

OUTLOOK

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

FALL-2024

Once upon a time, there was a group known as the "Traveling Trio"—Mary Pfeffer, President of TAHV; Dave Westerhaus, President-Elect; and Sue Kaulfus, First Vice-President. Together, they embarked on a grand journey, traveling across Texas—from north to south, east to west—visiting the extraordinary members of the Texas Association of Healthcare Volunteers.

As with all great adventures, their story had a beginning, a middle, and an end. And now, we invite you to join us as we relive this remarkable journey in photos!

District 1 — Friday 9/27/24

University Medical Center—602 Indiana Ave. Lubbock, TX 79415—806-775-8200

Coordinator Name: Kathy Trout-Revier

Coordinator Name: Carol Cloud



District 2 — Thursday 9/26/24

Permian Regional Medical Center—720 Hospital Dr. Andrews, TX 79714—432-464-2200

Coordinator Name: Romana Morales



IMPORTANT DATE!
2025 TAHV CONFERENCE
MAY 19-21, 2025
FRISCO, TEXAS



IMPORTANT DATE!
December 1, 2024
Deadline for Sponsors/Donors
To register for 2025 TAHV Conference
See Page 10 for more info!



President's Message

By: Mary Pfeffer
President, TAHV

Another District Meeting 'Season' has come to an end. It has been an amazing 'Season' and the Traveling Trio are home again getting ready for the Fall Board

Meeting. A big THANK YOU to all the hosting hospitals. Gathering volunteers together in one place is motivating and inspirational, knowing we all have the same goal...to serve our hospitals and medical communities.

I believe we covered much of the state and with numbers in from 4 Districts so far, there was an increase in attendance again this year. Once all Districts that hosted meetings submit their forms, we will post an updated total. It was very impressive to see how many groups are showing growth in gaining new volunteers.

During District Meetings is when new members to the TAHV Board submit their applications and are voted on. District 8 voted in a new TAHV Board Member and District 6 voted in 2 new TAHV Board Members. We are all very excited to have new members join the board, as we continue to grow to support all the volunteers in all the Districts.

Sponsors were a big topic at all the meetings this year, as it is my goal to raise at least \$25,000 to lower registration fees. Lowering the registration fees will increase the attendance and that is what I'd like to see...more volunteers able to attend the conference. Letters have been sent to every member hospital, asking for a donation on behalf of their volunteers. Private and public businesses are also being asked to help sponsor the TAHV 2025 conference. These letters are available for you if you have businesses or individuals you feel may want to help in sponsoring the 2025 TAHV Conference.

Just send a request to tahv.org@gmail.com and the letters will be sent to you.

Speaking of the 2025 TAHV Conference, it is scheduled for May 19th through the 21st at Embassy Suites Frisco/ Dallas Convention Center & Hotel in Frisco. I did share the theme of the President's Party which will be ALOHA. I will be saying good bye to my year and President Elect Dave Westerhaus will be saying hello to his. I believe the ALOHA Spirit is in every Texas volunteer and we will be sharing that spirit in many ways at the conference and especially at the President's Party. Please plan on coming down a day early or staying over an extra day to just explore Frisco. Also, for all of you who do register on the very first day of conference, there will be a few surprises for the 'Early Birds'.

Your TAHV Board already has plans in place for the conference, adding some great new break out session, speakers, adding back some previous events and perfecting a few more. We all hope you will be putting these dates on your calendars.

My year, so far has been busy and fulfilling as I have traveled the state, met and spoke with many of you, and I will be sharing your concerns, problems and hopes with your TAHV Board at our Fall and Winter Meetings. Always remember, we are YOUR board and here to help you in any way we can.

With volunteering in my heart,
Mary Pfeffer
TAHV President



OUTLOOK NEWSLETTER Copy/Print Dates

Post-Conference Newsletter
Copy Deadline: 06/10/2024
Print Deadline: 06/14/2024

Fall Newsletter
Copy Deadline: 10/14/2024
Print Deadline: 10/18/2024

Pre-Conference Newsletter
Copy Deadline 02/17/2025
Print Deadline: 02/21/2025

Year End Wrap Up
Copy Deadline: 04/07/2025
Print Deadline: 04/11/2025

Good communication is the bridge between chaos and clarity.

The Outlook Newsletter is one of the primary ways we share information across TAHV. Please note deadlines for copy and print are firm; items received after the deadline will be held for the next issue. Contributions always Welcome!

Send contribution to:
tahvoutlook@gmail.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

District 3 — Thursday 10/10/24

University of Houston Victoria SBDC—1604 Airline Rd; Ste 101 Victoria TX 77901—361-485-4000

Coordinator Name: Glenda Gibbs

Coordinator Name: Susan Shaw, President



District 4 — No meeting scheduled at this time.



District 5 — Wednesday 10/2/24

Lake Granbury Medical Center—1310 Paluxy Rd. Granbury, TX 76048—817-573-2273

Coordinator Name: Marilyn Lowery



District 6 — Tuesday 10/1/24
Cogdell Memorial Hospital—1700 Cogdell Blvd Snyder, TX 79549

Coordinator Name: Beverly Velasco



District 7 — No meeting scheduled at this time.

District 8 — Monday 9/23/24
Uvalde Memorial Hospital—1025 Garner Field Rd Uvalde, TX 78801-4895

Coordinator Name: Dora Cruz



Check out the attendance at this district meeting! Kudos!

District 9 — Friday 10/11/24

Memorial Hermann The Woodlands Hospital—9250 Pinacroft Dr. The Woodlands, TX 77380

Coordinator Name: Gyspie Hufnagel

Coordinator Name: Barbara Giannotti



District 10 — Monday 9/30/24

CHRISTUS Trinity Mother Frances Health System—800 E. Dawson Street Tyler, TX 75701

Coordinator Name: Annette Garcia



Another stop along the road.....Pecos County Memorial Hospital-Fort Stockton



This Memorial Garden was paid for in full by the Pecos County Memorial Hospital Auxiliary.

Alas, like all good things, this trip had to come to an end. With heartfelt goodbyes, Dave, Mary, and Sue parted ways and returned home. But fear not—their journey is far from over. This amazing trio will be with us throughout the year, leading the way and inspiring the future of volunteering.

THE END





A message from THA CEO, John Hawkins

As we find ourselves in the last quarter of the interim session year, the Texas Hospital Association is hard at work preparing for the 2025 legislative session. We know the 140 days of regular session will be full of policy decisions that could directly impact health care delivery for years to come. Whether it's changes in Medicaid funding, shifts in health care reimbursement rates, or new regulations that affect staffing and operational capacity, these policies are setting the tone for how hospitals will function in the future.

As hospitals and health care associations like THA engage in advocacy efforts to address these legislative challenges, volunteers play a less visible but equally important role in these efforts.

Volunteers may not wear lab coats or scrubs, but they play an indispensable role in the daily operations of hospitals. From providing comfort to patients to assisting with logistical tasks that keep hospital floors running smoothly, their contributions are far-reaching. In rural hospitals, where resources are often limited, volunteers frequently become the bridge between patients and the care they need, helping alleviate the strain on healthcare staff.

As we look ahead to the future of health care in Texas, we should remember that our hospitals are not just buildings or institutions; they are communities. And in those communities, volunteers are the unsung heroes who ensure that every patient feels cared for and valued. Their work reinforces the very values that drive the mission of hospitals across our state.

Together, through the continued efforts of volunteers, health care providers, and advocates, we can build a system that meets the needs of every Texan, no matter the challenges we face.

Thank you for all you do.
John Hawkins
President/CEO, Texas Hospital Association



UTMB Angleton Danbury

The presentation of a Kodak Dock Portable Instant Photo Printer for Labor and Delivery at UTMB Angleton Danbury was presented by the Auxiliary of Angleton Danbury UTMB Campus .



From left: Sharon Krasinski, Julie Black, Wanda Craig, Andrea Horne and Pat Hines are pictured.

Texoma Medical Center Volunteers



President Mary Pfeffer thanks Texoma Medical Center Volunteers for the generous donation to the Gifts & Memorial Foundation. Pat Emory, President TMCV.

STAY CONNECTED WITH OUR WEBSITE OR FACEBOOK



www.tahv.org

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

Want to contribute?

Contact Mary Pfeffer; email: tahv.org@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.

Origin of irregular transitive
First Known Use: 1825-1830
kudos noun [koo-dohz, -dohz]
1. honor; glory; acclaim:
(He received kudos from
2. a statement of praise or
the singular form k
istic

kudos

AND MORE

Kudos to our Traveling Trio—Mary Pfeffer, Dave Westerhaus, and Sue Kaulfus—who completed their statewide tour, attending District Meetings and connecting with members along the way!

A big shout-out to our Conference Team, who are working tirelessly to secure donations and sponsors to help reduce costs for **YOU**, our valued members, making this sensational event more accessible than ever!

A heartfelt thank-you to all our District Coordinators for organizing fabulous District Meetings across their regions. You truly rock!

Quick places for keeping in the know....

TAHV Website:
www.TAHV.org
All things TAHV and conference related are available here.

Facebook:
Texas Association of Healthcare Volunteers
Read and share stories about your volunteer group and the upcoming conference.

The Farmer and the Donkey

One day a farmer’s donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway—it just wasn’t worth it to retrieve the donkey.

He invited all of his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone’s amazement, he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

As the farmer’s neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of the deepest wells just by not stopping, never giving up!

Shake it off, and take a step up.

START PLANNING!

SAVE THE DATE

TAHV CONFERENCE 2025

May 19-21, 2025



RETURNING TO...

EMBASSY SUITES

FRISCO, TX

District 6 Meeting Highlights from Snyder, Texas

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

District Meetings are always a delight—just like this one hosted by Cogdell Memorial Hospital! Filled with valuable insights and innovative ideas to take back home, these gatherings are also fantastic opportunities to connect with volunteers from across the district.

Of course, hosting an event like this takes time, dedication, and meticulous planning by the auxiliary team. But when the *big day* finally arrives, there's no greater reward than seeing all that hard work come to life and be appreciated by everyone in attendance. And just look at how vibrant, lively, and colorful we are!



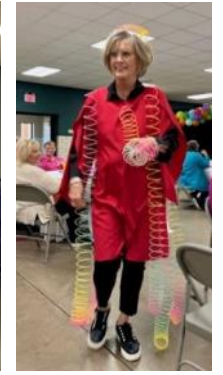
Featuring a Seriously Sophisticated Style Show



A formal CumberBUND!

Double Breasted

Everyone enjoyed this unique style show!



Loafers?

A Slinky Dress

Bell Bottoms

A Tea Shirt!

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

People of character do the right thing even if no one else does, not because they think it will change the world but because they refuse to be changed by the world.

- Michael Josephson

© Michael Josephson whatwillmatter.com

The District 5 Meeting... My Favorite Presentation: T.E.X.A.S. Rescue

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



I truly look forward to District Meetings!!! President's Reports are a highlight because you find out what other volunteer groups are doing for their hospitals and their communities. There are always ideas that you can bring home to benefit your own auxiliary. You meet the host auxiliary members, District Coordinator, and the teams that work hard to put it all together. District 5 had their meeting in **Granbury**. The hostesses were gracious and the meeting site was well attended and beautiful. (left photo)

These impressive guest speakers, Vicky and Tracy Miller will be doing a **cameo appearance at our TAHV 2025 Conference in May**. Tracy is a paramedic and (Texas Equine Xperience And Sanctuary) T.E.X.A.S. Rescue is their mission to help those with autism, depression, loneliness, veterans with PSD, and other special needs. They have a 'therapy park' where those in need can hang out, pet, hug, take pictures with and talk with large and mini donkeys. Every Thursday, they partner with Veterans. There seems to be something comforting about these donkeys, and they're not judgmental, so you can tell them anything!!! They also have a therapist present during therapy sessions. They have about 38 trained donkeys at present and have received many rescues of late bringing their donkey population up to sixty. They operate through donations. It costs about \$6,200/month to feed and care for their donkeys.



**Look for T.E.X.A.S. Rescue
at the 2025 TAHV Conference
Embassy Suites in Frisco TX
May 19-21,2025**

START MAKING PLANS TO ATTEND!



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

Health matters to all of us! John and Ocean Robbins (of Baskin & ROBBINS ice cream) have dedicated their lives to searching for ways to promote health and happiness at all ages in this time of living longer, but not necessarily living better. They believe that "Food is the foundation of health. They founded the Food Revolution Network and have aligned themselves with experts in nutrition and medicine. One of these is Dr. Alan Desmond, a gastroenterologist, internist, and who completed his medical training in Ireland and Oxford. He makes evidence-based dietary advice an essential part of his practice. He wrote "The Plant-Based Diet Revolution: 28 Days to a happier gut and a healthier you".

Continued on Page 12

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: tahvoutlook@gmail.com

Exciting News: TAHV 2025 Conference – May 19-21 in Frisco, TX!

By: Pat Sowder, Ex-Officio Board Member

The Conference Team is hard at work preparing an incredible event at the **Embassy Suites Convention Center** in Frisco, Texas, from **May 19-21, 2025**. We encourage you to **mark your calendars and start planning now** to attend this engaging and valuable experience!



Supporting the Conference and Reducing Costs

This year, we are introducing a new initiative to help **offset the cost of the conference** for our members. We are inviting hospitals, individuals, and volunteers/auxiliary groups to contribute by making **honorary donations of \$500 or \$1,000**.

In addition, we are reaching out to **businesses and philanthropists across the state** to offer **sponsor opportunities**. Sponsor levels start at **\$500** and go up to **\$2,500**. As this is a **new approach for TAHV**, your help in sharing these opportunities with potential sponsors is **greatly appreciated**.

If you'd like a copy of the donation or sponsor letters, or if you know a **business, organization, or individual** that may be interested, you can **personally mail the letter** or contact us at **tahv.org@gmail.com** for assistance. If you mail the letter, please send the information of the person you are soliciting including name, address, phone and email to the Conference Team at the address above.

Enhancements Based on Member Feedback

We're making **schedule adjustments** to create more time for **learning, education, and networking**, while minimizing downtime. The team is also working to **optimize the**

event layout, ensuring easy navigation with minimal walking between sessions and activities.

We Value Your Input

This conference is designed **for you, our members**, and we welcome your ideas and feedback! If there's anything you'd like to see or improve, or if you encountered any challenges in previous conferences, please let us know. Your insights will help us create the best experience possible! Send your suggestions to **tahv.org@gmail.com**, and they'll be forwarded directly to the Conference Team.

Looking Forward to Seeing You!

We are excited to gather in May and look forward to connecting with you at the **TAHV 2025 Conference!** Stay tuned for more information in the upcoming **Outlook** issue or visit **tahv.org** for updates.

Warm regards,
Your 2025 Conference Team



It's numbers time again!

By: Pat Sowder, Ex-Officio Board Member

In our last Outlook, we touched on the importance of the numbers each group submits at their district meetings. These figures serve many critical purposes, including:

- **Guiding the board** in identifying relevant educational topics for members.
- **Informing the community** about the value of volunteer and auxiliary contributions in both time and financial support.
- **Justifying the need** for volunteer and auxiliary programs by demonstrating their impact.
- **Boosting marketing efforts!**

This year, we're using last year's numbers to demonstrate the impact of volunteer contributions as part of our efforts to secure sponsorships and donations from hospital CEOs and business leaders. These partnerships will help offset conference costs for you, our members. The numbers are impressive—and with your help, we can present the **BIG PICTURE** even more effectively.

If you haven't submitted your Form 4-President's/ Representative Written Report yet, it's not too late! Please send it to:

Sue Kaulfus
621 Purple Sage; Seguin, TX 78155
Email: bskaulfus@yahoo.com

Thank you for helping us make a difference. Look for a summary of the numbers in the Year End Outlook.

The Honor of Serving as a Board Member in a Volunteer Organization

Do you serve on the TAHV Board or maybe on the board of your local volunteer/auxiliary group? If you do, then you know, it is an honor and a privilege. TAHV is always in search of persons interested in becoming board members. Next time you're asked, consider this:

Being a board member in a volunteer organization is a significant honor that reflects the **trust and confidence placed in an individual's leadership, commitment, and character**. Board members serve as stewards of the organization's mission, helping to shape its vision, strategy, and direction. This role provides a unique opportunity to make a meaningful impact by guiding the organization toward positive outcomes. **The position is not just a recognition of past contributions but a call to actively participate in shaping the future of the organization.**

Serving on the board also offers the **privilege of working alongside like-minded individuals** who share a passion for the organization's mission. This collaboration fosters personal growth, as board members bring diverse perspectives and skills that inspire new ways of thinking. Together, they tackle challenges, make important decisions, and celebrate successes, forming lasting relationships along the way. The role demands dedication, but it also comes with the fulfillment of knowing that one's time and efforts contribute directly to the organization's success and its ability to serve others.



Board membership comes with the **responsibility to lead with integrity, fairness, and transparency**, ensuring the organization remains focused on its mission and accountable to its members

and stakeholders. This trust requires board members to model the values of the organization, make thoughtful decisions, and navigate complex situations with diplomacy and care. It is an honor not only to hold a leadership position but also to influence and inspire others, setting a positive example for volunteers and fostering an environment of collaboration and respect.

Interested in knowing more about board membership? Contact tahv.org@gmail.com for more info or check out the website at www.tahv.org.

Some tips for promoting your volunteer group

1. Create a Clear Value Proposition and Mission: People are more likely to volunteer if they see how their efforts align with their values and contribute meaningfully to a cause. Organizations should clearly communicate the impact volunteers make and how their involvement contributes to long-term goals. Highlighting success stories and sharing measurable outcomes can also inspire potential volunteers to join. Personalizing the message by identifying how the skills or passions of individuals align with specific roles increases engagement and ensures volunteers feel they are making a difference.



2. Offer Flexible Opportunities and Incentives: Modern lifestyles often make it difficult for people to commit to rigid schedules. Providing a range of volunteer opportunities—such as virtual volunteering, short-term commitments, or weekend projects—allows more people to get involved. Incentives like recognition programs, awards, or professional development opportunities can also boost membership. Partnerships with local businesses for discounts or event perks further entice volunteers by giving them additional value for their time.

3. Leverage Digital Platforms and Community Networks: Effective recruitment often starts with strong outreach. Utilizing social media platforms, email campaigns, and online volunteer portals makes it easy for interested individuals to learn about and register for opportunities. Engaging with local community groups, schools, or businesses can also foster relationships that lead to increased volunteer participation. Testimonials, videos, and interactive content shared across digital channels not only attract new volunteers but also retain current ones by keeping them connected and informed.

What strategies are you using to recruit and retain your volunteers? We'd love to hear about both your successes and the challenges you've encountered along the way! Outlook is a great platform to share these insights—just send your stories to tahvoutlook@gmail.com. You can also join the conversation on our Facebook page by searching for the *Texas Association of Healthcare Volunteers*.

If you have additional ideas or experiences to contribute, feel free to email Mary Pfeffer at tahv.org@gmail.com. Your input could inspire others and spark new approaches across our network. After all, sharing is caring!

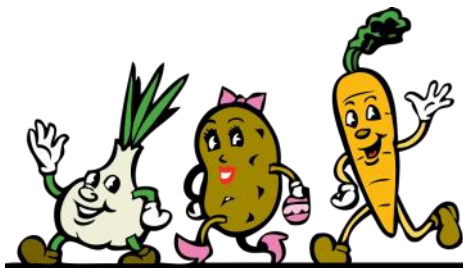


Texas Association of Healthcare Volunteers
1108 Lavaca, Ste 700
Austin TX 78001

ADDRESS SERVICE REQUESTED

Health Matters—Continued from page 9

Regarding gut health: 20% of people have Acid Reflux; 50% over age 70 have diverticulitis, fatty liver disease, bloating, gas, and/or bad breath. So, the topic today is **FIBER**, which can also be called a “prebiotic”. Sources of fiber? Greens, Beans, Onions, Leeks, Asparagus, Jerusalem artichokes, Garlic, and Legumes ... to list a few. Dietary fiber is found in fruits and vegetables! There is NO fiber in animal-based products! The USDA recommended daily intake is 28 grams, but only about 5% of people get enough. The body is swiftly responsive to what one eats. How to maximize a reduced disease risk and optimize health? Variety is the key. The number 1 predictor is the diversity and variety of plants, each with its own type of fiber. In a study of 11,000 vegans (American Gut Project), they found an 80% reduction in diverticular disease,



reduced risk of gallstones, fatty liver disease, and cancer of the digestive system.

A couple extras from John and Ocean Robbins that I think are worth mentioning:

- Dehydration can lead to brain shrinkage... try to drink 4-5 cups/day (showed a 65% lowered risk of dementia).
- Mushrooms: decrease rate of depression.

I hope you will try to enjoy a wider variety of fruits and vegetables and feel better as a result!

**Something’s missing here?
Can you guess what it is?**



Here’s a couple hints:

- It’s black and white and read all over
- It made an impact once already
- It’s too good not to SHARE!

That’s Right—It’s your article!
Submit to: tahvoutlook@gmail.com