

AT THE 2025 TAHV CONFERENCE MAY 19-25, 2025—FRISCO, TEXAS

Aloha and welcome to Frisco! Get ready for a dynamic and engaging conference where you'll stay busy, learn a lot, and have some fun along the way. We've packed each day with valuable sessions, exciting activities, and plenty of opportunities to connect with fellow attendees. So, come early, be prepared to participate, and Catch the Aloha Spirit—a spirit of warmth, camaraderie, and shared purpose!

Registration information will be posted on the TAHV website at www.tahv.org the first week of March. You can follow all the news regarding Conference 2025 on our Facebook page at Texas Association of Healthcare Volunteers.

This conference is your opportunity to learn, connect, and be inspired—so dive in, embrace new ideas, and Catch the Aloha Spirit! We're excited to share this experience

with you. Let's make Conference 2025 unforgettable!



Aloha and see you there, Your 2025 Conference Team



A note from the Prez

This will be my final message to all of you as your President of TAHV. My year has been amazing, enlightening, educational and enjoyable. Yes, enjoyable, even when traveling from one corner of the state to another during the Traveling Trio schedule of District Meetings. Meeting so many motivated and hard-

working volunteers was my favorite part. Texas volunteers need to be studied for how they do as much as they do as well as they do it. I am honored to have served as your President and to continue to be part of TAHV and a volunteer at my home hospital.

Thank you all for your support this year. Many have reached out to me with questions, concerns, problems, trying to find fund raisers and I have done my best to answer most concerns. As you all may know, I am the administrator of the Facebook page and the webmaster of our website. I fielded all questions that came in during the year, and will continue once I step down from my current position. I will always be here to help as much as I can, as you have all have heard me say so many times this past year.

This year was a struggle trying to reduce the registration fees for the conference. Along with my Conference Committee I believe we have successfully kept the fee from climbing and have reduced it the best we can. Reaching out for Sponsors was new territory for TAHV, but being a non-profit organization, we concluded it was the best for the organization and the volunteers who attend our conference. Going forward, I am truly hopeful sponsors will step up and support all of us with by being continued sponsors.

You will see in this newsletter what is in store for those volunteers who will be attending the conference. You will not be looking for something to do, we have helped with that by providing a 2nd BYOI session, as we did in the past. The Bingo Night will be fun filled and exciting as always. The President's Party has a relaxing theme so all attendees will be able to enjoy themselves all night.

At our Winter Meeting held in February, a slate of officers for 2025-2026 was nominated and presented to the Board for a vote. At the Uniform Luncheon you all will be presented with this slate and a vote will be taken. The slate of officers is as follows:

President-Elect: Kathy Jenkin First Vice President: VACANT

Second Vice President: Jimmie Sue Garrett

Secretary: Josie Mediano Treasurer: Janice Allen In closing, I just want to thank you all again for your support but mostly for being a volunteer. For putting on that uniform, heading to your hospitals and carrying that Aloha Spirit in the state of Texas with you as you perform your assigned duties. I am truly humbled and so honored to have served you as your President this past year.

With volunteering in my heart.



Respectfully, Mary Pfeffer TAHV President

The "Aloha Spirit" and the "Spirit of Volunteerism"

The Aloha Spirit is more than just a greeting; it is a way of life that embodies deeply held Hawaiian cultural values of community, peace, and spiritual truth. Rooted in the belief that true harmony comes from the coordination of mind and heart, the Aloha Spirit encourages individuals to approach the world with kindness, compassion, and respect. This welcoming philosophy, embraced by native Hawaiians, extends to everyone, creating an atmosphere of warmth and inclusivity. Similarly, the Spirit of Volunteerism reflects a commitment to selflessness and collective well-being, as people dedicate their time and energy to helping others without expectation of reward. Both philosophies emphasize the power of human connection, generosity, and the belief that small acts of kindness can lead to a more harmonious and hopeful future for all.

As we move through the year, let's all embrace the Aloha Spirit, for never before has our world needed the message this simple word conveys.



Welcome to Conference 2025!

Stephen and Karen Apple, Conference Co-Chairs



Get ready for an unforgettable experience in Frisco! This year's conference is packed with inspiring speakers, engaging sessions, and exciting activities designed to educate, empower, and energize you. Whether you're here to gain new insights, connect with like-minded individuals, or just have some fun, we've got something for everyone.

Come early, dive into all we have to offer, and Catch the Aloha Spirit!



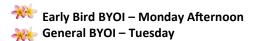
A Powerful Theme for 2025

This year, President Mary Pfeffer brings a critical medical theme—depression, a challenge that has impacted many during and after the pandemic. Our keynote speakers at the Opening Session and the Uniform Luncheon will share uplifting messages of resilience and hope, offering fresh perspectives and strategies for navigating mental well-being.



Bring Your Own Ideas (BYOI) - A Must -Attend!

One of our most **popular networking sessions**, **BYOI** is where fresh ideas and dynamic discussions take center stage!



Come ready to **share**, **learn**, **and connect** with fellow attendees—these sessions are **interactive**, **engaging**, **and full of great takeaways!**

Expert Speakers & Impactful Sessions

Following Tuesday's **Opening Session and lunch**, and again on Wednesday morning, you'll have the opportunity to **choose from four concurrent sessions** featuring **expert speakers** across a variety of essential topics. (See page 4 for a list.)

Don't Miss These Conference Highlights!

Bingo Night (Monday Evening) – Get competitive in a night of high-energy fun!

President's Party (Tuesday Evening) — Embrace the joy and Catch the Aloha Spirit at this unforgettable celebration!

Vendor Fair (Monday & Tuesday) – Discover fresh fundraising ideas and must-have products for your organization.

2025 CONFERENCE—May 19-21

All documents and links will be on www.tahv.org by March 1

Embassy Suites Hotel & Convention Center 7600 John Q. Hammons Drive—Frisco, Texas 75034

Key Dates

March 1

Registration Opens on www.tahv.org

April 18

Last day to book room at conference rate

May 1

Awards Intent to Enter due

Learn, Network, Get Inspired

Bring Your Own Ideas Expert Speakers
Uniform Luncheon Award Presentation

President's Party Bingo

Door Prizes Silent Auction

Raffles And more....

Take advantage of what Frisco has to offer! https://www.visitfrisco.com/

CONFERENCE 2025 May 19-25, 2025—Frisco Texas

Expert Speakers & Impactful Sessions

Following Tuesday's **Opening Session and lunch**, and again on Wednesday morning, **choose from four concurrent sessions** featuring **expert speakers** across a variety of essential topics:

Detectives Sprague & Burleson, Frisco Police
Department – Don't Get Scammed – Get Smart!

Tracy Miller, T.E.X.A.S. Rescue — We Rescue the Animals...The Animals Rescue People: Long Ears and Mental Health Therapy

Kay Allison Crews, CPP-T, PRP – Hot Topics in Parliamentary Procedure

**** Chase Bank** – Banking for Non-Profits

Vannia Atao, Texas Poison Center Network – Poison Safety at Home/Medications and You

David Karchut, CHRISTUS St. Michael Health
System – Resilience

Reorge Mendoza – Depression in Seniors

Plus, more sessions on:

Crafting a Winning Entry: Insights from TAHV Conference Awards

*** Hospitals Moving from Non-Profit to Profit: What Volunteers Need to Know

x Seasonal Crafts for Fundraising

Plan Smart—Make the Most of Your Conference!

Many sessions **repeat**, but some are **only offered once**—so plan ahead! Coordinate with your team to cover multiple topics and share insights. **Check the conference program** for a full schedule and session details.

On the previous page check out the "Dates and Things to Remember" for Conference 2025!

More Conference Fun!

Silent Auction – Bid on exciting prizes!

Door Prizes – Lucky winners announced daily!

ETV Raffle – Don't miss your chance to win big!

Gifts & Memorials Raffle – Support a great cause!

TAHV Logo Sales – Take home exclusive conference gear!

This conference is about learning, growing, and celebrating together. Soak up every moment, engage with new ideas, and most importantly, Catch the Aloha Spirit as we make this our best conference yet!



Getting the most from conference

Attending a conference as a group is a fantastic opportunity to learn, network, and bring back fresh ideas to enhance your organization. Start by reviewing the conference schedule in advance; identifying the most relevant sessions for your team. To optimize time, divide and conquer—assign different topics to cover more ground. Take detailed notes, collect handouts, and be ready to share key takeaways with the rest of your team. Actively engage with speakers and fellow attendees—asking questions, exchanging contact information, and participating in discussions.

Don't overlook networking and informal learning opportunities. Vendor fairs, social events, and even casual conversations can provide fresh fundraising ideas, innovative volunteer strategies, and new partnerships. Step outside your comfort zones—introduce yourself to new people, participate in discussions, and explore different perspectives. After conference, schedule a debrief session, discuss what you learned, brainstorm how to apply those insights to your volunteer work. Approaching the conference with a plan, and a willingness to engage, your team will leave energized, inspired, and equipped with actionable ideas.

Stats, a powerful marketing tool

Volunteer statistics are powerful marketing tools that showcase the **impact**, **dedication**, **and value** of your organization. Whether it's the number of hours served, the funds raised, or the lives touched, these figures provide **tangible proof** of the difference volunteers make.

Potential donors, sponsors, and community partners are more likely to support organizations that can demonstrate **measurable success and community engagement**. This year, the conference committee has used these stats to reduce your registration cost by engaging sponsors to offset cost.

Highlighting volunteer stats in marketing materials, social media, and fundraising campaigns helps build **credibility**, **attract new supporters**, **and inspires others to get involved**. When numbers tell a compelling story, they transform volunteer efforts into a **persuasive call to action** that drives growth and support.

Check out these 2024 numbers and get inspired!

DESCRIPTION	TOTALS
Senior Volunteer	3,795
Senior Volunteer Hours	2,572,796
Junior Volunteers	1,440
Junior Volunteer Hours	99,985.72
Scholarships Awarded	541
Scholarship Dollars Awarded	\$945,582.00
Cash Gifts to Facilities	\$5,412,935.64
Non-Cash Gifts to Facilities	
(Equipment)	\$605,009.00
Dollars Awarded for Community	
Projects	\$273,566.17
Service Hours to Community	5,493

Share these with potential new members, your DVS, your CEO and anyone else who will listen. **Toot your own horn** as the saying goes and most of all, applaud your success and accomplishments! You are awesome!



Judi Winslow, past editor, Outlook resigns

Judi Winslow has been an invaluable member of the Texas Association of Healthcare Volunteers (TAHV), leaving a lasting impact through her dedication, leadership, and exceptional talents. As

the past editor of the *Outlook Newsletter*, Judi's **incredible eye for detail** ensured that every issue was polished, informative, and engaging. Her skills as a **talented photographer** brought stories to life, capturing the essence of volunteerism and the spirit of the organization. Her commitment to excellence made *Outlook* not just a newsletter, but a **cornerstone of communication** for TAHV members across the state.

Beyond her editorial work, Judi was a pillar of leadership within TAHV, serving for many years on the board and as a past president. Her dedication to the organization and its mission was unwavering, always working to support volunteers, enhance programs, and strengthen the association's reach. Judi's influence helped shape the organization into what it is today, and her absence will be deeply felt by all who had the privilege of working alongside her. It is always a great loss when an organization bids farewell to a member as devoted and passionate as Judi.

More than her professional contributions, Judi is simply a wonderful person—someone who genuinely cares for those around her. She was always checking in on others, offering encouragement, and embodying the true spirit of compassion. As she prepares to move out of the state of Texas, her presence will be greatly missed by all who have had the pleasure of knowing her. While TAHV will not be the same without her, her legacy of dedication and kindness will live on. We thank Judi for her many years of service and wish her nothing but the best in this next chapter of her life!

STAY CONNECTED WITH OUR WEBSITE OR FACEBOOK



www.tahv.org

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

Don't forget to FRIEND us on Facebook

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

Want to contribute?

Contact Mary Pfeffer; email: tahv.org@gmail.com or call her cell at 903.271.9243



Angleton-Danbury Auxiliary makes donation to local charities

At its December meeting, the Angleton-Danbury Auxiliary made the following three \$500 donations:

Shop with a Cop, represented by Corey Budnick.



Brazoria County Alliance for Children, represented by Mindy Griffin.



The Gathering Place, represented by Dale Libby.





Tree decorating for Heart of Christmas

The City of Angleton has a celebration in December each year called Heart of Christmas. Organizations come together and give out free items to residents. They also decorate trees for the tree walk and the City lights their tree. The trees on the tree walk are then donated to poor families.

Pictured are four Auxiliary members putting the finishing touches on their donated Christmas trees. It was fundecorating in 46 degree temperatures plus rain, but we did our best for our community.



Sandra Slade (pictured left) made

> the tree topper along with Mary Clem Stewart. They also made all the bows for one of the trees. Thank you to all who donated ornaments.



Pictured on the left are: Michele Allison from the Angleton Chamber. Her mother (Mrs. Winans) was a charter member of the Auxiliary. Also pictured are Sandra Slade, Carol Sebesta and Joyce Echols.



The final product is pictured on the right.



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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

Many Hands

By: Pat Emery, President 24/25
Texoma Medical Center Volunteers



In Nehemiah 3, the story is told that Nehemiah found a city was in horrible shape, the work ahead was massive and it would require many hands, thus the saying, many hands make light work.

In February 2024, our lives changed forever. We lost our President-elect, Janet Gilbreath, unexpectedly. I

was about to be nominated as her president-elect to take office in May when she would have been our president, instead, I was plunged into a fast track 3-month journey as president- elect, then becoming president in May 2024.

I knew, as Nehemiah had found, we had a big job ahead of us. There were projects that had been put off for years, we were taking over the jobs that our former DVS had been doing for us, we were trying to rebuild from Covid all the while, trying to make a hospital experience better for our patients and visitors. **We needed many hands!**

The theme for the installation of officers was Many Hands. As each officer was installed, they put their handprint on a foam board as a sign of using their hands to fulfill the duties of their office. That was seven months ago......since then the volunteers have been asked to work more hours to carry out all the projects we have thrown at them, some have asked their families to let them work an extra day, some have worked in spots outside their comfort zone, with success. Many Hands...

With those many hands working, we have redone the gift-shop, updated the by-laws, changed our uniforms, and doubled our donations to the hospital and the community. When we need immediate help for a project, planned or not, I put out an SOS via email, usually within a few hours, staffing is solved. Many Hands...

It is exciting to see those who have lost loved ones come on board, getting involved and thriving. The support given to our volunteers undergoing health issues by our group is reassuring. It is good to know we have friends to support us and listen to our concerns. What a family!.....Many hands...

We will continue, with many hands, serving our patients, our customers, and Texoma Medical Center to make their time there are enjoyable and comforting as possible.

Sandra Thompson celebrates 50 years of service at Scottish Rite for Children

To Sandra Thompson, Scottish Rite for Children is an opportunity to enrich the lives of others. This February marks Sandra's 50th year of volunteering, making her the longest-serving volunteer at Scottish Rite. For dedicating more than 15,000 hours of service, Sandra was awarded with a pin by President and CEO Robert "Bob" Walker, which serves as a symbol of her unwavering support to Scottish Rite's mission of giving children back their childhood.

For more than 30 years, Sandra served as a flight attendant at American Airlines, and in 1975, she chose Scottish Rite as the place she would devote her expertise in customer service. Initially, she volunteered in the Inpatient Unit, giving toys to the children and brightening up their days. Some of her fondest memories include watching the patients grow from young children into healthy adults with their own families. Today, Sandra can be found at the popcorn desk, popping and serving fresh popcorn every Monday morning. She has trained several volunteers in this role over the years, earning her recognition of being a reliable volunteer.

Words that Sandra lives by are: "Learn to enjoy the moment since all things change. Accept what you are given and make the most of life."



It's a big dill!!

It's a Big DILL was, once again a BIG DILL! In the two and a half hours the Angleton-Danbury Auxiliary was in the lobby, they made \$151!!





Thank you Judy Hanson for making the apron and the matching table skirt.

It was a CODE RED...1st Floor!! The Auxiliary is at it again!! We even gave some to the fire fighters who showed up when we accidently set off the fire alarm!

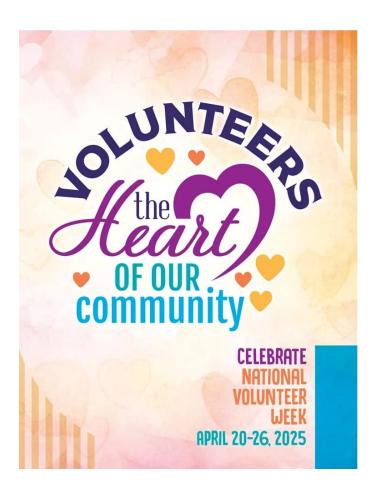


Littlefield enjoyed a very successful bake sale!



The Littlefield Auxiliary, representing District 1 and Lamb Healthcare Center, had a busy and exciting week starting December 5th as they hosted their much-anticipated Annual Bazaar and Bake Sale. This cherished event brought the community together for a wonderful mix of homemade treats, festive finds, and generous giving, all in support of a great cause.

Bake sales are not only a fantastic way to raise funds but also a chance to showcase the culinary talents and creativity of dedicated volunteers. Let's be honest—everyone knows that volunteers can whip up both delicious food and plenty of fun!



National Volunteer Week, April 20-26, 2025, is a time to celebrate, honor, and appreciate the incredible individuals who give their time and talents to make a difference in their communities. Volunteers are the heart of countless organizations, providing compassion, dedication, and service that uplift those in need. This week serves as a reminder of the power of volunteerism—whether it's through hospital auxiliaries, community outreach, or nonprofit initiatives, every act of kindness leaves a lasting impact. It's also a great opportunity to recognize volunteers, inspire new members to get involved, and reflect on the positive change that collective service brings. Let's take this week to say thank you and celebrate the spirit of giving that makes our world a better place!

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.

Slate of officers for the 2025-2026

The slate of officers that as members you will be voting on at the 2025 Annual Conference is:

Dave Westerhaus—President
District 9, CHI St. Luke's Medical Center
Kathy Jenkins—President-Elect
District 3, Driscoll Children's Hospital
1st Vice President—Vacant
2nd Vice President—Jimmie Sue Garrett
District 9, Memorial Hermann Southwest
Secretary—Josie Mediano
District 2, Medical Center Health System
Treasurer—Janice Allen
District 6, Hendrick Medical Center Abilene

Community and inclusivity, the key to growth and success

In any association or volunteer group, fostering a sense of **community and inclusivity** is key to growth and success. However, when **cliques** form, they can quietly erode the organization's foundation. Small, tight-knit groups that exclude others — even unintentionally — can create an atmosphere of **division and isolation**, making new or less-connected members feel unwelcome and undervalued. Over time, this sense of exclusivity can discourage participation and limit fresh perspectives that are essential for the association to thrive. **Bringing in and engaging new members is crucial** to keeping the organization dynamic, diverse, and forward-thinking.

The impact of cliques goes beyond hurt feelings. **Decision-making can become biased**, with ideas from outside the inner circle dismissed or ignored. This can stunt innovation and prevent the association from adapting to new challenges. Volunteers who feel overlooked may step back or leave altogether, causing the group to lose valuable talent and passion. **Continually adding and including new members** ensures that fresh ideas and energy keep the association evolving, preventing stagnation and broadening its impact. An association that allows cliques to flourish risks weakening its volunteer base and diminishing the collective strength that comes from diverse voices working together.

To prevent this, leaders must actively promote inclusion by encouraging cross-group collaboration and creating opportunities for everyone to contribute. Hosting icebreakers, rotating committee roles, and recognizing all members' efforts can break down social barriers and build stronger connections. A steady influx of new members brings renewed enthusiasm and fresh perspectives, helping the organization stay relevant and adaptable. When associations prioritize unity, openness, and continuous growth, they create an environment where every member feels valued, leading to a healthier, more vibrant organization where everyone can thrive.



Engagement, it's the solution

Every organization runs on the energy and effort of its members—not just good intentions and wishful thinking! It's easy to critique from the sidelines, but if you find yourself constantly saying, "Someone should really fix this...", maybe that someone is you! Instead of just pointing out what's wrong, jump in, get involved, and help make things better. After all, meetings are a lot more fun when you're part of the action rather than just grumbling from the back row.

Stepping up to serve not only gives you a real say in decisions but also a new appreciation for those who already volunteer (spoiler alert: it's harder than it looks!). You'll get to make a real impact, meet great people, and maybe even discover talents you never knew you had. So, the next time you feel like complaining, consider rolling up your sleeves instead—because the best way to make a difference is to be part of the solution (and maybe bring snacks, too)!

The TAHV Board always gets snacks at the Board Meeting. Chocolate is our friend!

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



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Scottish Rite for Children

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Ruby Sponsor



The 5th District President's Council

Is proud to support
The Texas Association of Healthcare Volunteers



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The Texas Association of
Healthcare Volunteers



The Texas Association of Healthcare Volunteers thanks our Conference Sponsors

On behalf of the **Texas Association of Healthcare Volunteers (TAHV)**, we extend our deepest gratitude to the generous sponsors of this year's **Annual Conference**. Your support has made it possible for us to host the premiere event of the year for volunteer and auxiliary groups across Texas. This conference is a vital opportunity for those who dedicate their time and hearts to supporting healthcare facilities statewide, and your contributions ensure that we can continue providing a meaningful, enriching experience for all who attend.

Thanks to your generosity, we are able to offer a dynamic program filled with **networking**, **education**, **and inspiration** for our attendees. This year's event, held in **Frisco**, **Texas**, **from May 19–21**, **2025**, promises to be unforgettable—offering valuable workshops, motivational speakers, and moments of connection that strengthen the spirit of volunteerism in our healthcare communities. Your sponsorship allows us to create a space where volunteers can grow, share experiences, and return to their organizations with renewed passion and purpose.

Most importantly, your support has made it possible to **decrease the registration fee** for our dedicated volunteers, making the conference more accessible to those who give so much of themselves. Your investment directly impacts the heart of Texas healthcare by supporting those who selflessly serve patients, families, and communities. We are truly grateful for your commitment to our mission and for helping us celebrate the incredible contributions of healthcare volunteers across the state.



ADDRESS SERVICE REQUESTED





Kudos are expressions of appreciation or recognition given to acknowledge someone's efforts, achievements, or positive contributions. Recognizing others with kudos boosts morale, reinforces positive behavior, and fosters a supportive and motivating environment. In both personal and professional settings, giving kudos helps build stronger relationships, encourages continued effort, and creates a culture of gratitude and respect.

Kudos to our Conference Chairs, Karen and Stephen Apple for their countless hours planning a fabulous event for the TAHV.

Kudos to our President, Mary Pfeffer who worked with the conference team to make her vision of Sponsors to offset some of the cost of conference for our members. Great first year!

Kudos to the TAHV Board who serve the TAHV membership with their time and talents throughout the year.

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

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