy in 2004. That year, *The Brooke Ellison Story*, directed by Christopher Reeve, premiered on the cable channel, A&E. Today, Ellison is pursuing a doctorate in Sociology at Stony Brook University. All the while, she says, reaching out to others has improved her own well-being, which researchers say is no surprise.

Why volunteering makes us healthier is rooted in biology, says Stephen Post, coauthor of *Why Good Things Happen to Good People* (2007) and Director of the Center for Medical Humanities, Compassionate Care, and Bioethics at Stony Brook University, "One of the best ways to get your mind off your aches and pains is to get your mind on somebody else." He says. "This is a new science, but it does seem that we involve the brain, we involve the immune system, and we probably involve certain hormones, like oxytocin – the compassion hormone."

A variety of studies over the years suggest that, no matter where they begin healthwise, volunteers reap physical and emotional benefits, including less stress and depression, and longer lives. Volunteering is particularly beneficial to adults 65 and older and those who serve more than 100 hours each year. In a survey of more than 4,500 adults released in April by United Healthcare and Volunteer Match, 68% said they felt better physically since they started volunteering; 29% said giving back was helping them to manage a chronic condition. And volunteers were more likely to report a greater sense of well-being --- and of purpose and meaning in their lives – than non-volunteers.

Lending a hand can lessen pain and burst functional abilities, like walking and doing heavy work around the house, according to a Corporation for National and Community Service report. High levels of oxytocin decrease stress, which in turn helps ward off illness and keeps the body healthy. Post says. Volunteering also elevates levels of the body's natural opiates, like endorphins, or happy hormones," and dopamine.

For older adults prone to social isolation, volunteering offers enhanced social networks and a way to stay active in the community – and, with that, a sense of belonging. It also can improve volunteers' perception of their own competence. People who help others tend to live longer: "Helping is an independent, unique predictor of reduced risk of mortality," says psychologist Stephanie Brown of the Institute for Social Research at the University of Michigan. There's a very reliable association." Brown followed more than 400 elderly couples for five years, and found that people who provided hands-on support were half as likely to die over the study period as non-volunteers – even when adjusting for factors like baseline health, mental health, and age.

Not all who volunteer, of course, will experience the so-called helper's high. A study published in *the Gerontologist* in March 2010 suggests volunteers benefit most when programs provide strong "organizational support." That translates to volunteers finding their work interesting, feeling that they're being used effectively, and receiving positive feedback. "Having a practical, optimal opportunity makes a difference." Post says. The bottom line? It's good to be good. "Try to be generous and kind and helpful to people and you're going to be shielded from a number of stress-related illnesses. And odds are, you're going to live a little longer."

"People tend to support that which they helped to build."

Jean Holmes honored at ETMC for 55 years of service

Jean Holmes was honored at the annual Christmas Brunch recently with a special thank you from the ETMC Hospital Administrator, Mr. Pat Wallace and was presented a beautiful bouquet by Margaret Austin, President, as a token on appreciation from all the Auxiliary members.

From a Pinafore to a Pink Jacket, Jean has traveled through the years as a member of the East Texas Medical Center, Athens having recently retired after 55 years of service. Jean was the last charter members to retire.

What a lady – what an inspiration to us all. She is an encourager – whether with a card along with a personal note, a phone call or a hug when you ran into her at the hospital. She worked on the front desk greeting all that entered with a beautiful smile, her makeup on and every hair in place....soft spoken, truly a lady in every sense of the word. She set an example for us all and will be greatly missed.

When asked what she would miss, she said that she would miss helping people as that is what “we are supposed to do – just as it says in the Bible!!”



Steps to Prevent a Fall

From The National Council on Aging



Every 13 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. In 2011, nearly 23,000 people over age 65 died and 2.4 million were treated

in EDs because of falls.

Stay safe with these tips!!

♥ Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.

♥ Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.

♥ Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.

♥ Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.

♥ Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

♥ Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

Walking, it's good for the heart

By **Norma Burnside**,

Volunteer CHRISTUS Spohn Hospital-South, District 3 Board Member

For the past 3 years, CHRISTUS Spohn Hospital-South (Corpus Christi) has been involved with the American Heart Association's "Heart Walk". The volunteers have a team and also team up with the associates at South to walk. This year, on October 1st, 2016, the volunteer team raised just over \$500. Though about ten volun-



L-R: Ruth Vermace, Sister Brenda Thompson, Dale Roper, George Rosas, George's wife, Falilat O., Norma Burnside, Diane Lanahan and Lauren Rimmer. Many others were present but didn't make the picture.

teers walked, six actually worked towards raising the actual monies. It is a great time to get together, have a good walk and enjoy good fellowship together. We walk along the Corpus Christi Bay front, which is a beautiful walk.

Most teams wear t-shirts representing their company, office, etc. The CHRISTUS team has purple t-shirts that we were given to wear any time we participate in a community event. So you get to see all the companies, offices, schools and hospitals represented.

If your group does not take part in the American Heart Association's "Heart Walk", you might want to check into it. It's a 5K walk (actually about 2 1/2 miles) and takes place early on a Saturday morning. It's fun and it's for a good cause.



Welcome new member- Transmountain Campus

The **Hospitals of Providence, El Paso, Texas**, opened the fourth campus in the network on Tuesday, April 17, 2017. The Transmountain Campus, a 5 floor, 104 bed hospital, is located on the West side of El Paso, and will serve patrons all the way to Las Cruces, New Mexico and possibly beyond. The Transmountain Campus is a teaching hospital associated with Texas Tech University, and will give those medical students a chance to serve their internships locally. The hospital has a huge Labor and Delivery Floor, wonderful state of the art Emergency Room, two patient room floors, Surgical Suites Floor, family waiting room, Endoscopy Center, Cath Lab, ICU and other facilities. The hospital does not have Pediatric Services at this time. Employees have come from the existing campuses, with many also coming from all over the US. Many volunteers are already in place, and we are hoping for more on a daily basis. This is an exciting time for The Hospitals of Providence! WELCOME!!!!

Wreaths Across America

by **Norma Burnside**, CHRISTUS Spohn Hospital-South Volunteer, District 3 Board Member

On December 17, 2016, a beautiful, warm, sunny but windy Corpus Christi day, Corpus Christians honored "Texas Veterans" at our Veteran's Cemetery. Wal-Mart donated all wreaths to the Corpus Christi event. This year they donated 1,550 wreaths.

At the 2015 TAHV Convention in Dallas we heard from the Bush family, who related to us how they became involved in this event in the Dallas area. We were so impressed with the information that we took it back to our volunteer group and this past December we became involved.

CHRISTUS Spohn Hospital has 5 hospitals in the area and the hospital volunteers from CHRISTUS Spohn Hospital-South and CHRISTUS Spohn Hospital-Memorial participated. We wore our purple TEAM shirts, given to us to wear at community events. Together we were about 25 strong. Also, we met up with our former TAHV President, Sue Bickham who was there with a friend whose husband was buried there.

The Corpus Christi Veteran's Band continuously played songs for each branch of the military as we awaited the arrival of the large Wal-Mart truck with the wreaths. They continued to play during the presentation of the Armed

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Where can you hear?

by Sherry Simmons, Texoma Medical Center Auxiliary, District 5 Board Member, 2nd Vice President

Where can you hear...

- ⇒ examples of volunteer leaders and their DVS working to unify and accomplish great things for their patients, families, and employees
- ⇒ how to create simple bylaws to make your volunteer group operate effectively
- ⇒ advancements in surgery;
- ⇒ how dogs and their handlers create a hospital service that can change lives;
- ⇒ what to do about scams and frauds targeted at the elderly;
- ⇒ drug interactions;
- ⇒ advice from paramedics;
- ⇒ how to create an outstanding newsletter;
- ⇒ ideas of volunteers from across the state at Bring Your Own Ideas
- ⇒ how to deal with difficult people from nationally recognized speaker, Bill Crawford, PhD.
- ⇒ AND for the first time: "what others do in their gift shops" in a special afternoon BYOI-Gift Shops session;

And the answer is:

**at the
TAHV Convention 2017
May 25th -27th, 2017
at The Woodlands.
BE THERE!!!!**

Just for laughs...The Architect

One Sunday, an architect visited Seoul, Korea. He was there for a conference but had all Sunday to explore the city. He decided to take a taxi around the city and see lots of sites. He paid the taxi driver \$100 and said, "Take me around Seoul and show me all the sites" The taxi driver was very happy for the business and started driving. Immediately, they saw a big, beautiful palace. The architect said in a loud voice (for he was from Texas). "What is the building?" The taxi driver said, "That is Gyeongbokgung. It took almost 20 years to build! "Ah, that's nothing" replied the American. "We could build that in a year in America. The driver continued driving. Suddenly the Texan saw a large domed building. He asked, "What building is that?" The taxi driver said, "That is the National Assembly, it is the largest in Asia." The architect replied, "Ah, that's nothing. Back home, we could build that in a few weeks!" The taxi driver continued driving. They passed a very high, gold building which shimmered in the sun. The architect jumped up in his seat and screamed, "Oh my god! What building is that?" The taxi driver looked back at him and shook his head. He said, "I DON'T KNOW. IT WASN'T THERE THIS MORNING!"

The silent partner

Working at the reception desk badging and signing in visitors;

I am the silent partner of the security staff for my hospital.

Forwarding phone calls to rooms, paging people and providing information;

I am the silent partner of the administrative staff for my hospital.

Working at the surgical reception desk in the waiting room and giving much awaited updates;

I am the silent partner of the surgical nurse for my hospital.

Working in the gift shop and helping a young father pick out the perfect gift for his new bundle of joy;

I am the silent partner of the public relations department for my hospital.

Stopping in to chat with a patient who has no visitors;

I am the silent partner of the patient experience department for my hospital.

Hugging a weeping family member who is in distress and helping to soothe their fears;

I am the silent partner of the Chaplain for my hospital.

Fundraising for a new piece of equipment that just can't be budgeted and making it happen;

I am the silent partner of the purchasing department for my hospital.

Stopping in at the children's floor to read books and entertain the children;

I am the silent partner of the nursing assistants for my hospital.

Delivering flowers and packages to patients' rooms;

I am the silent partner of the mail room for my hospital.

Wiping up a spill in the hall or a patient's room;

I am the silent partner of the housekeeping staff for my hospital.

Going into the community and pleading our hospitals case on every issue that affects it;

I am the silent partner of the CEO for my hospital.

Do you know who I am?

I am a volunteer, I am the silent partner.

***"Individually we are but one drop.
Together we are an ocean."***



Cogdell Memorial Hospital, Snyder



**Covenant Health System
Medical Center,
Lubbock**



**Northwest Texas
Healthcare Sytem,
Amarillo**



**Childress Regional
Medical Center**



**Medical Center Health
System Campus, Odessa**

Hospitals Visited on the tour of District Meetings



Methodist Hospital—San Antonio



**Seton Medical Center
Williamson, Round Rock**



Medical Center of SE Texas, Port Arthur



**Palestine Regional Medical
Center, Palestine**



Texoma Medical Center, Denison



Healing Garden - Amarillo



Pill Box Hat and Ball Gown (Snyder)



Methodist Children's Hospital, San Antonio



Kids paint ceiling squares - Amarillo



Great Entertainer - Snyder

Special Touches



Port Arthur made a banner!

Mission Regional MC - Peds



Palestine Regional MC Wall Art in Pediatrics



Volunteer Recognition - Texoma



Recognition - South Texas Med Ctr

What a great idea!

Health care volunteers across the country are serving their communities in new and creative ways. AHA is "Case Examples of Volunteers Transforming Health Care" proud to spread the word of these examples of innovative initiatives in an online resource. To order free postcards promoting the resource, please contact Joan Ryzner, at jryzner@aha.org. Several state volunteer organizations have distributed the cards to their members at state and regional meetings.



THE TEXAS ASSOCIATION OF HEALTHCARE VOLUNTEERS

The Woodlands Waterway Marriott

The Woodland, Texas

May 24-27.2017

Meet in the Woodlands for Convention 2017

Look for additional information coming soon!

***Wreaths Across America—
Continued from page 8***



Forces Wreaths, the 21 Volleys Salute & Taps when laying a wreath at a Veteran's resting place. It was very moving to see the presentation of the Armed Forces wreaths and see all the flags flying FREELY.

I would encourage all "VOLUNTEER GROUPS" to attend a ceremony

in your city next year. It is a very moving and awesome experience.



Del Mar College Foundation Scholarship Reception



David Hoffman, Kathy Jenkin, and Sue Bickham (Council of Healthcare Volunteers in Corpus Christi) attended Del Mar College Foundation Scholarship Reception On Wednesday, November 16, 2016. These are a few of the nursing students that received a scholarship from The Council of Healthcare Volunteers.

Honoring Host Hospitals

By Judi Winslow, TAHV President, District 6 Board Member, Olney Hamilton Hospital Auxiliary, Olney, TX

With information assist from Linda Barron, then 1st VP, District 5 Board Member, TX Health Resources Methodist Hospital HEB

One of the best things about being a TAHV officer is that you get to go to all the District Meetings, and along with the meetings, you also get to tour all of the host hospitals. We have some WONDERFUL hospitals around the great state of Texas. I wish I could have captured everything and everyone's names, but maybe seeing some of the wonderful things that we got to see will impress you as it did me. (This is when I wish I took better notes). I write this because we can always learn from each other and get ideas from each other's hospitals and medical centers – unless you are working in one of these big medical centers that has it all!

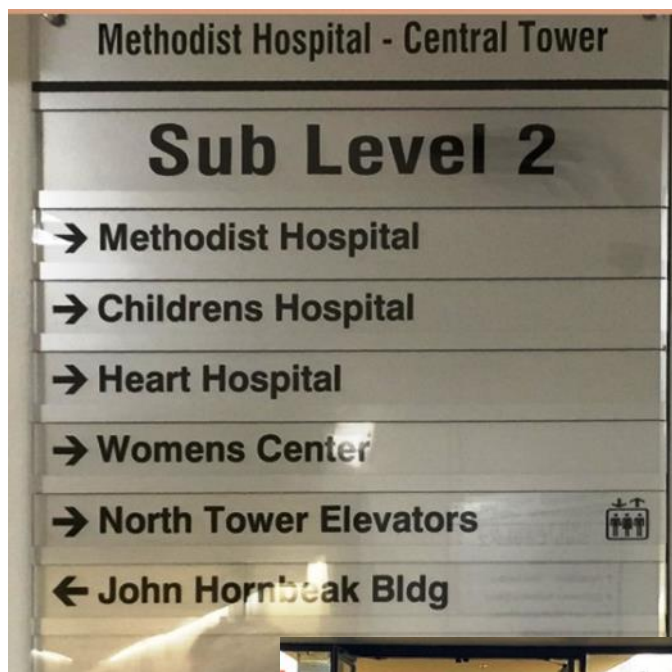
Our first District Meeting: Cogdell Memorial Hospital (Snyder) (49 beds) had done some major upgrades with new operating room suites, a Rehab and Wellness Center, Day Surgery and Obstetrics unit with TeleNICU access which affords the most advanced acute patient care available without delay which improves outcomes and reduces cost and unnecessary transfers. It was a beautiful hospital. Interestingly, the new Wellness Center promotes 24 hour access!

Our next District Meeting was at Medical Center Health System in Odessa (420 beds), We toured the Louise and Clay Wood Simulation Center (pictured), where life-like manikins of every age were used to train/evaluate doctors, nurses, and students for all kinds of emergency situations. The manikins could be programmed to respond for many challenging life threatening conditions and the staff could 'practice' in order to be proficient. One interesting fact we learned about is that they had over 100 new volunteers in the last year!!! Amazing!



Then on to Methodist Hospital Medical Center in San Antonio (882 beds), the first hospital in the South Texas Medical Center complex which offers a broad range of specialties including cardiology, cancer care, marrow transplants, and

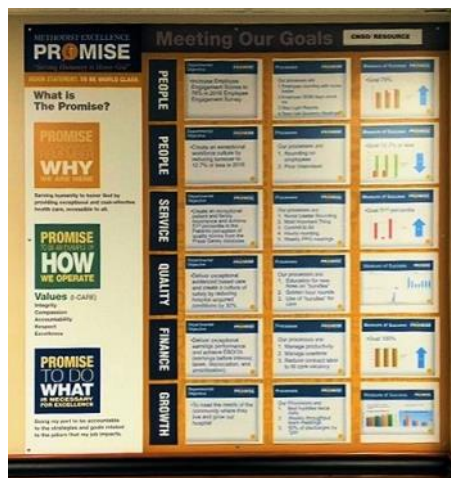
more. This was yet another hospital complex undergoing growth and renovation that will be expanding from 882 beds to over 1200. They are expanding below ground and as you can see from the pictures, we were at SUB level 2



and by the way, we heard there might be a ghost that wanders that loooooong tunnel at night! We were also impressed with how they set goals, publicize their plan and evaluate their progress with meeting their goals. (pictured)(I'm hoping there will be an article on this in the next issue



in case you might like to develop such a system at your hospital). On the campus, they also had a Heart Hospital, Children's Hospital, and Women's Center. One of our favorite presentations was on Fall Prevention (see article – pages 5 and 15).



On we go to Mission Regional Medical Center in Mission, TX (297 beds), just 7 miles from the Mexican border. This amazing hospital has a 5 star rating for maternity care, delivered an average of 200 babies a month and is also in the top 10 % in the nation for joint replacement. We toured the maternity and pediatric section and were able to view the neonatal nursery where there was a VERY premature little boy, born 3 months prior to our visit and was still under a pound. The pediatric unit was newly renovated. (photos in the centerfold) This was another amazing hospital.



The Medical Center of SE Texas (224 beds) in Port Arthur was another amazing hospital committed to providing high-quality care in a friendly hospital environment. They are a Hip & Knee Replacement Center of Excellence and have an impressive Diagnostic Sleep Center. The entertainment was the GREAT Heart to Heart Hospice Band and also provided a great speaker, David Slaughter, on the body, mind and spiritual needs of people needing hospice care. It was a very moving program. And... check out the wonderful banner made to support this year's theme.

Next stop: Palestine Regional Medical Center (139 beds) where the volunteers are called "The Sunshine Guild" and they were a ray of sunshine. The hospital tour brought us to the most phenomenal Nursery Rhymes artwork in the pediatric unit (see centerfold photos). This hospital also had the most state-of-the-art Cath Lab (pictured) and cardiac rehabilitation.



Our last stop was at Texoma Medical Center (294 beds) in Denison... a state of the art hospital that sports a minimally invasive Center for Robotic Surgery which allows smaller incisions that may result in less pain, scarring, trauma and

blood loss than other surgical procedures. They also had a very unique lobby 'coffee shop' called the "Daily Dose" (pictured). Early in this issue, you also read about Reba's Ranch House. District Meeting speakers were spot-on promoting health at every age as caring for your body and mind when you're young affects the condition of your body and mind in your senior years.



Is Your Home Safe??

Here are some great questions to assess safety in your home:

When you walk through a room, do you have to walk around furniture?

Do you have throw rugs on the floor? (Remove them or tape them down)

Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor or on stairs?

Do you have to walk over or around wires or cords?

Are any steps broken or uneven - inside or outside?

Is the carpet on the steps loose or torn?

Is there a handrail on only one side of the stairs?

Are the handrails loose or broken?

Are you missing a light over the stairway?

Do you have only one light switch for your stairs?

In your kitchen, are the things you use often easily accessible at a convenient height?

Is your step stool unsteady?

Is your bathtub/shower floor slippery?

Do you need some support when you get in and out of the tub or get up from the toilet?

Is the light near your bed hard to reach?

Is the path to the bathroom dark?




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