



OUTLOOK

Published by the
Texas Association of
Healthcare Volunteers, Inc.
www.tahv.org

Post-Convention 2022

District Meetings are Coming Soon

By Judi Winslow, Editor, District 6 Representative

Time's passing quickly and before we know it, September will be here... and that's only NEXT month! Please check with your Auxiliary President for the meeting details if you're not already scheduled to attend. Personally, I love District Meetings because they're closer, they're cost friendly and they're great for networking and finding out what other volunteers are doing in your own district. Some have special speakers... AND you get to meet the new TAHV officers. You probably don't need to worry about lodging because the distance from home is within your own district. All District Meetings offer a continental type breakfast during registration and a lunch. The registration fees usually range from \$25-\$35 and cover both. If you are in District 2 (West Texas), District 7 (Austin area), or District 10 (NE Texas), there is no meeting scheduled. Check out the map inside this issue and see where meetings are in adjacent districts. There's contact information and they would love to have you join them.

District Meetings— Schedule at a Glance

September 16, 2022	October 17, 2022
District: 4 Location: Nacogdoches, TX Host: Nacogdoches Med Ctr/Memorial Health Coordinator: Patricia Clark Email: patricialynclark@yahoo.com Phone: 936.371.1628	District: 6 Location: Olney, TX Host: Olney Hamilton Hospital/Seymour Hospital Coordinator: Judi Winslow Email: tahvjudiwinslow@outlook.com Phone: 940.456.4443
September 20, 2022 District: 3 Location: Corpus Christi, TX Host: CHRISTUS Spohn Hospital Coordinator: Norma Burnside Email: nburnside38@gmail.com Phone: 361.244.0737	October 19, 2022 District: 5 Location: McKinney, TX Host: Medical Center McKinney Coordinator: Diane Tubbs Email: dtubbs43@yahoo.com Phone: 972.834.5647
September 23, 2022 District: 1 Location: Hereford, TX Host: Hereford Regional Medical Center Coordinator: Ann Cummings Email: jdclac@att.net Phone: 806.364.0067	TBD District: 8 Location: Seguin, TX Host: Guadalupe Regional Medical Center Coordinator: Teresa Grimm Email: tgrimm@grmedcenter.com Phone: 830.822.5720
September 29, 2022 District: 9 Location: Houston, TX Host: Houston Area Hospitals Coordinators: Melva Harris Email: melvaharris@att.net Phone: 281.376.8241 Sandra Pybus Email: stpybus@sbcglobal.net Phone: 800.500.4814	NO DISTRICT MEETING IS SCHEDULED FOR THE FOLLOWING District 2 <i>Alternative meeting to attend District 1 or 8</i> District 7 <i>Suggest looking at District Map to determine which is closest.</i> District 10 <i>Alternative meeting to attend District 4 or 5</i>

See District Map on Back Page



From the President's Desk

By Sue Kaulfus

I am very excited to be serving as President of the Texas Association of Healthcare Volunteers (TAHV) for the 2022-2023 year.

I chose as my Theme: ***"Volunteers Bloom Where They Are Planted"***.

We as Volunteers have spent the past two years being separated from our hospitals and from each other. As we return to our hospitals, some of us have decided not to return (it's too easy to just stay home), some feel that they are too old or too infirm, and some of our dear friends have died.

Those of us who have returned are now filling many different roles, new roles. It doesn't make any difference to us where we are assigned because we are back... back volunteering at our hospitals and back with our friends!! So, we are blooming wherever they plant us.

The Yellow Rose in the pin is a symbol of the friendship we find in the hospital setting - the friendship that we offer to the staff and the patients as well as to each other.

My platform is: ***Parkinson's Disease.***

Doctors are recognizing and diagnosing Parkinson's Disease more than ever before. Many of us know of a family member or a friend that has been diagnosed with the disease today.

We owe **Kathy Jenkin** a "Thank You" for keeping this organization going for the past two years. Kathy did a great job and made it look easy. She is so invested in TAHV that she is still serving the organization in at least two capacities, as Counselor and 2nd Vice President. Most Presidents want at least a year off after serving, but not Kathy!

We also owe **Gypsie Hufnagle** a "Thank You" for all her work on the 2022 Conference at Moody Gardens. It could be said that at the Conference a good time was had by all. The attendance was down but that didn't stop the fun. It **was** a great Conference and Gypsie, like Kathy, is still working for our organization and is again in charge of planning our next Conference for May of 2023.

The District Meetings are set for those Districts having a meeting.

District 1—meeting in Hereford on September 23rd

District 2—is not having a meeting, but it is not too late! *Please contact me if you would be willing to host.*

District 3—meeting in Corpus Christi on September 20th

District 4—meeting in Nacogdoches on September 16th

District 5—meeting in McKinney on October 19th

District 6—meeting in Olney on October 17th

District 7—is not having a meeting, but it is not too late! *Please contact me if you would be willing to host.*

District 8—meeting in Seguin on October 21st

District 9—meeting in Houston on September 29th

District 10—is not having a meeting, but it is not too late! *Please contact me if you would be willing to host.*

Please find the meeting that is nearest to you and attend. Talk to your neighbors-this is a rebuilding year for all of us. We need each other.

In closing, please remember that we are all rebuilding together. Feel free to call or text me at 830-305-0501 or email me at bskaulfus@yahoo.com with any questions and/or concerns.

I look forward to seeing all of you at the District Meetings this fall!

Sincerely,
Sue Kaulfus

1,000,000 people in the U.S. live with Parkinson's Disease.

Be Sure to Follow Us

by Mary Pfeffer,
Administrator/Chairman for Facebook and TAHV Website

Follow the happenings of your fellow volunteers throughout the State of Texas by following the **TAHV Facebook page**: The page is **Texas Association of Healthcare Volunteers**. You can share articles and photos of events from your home hospitals. If you need help with adding anything, please reach out to the Administrator, Mary Pfeffer by cell or text: (903-271-9243), or by email at (maryellenpfeffer@gmail.com) and she'll be more than happy to help you.

tahv.org is the official website for the state volunteers. As you may have learned during conference registration, our website is an invaluable tool for registering and gathering information about the upcoming conference. It is also where you can find an application for joining TAHV as a healthcare volunteer member. You can locate applications and the re-applications for scholarships granted by the Gifts and Memorials Foundation. You can also find upcoming events such as this Fall's District Meetings which are listed with the dates and the hospitals hosting the meetings. Locations will be added when available.

If you have any questions about Facebook or the website, feel free to reach out to the Administrator, Mary Pfeffer at 903-271-9243 or by email at maryellenpfeffer@gmail.com



TAHV Board is Working Hard in these Difficult Times

On the 25th and 26th of July, many of the TAHV State Board of Directors came together for a Specially called Meeting at the Embassy Suites in San Marcos, Texas. The main topic of discussion was the 2022 Annual Conference held at the Moody Gardens Hotel and Convention Center in Galveston, Texas.

The 2022 Conference was not as well attended as the we had hoped and TAHV lost money as a result. However, I must say that the Conference itself was awesome. Talk to anyone who attended, and

I'll bet they will rave over the great speakers and the fun Bingo Night. Groovin' with the 60's music was also fun. The BYO sessions were full of ideas to share with each other after our various experiences with surviving the Covid Pandemic. I'm sure Covid influenced our attendance as well.

The questions before the Board were: Do we proceed with the 2023 Conference and hope that we will have better attendance? Can we sustain a shortfall again and survive as an organization? Truly I believe this is the BEST organization for supporting volunteers around our state, and we need to do everything in our power to continue with our mission.

After much discussion and throwing ideas around, the consensus of the Board members present (as shone in the picture) was that **we as a Board have a duty to our Member Hospitals to provide a yearly Conference** and that we must do everything in our power to promote the opportunity to network and share ideas from as many Texas hospitals as we can attract in a membership



TAHV Board Members: (L to R) Dave Westerhaus, Judi Winslow, Norma Burnside, Jimmie Sue Garrett, Sue Kaulfus (front seated), Barbara Wright, Melva Harris, Sandra Pybus, Kathy Jenkin (front seated), Sue Bickham, Barbara Long, Pat Sowder and Janice Allen

Continued on Page 4

Knapp Medical Center Auxiliary donates Panda Warmers

Knapp Medical Center Auxiliary also donated two Panda Warmers to their neonatal unit.

A panda warmer keeps the newborn warm after birth until stabilized. Once stabilized they are then taken to the mother's room.

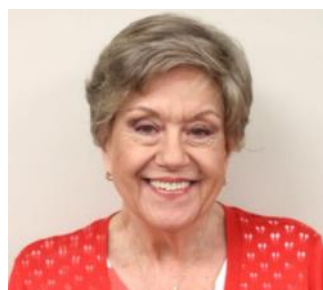


Send articles/pictures for the Outlook!!!

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 hospi-
tal recover from the Corona Virus-share your stories.

Send to: Judi Winslow at
mkjudiwinslow@hotmail.com

TAHV Officers 2022-2023



PRESIDENT:
Sue Kaulfus
District 8,
Guadalupe Regional Med Ctr



PRESIDENT ELECT:
Lynda DeMasco,
District 8,
Peterson Health



FIRST VICE PRESIDENT
Barbara Giannotti
Memorial Hermann
The Woodlands



SECOND VICE PRESIDENT
Kathy Jenkin
Driscoll Children's Hospital



SECRETARY:
Barbara Long
Hendrick Medical Ctr, Abilene



TREASURER
Janice Allen
Hendrick Med Ctr, Abilene

TAHV Board is Working Hard in these Difficult Times

Continued from page 3

drive. We matter!!! We need to increase participating healthcare volunteer groups. If you have friends in nearby hospitals that are not members, please encourage them to join us ... there's more power in numbers.

As a result of this Special Meeting, **there WILL BE a TAHV State Conference in 2023.** Now we turn the plans for the meeting over to the Conference Planning Committee and the announcement of when and where it will be is up to them. We'll get the word out to our membership when contracts are signed and we're a go!!!

TAHV Conference 2022

By Gypsie Hufnagle, Conference Chair

This year's TAHV Conference was held at Moody Gardens Hotel and Convention Center in Galveston after a two year hiatus due to COVID. Although the numbers of our TAHV membership attending were lower than normal, those attending the conference enjoyed the breakout sessions, vendor fair, President's Party and all the happenings at Conference.

On the evening of Monday, May 16th a Bingo Night was offered for the first time at conference. It definitely won't be the last time! Fun was had by all in attendance. A Bingo meant a free gift from the gift table which had many various surprise gifts for the winners. Needless to say, Bingo Night was a HIT!

Guest speakers for the Opening Session held Tuesday morning, May 17 were **Steve Wohleb**, General Counsel, Texas Hospital Association and **Chris Bugbee**, President and CEO, One Star Foundation. After the Opening Session attendees enjoyed the Vendor Fair, and could take their chances at the Silent Auction, Door Prizes, and the raffles sponsored by Educational Topics for Volunteers and TAHV Gifts and Memorials. Sessions on May 17 included **Roxie Campbell**, past Vice President of merchandising from Hallmark stores with an informative gift shop session on best gift shop practices, ETV sessions "Bring Your Own Ideas", and District Coordinator and Newcomers meetings. Attendees also enjoyed all that Moody Gardens Hotel and Convention Center had to offer.

The President's Party theme was "Peace and Love" Sounds like a Hippie Party was about to groove to the music of the 60's! Attendees wore their Hippie best and fun was had by all.



The Concurrent Sessions on the morning of Wednesday, May 18 were informative and speakers received high marks on their evaluations. Attendees could pick two sessions before the afternoon Uniform Luncheon was held. Sessions offered were:

Karen Bilsing / Get Off the Covid Couch, Reboot Your Volunteer Program

Dean Nistetter / Pet with a Mission, Therapy Dogs

Amanda Sutton / Seeing Between the Weeds, How to Cultivate a Growth Mindset

Belinda Flores / Technology Specialist, "Who Needs a Newsletter in a Digital Age"

Katherine Boston / Pediatric Oncologist, Driscoll Children's Hospital

Sgt. Chris Paine / Lubbock Police Department, Swat Team, US Marshalls Service / Active Shooter Training

Uniform Luncheon keynote speaker was **Steven Iwersen, CPS**, and a member of the National Speakers Association, who spoke on the need to lead your organization through these times of change. Our Conference Committee thanks the TAHV Educational Topics for Volunteers Committee for sponsoring the keynote speaker. Awards for scrapbooks, newsletters and tray favors were awarded during the luncheon.

There are far too many on the conference committees to list individually who participated in the planning of this conference. You know who you are and my heartfelt thanks to each of you. The TAHV Board decided to have this year's conference even though we knew attendance may be low due to COVID. As mentioned above our numbers were lower than usual but the responses of attendees who attended were positive and we thank you for attending. We look forward to 2023 and our next TAHV Conference in San Marcos!

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

Breakout Session Speakers

Taken from the Conference program

Everyone I spoke to wished they could attend almost every one of these sessions. They were all awesome and got high marks on the evaluations attendees filled out.

Dr. Katherine Boston, Pediatric Hematologist/Oncologist, Driscoll Children's Hospital

Originally from Louisiana, Dr Boston has worked at Driscoll Children's Hospital in Corpus Christi for the past 3.5 years. She is a graduate of Texas A & M University and LSU Health and Science Center. She completed her residency at Yale and her pediatric hematology/oncology fellowship at M. D. Anderson Cancer Center.



Cpl. Chris Paine, Lubbock Police Department, SWAT Team & U. S. Marshalls Service

A graduate of Abilene Christian University where he achieved Master Police Officer Proficiency. A 15-year veteran of the Lubbock Police Department and has served 12 of those years on the

Lubbock Police SWAT Team. He has received national and international awards for his creation of the Citizens Response to an Active Shooter (CRAS) training program.

Karen Bilsing, Volunteer Manager, Memorial Hermann The Woodlands Medical Center

A graduate of Sam Houston State University with a Bachelor of Arts degree Karen has worked in the health field for over 40 years including volunteer services, marketing, community relations, and human resources. At present she is the Manager of Volunteer Services at Memorial Hermann The Woodlands Medical Center. Join Karen for her breakout session "Get off the Covid Couch...Rebooting your volunteer program after a Pandemic".

Belinda Flores, Technology Specialist, "Who Needs Newsletters in a Digital Age"

Belinda is a retired technology specialist. She has been writer or editor for multiple publications over the years. After presenting a newsletter session in 2012, attendees at her session came back the following year to win 1st Place in their bed category newsletter. Belinda is thrilled to return to share her knowledge of technology and newsletters.

Dean Nistetter, Pets with a Mission, Board of Directors, Director of Hospitals

Dean has been involved with pet therapy for 15 years. Dean became a licensed dog trainer through the Karen Pryor Academy with a focus on pet therapy. Learn how hospital pet therapy is beneficial to patients, staff, and visitors. Understand the difference from pet therapy, service, and comfort animals. Receive pointers on how to establish a new pet therapy program at your hospital. An informative not to miss session!



Amanda Sutton, Seeing Between the Weeds, How to Cultivate a Growth Mindset During Covid

A graduate from Houston Baptist University with a Bachelors of Psychology and Child Development and a Masters at the University of Houston, Amanda has been teaching and leading education for over 15 years. She is passionate about informing others on the importance of a growth mindset and mental health awareness. Amanda enjoys writing, traveling, and soaking up time with her family, preferably at the beach.



Perspectives

By Steven Iwersen, CSP –
President of Aurora Pointe, LLC, an international speaking and leader development firm.

It is easy to forget that not everyone in your life shares the same mindset as you do. Some people are like-minded. Others are inclined to think much differently. You can be a positive thinker that usually looks for the good in situations and your coworker can be a person that always thinks of the worse-case scenario. We have these strong differences and wonder why those who think negatively just can't seem to see things from our point of view. After all, it is much more pleasant to have a positive outlook.

It is also easy to believe that having a positive mindset is simply a choice. You can choose to be happy, to look for opportunity, and to be positive. Conversely, people choose to be grumpy, to look for problems, and to be negative. The choice you make determines the mindset.

Continued on page 11

Awards for 2020 Entrees

Scrapbooks

Beds 25-189

- 1st Place – Wise Regional Health System, Decatur
- 2nd Place – Peterson Health, Kerrville
- 3rd Place – Driscoll Children's, Corpus Christi

Beds 214-344

- 1st Place – Citizen's Medical Center, Victoria
- 2nd Place – Valley Baptist Medical Ctr, Brownsville
- 3rd Place – Shannon Medical Center, San Angelo

Beds 402-586

- 1st Place -- Valley Baptist Medical Ctr, Harlingen
- 2nd Place – University Medical Center, Lubbock
- 3rd Place -- Texoma Medical Center, Denison

Posters

Beds 60-543

- 1st Place – Memorial Hermann SW, Houston
- 2nd Place – Medical Center Hospital, Odessa

Tray Favors

Beds 60-189

- 1st Place – Valley Baptist Medical Ctr, Brownsville
- 2nd Place – CHRISTUS Spohn Corpus Christi South
- 3rd Place – UTMB Health Angleton Danbury, Angleton

Beds 255-586

- 1st Place – Memorial Hermann NE, Humble
- 2nd Place – Valley Baptist Medical Center, Harlingen
- 3rd Place – Medical Center Health System, Odessa

Newsletters

Beds 60-189

- 1st Place -- Driscoll Children's Hospital, Corpus Christi
- 2nd Place – Peterson Health, Kerrville
- 3rd Place – Wise Regional Health System, Decatur

Beds 214-543

- 1st Place – Shannon Medical Center, San Angelo

Awards for 2022 Entrees

Scrapbooks

Beds: 100-240

- 1st Place – Driscoll Children's, Corpus Christi
- 2nd Place – Valley Baptist, Brownsville
- 3rd Place – Peterson Health, Kerrville

Beds: 414-586

- 1st Place – Memorial Hermann Memorial City, Houston
- 2nd Place – Texoma Medical Center, Denison
- 3rd Place – Shannon Medical Center, San Angelo

Posters

Beds 25-189

- 1st Place – Memorial Hermann Southwest, Houston
- 2nd Place – Nacogdoches Medical Center, Nacogdoches
- 3rd Place – Texas Health – Huguley, Fort Worth

Tray Favors

Beds 52-240

- 1st Place – Wise Regional Health System, Decatur
- 2nd Place – Eastland Memorial Hospital, Eastland
- 3rd Place – UTMB Health Angleton Danbury, Angleton

Beds 448-586

- 1st Place – Shannon Medical System, San Angelo
- 2nd Place – Valley Baptist Medical Ctr, Harlingen
- 3rd Place – Memorial Hermann, SW, Houston

Newsletters

Beds 64-123

- 1st Place – UTMB Angleton Danbury, Angleton
- 2nd Place – Peterson Health, Kerrville
- 3rd Place – Scottish Rite, Dallas

Beds 184-448

- 1st Place – Driscoll Children's Hospital, Corpus Christi
- 2nd Place – North Texas Medical Center, Gainesville
- 3rd Place – Wise Regional Health System, Decatur

Congratulations to our winners!

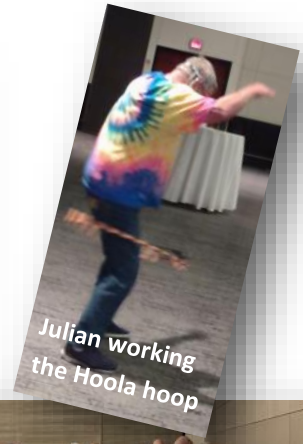
Highlights from Conference

May 16th–18th, 2022





Hipie Sue Bickham



Julian working the Hoola hoop



Buffet line for dinner



Buffet line... yummy!!



Our President Sue Kaulfus with Sue Bickham

Sue hopes you totally enjoyed drifting back to yesteryears and the hippie movement... Hope you had fun!!!



Dancin' the night away



Olney Hippie Best... Peace!!



Uniform Luncheon



Angleton-Danbury Group



Beaumont Attendees



Bruce Hendry, Pat Clark, and Sandi Suggs
from Nacogdoches



Table 31



Election of TAHV Officers



Keynote Speaker: Steven Iwersen
and his porcupine

I hope you enjoyed the pictures in this issue. Photo's are contributed by Mary Pfeffer, Judi Winslow, Julian Payne, Vicki Holcolm, and Pat Clark

Perspectives

Continued from page 6

But what if it weren't that easy to explain? What about the influence of perspective? Could it be that some of the negatively inclined people in our life are looking at things without all the information or experience?

Here is an example. My granddaughters and I were taking a walk through the neighborhood. The three of us were having a nice visit and the youngest decided to run ahead.

She turned and shouted, "Let's run!"

To which her older sister replied, "No! I'm wearing heels and he's old!"

I almost fell to the ground laughing. Now, I am certainly capable of running, skipping and climbing a tree. The truth is I'm not old, I'm just older. However, from her young perspective and experience - I'm old. My granddaughter wasn't being negative, she was being practical and thoughtful. I could have chosen to see her comments as negative. I chose instead to laugh and started skipping!

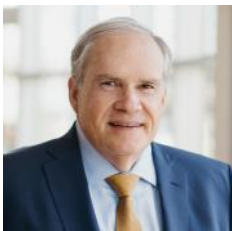
Give this some thought today - it might bring about a new perspective regarding the people around you.

~ Steven Iwersen, CSP

For more information visit

www.steveniwersen.com

Or check out Steven's daily motivational posts in his "Do The Two" Facebook group.



THA Makes Its Return to Capitol Hill

by John Hawkins,
President/CEO,
Texas Hospital Association

(On January 1, 2022, John Hawkins became the associations President and Chief Executive Officer. Mr. Hawkins has served as the associations Senior Vice President on advocacy and public policy and has been an integral part of THA's strength and success. With a 17-year tenure at the association he has led a team that consistently secures important resources for Texas healthcare).

With the U.S. Capitol recently loosening visitor restrictions, members of THA's senior leadership team and myself returned to Washington, D.C. in late April. We met with a dozen Congressional offices to educate them on critical hospital issues. We were grateful to be joined by THA members including Memorial Hermann, HCA, Houston Methodist, Scottish Rite for Children, CHRISTUS, Tenet and Providence. The events of past two years have both shaped and reaffirmed THA's priorities of securing hospital funding, rebuilding a robust health care workforce and improving Texas' public health infrastructure. These priorities were at the forefront of our conversations with lawmakers.

The timing of THA's return to Capitol Hill was on the heels of the reinstatement of our Medicaid 1115 waiver and the recent approval of our directed payment programs for one year. Even with this good news, there was still quite a lot to cover with Capitol offices. While the waiver reinstatement provided a level of relief, we emphasized in D.C. that any interruptions in payment cycles or "slow walking" approvals on program mechanics create problems for hospitals and cannot be the new normal between Texas and the federal government.

In addition to U.S. House members, we also sat down for meetings with Sen. Cornyn as well as staff from Sen. Cruz's office to cover Texas hospitals' challenges relating to workforce shortages and financing. These were critical meetings for THA and our members, and we are grateful for their time and attention.

Our D.C. meetings coincided with the AHA annual meeting, which was also in person. There was a real energy and vibrance at the conference after so much time in a remote world.

Thank you for being an extension of the THA team. Whether in Austin, Texas, or Washington, D.C., we are proud to advocate on behalf of you, hospital staff, patients and communities.

***It's about creating strength in numbers,
Finding common ground and supporting one another.***

Wow!!! Busy, Busy!!! Look at those Baptist Beaumont Volunteers!!!!

By Vicki Holcombe, CAVS, Director of Volunteer Services, Baptist Hospitals of Southeast Texas

The volunteers of Baptist Hospital in Beaumont had a busy spring. In March, they sponsored a St. Patrick's Day staff appreciation by distributing breakfast snacks, drinks and shamrock necklaces (for good luck) to employees arriving for and leaving their shifts. Auxiliary President, **Julian Payne**, was there and commented, "We wanted to do a little something extra for all they have done during the past two very challenging years."



Auxiliary President, Julian Payne cuts the ribbon for the pneumatic tube chute in the pharmacy.

In addition to celebrating volunteer appreciation in April, the Auxiliary participated in the ribbon cutting for a pneumatic tube chute in the pharmacy, which was made possible due to funds donated by the Auxiliary. "It was a great way to celebrate and thank our volunteers for this important donation", said **Aily Powell**, Pharmacy Director.



Baptist volunteers build beds.

During Volunteer Appreciation Week, volunteers were also joined by members of Senior Administration, as honorary volunteers. Senior Team members sat in volunteer assignments with a volunteer mentor to learn about and participate as volunteers. It was a great success in helping administration learn and understand more about various volunteer assignments in the hospital. In May, Baptist volunteers brought their service into the community on a Saturday building beds for "Sleep in Heavenly Peace", a non-profit that builds and delivers beds to children who do not have a bed. The Auxiliary had given a community outreach donation of \$1,000 to the non-profit late last year, but decided they wanted to put their muscle behind their money and participate in the build. The day was a great success. The month of May also brought a new volunteer assignment to the hospital courtesy of a donation from the Auxiliary. Volunteers are now driving a six-passenger courtesy shuttle to help transport guests, patients and employees around the hospital campus parking lots, physician's buildings, and the hospitality house. "Our patients and guests are loving this extra service, especially if they have a long walk in the Southeast Texas heat", said **Vicki Holcombe**, Director of Volunteer Services.

Helping with What We Have

by **Michael Swartz**, Regional Manager for Communications & Grant Writing, Knapp Medical Center, Mission Regional Medical Center and Harlingen Medical Center.

Although the Knapp Volunteers have not been able to work in the hospital due to the presence of Covid, they had money earned through fundraising available that they could help others. This was one rewarding program that was most appreciated by the hospital as well as the community.

The **Knapp Medical Auxiliary Volunteers** donated books for a greatly needed paramedic training class for EMS services in the Rio Grande Valley, including the Mercedes EMS / Fire Department and Weslaco EMS / Fire Department. This class will enhance emergency 911 coverage by preparing additional paramedics to staff ambulances.



"Thank you ... basically you are putting 17 new life-savers out on the street," said Juan Guerrero of the Texas A&M Engineering Extension Service (TEEX), which will be offering the class at the Mercedes Fire / EMS station. TEEX is working with Armando "Mando" Martinez and local EMS / Fire Chiefs to offer the class beginning in August. The EMS chiefs are very grateful for the Knapp Volunteer Auxiliary's sponsorship.

Sharing the Christmas Spirit

By **Brandi Neeb**, Volunteer Coordinator, Baptist Hospitals of Southeast Texas

Volunteers and Baptist Hospitals of Southeast Texas choose a special project within the hospital every Christmas. Rather than exchanging gifts at the Christmas luncheon, volunteers bring donations to support the special project. This has included art supplies for children at the Behavioral Health campus, comfort bag supplies for the Cancer Center, and NICU survival kit supplies for moms with babies in the NICU.

This year volunteers chose to support the food insecure patients at our Smart Health Clinic. The Smart Health Clinic provides follow up care for patients with certain chronic medical conditions such as COPD, congestive heart failure, and diabetes in an effort to avoid hospital readmission. Many of these patients are on a fixed income and struggle to purchase their medications and other basic needs.



Volunteers brought individual serving-sized foods and drinks to be made into care packages that Smart Health staff will gift to patients in need. Staff was overwhelmed by the amount of donations received. To assist with distribution, storage, and organization of the donations, a group of volunteers got together to make the care packages. They sorted the food and drinks into categories and used an assembly line to stuff Ziploc bags.

The donations and additional assistance to staff in preparing the donations was a great service. There was such a high need for these supplies, that the food was being taken and given to patients in need while the bags were still being packed. This was such a kind way to spread the Christmas spirit. Our volunteers are so special and so appreciated!

We get by with a little help from our friends....

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.

If you have something to contribute, contact **Mary Pfeffer** by email: 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](#).

We have a Centenarian!!!

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

Meet my friend, **Pat Kelly**. On June 24th, she celebrated her 100th birthday!!! When I first moved to Olney 15 years ago and joined the Auxiliary, Pat was my first partner. We served coffee, tea, hot chocolate, and newspapers on the Nursing Unit at **Olney Hamilton Hospital**. It seemed to me that she knew EVERYBODY!!! Of course, at that time I knew no one!!! She was a dietitian, and I was all about nutrition, so we got along well from the start. She and her husband also had a H&R Block business until he passed away. But, she's still living life to the fullest.

At 100, she no longer works directly in the hospital, BUT until last year, she was our Auxiliary Treasurer, and she is still active in our auxiliary on the side lines. Prior to that, she worked in the gift shop for a few years. She's an amazing person. Oh, and did I mention that she has 8 children that are all professional people. I am so happy to honor this very special person.



KMC Auxiliary in Weslaco Tx is Back!!!

Sent in by Carol Coburn, Knapp Medical Center, Weslaco, TX

At our first meeting after Covid, **Nora Galvan** received her 25 Years of Volunteer Service Certificate. She is also now on our Board.



Congratulations Nora!

A Word About Gifts and Memorials

By Janice Allen, Comptroller for Gifts and Memorials Foundation

The purpose of the Gifts and Memorials Foundation is to provide scholarships to worthy students pursuing a degree in a healthcare field. The funds for these scholarships come from several sources. There are hospitals who make an annual donation to the fund and others who give memorial gifts upon the passing of an individual. At the annual conference there are two fundraising opportunities for people who would



like to contribute to these scholarships. During the conference there is a raffle table set up for attendees to purchase the tickets to

have the chance to win one of the donated items. Also, during the Uniform Luncheon, red buckets are passed among the tables, and everyone is encouraged to put a dollar or two in the bucket. At the Conference held at Moody Gardens, in Galveston, these two activities raised \$714.75. Also, the proceeds from Bingo were given to Gifts and Memorials in memory of a former TAHV board member, Sue Bramhall.

Pictured above is Norma Burnside presenting a check to Janice Allen, given by the Volunteers of Christus Spohn Corpus Christi South in memory of former board member, Marjorie Hays. All these gifts are appreciated and will be disbursed to future scholarship recipients.

YOUR DATABASE UPDATES ARE IMPORTANT!

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

**IF YOU DOWNLOAD OR PRINT IT,
PLEASE CONTACT:**

Sandra Pybus, Database Chairman

74 Heathrow Lane; Sugarland TX 77479 — Phone: 832.500.4814

Email: stpybus@sbcglobal.net
(A form will be sent to you!!)



Hi Y'all,

As volunteers, we often learn from one another. I don't know if you were personally able to attend the recent Conference, but it was a really good

one. I know there are many of you that wanted to attend but couldn't for some reason. Whether it was a money issue or a support issue or even something related to the Covid situation, you really missed a good one. I'm trying to get as much about the Conference into this upcoming issue of the Outlook.

I also want to be supportive of all volunteer members. So, if you have something for me about your volunteer organization, please be sure to send me your news, whether it be honoring an outstanding volunteer (like I have a volunteer that turns 100 this month, and she was treasurer up until last year!) or if you do some interesting fundraisers or services to your hospital or community!!! We all learn from one another, and we often want to do something special for someone. Send any outstanding news to me (tahvjudiwinslow@outlook.com) anytime. If I can't get it in that upcoming issue for some reason (such as missing the deadline), then we can put it in the next.

I look forward to hearing from you. Let me know how we can better serve you.

Judi Winslow,

Editor, The Outlook



Health Matters

By Judi Winslow, Editor

I added this column a year or two ago because our age group could use some positive encouragement to make the most of our lives. As a former nurse practitioner, I am always keep-

ing up with ways I can help myself to the best life has to offer. I'd rather be younger, resilient, sharp of mind, good natured, and useful. I don't want to be "old" any earlier than I have to. I want to live the rest of my life as long as I can, as healthy as I can, and with as much joy as I can, however long that is. If I can avoid the C-word (cancer), stay clear of mind, take care of myself, enjoy others, and live as God would guide me, then I will have lived a good life. This is what inspired me to share some of the things I learn from trusted sources. This time it's about **aging gracefully**.

The number one killer in adults is heart disease and has been for some time. Plaque collects in the walls of your arteries... it patches weak spots and is made up partly of cholesterol. The common accepted practice is to lower the

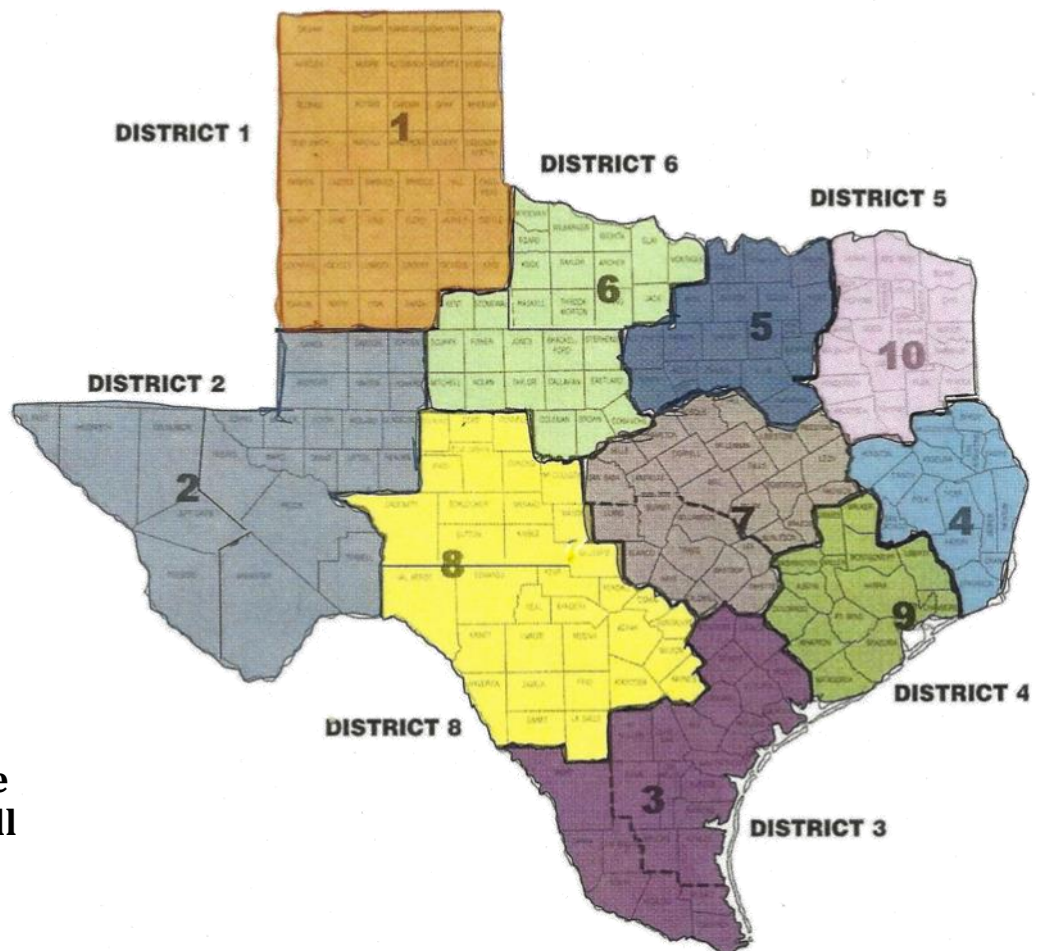
cholesterol with the use of statin drugs, (which I have learned depletes the body of CoQ10, a substance very important for heart function), stay away from fatty foods, and exercise! What about the CAUSE of the plaques and the CAUSE of the inflammation? Most often this is not addressed, yet if it were, it is likely that cardiovascular disease would not be the problem that it is today. Typical efforts go to lowering cholesterol, dropping blood pressure, reducing anxiety and sleep problems with drugs. Some problems are related to the drugs we take to control these things without mention of our intake of sugar, food additives, exercise we should do (but don't) and how we handle the life stresses we encounter. As we age, we need to cut out sugar (refined and artificial), and use more natural sources such as Monkfruit, Stevia and honey, and use them in moderation. We also need to cut way back (or even better, cut out) fast foods and convenience foods, and add *aerobic* exercises to maintain a healthy heart and blood pressure.

Walking and bicycle riding are good for our age group. Bottom line is that we need to MOVE... not be sedentary. Start with what you are able to do and build up to a health-producing level increasing no more than 10% per week. Ultimately you should spend 30 to 60 minutes walking, starting out with what's comfortable to you. It could be only 10 minutes, and that's OK. You also want to include strengthening exercises 2 or 3 times a week... such as simple squats, lunges, back and leg exercises. DON'T OVERDO! It should be simple and comfortable. Stay at least a week before you extend your time. Over time, you'll notice your legs stronger, your heart is stronger and your health is improving... and you'll be happier.

Now, take a BIG breath!!! Hold it! Now slowly breathe it out! Did you know that most of us do not breathe correctly? We breathe in and breathe out, but we don't use our diaphragm and we don't exhale fully to make room for maximum oxygenation of our blood that nourishes our brain and all major organs. So, three times a day: when you get up in the morning, midday, and at bedtime, exercise your diaphragm. One article I read likened it to the motions of a smoker only without a cigarette. You take in a big breath, hold it for several seconds (what's comfortable for you), then slowly exhale completely. Also place your hand on your abdomen. Make sure you're not breathing with your chest muscles, but with your abdominal muscles and diaphragm. Try to do this for a couple minutes each time you do this.

Eat organic food as much as you can. You will gain more energy by getting rid of toxic foods. Avoid a hyper-emotional lifestyle. Avoid anger, jealousy, depression, anxiety, and negativity. They just pull you down. Bottom line: Replace negative feelings with positive things. Have fun. Join in reindeer games like Rudolph!! Look for the good in people. Repair relationships. Get adequate sleep. Forgive more and experience thankfulness. These things will take care of your heart and blood pressure. Work with your doctor to see if you can decrease the number of drugs you take. Hopefully, he or she will see your steady improvements and be willing to get rid of some of the medications. You will be a happier, more positive And did I mention a HEALTHIER you. **Get out there and make the most of your life!!!**

District Map



Still not sure what District you're in, give a board member a call for assistance.