



OUTLOOK

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Post-Conference 2026

Meet your 2026-2027 TAHV Officers

One of the greatest strengths of the Texas Association of Healthcare Volunteers has always been the dedicated members who are willing to share their time, talents, and experience in service to others. We are delighted to introduce our 2026–2027 Officers and thank them for answering the call to lead. Their passion for healthcare volunteerism, commitment to our members, and vision for the future will help guide TAHV as we continue to educate, encourage, and connect volunteer leaders across Texas. We hope you'll join us in welcoming our new leadership team and thanking them for their willingness to serve.

Serving on the TAHV Board is more than attending meetings—it's an opportunity to make a lasting difference in an organization that has supported



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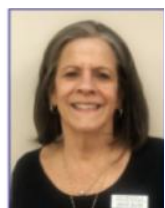
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healthcare volunteers for more than 80 years. Every new idea, fresh perspective, and helping hand strengthens our association and the hospitals and communities we serve. If you've ever thought about becoming more involved, we encourage you to consider serving on a committee, the Board of Directors, or one day as an officer. Leadership isn't about having all the answers—it's about having a heart for service and a desire to make TAHV even stronger for those who will follow. We would love to have you join us on that journey.

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President's Message

Howdy Fellow Texas Volunteers

I am proud to serve as President for TAHV again. My name is Kathy Jenkin. I live in Rockport, Texas with my husband (Sam). We have one (1) daughter and three (3) grandchildren. I was born and raised in East Texas.



I have always wanted to be a wife, mother, and volunteer. My volunteering began about 17 years ago with Driscoll Children's Hospital. I have served in many service positions with Driscoll Children's Hospital. I joined TAHV in 2015. Again, I have served many positions with TAHV.

As we begin this year together, there will be 8 district meetings. I look forward to meeting as many of you as I can. The meetings start September 8, in Seguin, Texas and end September 30, in The Woodlands, Texas. This will be a fun and adventurous trip with Mary Ann Al-mendarez, President Elect. There will only be two (2) traveling this trip. Let's learn, network and get inspired for this coming year.

I hope everyone is staying cool this summer. It has really been hot all over Texas.

I would like to take this opportunity to thank everyone that helped make 2026 Conference a huge success. As I am writing this article, I am already making plans for 2027 Conference at the Omni Corpus Christi Hotel in Corpus Christi, Texas. The date is May 3-5, 2027.

The theme for the president's pin is...Volunteers with hearts as strong as Texas. When I think of this saying, it reminds me that volunteers are strong and they just keep on giving of their hearts to help patients and the patients families.

The platform for this year is PTSD, Post Traumatic Stress Disorder. PTSD is an event that someone experiences,

observes, or even learns about. While most people re-adjust to normal life, some find the inability to cope. Events that can cause an individual to have PTSD include physical attacks, active-duty combat, child abuse and/or neglect, sexual abuse or assault, extreme life events such as car wrecks, house fires, medical emergencies and death of a family member or friend. PTSD is a mental health issue that affects different people in different ways. We need to learn more about PTSD, to understand what causes PTSD.

God Bless each one of you,
Kathy Jenkin



A big "Thank You" to the Volunteers of HCA Southeast

The Gifts and Memorials Foundation would like to thank the Volunteers of HCA Southeast for their gifts in memory of three of their longtime volunteers:

- Sue Fellers
- Melba Solemsaas
- Cathy Leimbach

These gifts will help to fund the scholarships given to students pursuing careers in a healthcare field. Thank you for honoring your longtime volunteers' service in such a meaningful way.

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

Why there are TMC Volunteers Heart Menders

This past Thursday, John Noriega was working as a Heart Mender. I met the family of a gentleman who had been in the ER. After he was examined, they said that he needed to have open heart surgery as soon as possible. He was brought up to the CVICU.

They scheduled him for surgery for Friday morning. John was able to speak with the family and reassure them. John also went and spoke to the patient and wanted to share with him a bit of his story as a heart patient, and other things that they had in common.

John's day ran late and he passed this patient update along to another incoming Heart Mender, Mark Noble.

Mark had to come in very early since the surgery was scheduled for 6 AM. The gentleman was taken to the OR around 6:30 AM. So, Mark had an early day and had to be in his best form. This morning I asked him how it went. He shared with me that it went very well, and the family was very, very happy. He shared a note with John that he received from the patient's daughter.

This note from the daughter shows WHY we volunteer and I felt that this needed to be shared with the volunteer community. So here goes.

"I just wanted you to know that I appreciate everything that you've done today. From the moment we walked into the hospital, you were incredibly kind, supportive, and reassuring, especially to me. Your compassion and the way you care for your patients and their families does not go unnoticed, and it made such a difference during a time that meant so much to us. You are truly a blessing to every family that you help through this scary time, and I feel so grateful that you were there for me and my family through this

journey. Thank you for not only doing your job so well, but for doing it with so much heart, patience, and understanding. It does not go unnoticed!

Again, this is WHY we volunteer as Heart Menders. This is we work the hours we the reward we receive and why do.

Thank you Mark for what you do. This note of appreciation makes Heart Mending that much more of why I continue to do this. And I'm sure the other Menders are just as appreciative of one of us receiving notes of encouragement like this.

The family was very appreciative of what a Heart Mender is and does. And John and Mark both know, as heart patient's themselves, that the connection John made from the beginning alleviated some of the patient's concern and apprehension.

This new note was sent by the patient's daughter on Sunday:

"Tell John I said thank you as well! You both were amazing and I am so glad we had you both in our corner!"

THIS IS WHY WE VOLUNTEER!

If you'd like to know more about becoming one of the TMC Volunteers or becoming a Heart Mender, just send a message through their web page.

God Bless,
John Noriega



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: Christina Garcia
4425 CR 2289; Odem TX 78370
Phone: 361-215-9675
Email to: garciac523@hotmail.com

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

"ASK THE PARLIAMENTARIAN"

Call Mary Ann Almendarez with your questions
832-363-7955

Volunteer appreciation...a trip to UTMB and lunch

Volunteers were taken by bus to Galveston for a nice luncheon at Open Gates, to honor the Auxiliary Volunteers. The Guest speaker was Jerry A Mansfield, PhD, MS, RN, NEA-BC, FNAP; Vice President and System Chief Nursing Executive. He offered thanks and appreciation for all our volunteer efforts.



A simple 'thank you' means the world to someone who gives their time.

Check out the state-of-the-art gym at Guadalupe Regional Wellness Center



Guadalupe Regional Wellness Center (GRWC) has a state-of-the-art gym in Seguin, TX serving as a fitness complex for all. We offer a first-class gym, fitness and health related classes, wellness initiatives and education for our community members. Our goal is to help you meet a manageable and healthy lifestyle, no matter your level of fitness.

We currently serve 1,700 members and our members range from 17 to 90+ and enjoy the individual and group fitness options, motivating staff and individualized fitness plans to meet client needs. Our services include, but are not limited to: group fitness classes, including water aerobics, on-site virtual classes, fitness training with certified group and personal trainers, and Parisi Speed School instruction. Our fitness complex also has an InBody scanner and certified massage therapist on-site.

Today's Stretch & Restore class is just one of the many group fitness classes that are offered at Guadalupe Regional Wellness Center. This class focuses on stretching exercises aims to enhance flexibility, relieve tension, and promote relaxation through a series of seated stretching routines. Designed for the active mature adult, you will learn to coordinate your breath along with your body's movement, as well as become familiarly with the importance of body alignment while improving overall strength and stability.

OUTLOOK NEWSLETTER Copy/Print Dates

Post-Conference Newsletter
Copy Deadline 07/15/2026
Print Deadline: 0720/2026

Fall Newsletter
Copy Deadline 10/16/2026
Print Deadline 10/19/2026

Pre-Conference Newsletter
Copy Deadline 02/19/2027
Print Deadline 02/22/2027

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



Welcome to **The Trading Post**—your place to connect with fellow TAHV auxiliary groups across Texas! Whether you have equipment, uniforms, gift shop fixtures, office supplies, or other items you'd like to sell, trade, or donate, this is the space to share them with organizations that may be able to put them to good use. It's a simple way to help one another, stretch resources, and keep valuable items serving healthcare volunteers and the communities we support. One auxiliary's extra could be another auxiliary's perfect find!



The auxiliary group at St Luke's Health-Memorial in Lufkin has six of these teal jackets to give away. If you're interested please contact:

Carissa
St. Luke's Health Memorial-Lufkin

Volunteers Without Walls

Not every volunteer is able to serve within the walls of a hospital, but that doesn't mean they can't make a meaningful impact. Home-based volunteer opportunities allow individuals with transportation challenges, health concerns, caregiving responsibilities, or busy schedules to continue sharing their time and talents. Tasks such as sewing comfort items, knitting or crocheting blankets and caps, assembling tray favors, preparing mailings, making phone calls, creating newsletters, data entry, social media support, writing thank-you notes, or helping with special projects can all be completed from home while still supporting the hospital's mission.

The key to a successful home volunteer program is staying connected. Assign projects with clear instructions and deadlines, provide a simple way for volunteers to report their hours, and check in regularly through phone calls, email, or virtual meetings. Most importantly, recognize their contributions just as you would on-site volunteers. Invite them to appreciation events, feature their work in your newsletter, and celebrate their accomplishments. When volunteers feel informed, appreciated, and connected, they'll know that no matter where they serve, they remain an important part of your healthcare volunteer family.

Origin of irregular transitive
First Known Use: 1825

kudos noun [koo-dohz]
1. honor; glory; acclaim:
(He received kudos from
the statement of praise or
2. a statement of praise or
a singular form k

kudos
AND MORE

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 Team! As usual a wonderful conference full of great information and networking opportunities! See you next year in Corpus Christi!

Kudos to our Marketing Team for the new THAV branded merchandise at the 2026 TAHV Conference. The new items were a huge hit with everyone, so more to come! What else would you like to have the TAHV logo on?

Kudos to all of the people who volunteered and/or worked the 2026 Conference. Your dedication is greatly appreciated!



5 Quick Tips for Beating the Texas Heat (100°+ Edition)

- **Stay Ahead of Thirst**
Don't wait until you're thirsty. Sip water throughout the day, and if you're spending time outdoors, replace electrolytes, too.
- **Dress for the Weather**
Choose lightweight, light-colored clothing and wear a wide-brimmed hat or cap to help keep the sun off your face and neck.
- **Find the Shade**
When possible, take breaks in air-conditioned spaces or shady areas—especially during the hottest hours of the day (2–6 p.m.).
- **Think Before You Park**
A parked car can become dangerously hot in minutes. Never leave children, adults who need assistance, or pets in a vehicle—even for "just a minute."
- **Check on Others**
High temperatures can be especially dangerous for older adults and those with chronic health conditions. A quick phone call or visit to a friend, neighbor, or fellow volunteer can make all the difference.

Remember: In Texas, surviving summer isn't just about staying cool—it's about looking out for one another. Stay hydrated, stay safe, and we'll see you when the temperatures finally dip below "surface of the sun!"

2026 TAHV Conference Wrap Up-Awards 2026-Congratulations to our winners!



Creativity is contagious—share your ideas, and watch them inspire others.

Behind Every Entry Is a Volunteer

When you stroll through the Awards area at the Annual Conference, it's easy to admire the beautiful newsletters, creative tray favors, eye-catching posters, and inspiring scrapbooks on display. What you don't always see are the countless hours of planning, designing, writing, crafting, editing, and assembling that go into each one. Every entry represents the dedication, creativity, and pride of volunteers who are passionate about their auxiliary and the people they serve.

While the judging and awards are always exciting, the true value of these exhibits goes far beyond a ribbon. They provide an opportunity to share successful ideas, spark creativity, and inspire fellow volunteers to try something new in their own organizations. Whether it's a newsletter layout, a fundraising idea, a tray favor that brightens a patient's day, or a scrapbook that captures a year's worth of memories, each exhibit helps strengthen healthcare volunteer programs across Texas. Thank you to everyone who shares their talents and reminds us that when we learn from one another, we all grow together.

Posters

	0-64 Beds
1st	Heart to Heart Home Hospice / Sherman
2nd	Cogdell Memorial Hospital / Snyder
3rd	UTMB Health Angleton-Danbury

	124-356 Beds
1st	Mission Regional Medical Center
2nd	Citizens Medical Center / Victoria
3rd	Texas Health Huguley / Burleson

	368-800 Beds
1st	Texas Health Arlington Memorial Hospital
2nd	Memorial Hermann SW / Houston
3rd	Baylor St.Luke's Medical Center / Houston

Scrapbooks

	0-25 Beds
1st	Uvalde Memorial Hospital
2nd	Otto Kaiser Memorial Hospital
3rd	Cogdell Memorial Hospital / Snyder

	64-297 Beds
1st	Valley Baptist Medical Center / Brownsville
2nd	Mission Regional Medical Center
3rd	UTMB Health Angleton-Danbury

	317-414 Beds
1st	Texoma Medical Center
2nd	Driscoll Children's Hospital / Corpus Christi
3rd	Citizens Medical Center / Victoria

	415-800 Beds
1st	Baylor St. Lukes Medical Center / Houston
2nd	Shannon Medical Center / San Angelo
3rd	none

2026 TAHV Conference Wrap Up-Awards 2026-Congratulations to our winners!



Newsletters

	0-148 Beds
1st	UTMB Health Angleton - Danbury
2nd	El Paso Children's Hospital
3rd	Peterson Regional Medical Center / Kerrville

	240-356 Beds
1st	Texas Health Huguley / Burleson
2nd	Baptist Hospitals of Southeast Texas / Beaumont
3rd	Citizens Medical Center / Victoria

	368-800 Beds
1st	Texas Health Arlington Memorial Hospital
2nd	Memorial Hermann / The Woodlands
3rd	Memorial Hermann SW / Houston

Tray Favors

	0-64 Beds
1st	Heart to Heart Home Hospice / Sherman
2nd	UTMB Health Angleton-Danbury
3rd	Hamilton Health Care System / Hamilton

	124-386 Beds
1st (tie)	Driscoll Children's Hospital
1st (tie)	Texas Health Huguley
2nd	Valley Baptist Medical Center / Brownsville

	400-800 Beds
1st	Memorial Hermann SW / Houston
2nd	Texoma Medical Center
3rd	Valley Baptist Medical Center / Harlingen



A little creativity can brighten a patient's day and inspire a volunteer's tomorrow.



2026 TAHV Conference Wrap Up- Bring Your Own Idea (BYOI) 2026



The 2026 TAHV Conference held in San Marcos was an exciting and educational time for all! The ETV members appreciated all the volunteers that attended BYOI before the Opening Session.

126 volunteers gathered around the tables to share their ideas with new friends. When the discussions ended, each table had a spokesperson that shared ideas for a few minutes. Everyone, including the facilitators, were asked to fill in an evaluation form commenting on the benefits of BYOI and suggestions for future breakout sessions.

The 2027 form will include a box to check for Newcomer or Frequent Participant, to help better meet the needs of attendees. There will be a TAHV District Map of Texas on each table, so you can show each other's location.

After reviewing the evaluations, I wanted to share my findings. After attending many conferences over the last 18 years, several of the topics covered at BYOI are repeats, such as fundraising ideas, recruitment and retention, and gift shop best sellers! These need to be discussed every year, because what works for one healthcare facility doesn't work for another based on size of the facility, location (city vs. rural), and non-profit vs. for profit rules. This can be applied to Breakout Sessions as well. Our conferences have presented programs on scams & frauds, elder care, wills and power of attorney, stress management, therapy animals, parliamentary procedure, chair yoga, CPR, Stop the Bleed, and countless others.

Here is a list of topics that you suggested for the 2027 conference!

- New technology - How will AI be used in hospital
- Ladies' health issues such as balance, healthy eating, stroke prevention
- Beginning & advanced line dancing class for movement and cardio exercise.
- Invite vendors to explain their fundraising process, items offered, price point, % rebate
- Bring back "Make & Take" gift shop session
- And finally, it would be helpful to have some specific topic tables at BYOI alongside the general tables. These could include:
 - ⇒ Updating your bylaws and handbook
 - ⇒ How to get started in making a scrapbook, table favors, newsletter, or poster for the Awards part of the conference
 - ⇒ Recruiting Jr. volunteers
 - ⇒ Ways to involve volunteers at home that cannot be at the hospital



The ETV Committee will do their best to incorporate as many of these ideas at the 2027 Conference next May in Corpus Christi! Thank you for taking part in BYOI and attending the breakout sessions. Please send any ideas to your district board member and attend your Fall district meeting!

Sincerely,
Pat Clark
Nacogdoches Medical Center
District 4 TAHV Board Member



2026 TAHV Conference Wrap Up

Another Great Conference Is in the Books!

The 2026 TAHV Annual Conference has come to a close, and what a wonderful few days it was! Nearly 300 healthcare volunteer leaders from across Texas gathered to learn, share ideas, reconnect with friends, and make new connections. From engaging breakout sessions and the popular vendor fair to networking opportunities and inspiring conversations, attendees left with fresh ideas they can take back to their volunteer programs. As always, one of the greatest benefits of the conference was learning from one another.

Now it's time to look ahead! Make plans to join us next year in **Corpus Christi** at the **Omni Corpus Christi Hotel May 3-5, 2027** for another outstanding TAHV Annual Conference. Whether you're a first-time attendee or a conference veteran, you'll leave with new ideas, renewed enthusiasm, and valuable connections. You simply can't attend a TAHV conference without learning something that will make your volunteer program even stronger. We hope to see you there!

From pre-conference board meetings...



...to chilling with friends...



...to partying with everyone at the President's Party, the Conference had something for all!



**Plan Now to Attend
Conference 2027
At the
Omni Corpus Christi Hotel
in Corpus Christi TX
May 3-5, 2027**

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.

2026 TAHV Conference Wrap Up

BEHIND THE SCENE.....



BINGO.....



OPENING SESSION.....



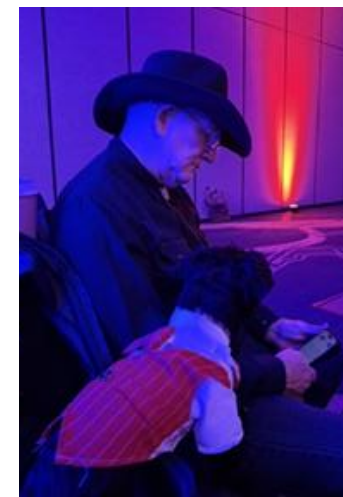
*The best
conference souvenir
isn't a tote bag—*

it's the ideas you bring home.



2026 TAHV Conference Wrap Up

PRESIDENT'S PARTY.....



*Who says the party
has to end?*

*We just start a little earlier
these days!*





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

ADDRESS SERVICE REQUESTED

2026 TAHV Conference Wrap Up

UNIFORM LUNCHEON.....



*"You don't attend conference
because you know everything—
you attend because
there's always something new to learn
and someone new to learn from."*

Volunteer Numbers-they matter

Volunteer numbers tell a powerful story. The number of volunteers, hours served, scholarships awarded, and monetary and in-kind gifts demonstrate the real impact volunteers have on patient care, staff support, and the community. Sharing these results with your community and your healthcare facility's C-suite shows the tremendous value of the volunteer program while inspiring confidence, support, and future investment. Most importantly, when people see the difference volunteers are making, they are inspired to step forward and become part of that impact themselves. **This year's numbers are:**

No. of Sr Volunteers	3,739	
No. of Sr Volunteer Hrs	465,763	\$15,644,979
No. of Jr Volunteers	2,882	
No. of Jr Volunteer Hrs	114,324	\$ 3,840,143
No. of Scholarships	358	
\$ Amt of Scholarships	\$1,339,863	\$ 1,339,863
\$ Cash Gifts to Facility	\$1,040,456	\$ 1,040,456
\$ Non-Cash Gifts (Equip)	\$440,411	\$ 440,411
\$ Community Projects	\$257,838	\$ 257,838
No. Svs Hrs Community	2450	
The Texas rate of \$33.59 per/hr was used for calculations.		
Grand Total		\$22,563,690