

# OUTLOOK

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SUMMER 2021

## Looking for the New Normal

By **Dave Westerhaus**, Baylor St. Luke's Medical Center, Houston, District 9 TAHV Board Member



The COVID "new normal" for volunteers at Baylor St. Luke's Medical Center continues to evolve, almost on a weekly basis. The first call for volunteers came in

February for help at the vaccination hub at Texas Southern University for the underserved population surrounding the campus. My first day there was chaotic. TSU and St. Luke's personnel wanted to get the shots out in a controlled manner with appointments, but word got out in the neighborhood and long lines—REALLY long lines—quickly formed. Julie Larson (fellow volunteer), eighteen Junior Volunteers, and I were getting OJT (on the job training) and developed our own procedures for moving people along. I must tell you, I was proud to stand shoulder to shoulder with the nurses and do what auxiliaries do best: support the patients, nursing staff, and TSU officials as shots were getting in arms. The following weeks became much more organized, and I was touched by the look of hope in folks' eyes as they shuffled patiently forward.



My next opportunity was in April at the Baylor St. Luke's front desk. I am really not a front desk kinda guy, so this was a real eye opener. At that time, the patients had to designate one person

to accompany them, and that person had to leave and wait outside once the patient was checked in

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## Challenge Coins Available at District Meetings



Our Challenge Coins were introduced last fall and some have enjoyed passing them out to fellow volunteers for a job well done. It's a great way to reward special efforts. If you would like some for your auxiliary use, you can obtain them at your upcoming District Meeting for \$6.00 apiece. If you can't

make a meeting but would like some Challenge Coins, you can visit the Facebook page or contact Mary Pfeffer directly at [maryellenpfeffer@gmail.com](mailto:maryellenpfeffer@gmail.com) or call her at 903.271.9243.



## Having a Gray Day?

By **Pamela Andrews**, MCHS Auxiliary President, District 2 TAHV Board Member

As a hospital volunteer, one passes people on the nursing units, in the hallways and sometimes in the gift shop. Sometimes you can tell when a person is having a difficult day perhaps because of a diagnosis or the status of a loved one. At **Medical Center Healthcare**

**System** in Odessa, we have a special program to improve such a person's outlook for the day by making them feel special. To brighten their day, we hand them a gift card that they can present for a free drink and popcorn. Sometimes a nice turn can make someone's day better!



# The President's Reflections



By Kathy Jenkin,  
TAHV President

As I sit at my desk and reflect over the last year, I think how crazy, scary, and unpredictable it has been for everyone. At times I did not know

what to think or expect. I did know I wanted my family, friends, and volunteers to be safe and healthy. It looks like we might be coming back to some sort of normalcy. I have hope.

The TAHV Board of Directors met in San Marcos, Texas on May 1-3, 2021. It was a very productive meeting. We are going forward and as you may or may not have heard, the 2022 TAHV Convention has been moved to Moody Gardens in Galveston, Texas. This situation was out of TAHV's control. Stay tuned for the exciting events that will be happening at the 2022 Convention. The convention committee is working hard to make this the best convention ever. A lot of work and time goes into having a convention.

My President's theme is still the same:  
**Volunteers: Peace Love Dedication.**

My platform is **Childhood Cancer.**

I am so excited to share that the Traveling Trio will be traveling in September and October 2021 for District Meetings. I am still searching for meetings in Districts 4, 7, 8 and 10. If you are able or willing to host a meeting, please contact me. As a great alternative, your group could go to a meeting in a nearby district. (See the list of District Meetings on page 4)

If you are not sure what district you are in contact me at 361-877-3412 or email me at [mkjenkin@icloud.com](mailto:mkjenkin@icloud.com) and I will gladly help you. District meetings are a time for communication, fellowship, education and to learn new ideas from fellow volunteers.

In addition to my being TAHV President, I am also the President of the Auxiliary to Driscoll Children's Hospital. Yes, it does get hectic at times, and yes, it is hard sometimes and I think to myself, why I am doing this? It's because I love to volunteer and help people. I want to make a difference. I feel that Peace, Love and Dedication is representative of what makes a Volunteer. I know that when I am in Surgical Waiting with the patient's family members, that is what I hope I bring to them, if just for a little while.

TAHV values our member hospital volunteers. We are here for you. We want to help you in anyway that we possibly can.

*Be positive and safe.*

*Kathy Jenkin*



## President's Pins are Available

These beautiful pins are usually available at Convention, but since there will be no Convention this year while we're all busy rebuilding our volunteer organizations from the effects of COVID, we're hoping you're all strong and adventurous enough to attend a District Meeting this fall. You can pre-order for your volunteer organization and pick up at your District Meeting or order directly from Kathy Jenkin by emailing [mkjenkin@icloud.com](mailto:mkjenkin@icloud.com) or calling 361.877.3412. The pins are \$3.00 each. There may be a small additional charge for mailing.

### How to Become a Member of the TAHV Board of Directors?

Go to the TAHV Website: [www.tahv.org](http://www.tahv.org)

Put your cursor on "ABOUT" and choose "BOARD" on the drop-down list.

If interested, click on the **NOMINATION FORM** at the bottom of the page, print it, fill it out and call or email Kathy.

## FINALLY!!! We're back!!



*Baby Boutique:  
Grace Gatica*

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

July 6<sup>th</sup>!!!! Well, the day **finally** came for all volunteers from Corpus Christi CHRISTUS Spohn Hospitals: Alice, Kleberg and South, to return to duty. I've never seen or heard so many happy ladies and gentleman. We had been gone too long and it was time to return!!

We had to relearn how to operate cash registers in the gift shops, retrain on the phone system at the information desks and most importantly, how to say "Good Morning" to all visitors and associates. Of course, that was the easy part. We returned to plexiglass around the information desk and little cute microphones to help us communicate with our visitors, and shorter hours in the Gift Shop and Baby Boutique, but that's OK, we just love being back. We feel like our family is coming back.

Friday of the first week we gave away "Free Pop-corn" to show how happy we were to return to volunteering. We gave away about 245 boxes of pop-corn. That really made us feel like we were back.



*Popping Corn: L>R Norma Burnside, Buddy Harris, and Lynne Fleming*



*At the Market Place:*

*Stella Pasahow and Jillana Helms*

I hope that you too are planning on a wonderful rest of this year. We are just praying COVID-19 is about gone and that our vaccinations will hold us through any further crisis. Stay safe everyone, enjoy your district meetings, and we hope to see many of you at Convention 2022.

*Do you have questions that come up in your meetings or updating or writing your bylaws???*

**Ask the Parliamentarian**

**Call Sue Bickham**

With your Bylaws Questions

**361-241-1766**

## Looking for the New Normal

**Continued from page 1**

for surgery. Every hospital in our area was doing this, but as you can imagine, some folks didn't like that rule and got quite upset. My assignment there was to check temperatures, hand out masks, ask about COVID exposure, and give directions. At the same time, I quickly learned to alert the front desk if there was more than one person with the patient and would hold up my hand to desk personnel and say loudly, "Party of five for CV...". In other words, I let the grizzled veterans handle the delicate stuff. As the whole COVID situation has improved, little by little things have calmed down at the front desk and screening areas. Now two people can visit a patient in a room so it's almost, kinda, sorta back to normal.



The next service opportunity was in June, in the Cath Lab waiting area. Julie Larson jumped in and was right at home. I have to admit, I was a little rusty on procedures. I don't have a password yet for the computer, so I became a familiar face in the prep and recovery area retrieving the surgery schedule. I did find the forms to track people and just walked the room, asking families for their patients' names, so if a doctor or nurse called the desk, I knew where to find a patient's group. Family members can't go back to the holding area but can follow if the patient is going to a room. One nice thing is that the coffee machine is shut down and that makes for a much cleaner place. The magazines date back to 2019, but people are still looking at them.

Now I'm back to visiting patients and families for Mended Hearts, the support group for heart patients, and hey, things are getting better week by week. That first day of volunteering was, yes, way more than a little uncomfortable. I am a heart patient, and even though I've had my second shot and I wore an N95 mask, I was still cautious. But I'm thrilled to be back, bright-eyed and bushy-tailed, and loving every minute of it.

**Send articles/pictures for the Outlook!!!**

*Let's learn from and celebrate one another!*

*Share the stories and successes of your volunteer group.*

*Do you have special traditions or unique fundraisers-we'd love to hear about them...and don't forget the pictures.*

*What does your auxiliary plan to do to help your hospital recover from the Corona Virus-share your stories.*

Send to: Judi Winslow at  
mkjudiwinslow@hotmail.com



## 2021 District Meeting Schedule

### September

**17<sup>th</sup> District 5 McKinney, TX**

Coordinator: Diane Tubbs

Host: **McKinney Medical Center**

([dtubbs43@yahoo.com](mailto:dtubbs43@yahoo.com)) 972 834-5647 (cell)  
406 Saddleback Drive, Fairview, Texas 75069

**20<sup>th</sup> District 6 Colorado City, TX**

Coordinator: Sonja Booker

Host: **Mitchell County Hospital**

([sonjab\\_45@yahoo.com](mailto:sonjab_45@yahoo.com)) 325-242-1150 (cell)  
4450 Lake Country Road 307, Colorado City, Texas 79512

**23<sup>rd</sup> District 3 Corpus Christi, TX**

Coordinator: Marihelen Boyd

Host: **Driscoll Children's Hospital**

([robroyboyd@yahoo.com](mailto:robroyboyd@yahoo.com)) 361-232-6369 (cell)  
15 Townhouse Lane, Corpus Christi, Texas 78412

**27<sup>th</sup> District 2 Odessa, TX**

Coordinator: Pamela Andrews

Host: **Medical Center Health System.**

([pjseay4@att.net](mailto:pjseay4@att.net)) 405-323-0387 (cell)  
6320 Deering Drive, Odessa, Texas 79762

**30<sup>th</sup> District 9 Houston, TX**

Coordinators: Melva Harris

Host: **Houston Area Hospitals**

([melvaharris@att.net](mailto:melvaharris@att.net)) 713 299-6727 (cell)  
5407 Cobble Lane, Spring Texas 77379

Sandra Pybus

([stpybus@sbcglobal.net](mailto:stpybus@sbcglobal.net)) 713 419-2028 (cell)  
74 Heathrow Lane, Sugar Land, Texas 77479

### October

**22<sup>nd</sup> District 1 Plainview, TX**

Coordinator: Evelyn Ball

Host: **Covenant Hospital-Plainview**

([balleve@yahoo.com](mailto:balleve@yahoo.com)) 806 787-4156 (cell)  
2601 W 19th Street, Plainview, Texas 79072



## District 7 ... TAHV Needs You!

"Christ has no body now, but yours. No hands, no feet on earth, but yours. Yours are the eyes through which Christ looks compassion into the world. Yours are the feet with which Christ walks to do good. Yours are the hands with which Christ blesses the world."

This is a beautiful reminder to us about where peace comes from. So often when suffering and tragedy happen, we find ourselves saddened by our helplessness. What can we do in the face of such pain and loss? Only something very small. It may never reach those in need directly, but it could reach someone else in need-- someone in our own community. It could be the difference between a sense of belonging and a sense of isolation. This beautiful quote echoes the prayer of St. Francis: "Lord, make me an instrument of your peace". Volunteering in our local communities is one way to feel that we are making a difference.

TAHV currently has no active board member from the Austin area, District 7. We would like to correct that. If you are volunteering in District 7, we would love to hear from you. Would you like to serve on the board?

## District 7 ... TAHV Needs You!

Continued from page 4

Do you know someone who would be a great asset to your local community by serving on the board? Maybe two of you, always better together!

My name is Barb Giannotti and I am from district 9 and have taken on the job of representing District 7 till we can fill out the board positions. So, I ask, what can we do for you? You will, if you haven't already, be hearing from me in the next month or so to spread the word on board positions, discover what your needs are, and to talk about Convention.

But in the meantime, if you have any questions, and for sure if you have any solutions, contact me!!

**Barbara Giannotti**

[Runnerbabs67@me.com](mailto:Runnerbabs67@me.com)

## Districts 1, 4 and 10 Need Help Too!!!



Thanks to COVID, we have not had exposure to volunteer groups all around Texas for the purpose of camaraderie, education, and recruiting new board members. Personally, I find being a part of this Texas state association an invaluable experience, allowing me the opportunity to make a difference in the advancement of volunteerism. I'd like to think we are a part of the solution to improve the status of volunteers as opposed to sitting by the sidelines without resources to help one another.

**If you love being a volunteer and have a desire to serve, to learn what other groups are doing, and help us spread the word to help others, we would love to have you on the Board of Directors. Please let us hear from you!!!**

**Please contact your District Representative:**

### District 1 Liaisons:

Pamela Andrews ([pjseay4@att.net](mailto:pjseay4@att.net)) cell: 405.323.0387

Barbara Long ([batalo@aol.com](mailto:batalo@aol.com)) cell: 325.829.2965

### District 4 Liaison:

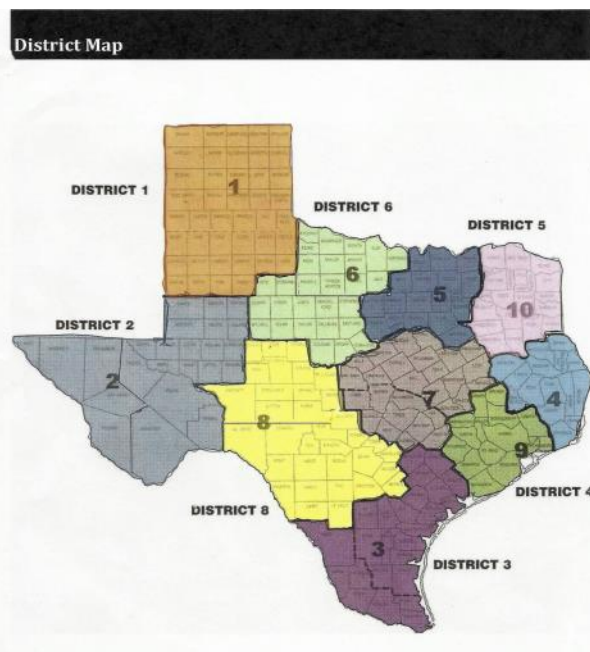
Melva Harris ([melvaharris@att.net](mailto:melvaharris@att.net)) cell: 713.299.6727

### District 7 Liaison:

Barbara Giannotti ([runnerbabs67@me.com](mailto:runnerbabs67@me.com)) cell: 281.639.2120

### District 10 Liaison:

Gypsie Hufnagle ([gypsie7wds@sbcglobal.net](mailto:gypsie7wds@sbcglobal.net)) cell: 281.799.5382



## Keeping in Touch with TAHV:

The TAHV website is updated frequently whenever we have new information on Convention activities, new Board Members, or District news items, and you can check it out at: [www.tahv.org](http://www.tahv.org).

If you have something to contribute, contact **Mary Pfeffer** by email: [maryellenpfeffer@gmail.com](mailto:maryellenpfeffer@gmail.com) or by cell phone: 903.271.9243. Contact info also available directly on website or Facebook page.

**Be sure to FRIEND us on Facebook:** Go to your Facebook page, search for [Texas Association of Healthcare Volunteers](https://www.facebook.com/TexasAssociationofHealthcareVolunteers).



## Wrapping Up the 87<sup>th</sup> Legislative Session

Message from **Ted Shaw**, CEO,  
Texas Hospital Association (THA)

On May 31, the final gavel fell to mark the end of arguably one of the most contentious Texas legislative sessions to date. On July 8, Texas lawmakers came back to Austin for the beginning of a special legislative session to address outstanding topics determined by Governor Greg Abbott, some of which do impact health care delivery.

This has been an era marked with significant historical challenges for the Lone Star State. There was much uncertainty on how the legislative session would play out, but the 140 days of lawmaking yielded several wins for Texas hospitals.

The COVID-19 pandemic set the stage as lawmakers made their way to Austin in January and the Texas Hospital Association worked behind the scenes to draft and steer legislation that would assist hospitals. A significant win in liability protection involved Senate Bill 6, which provides broad liability protection for health care providers acting in good faith during the COVID-19 pandemic.

The economic hardships of the ongoing pandemic led to over half a million Texans losing their health insurance. Texas hospitals advocated for increased health care coverage with a multi-faceted advocacy campaign educating lawmakers and the public on the need for coverage expansion.

While comprehensive health care coverage did not come to fruition, Speaker of the House Dade Phelan (R-Beaumont) unveiled a plan to address various health

care issues. Among the bills passed was legislation that increases Medicaid eligibility for postpartum moms from 60 days to six months and a bill that removes some bureaucratic hurdles for children's Medicaid coverage. Both chambers also agreed to create a prescription drug savings program. THA continues to educate lawmakers and the public about the need to reduce the state's coverage gap.

In February, Winter Storm Uri brought access to dialysis during disasters to the foreground. THA worked with member hospitals and legislators on a bill requiring end-stage renal disease facilities to ensure patients get the routine care they need during emergencies, the bill passed with bipartisan support.

This session, THA advocated for various bills that focus on behavioral health. Among the bills passed, is a bill that streamlines access to emergency inpatient mental health treatment. Another piece of legislation passed creates a Brain Institute of Texas. The institute provides grants to expedite brain research and scientific innovation. THA also supported a bill regarding parity – building on the work of the Mental Health Parity Act – this bill also passed.

I'm proud of the work our staff and member hospitals accomplished. I could not have asked for a better group of people to advocate for Texas hospitals.

## Texas Association of Healthcare Volunteers

### CONVENTION 2022

# "SAVE THE DATE"

MOODY GARDENS HOTEL &  
CONVENTION CENTER  
7 HOPE BLVD.  
GALVESTON, TEXAS

## MAY 16 -18, 2022

LET'S ALL GET TOGETHER AGAIN! JOIN  
YOUR FELLOW VOLUNTEERS FROM  
THROUGHOUT THE STATE OF TEXAS  
FOR CONVENTION 2022!  
MORE INFORMATION TO FOLLOW....





## Cookie Shop Wisdom

By **Cathy McAuliffe**, Cookie Shop, Auxiliary to Driscoll Children's Hospital  
**Dedicated Hearts:** How volunteers are connecting with patients and families.

Things I have learned while volunteering in the Cookie Shop:

Just because those cookies aren't "homemade" doesn't mean they don't taste like homemade. They do! And the Cookie Shop smells wonderful.

A slow morning does not mean it's going to be a slow afternoon! Every day is different, and that is kind of fun. Not only do we need to be able to decide that it's time to make more cookies, but we need to be able to decide how many! And which kinds! We are problem-solvers!

The parents who bring their children in for treatment and rehabilitation are so loving, kind, and patient, even when their kids are having a hard day. It does my heart good to see those relationships. And the children! They are so polite and so precious. And it seems like they've got the whole routine of wearing masks and sanitizing hands DOWN!

My fellow volunteers are awesome people. They really care. They are friendly and fun to work with. If you haven't worked in the Cookie Shop, I highly recommend you try it out. And don't worry, you won't be tempted to eat all the cookies!

## Twenty Five and Up

By **Sandra Pybus**, MHSH, Houston,  
District 9 TAHV Board Member

Recently, **Memorial Hermann Southwest Hospital** in Houston, Texas recognized their volunteers who have served 25 years or more. Some of these volunteers have volunteered over 40 years. The hospital showed their gratitude to all their volunteers by hosting lunch every day for a week in March and presented everyone with a gift. The volunteers who had volunteered over 25 years received additional recognition along with a group picture.



Bottom row: Charles Kornegay, Gertrude and Ken Strauss, Alberta Rogers, Lee Stein. Top Row: Sue Abbott, Sandra Pybus, Cindy King, and Barbara Lacy.

### YOUR DATABASE UPDATES ARE IMPORTANT!

Please use the "Member Update" form from the TAHV website ([www.tahv.org](http://www.tahv.org)) throughout the year to keep your information current.

**IF YOU CANNOT DOWNLOAD OR PRINT IT, PLEASE CONTACT: Dana McGinnis, Database Chairman**

PO Box 2795, Crystal Beach, TX 77650 — Phone: 972-971-9790

Email: [danamcginnistahv4@yahoo.com](mailto:danamcginnistahv4@yahoo.com)

(A form will be sent to you!!)

## Stay Tuned for Volunteer News on TAHV Facebook Page!!!

Wilson N. Jones Volunteers in Sherman, TX invited Board Member Mary Pfeffer to speak at their membership meeting, and Mary was glad to share TAHV plans for the coming year. If you would like to have a guest speaker at a meeting, contact your District Liaison or our TAHV President, Kathy Jenkin (361.877.3412 or email: [mkjenkin@icloud.com](mailto:mkjenkin@icloud.com)).



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LIKE us on  
Facebook!!!**

[www.facebook.com/Texas Association of Healthcare Volunteers](https://www.facebook.com/Texas Association of Healthcare Volunteers)







Communication or cooperation which facilitates a close working relationship between people or organizations.



This is what was discussed in the Membership Committee, and what we hope to use to enhance communication with the TAHV Membership. Hopefully you have been contacted by the liaison person assigned to your healthcare facility. If you have not heard from a TAHV Board Member, please contact Kathy Jenkin (President) or Lynda Demasco (Membership Committee Chair) or contact a liaison for your district.

#### **District 1:**

Pam Andrews (405.323.0387) or  
Barbara Long (325.829.2965)

#### **District 2:**

Pam Andrews (432.332.9111) or  
Gracie Sanchez (432.212.7992)

#### **District 3:**

Sue Bickham (361.815.7495),  
Norma Burnside (361.244.0737),  
Carol Coburn (406.744.3392),  
Chaly Chavez (956.825.8163), or  
Kathy Jenkin (361.877.3412)

#### **District 4:**

Melva Harris (713.299.6727)

#### **District 5:**

Mary Ann Blome (214.533.7272),  
Mary Pfeffer (903.271.9243),  
Diane Tubbs (972.834.5647)

#### **District 6:**

Janice Allen (325.665.9975),  
Jo Ann Goodwin (325.200.5709),  
Barbara Long (325.829.2965), or  
Judi Winslow (940.456.4443)

#### **District 7:**

Barbara Giannotti (281.639.2120)

#### **District 8:**

Sue Bramhall (325.656.2117),  
Lynda Demasco (210.269.2402),  
Sue Kaulfus (830.305.0501), or  
Barbara Wright (325.212.8851)

#### **District 9:**

Barbara Giannotti (281.639.2120)  
Melva Harris (713.299.6727),  
Gypsie Hufnagle (281.799.5382) or  
Sandra Pybus (713.419.2028).

#### **District 10:**

Gypsie Hufnagle (281.799.5382)

We want you to know that TAHV isn't just an organization, but we are a family!!! We offer networking opportunities and the sharing of ideas with other auxiliaries. Our goal is to contact the Volunteer President, the Volunteer Coordinator and a short note to the CEO to let them know that we are here for you so that you get the most out of your membership. Our hope is also to update all information. We hope to stay in touch every few months, and especially when it's time for the OUTLOOK newsletter, to see if you have any news or programs you'd like to share with the membership. We also have a Website and Facebook page where we can communicate with one another.

We would love to identify non-member volunteer groups in your area that we could contact to offer membership in TAHV. We hope you will help us with this.





## to **Marjorie Brooks**

Sent in by **Kathi Garcia**, Editor, Volunteer Voice, CHRISTUS Spohn Hospital Corpus Christi South

In March of 2020, the Volunteers of CHRISTUS Spohn Hospital Corpus Christi South were sent home due to the Corona Virus Pandemic. We were instructed not to return to the hospital until further notice. But some of the volunteers and leaders continued to act out our mission of Extending the Healing Ministry of Jesus Christ. One of the things our executive board decided to do was to honor our volunteers who had reached the age of 85 or above by celebrating their birthday in some way. On May 14, 2021, some of our volunteers honored Information Desk volunteer **Marjorie Brooks** by participating in a **Birthday "Drive By"**.

We decorated our cars (and sometimes our heads), honked our horns and delivered birthday cards. We decorated Marjorie's front yard with balloons and signs for the day as well. Marjorie is one of our "seasoned citizens". Happy Birthday Marjorie!



**Growing older is like climbing a mountain:  
the higher you get the more strength you need,  
but the further you see.**



# Health Matters

## Nine Steps to stay healthy year-round!



No matter your age, it's important to take care of your body and prevent illness.

### 1. Get active

Physical activity is an immune system booster! The more you move, the more your body is able to fight inflammation and infections. The activity you partake in doesn't have to be strenuous. Low impact exercises are effective, too. You might consider biking, walking, swimming, or low impact aerobics. If you're able to, engage in moderate intensity exercise for about 20 to 30 minutes a day to reach the recommended total of 150 min. a week. Also, strengthen your muscles by lifting weights or doing yoga. Modify your exercise routine to find what feels best for you.

### 2. Take supplements as necessary

Some supplements help support a healthy immune system. Before taking a supplement, always ask your doctor if it's safe, especially if you're taking a prescription medication. Some supplements they may recommend include calcium, vitamin D, vitamin B6, or vitamin B12. Take supplements or multivitamins as instructed to boost your immune system.

### 3. Eat a healthy diet

Diets rich in fruits, vegetables, and lean meats also give your immune system a boost and protect against harmful viruses and bacteria that cause illnesses. Fruits and vegetables are a good source of antioxidants. Antioxidants protect your cells from damage and keep your body healthy. You should also **limit your consumption of sugary and fatty foods**, which can trigger inflammation in the body and lower your immune system. In addition, limit your intake of alcohol. Ask your doctor about safe amounts of alcohol to drink per day or week.



### 4. Wash your hands frequently

Washing your hands on a regular basis is another excellent way to stay healthy year-round. Viruses can **live on surfaces for up to 24 hours**. It's possible to become ill if you touch a virus-covered surface and contaminate your hands, and then touch your face. Wash your hands with warm soapy water often, and for at least 20 seconds. Avoid touching your nose, face, and mouth with your hands. You can also protect yourself by using antibacterial hand sanitizer when you're unable to wash your hands. Also, disinfect surfaces around your home and workstation frequently.

### 5. Learn how to manage stress

Chronic stress increases your body's production of the stress hormone cortisol. Too much cortisol can disrupt different functions in your body, including your immune system.

To reduce stress, increase physical activity, get plenty of sleep, set reasonable expectations for yourself, and explore relaxing, enjoyable activities.



### 6. Get plenty of rest

Not only can sleep reduce your stress level, but sleep is how your body repairs itself. For this reason, getting an adequate amount of sleep can result in a stronger immune system, making it easier for your body to fight off viruses. Sleep is also important as you get older because it can improve memory and concentration. Aim for at least seven and a half to nine hours of sleep per night.

Continued page 12

## Health Matters

### Nine Steps to stay healthy year-round!

(Continued from page 11)

If you have trouble sleeping, talk to your doctor to find the underlying cause. Causes of insomnia can include inactivity during the day and too much caffeine. Or it can be a sign of a medical condition like sleep apnea or restless leg syndrome.

#### **7. Take steps to prevent infections**

Getting annual vaccinations is another way to stay healthy throughout the year. If you're age 65 and older, talk to your doctor about getting a high-dose or adjuvant flu vaccine. Flu season is between October and May in the United States. It takes about two weeks for the vaccine to be effective, and it reduces the risk of the flu by 40%-60% when the vaccine strains match the circulating strains. The flu virus changes each year, so you should get the vaccine yearly. You can also talk to your doctor about getting pneumococcal vaccines to protect against pneumonia and meningitis.



#### **8. Schedule annual physicals:**

Scheduling a yearly checkup can also keep you healthy. Always speak with your doctor if you have concerns will enable your doctor to diagnose any problems early. Getting early treatment may prevent long-term cabout your health. Conditions like diabetes and high blood pressure can go undetected. Regular physical examinations omplications.

Also, if you have any cold or flu symptoms, see your doctor immediately. The flu virus can lead to complications in adults over the age of 65. The immune system weakens with age, making it harder to fight off the virus. If you see a doctor within the first 48 hours of flu symptoms, they can prescribe an antiviral to reduce the severity and length of symptoms.

#### **9. Avoid contact with people who are sick:**

Another way to protect yourself year-round is to avoid being close to people who are sick. This is easier said than done. But if there is a flu outbreak in your area, limit contact with people who aren't feeling well and avoid crowded areas until conditions improve. If you must go out, protect yourself by wearing a face mask. If you're caring for someone with the flu, wear a face mask and gloves, and wash your hands frequently.

The takeaway:

The flu and other viruses can be dangerous as you become older. You can't prevent all illnesses but taking a proactive approach can strengthen your immune system.

*Taken from article medically reviewed by Daniel Murrell, M.D.*

*Written by Valencia Higuera*



#### ***Some titles worth reading...***

- Coffee Self-Talk: 5 minutes a Day to Start Living your Magical Life
- 5 Love Languages
- The Last Virtual Volunteering Guidebook
- Lonely Planet Texas (Travel Guide)



## Volunteers Meet at Corpus Christi Aquarium

By **Norma Burnside**, President, CHRISTUS Spohn Hospital South Volunteers, District 3 TAHV Board Member



➡ Isn't this a great invitation to go to an aquarium?

On a partly cloudy day... June 28, 2021, most CHRISTUS volunteers were headed across the bridge of Corpus Christi's harbor headed to Corpus Christi Aquarium. Volunteers were

coming from Alice, Kingsville and Corpus Christi to a luncheon given by our CEO Dr. Osbert Blow. (Hospitals recognized were Alice, Kleberg, Shoreline and South). As we entered, we were greeted by our DVS, Marissa Carrillo and Coordinator, Grace Zuniga. The room was surrounded by glass windows and we were able to watch the huge ships coming through the harbor. What a sight! By the time the luncheon began the sun came peeking through the clouds and made the atmosphere so warming. Of course, volunteers were also warmly greeting friends we hadn't seen in over a year. We were all so excited to be there.



L to R: Rosa Goode, Pres. Kleberg; Donna Rodriguez, Pres. Shoreline; Dr. Osbert Blow, CEO; Norma Burnside, Pres. South; and Adolfo Mata, Alice

We were welcomed by Dr. Blow and other administrators. After our lovely meal, our DVS, Marissa, gave Dr. Blow the opportunity to install the new volunteer officers for 2021-2022. This was a special occasion for us. Marissa always does such a lovely job, but to have the CEO officiate the installation was truly special. Marissa presented officers with a beautiful specially designed plaque which we will all cherish forever.

## District 5 President's Council Report

By **Mary Ann Blome**, Parkland Health & Hospital System, Dallas, Auxiliary President, District 5 TAHV Board Member

As District Liaison, all District volunteer groups were contacted by phone. Only two hospital contacts failed to respond. This information is current as of July 8, 2021.

Universally, volunteers were all anxious to get back into their hospitals. This is the early stage of allowing volunteers to return in the Dallas-Fort Worth area, and hospitals are treading lightly. Every hospital was allowing volunteers to self-enforce the restriction of "no direct patient contact" which reduces the areas of opportunity, so there are fewer volunteers working and fewer hours of in-hospital service. Some volunteers took the opportunity to retire due to Covid. All my contacts lauded the vaccines and essentially all their volunteers had received a vaccine. Masks are worn. Volunteer services were allowed in the following areas: Front Desk, Outpatient, Directional Assist, buzzing-in patients, Popcorn sales, making up packets for departments, and volunteer run Gift Shops. Most gift shops are run by employees in District 5. However, Texoma volunteers are only allowed to work in the Gift Shop.

Volunteer Meetings since Covid-19 are current mostly zoom, conference call, or outside and masked. Medical City McKinney has used this time to recruit new volunteers. Medical City McKinney Hospital mandates vaccines for volunteers in the hospital building.

Currently, only two hospitals do not have an exact date when volunteers can return: Parkland Health and Hospital System and Texas Health Harris Methodist- Fort Worth. Most hospitals were suggesting that more volunteer activities might be allowed this fall. Also, most hospitals are considering new permanent restrictions/guidelines because of Covid-19.

PS: Let us welcome new name and ownership for Baylor Scott and White Carrollton. The new name is "Carrollton Regional Medical Center".

# Great Fundraiser??

By Pamela Andrews, MCHS Auxiliary President,  
District 2 TAHV Board Member



Instead of wreaths this year, MCH Volunteers learned how to make “Pot People” as their summer fundraiser. It was a huge hit and on the first day of sales at MCHS, we sold out completely. We were invited by MCHS to bring our “Pot People” to the annual MCHS Farmers Market. Volunteers made over 35 pots for the first Farmers Market on June 26th. The pots were made as people, look-alikes, favorite football teams, and animals. Some even sport bikini’s. The volunteers had a wonderful time and were able to raise over \$700.00. We loved getting together and making these over the months of May and June. These funds will assist



in allowing more volunteers to attend the annual TAHV Convention in May. Do you need ideas to help raise funds for your hospital? Give Pam or Gracie a call at MCHS in Odessa. They are happy to come and visit your auxiliary and share their ideas and expertise.

## Medical Center Hospital System Hosts Appreciation Luncheon

MCHS Volunteers were blessed with a wonderful luncheon in May by our Volunteer Manager, Jennifer Jones. Administration, staff, and many others gave their sincere thanks and appreciation for the volunteers and rejoiced with us. We had over 50 in attendance. A group picture was taken with the CEO Russell Tippin.



MCHS Volunteers at Volunteer Luncheon with CEO Russell Tippins



L>R - Joy Johnson, Pamela Andrews, J'Lynn Collins, Agnes Heath, Ann Ellison, Dianna Fields and Gracie Sanchez at Farmer's Market



Please join us...  
for a Celebration of Service

Honoring  
**Fran Wyatt**  
CHRISTUS St. Michael Hospital - Atlanta  
Volunteer

**Tuesday | June 29 | 2 p.m.**  
**Hospital Cafeteria**  
1007 S. William St. | Atlanta | TX



## CHRISTUS St. Michael Hospital Atlanta Honors Fran Wyatt with “Celebration of Service”

**Atlanta, TX, July 6, 2021**— CHRISTUS St. Michael Hospital - Atlanta honored Fran Wyatt, long-time volunteer, with a “Celebration of Service” on Tuesday, June 29, upon her “retirement” after 20 years of volunteer service at the hospital. Approximately 60 hospital volunteers, staff, friends and family took the opportunity to share their appreciation for her service at the event.

In addition to 20 years as a volunteer, Fran served as volunteer president for 10 years and was a 10-year member of the previous Atlanta Memorial Hospital Board, six of those years as board secretary. She represented the hospital on the Texas Association of Healthcare Volunteers (TAHV) Board for 8 years and provided leadership on the board as TAHV President for one year, traveling throughout the state of Texas to fulfill her duties.

Many patients, family members, and visitors can recall being greeted and assisted by Fran at the front information desk. She also “worked” beside the staff each Tuesday in the

Diabetic Education Department, offering support to patients living with diabetes.

“We are pleased to honor Fran Wyatt for her many contributions to our hospital ministry as a volunteer,” said Brett Kinman, Administrator. “Fran has served our healthcare ministry in Atlanta selflessly for 20 years, and her efforts have certainly supported our mission to extend the healing ministry of Jesus Christ to the people of Cass County and beyond. We will miss her and wish her the best in this new season of her life.”

“Over the years, I marveled as Fran prayed with employees, shared her wisdom and went out of her way to mentor so many of us,” said Melissa Kimble, Development/Volunteer Coordinator. “Like others, I have learned so much from Fran. She has graced us with nuggets of wisdom. One of my favorites is this advice: *‘Use your gifts. We are each uniquely gifted and equipped by a loving creator. He made you with a purpose so use the fits, talents and resources He has given you. Take advantage of opportunities to bring Him glory.’*”



Fran Wyatt with family.



Fran Wyatt with hospital staff.



Fran Wyatt with Brett Kinman and other volunteers.



Fran Wyatt with Melissa Kimble, Sister Jeanne and other volunteers.

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