



# OUTLOOK

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Texas Association of  
Healthcare Volunteers, Inc.  
[www.tahv.org](http://www.tahv.org)

Post-Convention 2022

*Merry Christmas and Happy Holidays*  
FROM YOUR TAHV BOARD OF DIRECTORS



(L>R, District) Sue Bickham –3; Barbara Long, Sect’y-6; Norma Busnside—3; Pat Sowder- Ex Officio; Buddy Harris –3; Kathy Jenkin 3; Judi Winslow –6; Sue Kaulfus, President –8; Pat Clark –4; Jimmie Sue Garrett –9; Dave Westerhaus –9; Nelva Harris –9; Janice Allen, Treasurer –6; Barbara Wright –8; and Mary Pfeffer –5. Missing: Lynda DeMasco - Pres Elect, 8; Barbara Gianotti—1st VP – 9;Gypsie Hufnagle –9; Jean Morgan –9; Josie Mediano –2; Gracie Sanchez –2; and Diane Tubbs –5.

After no meetings in 2020, and SOME meetings in 2021, it sure was good to get back to almost normal!!! Times have been a little challenging, but our volunteers are mostly back to work. Like you, we are looking to bolster our auxiliaries from our losses. Members have aged and some have moved away, but I know the staff and the patients really love seeing volunteers as in years past. Your representatives on the Board are glad to be back too, and if you look at the names underneath the picture, you can find the person who represents your district.

We are available when you need us and are happy to help. For contact information for your representative, visit the website at [tahv.org](http://tahv.org) and place your cursor on ‘about’ and when the bar scrolls down, choose ‘BOARD’, and you should see each Board Member with contact information. We too could use a few new members, so if you love what you do and would like to join the like-minded volunteers on the Board, just contact our President, Sue Kaulfus, or any of us on the Board. We’d be glad to tell you how much fun it is to work with our group and invite you to come aboard.

The Outlook is probably the best tool we have for sharing our information far and wide. Please consider sending in articles with pictures and share with us. That’s how we help one another and expand our services to the benefit of our patients and staff members





## From the President's Desk

by Sue Kaulfus

I would like to wish everyone a Merry Christmas and/or Happy Holidays. The year 2022 is ending and my year as President is half over.

It has been a great year so far. The District Meetings were some of the best that I have been to in my three years as part of the Traveling Trio. I need to mention **Patricia Clark** in Nacogdoches, **Norma Burnside** in Corpus Christi, **Ann Cummings** in Hereford, **Melva Harris** and **Sandra Pybus** in Sugarland, **Judi Winslow** in Olney, **Diane Tubbs** in McKinney, and **Teresa Grimm** in Seguin. Each Meeting was unique, and these ladies worked their magic in putting them together. Many, many thanks to each of you.

I would also like to thank two special ladies, my traveling companions, (aka backseat drivers) **Lynda DeMasco** and **Barbara Giannotti**. We had a good time together as well as talking to all the great volunteers that we had the honor to meet.

I am looking forward to seeing all of you again in May at the Conference in San Marcos. Please put May 22<sup>nd</sup> through May 24<sup>th</sup>, 2023, on your calendars.

Take care and I'll see you there,  
Sue



## Stephen Apple Receives His Yearbook

by Mary Pfeffer,  
Facebook Administrator

Stephen Apple was TAHV President in 2018 – 2019. Shortly after his term ended, he and his wife, Karen, resigned from the TAHV Board of Directors. As I was Historian for Stephen, I was unable to present him with his

“book of his year” at the Conference in 2019. At the District 5 Meeting, on October 19<sup>th</sup>, he finally received his book documenting his year as TAHV President, and he was VERY pleased to receive it!

Do you have questions that come up in your meetings or when updating/writing your Bylaws??

**"ASK THE PARLIAMENTARIAN"**

Call Sue Bickham with your questions  
361-241-1766

## SAVE THE DATE

# Texas Association of Healthcare Volunteer TAHV Conference - May 22-24, 2023



Embassy Suites  
Hotel and Conference Center  
San Marcos, Texas



Look for Further Information  
January 2023

*Volunteers Bloom Where They Are Planted!*

## Building Bridges

by **Steven Iwersen, CSP**, President of Aurora Pointe, LLC, an international speaker and leader development firm



Fred invited a few guys at the coffee shop to come by his property. "You really should come by and see the bridge that I'm building. It is turning out to be an amazing structure."

"Do you need any help with that project?"

"No, but I do appreciate the offer."

"Hey Fred," Sally asked as she poured coffee into an empty mug, "where are you building that bridge? I didn't know you had a river on your land."

Fred smiled and proudly answered, "Oh, I don't have a river or a creek. I'm building it right in the middle of my driveway. You never know when you might need one."



You and I might shake our heads at the absurdity of that conversation, but before we write Fred off as a dimwit we might want to consider if we have been guilty of building too much out of our own fears.

We believe that it is important to dream, set goals, and plan for a better future. We know there is incredible value in the principle of "what you sow, is what you reap." There is wisdom in being prepared. But, we must guard our lives from the futility of wasting the present day on fears of what might come in the future.

"The bridges you cross before you come to them are over rivers that aren't there." - Gene Brown

Don't let worry about uncertainties and the unknown rob you of the tremendous opportunities that are present today. If you're going to build a bridge, let it be one that genuinely connects you to the people around you.

Thanks for serving others!

For more information visit [www.steveniwersen.com](http://www.steveniwersen.com)

## A Word or Two from THA

by John Hawkins, President/CEO, Texas Hospital Association



My first year on the job was 2022, and I have put my full attention and energy into continuing THA's history of success and expanding our role as a thought leader and powerful advocate for Texas hospitals. It is an honor that I do not take lightly. I have deeply appreciated the guidance and support from my colleagues in the Texas hospital industry as I navigate new terrain, map out strategic plans, strengthen our visibility, and plan for the future – while we emerge from a pandemic and prepare for a legislative session.

As we head into the 88<sup>th</sup> legislative session, we know the events of the pandemic and its aftermath will shape the attitudes of lawmakers and the public. There is one thing we have more of now than we did before the 87<sup>th</sup> legislative session: stories. We have stories of your overwhelming triumphs and ongoing struggles.

Ahead of the legislative session, which begins on Jan. 10, I encourage you to download the THA Advocacy app, available on the Apple and Android stores, which will keep subscribers updated on advocacy news that impacts Texas hospitals. On Jan. 3, I encourage you to check out THA's new online forum, The Scope ([tha.org/blog](http://tha.org/blog)), where we'll share news, insights and members' stories from the frontlines.

Here's to a new year, a new legislative session, and new opportunities to advocate for you.



**WE NEED YOUR DATABASE UPDATES**

You can find the  
**"Member Update"** form  
on the **TAHV Website** at [www.tahv.org](http://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](mailto:stpybus@sbcglobal.net)



*May you never be too grown to  
search the skies on Christmas Eve!*



## District Meetings with a Little Help from Your Friends

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

In the past, I have been asked about hosting a District Meeting, and of course, I ALWAYS said 'no' because we are a small hospital and have a small auxiliary. Sue asked us again this year and my inclination was to say no, but I brought it up at an auxiliary meeting, and our then-president seemed enthusiastic about doing it, so my attitude changed to... "well, maybe we can do this if we can get enough enthusiastic people to help". In the meantime, one of our members has a sister in an auxiliary about 30-40 miles away, and they wanted to help. They are also from a small hospital with a small auxiliary. So, we got together and decided that what we lacked in numbers, we gained in enthusiasm! I tell you this in case you're in a small auxiliary, don't count yourselves out when it comes to hosting a District Meeting. We really lucked out with great helpers and great and enthusiastic supporters.

Our members knew many of the business owners and managers in our town and in Seymour (our sister auxiliary). We shot for 5 gifts for door prizes each, and we ended up with double or triple that. We had a nice monetary donation from our hospital, and our sisters in Seymour had their hospital donate the welcome bags and they were very generous. The support we received was awesome. We held our meeting at one of our local churches, which didn't charge us anything, but we donated some of the money we had to work with. We of course sent thank you notes to everyone who helped us. That included our wonderful speakers, who also asked for no compensation. Our Chief of Police spoke on "Active Shooter Training", and it turns out he was one of those who set up the original program, and he was awesome. Our sister auxiliary offered one of their exercise trainers who was also wonderful and she led perfectly into what our last speaker, a chiropractor and acupuncturist who taught the basics of what happens through the aging process and how you can help yourself, should you choose to do so. It all came together nicely. We had many compliments on the quality of our speakers.



*Back row (L>R) Kathy Moore, Clara Gibson (Seymour President), Jane Prisk, Margie Snyder, Phyllis Whitsitt, Raymond Prisk, Kay Bradley, Genevieve Hrcirik, Ellen Hardin, Rita Choat, and Pam Farmer. Front (L>R) Donna Sullivan, Nita Hearne (Olney President), Glenna Stennett, Judi Winslow (District Coordinator)*

It was fun and we found new friends in our sister auxiliary. People took their responsibilities seriously. We met about 4 times and reviewed our jobs the evening before as we set up. We had a wonderful man in town who makes great signs for birthdays, anniversaries and many other events. In the picture you'll see the "Welcome Hospital Volunteers" sign and volunteers that helped in any way to make our District Meeting a success. So, when someone asks you to host a meeting, don't be too quick to say no. It was an unexpectedly great experience!! And I didn't think we could do it!!!!



## Volunteer Coordinators from Oklahoma Visit TAHV Conference

Sent in by Mary Pfeffer, Facebook Administrator

Melissa Moeller (left) is from St Frances Hospital System in Vinita, Oklahoma and Wilma Barnhart (right) is from St Frances Hospital in Tulsa. They discovered the TAHV Facebook page and reached out for additional information on attending the conference. Mary Pfeffer was able to get them registered as "non-members". They attended both BYOI sessions on Tuesday and 2 breakout sessions on Wednesday. They left feeling so knowledgeable, informed, and motivated to share what they had learned at our Conference.

**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 reactivate and attract new volunteers? Share your stories.*

Send to: Judi Winslow at [mkjudiwinslow@hotmail.com](mailto:mkjudiwinslow@hotmail.com)

# District Meeting Report from the Traveling Trio

By **Barbara Giannotti** , Memorial Hermann The Woodlands, TAHV 1st Vice President

The Traveling Trio...Duo...trip for the 2022/2023 year was Sue Kaulfus- President, Lynda DeMasco - President-elect, and Barbara Giannotti - First Vice President. We began our travels at notable Nacogdoches for the district 4 Meeting on September 16, hosted by Nacogdoches Medical Center and Nacogdoches Memorial Health. We had a great morning meeting, speaker, and luncheon. Our speaker was Frank Rudisill from the Nacogdoches Sheriff Department. He was an amazing speaker and we look forward to hearing more from him at the 2023 Conference in San Marcos. Present at the meeting were 53 volunteers, 6 TAHV Board members, 2 TAHV Past Presidents, 5 Volunteer Coordinators, 3 Hospital administrators, and 2 guests. Hospitals in attendance were: Nacogdoches Medical Center Volunteer Auxiliary, Nacogdoches Memorial Health Auxiliary, St. Lukes Health Memorial Lufkin, Hospice in the Pines, Tyler County Hospital Auxiliary, Baptist Hospital of Southeast Texas, and Longview Regional Medical Center.

Next stop was chic Corpus Christi for District 3 meeting on September 20th, hosted by the Volunteers of CHRISTUS Spohn Health System. The Traveling trio arrived the afternoon before and were treated to a lovely Afternoon Tea and visit with CHRISTUS Spohn Shoreline.

We had a robust morning meeting, speakers, and luncheon. Our speakers were Dr. Ernesto Hugo Guido, MD Neurologist, Andy Morales from Coastal Bend Parkinson's Support Group, and Paul Osborne from AQTS. We learned so much from these speakers and were blessed with their presence. Present at the meeting were 63 Volunteers, 3 TAHV board members, 2 TAHV Past Presidents, 6 DVS/Volunteer coordinators, 2 Hospital Administrators, and 5 guests which makes a total of 81. Hospitals in attendance for District 3 were: Driscoll Children's Hospital, CHRISTUS Spohn Shoreline, CHRISTUS Spohn Hospital - Alice, CHRISTUS Spohn Hospital - Beeville, Valley Baptist Medical Center - Harlingen, CHRISTUS Spohn Hospital - Kleberg, Corpus Christi Medical Ctr - N.W., and CHISTUS Spohn Hospital Corpus Christi - South.

Next on our travels we headed to heartwarming Hereford for the District 1 Meeting on September 23rd. Can I say I LOVE HEREFORD! I may have to move to Hereford... but I digress...The District 1 meeting was hosted by Hereford Regional Medical Center Auxiliary. We had an amazing breakfast, meeting, speaker, and luncheon. Our speaker was Joe D. Rogers who spoke on the Hereford Prisoner of War Camp that operated from 1942-46.

Present at the meeting were 49 hospital Volunteers, 2 TAHV Board member, 3 DVS/volunteer coordinators, 1 Hospital Administrator, and 2 guests...one was the Mayor! Hospitals represented: Hereford Regional Medical Center Auxiliary, Northwest Texas Healthcare Service Auxiliary, Plains Memorial Hospital Auxiliary, Moore County Hospital District, Lamb Healthcare Center, Covenant Health Plainview, and University Medical Center Health System.

The next stop on the our trip was District 9 meeting on September 29th in sumptuous Sugarland , hosted by Houston Combined Hospitals. It was a wonderful meeting, lunch and speaker. One of our speakers was Linda Nelson, DVS/Marketing Director from Memorial Herman The Woodlands Medical Center. She shared her incredible story with us and we are all better for the hearing of it. Our main speaker was Dr. Pavanti Shah, PT, DPT, Memorial Herman Southwest Hospital who spoke on Alzheimer's disease. District 9 had 51 total in attendance with 4 TAHV board members. Hospitals in attendance: Memorial Hermann Southwest, CHI Baylor St. Luke's Medical Center, Memorial Hermann Memorial City Medical Center, Memorial Hermann The Woodlands Medical Center, HCA Houston Healthcare Southeast, UTMB Health Angleton Danbury Campus, and Memorial Hermann Sugar Land.

Next we head north to the oracles of volunteers in Olney for the District 6 Meeting, October 17th, hosted by Olney Hamilton Hospital and Seymour Hospital Auxiliaries. We enjoyed a great day which included charcuterie breakfast, morning speaker Chief of Police Dan Birbeck who, as an organizer of the Active Shooter training, luncheon and then an exercise trainer who led into our afternoon speaker, Dr Sheila Carley Harris who spoke on how to thrive vs surviving. Everyone in attendance enjoyed the day so much. District 6 had 63 hospital volunteers, 5 THAV board members, 1 DVS/volunteer Coordinator, 2 Past Presidents, and 5 guests with a total attendance of 79. Hospitals present: Graham Regional Medical Center, Hendricks Health, Pink Ladies Auxiliary, Stephens Memorial Hospital Auxiliary, Permian Regional Medical Center, Olney Hamilton Hospital Auxiliary, Mitchell County Hospital, Seymour Hospital Auxiliary, Coleman County Medical Center, and Cordell Memorial Hospital Auxiliary for a total of 10 hospitals.

We then meandered up to marvelous McKinney for the District 5 meeting on October 19th hosted by Medical City McKinney. We started our day in McKinney with a light repast and meeting with Table Topics discussing issues facing Volunteer groups all over Texas. We had a nice lunch with speaker Dante Burgos, Medical Director of Medical City McKinney. District 5 had 56 Volunteers, 6 TAHV Board members, 2 Past TAHV Presidents, 7 DVS/Volunteer Coordinators, 2 Hospital Administrators, and 2 guests in attendance.

*Continued on Page 6*

## ***District Meeting Report from the Traveling Trio-continued from page 5***

District 5 attendees were from Scottish Rite for Children, TX Health Hughley Hospital - FT. Worth South, Texas Health Arlington Memorial, Wilson N. Jones Regional Medical Center, Texoma Medical Center, Parkland Health and Hospital System, Auxiliary of Lake Granbury Medical Center, and Medical City McKinney.

We ended our Texas tour in Serene Seguin, home of our fantastic TAHV president Sue Kaulfus. District 8 Meeting was hosted by Guadalupe Regional Medical Center on October 21st. We enjoyed a continental breakfast, meeting and speaker. Our speaker for District 8 was Jeannie Brannon, Guadalupe Regional Speech Therapist from whom everyone in attendance enjoyed learning new insights .

District 8 had in attendance Guadalupe Regional Medical, Peterson Health Auxiliary, and Gonzales Memorial Hospital.

Participating in this year's Traveling Trio Of Texas was a truly surprising and remarkable experience! I want to thank all district coordinators, Hospitals, administrators and auxiliaries that allowed us to have these much needed contacts with the hospitals and volunteers that are members of TAHV. Through these meetings we can share and grow our auxiliaries back to pre-Covid numbers and beyond. Thank you! Thank you!

Blessings and Peace in the coming year!  
Barbara Giannotti

<b>2022 DISTRICT ATTENDANCE</b>											
	Here- ford		CHRISTU S Spohn	Nacog- doches	Med Ctr Mckin- ney	Olney Hamil- ton		Seguin	Houston Com- bined		
District	1	2	3	4	5	6	7	8	9	10	TOTAL
Volunteers	49	N	63	53	56	63	N			N	284
		O					O			O	
TAHV Board Members	2		3	6	6	5			4		
		M					M			M	
Past Presidents	0	E	2	2	2	2	E			E	
		E					E			E	
DVS/Volunteer Coord.	3	T	6	5	7	1	T			T	22
		I					I			I	
Hosp. Administrators	1	N	2	3	2	2	N			N	10
		G					G			G	
Guests	2		5	2	2	5					16
<b>TOTALS</b>	<b>57</b>		<b>81</b>	<b>71</b>	<b>75</b>	<b>78</b>			<b>51</b>		<b>413</b>

## **STAY CONNECTED WITH OUR WEBSITE OR FACEBOOK**



[www.tahv.org](http://www.tahv.org)

Check out the TAHV website. Updates on conference, board actions and more.

**Want to contribute?**

**Contact Mary Pfeffer; email: [maryellenpfeffer@gmail.com](mailto:maryellenpfeffer@gmail.com) or call her cell at 903.271.9243**

**Don't forget to FRIEND us on Facebook**

From your Facebook page, search for Texas Association of Healthcare Volunteers.

# The Future of the Outlook Newsletter

The Communications Meeting had a great meeting at our last Board Meeting in Austin. The question was: How can we improve the sharing of information and get it out to the membership in a timely manner? It was felt that if the membership knew ahead of time what the deadlines were and when to expect the issues, perhaps volunteers and DVs would be more timely in getting their auxiliary activities, fundraiser information, special honors for their outstanding members and other items that might be helpful for other auxiliaries submitted for consideration. So here are the dates starting with this issue.

## Submission and Publication Deadlines:

November 20 <sup>th</sup>	December 10 <sup>th</sup>	Post District Meeting & Holiday, Report Card for the Year	
February 17 <sup>th</sup>	March 1 <sup>st</sup>	Pre-Conference issue	
June 9 <sup>th</sup>	June 19 <sup>th</sup>	Post Conference issue/Preliminary District Meeting issue	
August 18 <sup>th</sup>	September 1 <sup>st</sup>	Pre-District Meeting	issue

Of course, shorts honoring an auxiliary member for extended length of service or other special recognition can be submitted for any issue. People love to see their information in such widespread newsletters. Each issue will have information on the next conference as soon as we have it. The last issue of the year will be a report card showing the number of attendees to District Meetings, number of participating hospitals, number of guests (for example) and if there are any new hospital members. It's also good for any Committee reports, for example: G&M (Gifts and Memorials Foundation) might highlight new applications for scholarships, ETV (Educational Topics for Volunteers) might highlight their news, upcoming Conference information, new marketing ideas from the Marketing Committee, and Communication Committee's pleas for articles as well as Membership Committee news.

For this issue, Mary Pfeffer has a picture of Steven Apple receiving his scrapbook and a challenge coin from his past presidency. She also has information on 2 DVs visiting the Conference from Oklahoma to highlight. They were very pleased with the conference and will consider having one for themselves in Oklahoma. In addition, we're depending on YOU, our TAHV members, to submit other articles on your committees and things going on in your hospitals or in your district. **Please help us get future issues off the ground and make them all great issues. This is YOUR newsletter. I just put it together and ask for input.**

**Judi Winslow**  
Outlook Editor



## Health Matters

By Judi Winslow, Outlook Editor

Sometimes I'm intrigued by trivia... like – Do you know how many cells are in your body? I read this recently! We have about 37,000,000,000,000 cells!!! How many is that? Thirty-seven TRILLION!!! That's a lot of cells, and that's a lot of zeros!!! While we're talking about numbers, here's some things for you to consider that might improve the quality of your life. I've tried some of them to improve mine. These are some items that

Deli or packaged meat	Commercial Salad Dressing (sugar, high fructose corn syrup)
Candy (of course loaded with sugar or sugar substitutes)	White bread (overly processed)
Sprayed produce (sprayed with Roundup/glyphosate)	Margarine (melted on your driveway, even the ants won't eat it)
Diet Soda/drinks (excitotoxins)	GMO foods (identified by 5-digit code starting with 8----)
Dairy (recommend nut milks. Remember you drink what the cows ate)	Seasonal packaged foods (loaded with MSG for preserving)

are recommended to avoid and why:

Looking at numbers, these are the top 10 toxic foods you might consider reducing or even eliminating from your diet or replacing them with something more healthful:

### ***Health Matters-continued from page 7***

When choosing your fruits and vegetables, some are better than others. It has to do with exposure to chemicals and the thickness of their skins and likelihood of absorbing herbicides or pesticides. Here's what I've seen and try to remember when I'm shopping. Some produce is OK to choose the regular products, **NOT** in the organic section of your favorite store, but some are better for you if you choose organic. I've heard this from many experts. They call them the 'clean 15' and the 'dirty dozen'.

With the biggest holiday of the year coming, good choices can make a difference to us all. One of the people I follow says there's nothing recipe-wise you can't have if you just substitute for the more toxic ingredients. You can use grass fed butter, or for salads or cooking, use extra-virgin olive oil or avocado oil. Use fresh fruits, and natural sweet sources like honey, maple syrup, stevia, or monk fruit. As long as you use healthy ingredients, you can make all of grandma's favorite recipes. A Merry Christmas to you all. Treat your body well!!!

The "Clean 15" don't have to be in the organic section		
Onions	Asparagus	Cantaloupes
Avocadoes	Sweet Peas	Broccoli
Sweet Corn	Cabbages	Honeydews
Pineapples	Eggplants	Cauliflowers
Kiwis	Papayas	Mangoes

The "Dirty Dozen" is recommended to buy organic		
Peaches	Nectarines	Spinach
Apples	Strawberries	Grapes
Bell Peppers	Cherries	Potatoes
Celery	Pears	Tomatoes