



Published by the Texas Association of Healthcare Volunteers, Inc. - www.tahv.org - Pre-Convention 2023



You spoke...We listened!

ALL INCLUSIVE* REGISTRATION - \$175 per person!

**That's meals, President's Party, Uniform Luncheon,
Breakout Sessions and more...**

*Does not include room

In this edition find information on speakers, **NEW game room.**
Info on how to register for the chance to win one of three **\$100 Gift Cards.**
BINGO, BYOI, Awards and more.

Don't miss the **educational event** of the year, **TAHV Conference 2023!**



From the President's Desk

By: Sue Kaulfus



Time is flying by and my year as TAHV President is sadly coming to an end. But as my year draws to a close, I am getting more excited about the Conference in

May. The Board's many plans are coming together, and I know this Conference is definitely going to be the best ever. As you look at this edition of the Outlook you will see all the things that are planned for you. There will be fun, education, fun, comradery, fun things to win, vendor shopping, good food, and a happy hour every evening. All the events are in the Hotel and Conference Center, are easy to get to and you do not have to leave the venue if you do not want to. The speakers are going to be informative and entertaining and the breakout sessions will definitely be educational. BYOI is back as well as BINGO Night with the infamous "BINGO Barb". The Vendors will be there and will be looking for old and new friends. The President's Party theme is GLITTER. I have always said that "if it doesn't sparkle or glitter it isn't worth wearing." Find your sparkles and join us on the dance floor. What happens in San Marcos, stays in San Marcos if you make your friends leave their phones in the room! Please join the fun on May 22nd, 23rd and 24th at the Hilton Embassy Suites Hotel and Conference Center in San Marcos, Texas.

Take Care and I'll see you there.



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**Conference 2023
is almost here!**

**GET YOUR
GLITTER
ON!**

**at the
President's Party
Tuesday, May 23rd
6:30-10:00 pm**

"If it doesn't sparkle or glitter it isn't worth wearing." - Sue Kaulfus



The registration process has changed. Please read your instructions below carefully.

The packet you received in the mail for Conference 2023 contained the Registration Form for attendees. Please Fill out the information on the registration portion and mail to the Conference Treasurer's address listed below.

Conference registration and meals are an **All Inclusive Package*** for this year's conference. Meals included are: lunch after Opening Session on Tuesday, May 23; the President's Party on Tuesday night, May 23 and the Uniform Luncheon on Wednesday, May 24. Cost for the All Inclusive Package* is \$175.00 per person.

If you prefer to pay by check, send your Registration Form and check to the TAHV Conference Treasurer by the April 21, 2023 deadline.

If you prefer to pay by credit card, go to TAHV.org. On the opening page click "Make a Payment" at the top of the page. Enter all requested information with your credit card information and check Convention.

Send your Registration Form separately to the TAHV Treasurer by the April 21, 2023 deadline.

**TAHV Conference 2023
Lacy Webb, Treasurer
P.O. Box 658
Spring, Texas 77383**

Hotel reservations are separate from the All Inclusive Package for registration and meals. You will find further information on hotel reservations in your packet. Remember all forms are available on the TAHV website at www.tahv.org

**Questions? Just contact:
Gypsie Hufnagle, Conference Chair
Phone: 281-799-5382
Email: gypsie7wdls@sbcglobal.net**

*The All Inclusive Package is meals and registration ONLY. Hotel is separate.



We are so excited to be planning an incredible TAHV 2023 Conference to be held May 22-24th, 2023, in San Marcos, Tx. A special part of the TAHV Conference are the Awards given to our members for Scrapbooks, Newsletters, Posters and Tray Favors. In addition, there is a Past President's Award of Excellence.

The mailed conference packet has all the information you need to enter for the 2023 Awards. In the packet is an Intent to Enter form. This needs to be filled out now.

In addition to what's in the packet, the Intent to Enter Form and copies of the Judging Forms are available on the TAHV website. The Intent to Enter form and payment **MUST BE RECEIVED** by mail to the address at the end of this article no later than April 15, 2023. Failure to return this form by this date will result in a penalty of 25 points from EACH of your entries.

Please read the "General Rules" very carefully. We do not want you to lose points by overlooking something in the "General Rules for Entering". It is important that you look at the judging forms on the website as well. It will help you know what the judges are looking for in each category.

The Awards Committee will be accepting your entries on Monday, May 22nd, from 1:00 p.m.-5:00 p.m. and Tuesday, May 23rd from 8:00 a.m.-11:00 a.m. The judging will begin at 11:00 a.m. on Tuesday, May 23rd. Therefore, any entries presented later than 11:00 a.m. will not be accepted.

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Conference 2023-Spreakers and Breakouts

Keynote Speakers

Opening Session - Chris Bugbee, President/CEO OneStar Foundation

As President/CEO of OneStar Foundation, Chris Bugbee was appointed by the Governor of Texas to oversee programs that strengthen Texas communities by creating pathways for individuals and organizations to engage, connect, and accelerate their impact. Prior to OneStar, Chris was appointed to federal positions including serving in the White House as Associate Director in the Office of Faith Based and Community Initiatives.

Uniform Luncheon - Kathryn Childers

In the 60's, Kathryn earned a degree in elementary education but instead of going that direction, snagged a secretarial job with a Congressman in Washington. She later applied and was hired as one of the first female U. S. Secret Service agents in 1970. She was assigned to the Kennedy children and Jacqueline Kennedy Onassis and President Nixon as well as foreign dignitaries. Kathryn now lives in Corpus Christi and brings "miles of smiles" clowning at a children's hospital as "Sassy the Sheriff"

Breakout Session Speakers

Dan Birbeck, Chief of Police, Olney Police Department, Active Shooter Response

Chief Biebeck has served in law enforcement for over 30 years. He has a bachelor's degree in Criminal Justice Administration and is a certified Texas Master Police Officer. Chief Birbeck is also a certified SWAT officer and a Licensed EMT. He has trained healthcare organizations nationwide on Active Shooter Response.

Paul Osborne, Osbourne Therapy Service, LLC

Mr. Osborne graduated Texas State University and the University of Kentucky in Biology and Physical Therapy. He is a provider of home-based PT, OT and ST services to the coastal bend. Paul specializes in vestibular

rehabilitation, developmental disabilities and diagnostic programs for progressive neurologic disorders.

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 "Want to put the Heart Back in Your Volunteer Program?"

John Henderson, President/CEO of Torch, Stand Tall for Small

John Henderson is the President/CEO of TORCH, (Texas Organizations of Rural and Community Hospitals). He works for the 158 rural Texas hospitals, primarily in the area of advocacy and education. Prior to joining TORCH John served as CEO at Childress Regional Medical Center for 16 years. During that time he served as Chairman for both TORCH and the Texas Hospital Association.

Dan Stultz, Past CEO of the Texas Hospital Association

Dan Stulz, M D is a retired physician who was diagnosed with Parkinson's disease at the age of 57. He practiced internal medicine in San Angelo, Texas for 28 years and became the President/CEO of Shannon Health System. He served as President/CEO of the Texas Hospital Association from 2007-2014 and also served as guest faculty at Texas A&M Medical School in Round Rock. He has been awarded Lifetime Membership in the American Hospital Association.

Allan Cole, Dean of the Steve Hicks School

As a scholar, Dean Cole is a nationally recognized authority on chronic illness, health humanities, and the study of spirituality and religion in social work. He is the author or editor of 13 books which include Counseling Persons with Parkinson's Disease and Discerning the Way: Lesson's from Parkinson's Disease. Much of Dean Cole's advocacy centers on caring for people living with Parkinson's disease.

VENDOR FAIR at CONFERENCE



This event was originated for the purpose of assisting hospitals with fundraisers, an opportunity to see products and meet with the Vendors.

This great event is held at the TAHV Conference where

attendees have the opportunity to meet representatives/owners of different trades and perhaps book with them to come to your hospital to have a fundraising event. Vendors always bring items for purchase and for the fun of SHOPPING. So be sure to check out this event and meet each vendor. They are here for you to see their product as well as maybe do some purchasing. If you are looking for a fundraiser, please ask the vendor for their information. Covid took a bite out of our usual vendors that come to our hospitals, and I know we need to build up our fundraisers again. I suspect many of you are in the same boat!!!

Some of the vendors we know will be at Conference are Gold'N'Vision, Lone Star Fine Designs and a new vendor, Grace Anna's Boutique. There will certainly be more as time marches on!!! Be sure to check it out when you're there.

Awards: Your chance to shine *continued from page 3*

Awards will be open for viewing on May 24th, from 8:00 a.m. -10:00 a.m. No awards will be on the items. Award winners will be announced at the luncheon on Wednesday, May 24th. The room will reopen after the luncheon to view and pick up awards.

All awards must be picked up by 1:30.

NOTE: There is a small entry fee of \$20.00 total for each hospital entering items. Make the check payable to TAHV Conference 2023. This fee helps us offset the necessary expenses of mailing, copying, etc. Please do not send cash. Send your check to the address below. You will receive a receipt of your Intent to Enter form and check. It will be sent by email.

The Awards Presentation is one of the most exciting parts of the TAHV Conference. Your group is encouraged to enter any of the categories. We hope this awards competition will be meaningful and allow your group to display the work done by your organization over the past year. Please remember that the judges are selected by the Conference Chairs and are not members of TAHV or known to the members of the Awards Committee.

Should you have any questions regarding the Awards competition for the 2023 Awards, please feel free to contact Barb at any time. We look forward to seeing you in San Marcos!

Barbara Giannotti
27 Edgemire Place
The Woodlands, Tx 77381
Phone: 281-639-2120
Email: runnerbabs67@me.com

WE NEED YOUR DATABASE UPDATES

You can find the
"Member Update" form
on the **TAHV Website** at **www.tahv.org**
Use the form throughout the year to keep your
information current so you don't miss anything!

Download or Print the Form
Send to: Sandra Pybus
74 Heathrow Ln; Sugarland TX 77479
Phone: 832.500.4814
Email to: stpybus@sbcglobal.net



**Don't work for
recognition, but do
work worthy of
recognition.**

-H. Jackson Brown, Jr.

Returning by Popular

Requests

Bring Your Own Ideas - BYOI

BYOI is our special version of a facilitated sharing session. These events are so popular as they target the hottest topics among volunteers. Come one and all for this valued networking opportunity. The BYOI session will be offered on Tuesday morning May 23, 8:30 a.m. - 10:15 a.m.

Silent Auction and Door Prizes

The Conference Committee requests that all TAHV member volunteer groups participate by bringing items to the conference for Silent Auction and Door Prizes. Funds raised are shared between Gifts & Memorials and Educational Topics for Volunteers. **Silent Auction items should be unwrapped and have a minimum value of \$50.00.** Please include an index card detailing the name of the donor organization and the value of the item. Donations will be accepted in the Ivy Room.

Silent Auction Hours – Ivy Room

Monday, May 22 1:00 – 5:00 pm

Tuesday, May 23 8:00 – 4:30 pm

Silent Auction Bidding 4:30 - 5:00 pm

Pickup Bid Items 5:00 pm

Door Prizes should be wrapped or in a gift bag.

Every conference attendee badge has a door prize number on it...you may win!

Donations will be accepted in the conference center lobby booth next to conference registration.

Door Prize Hours – Conference Center Registration Desk

Monday, May 22 1:00 – 5:00 pm

Tuesday, May 23 8:00 – 5:00 pm

Tuesday Pickup Door Prizes 5:00 pm

Gift Shop Seminar

The Gift Shop Seminar will be held at 3:30 pm on Tuesday, May 23 with Roxie Campbell, Senior Retail Executive, who is a leading consultant in retail purchasing and merchandising. Ms. Campbell will explain how to maximize sales and profits by understanding profits and margins, planning market buys, presenting product selections, managing inventory, evaluating product successes and failures, and more. Don't miss this if you manage your gift shop!

Let the games begin!



By Barbara Giannotti, Memorial Hermann The Woodlands Hospital Volunteer, District 9 Board Member

Game rooms are wonderful ways to create social activities for both friends and newly met acquaintances. They can be fun, educational, and memorable and may even turn into a regular tradition. Many people may have been through a bad gaming experience, not here! Come and go as you please on Tuesday of the conference and play a game or two of your choice. Card games, board games, and domino games will be set out on multiple tables for all to share... or just play alone.

Enjoy coffee, light snacks and friends to defeat with your gaming skills. What could be more fun? Come and find out!

When you visit the Game Room don't forget to register to win one of three \$100 gift cards to be awarded at the Uniform Luncheon. Just provide your name and email address to enter!



We are also Bringing back Bingo Night on Monday evening. We know we will see you there! Fun, friends, food, and fabulous prizes! Come see how crazy Bingo Barb gets this year



Health Matters

By Judi Winslow, Olney Hamilton
Hospital Volunteer, District 6 Board
Member, Editor of Outlook Newsletter

Someone asked me to remind everyone to wear comfortable shoes when coming to Conference since you'll be doing a fair amount of walking even though it's in one building. To take that even further, I discovered a wonderful doctor who stresses the importance of the relationship between posture, activity (i.e., walking) and pain. His name is Dr. Yoni Whitten. His topic is ridding the body of chronic pain without having to rely on doctors, drugs, or surgery. He has a website that I invite you to check out: www.painfixprotocol.com.

Research shows that there are at least 1.5 BILLION people in the world suffering from chronic pain! And yes, I'm one of them. So, what can we do to help ourselves maintain the activities we enjoyed 20 years ago instead of taking medications for the rest of our lives and having corrective surgery? Can you imagine how good it would feel to wake every morning without pain? To tell yourself "I can" instead of "I can't"?

The lack of movement and stagnation produce predictable, repeatable structural changes in the human body. This is referred to as Posture Prolapse Syndrome and is identified by the head leaning forward and a collapse of the

body's secondary curves. The widespread use of smartphones, E-readers, laptop computers, non-stop social media, and texting further affects those younger than us and promotes posture prolapse in future generations.

Mayo Clinic and the AMA prepared a list of recognized conditions that stem from Posture Prolapse: Pain, Disc Herniations, Nerve Compression, TMJ tension and Bite problems, Chronic Muscle strain, Decreased blood flow to the spinal cord, Early onset degeneration, torn Rotator Cuff, Arthritis, Hemorrhoids, Varicose Veins, Osteoporosis, and Poor Health

I think we can all agree that these can negatively affect the quality of our lives.

Another study took a group of bedridden older stroke survivors that had pain and depression.

They got them up out of their beds, and twice a day moved their bodies through as much range of motion as possible. After just one month, EVERY ONE of these people was able to decrease their pain, reduce depression and improve their functionality. The experts at the American College of Physicians and The American Pain Society have developed a list of treatment guidelines to use when treating someone with chronic pain. Their top recommendations include staying active, focused breathing techniques (like in yoga and meditation), and regular exercise. Dr. Whitten regularly puts exercises on his website that help with motility to reduce pain.

As little as 10 minutes of walking can lead to significant reductions in back pain. Researchers found that the greater the increase in neck mobility, the less pain at rest. There is also a mountain of research that shows that rhythmic movement is the most effective method ever studied for preventing pain.

Chronic pain is expected to rise significantly as the world's population is aging and because of a shift from rural living to living in more urbanized parts of the world. However, for now, I encourage you to give activity a try to help reduce pain, to improve your posture, and increase satisfaction in your life.

Five CHRISTUS Volunteer Groups Host District Meeting

By Norma Burnside, CHRISTUS Spohn Hospital Corpus Christi-South Volunteer President, TAHV District 3 Board Member.

On a typical warm and windy day in Corpus Christi, September 20, 2022, CHRISTUS Spohn Health System hosted the TAHV District 3 Meeting.

DVS Marissa Carrillo oversees 5 volunteer programs for CHRISTUS. Included are CHRISTUS in Alice, CHRISTUS in Kleberg, CHRISTUS in Beeville, CHRISTUS Shoreline in Corpus Christi and CHRISTUS South in Corpus Christi. We all worked together in putting this meeting together. The last district meeting we hosted was back in 2015, so we were really excited. On September 19, the evening before our meeting, we had a “Meet and Greet” Tea with the “Traveling Trio”. This was great.

The next morning everything fell into place. We had approximately 80 attendees: DVS’, volunteers, and administrators in attendance. TAHV President Sue Kaulfus’s theme was “Volunteers Grow Where They Are Planted”, thus our theme. Her logo was a beautiful Yellow Rose. I proudly wear her Yellow Rose pin as many of you do.

Her platform was “Parkinson’s Disease”. We were very fortunate to be able to have three guests share information about Parkinson’s Disease. Each was very informative on their topic. Dr. Hugo Guido, a neurologist, shared how nutrition plays a large role in this disease. Andy Morales shared his personal experience as he has Parkinson’s and leads a Support Group. The audience was so impressed with this gentleman and popped questions right and left. Then, we had a surprise guest speaker that we were not aware of. Dr. Guido works closely with him and asked him to come. Paul Osborn is a PT with AQTs Home Health and Rehab. I’m not sure most people are



Multiple CHRISTUS Volunteer Groups worked together to hold the District 3 Meeting led by their DVS, Marissa Carrillo.

aware of how important physical therapy is to a Parkinson’s patient. I wasn’t! He gave examples of exercises they show patients to do and they teach them what to do at home. He spoke about space/balance problems for these patients and how they teach them to react. He shared a lot of practical information one could take home and try with their loved one or ask their physician for physical therapy.

CHRISTUS District 3 Meeting was a huge success. We topped all this off with a scrumptious lunch of fajitas with all the trimmings and dessert.

One last surprise for the meeting was, Nellena McCabe and Lexxa. She has “The Go Team Therapy Dogs”. She brought Lexxa and allowed her to interact with the District Meeting attendees. She, Lexxa, was truly a hit.

What a great day and a wonderful way to end the CHRISTUS’ District 3 Meeting.

District 5 Presidents' Council Recharged and Ready

By Stephen Apple, Scottish Rite for
Children Volunteer President,
District 5 Presidents' Council

The District 5 Presidents' Council took a hiatus from in-person meetings due to Covid and we are back in 2023! Diane Tubbs, president of the council in 2019 and TAHV board member, recommended that our officers remain in place until we could restart regular meetings of our membership. The officers held Zoom meetings to handle necessary business and we all waited. At the District Meeting



(L>R) Karen Apple, Judy Heasley, Micki Roemer, Judy Hollis, and Stephen Apple

in October 2022, hosted by Medical City McKinney, new officers were installed for the Presidents' Council. In reaching out to member hospitals, we have learned about personal challenges and the changes every organization has had to make. We are looking forward to getting together again when we meet in March at Scottish Rite for Children, and in May at Parkland. Many thanks to Diane Tubbs for keeping us on track for a fresh start in 2023.



WJ Volunteers

13h · 🌐



Volunteers were busy today, not just with setting up for the Annual Valentine Day Employee Appreciation Day, but they also baked all the sweet treats. Karen/MSN and Jennifer/BSN were the first to sign up for the door prizes and "guess the candy count" game. CEO Julie Stumberg took time out of her busy day to pull the winning names for the door prizes. First winner was Michele/RN seen here with some treats to go and her WJ mug.



Scottish Rite Brings Back Holiday Bazaar and Bake Sale

By Karen Apple, Scottish Rite for Children Volunteer

We have all experienced many changes emerging from the worst of Covid. At Scottish Rite for Children in Dallas, our volunteer roles have changed to support patient families in new ways, from greeting and Covid screening to wayfinding. Volunteers were anxious to bring back our Holiday Bazaar and Bake Sale, last held in November 2019. With the go-ahead from hospital leadership in late summer of 2022, our craft groups got busy creating holiday home décor and gifts. The National Charity League responded enthusiastically to our call for baked goods and packaged snacks. Our gift shop took advantage of the sale to offer marked-down holiday inventory and toys. Though scaled down from years past, the November bazaar was a welcome event for patient families, hospital staff, and volunteers. Over the three days of the sale, shoppers bought baked goods and items for Thanksgiving and Christmas. The bake sale sold out completely. Volunteers celebrated the return of a long tradition and earned over \$10,000 for the Wish List.



OUTLOOK NEWSLETTER

Copy/Print Dates

Pre-Conference Newsletter

Copy Deadline 02/17/2023

Print Deadline: 03/01/2023

Post-Conference Newsletter

Copy Deadline: 06/09/2023

Print Deadline: 06/19/2023

Fall Newsletter

Copy Deadline: 08/18/2023

Print Deadline: 09/01/2023

Year End Wrap Up

Copy Deadline: 11/20/2023

*Good communication is the
bridge between chaos and
clarity.*

The Outlook Newsletter is one of
the primary ways we share
information across TAHV.

Contributions always Welcome!
Send to Judi Winslow at:

mkjudiwinslow@hotmail.com

*"Writing is easy. All you
have to do is cross out
the wrong words."
-Mark Twain*

Message from the CEO

From John Hawkins, CEO Texas Hospital Association



In January, the Texas Legislature gaveled in its 88th session, and what's going on at our state Capitol will occupy a great deal of hospitals' attention for the next three-plus months. If you're a conscientious health care provider who wants the best possible care environment for your facility, city and state, I'm sure you'll be following along, too.

But also earlier this year, in Washington, D.C., a new U.S. Congress began its work as well. And while the Texas Hospital Association will be closely watching developments in Austin and working with lawmakers there, acts of Congress also make an outsized impact on all facets of how health care operates back here in Texas. That's why THA is pursuing an ambitious list of federal policy priorities and working with Texas's congressional delegation to help us realize those needs - including help for rural hospitals at risk of closure, Medicare Advantage reform and protecting and improving access to care for vulnerable populations.

As we represent hospitals in the state with the

highest uninsured population in the country, THA will continue working alongside Congress, the state and the Centers for Medicare & Medicaid Services to ensure the state's Medicaid 1115 Transformation Waiver (which runs through 2030) provides stability for our state's health care safety net. The waiver helps fund uncompensated care and also allows for the implementation of directed payment programs that help our hospitals treat Medicaid patients. THA has been unwavering in its support of expanding affordable and adequate insurance coverage for the uninsured. Regardless of whether that's achieved, the waiver will always play a critical role in care delivery across the state. We will continue our efforts with our state's congressional delegation to guarantee all patients in Texas have access to the care they need. Thank you for your continued support of Texas hospitals.

ENTER TO WIN
1 OF 3-\$100 GIFT CARDS
Sponsored by the Membership Committee
Just provide your name and email address.
Drawing will be held at the Uniform Luncheon



*Be Styl'in that
"Glitter On" Look!*

**Order the official
Conference 2023 T-Shirt!**

**Watch for the details on the website at
TAHV.org and Facebook and how to order
your shirts for the conference.**



**Don't miss the educational
event of the year!**



TAHV CONFERENCE 2023

EMBASSY SUITES - SAN MARCOS TX

MAY 22-24, 2023