



# OUTLOOK

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

WINTER 2022

## TAHV CONFERENCE IS BACK! MAY 16-18, 2022 MOODY GARDENS-GALVESTON CHECK OUT WHAT'S NEW....

**BINGO NIGHT!**

15	21	34	46	65
8	24	36	56	72
12	30	33	53	75
3	26	33	49	63
6	29	32	60	73

**Monday, MAY 16  
6:30 P.M. - 9:00 P.M.**

Get 2 Bingo Cards FREE!  
\$1.00 Each Additional Card  
Bingo Winners Receive A Prize!

*Shopping*  
**MERCHANTILE**  
FEATURING LOCAL CRAFTSMAN AND ARTISANS

## IT GETS EVEN BETTER... MAKE THIS CONFERENCE A FAMILY VACATION!

That's right, bring the family! The Convention Committee negotiated a special room deal just for you!

You can book 2 days prior to conference and two days after conference at the same discounted conference rate.

That's almost a 50% savings!

**REGISTRATION NOW OPEN  
ON THE TAHV WEBSITE!**



# Texas Association of Healthcare Volunteers Conference 2022

You are cordially invited to the 78th Annual TAHV Conference that will be held in Galveston, TX at Moody Gardens Hotel and Convention Center. Join your fellow volunteers for three days of education and networking. Share your recruitment and fundraising ideas about your volunteer program. Enter your posters, newsletters, scrapbooks and tray favors for recognition at our Uniform Luncheon and Awards Program. Arrive Monday, May 16th for three days packed with education, amazing speakers, a fabulous Vendor Fair and great BYOI sessions.

Moody Gardens Hotel and Convention Center offers 422 guest rooms on 432 acres of tropical gardens. Moody Gardens is a tourist destination featuring three main Pyramid attractions: The Aquarium Pyramid, one of the largest in the southwest, the Rainforest Pyramid, which contains butterflies, birds, and a variety of rainforest animals and the Discovery Pyramid, which features science-oriented exhibits and activities. Take a ride on the paddleboat The Colonel and enjoy the 4D Special FX Theater with the largest screen in the state of Texas. Or take a stroll on Palm Beach and enjoy the lazy river.

Don't miss the TAHV 78th Annual TAHV Conference! Bring your spouse and family to Galveston Island and make it an unforgettable convention!

Any questions? Contact Conference Chair Gypsie Hufnagle at 281-799-5382 or email [gypsie7wdls@sbcglobal.net](mailto:gypsie7wdls@sbcglobal.net). Come to Galveston Island to enjoy the educational topics, vendor fair, fabulous speakers, and so much more. We hope to see you there!

# GET BACK IN THE GROOVE AT THE TAHV CONFERENCE

**MAY 16–18, 2022**

**MOODY GARDENS IN GALVESTON**



**Make your list now...Speakers for Conference 2022**

## Opening Session

**John Hawkins, President, CEO Texas Hospital Association**

On January 1, 2022, John Hawkins became the association's President and Chief Executive Officer. Mr. Hawkins has served as the association's Senior Vice President on advocacy and public policy and has been an integral part of THA's strength and success. With a 17-year tenure at the association he has led a team that consistently secures important resources for Texas healthcare.

## Uniform Luncheon

**Steven Iwersen, National Speakers Association/Certified Speaking Professional**

Mr. Iwersen has been a professional speaker for more than 30 years. He is a master storyteller that inspires and involves the audience. He is also an entertainer that occasionally sings the standards from Frank Sinatra to the Big Band era. Clients and audiences consistently say that his presentations are entertaining because of his fun conversational style and ability to connect real issues to practical ideas.

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**The President's Party**  
**Monday, MAY 16**  
**6:30 p.m.**  
**Honoring TAHV**  
**President**  
**Kathy Jenkin**

*Wear your  
Hippe  
Best!!*

**"Peace, Love, & Dedication"**  
**It's back to the 60's for**  
**a Groovy party!**



***Make your list now...Keynote Speakers for Conference 2022—continued from page 5***

**Breakout Session Speakers**

**Dr. Katherine Boston, Pediatric Hematologist/Oncologist, Driscoll Children’s Hospital**

Originally from Louisiana, Dr Boston has worked at Driscoll Children’s Hospital in Corpus Christi for the past 3.5 years. She is a graduate of Texas A & M University and LSU Health and Science Center. She completed her residency at Yale and her pediatric hematology/oncology fellowship at M. D. Anderson Cancer Center.

**Cpl. Chris Paine, Lubbock Police Department, SWAT Team & U. S. Marshalls Service**

A graduate of Abilene Christian University where he achieved Master Police Officer Proficiency. A 15 year veteran of the Lubbock Police Department and has served 12 of those years on the Lubbock Police SWAT Team. He has received national and international awards for his creation of the Citizens Response to an Active Shooter (CRAS) training program.

**Karen Bilsing, Volunteer Manager, Memorial Hermann The Woodlands Medical Center**

A graduate of Sam Houston State University with a Bachelor of Arts degree, Karen has worked in the health field for over 40 years including volunteer services, marketing, community relations, and human resources. At present she is the Manager of Volunteer Services at Memorial Hermann The Woodlands Medical Center. Join Karen for her breakout session “ Get off the Covid Couch...Rebooting your volunteer program after a Pandemic”.

**Belinda Flores, Technology Specialist, “Who Needs Newsletters in a Digital Age”**

Belinda is a retired technology specialist. She has been a writer or editor for multiple publications over the years. After presenting a newsletter session in 2012 an attendee at her session came back the following year to win 1st Place in their bed category newsletter. Belinda is thrilled to return to share her knowledge of technology and newsletters.

**Dean Nistetter, Pets with a Mission, Board of Directors, Director of Hospitals**

Dean has been involved with pet therapy for 15 years. Dean became a licensed dog trainer through the Karen Pryor Academy with a focus on pet therapy. Learn how hospital pet therapy is beneficial to patients, staff and visitors. Understand the difference between pet therapy, service, and comfort animals. Receive pointers on how to establish a new pet therapy program at your hospital. An informative not to miss session!

**Amanda Sutton, Seeing Between the Weeds, How to Cultivate a Growth Mindset During Covid**

A graduate from Houston Baptist University with a Bachelors of Psychology and Child Development and a Masters at the University of Houston, Amanda has been teaching and leading education for over 15 years. She is passionate about informing others on the importance of a growth mindset and mental health.



***Education and continuing to learn is important at every stage in life!***

**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 help your hospital recover from the Corona Virus-share your stories.*

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

**Important dates for your calendar.....**

**April 23, 2022—Deadline to register for TAHV Conference**

**April 23, 2022-Deadline for hotel reservations for the TAHV Annual Conference. (Don't forget if you want to make it a family vacation you can do two nights prior and two nights post at the SAME DISCOUNTED conference rate.)**

**May 16-18, 2022—TAHV Annual Conference at Moody Garden in Galveston**



## The President's Reflections

by Kathy Jenkin,  
TAHV President

I know the past two years have been rough on everyone. However, **we are the Texas Association of Healthcare Volunteers**, and we will come back stronger than before. It may take us awhile to get back to that point in our lives, but we are **TEXAS STRONG**. I realize some volunteers have not gone back to volunteering, while others have been back for some time. Let's look to the future and do what we love to do, **VOLUNTEER**.

The TAHV board has been having meetings when and where we can. We are here for the TAHV membership. If you have questions or concerns, please reach out to a board member. The TAHV board is here to provide whatever assistance you need. I agree with fellow board members that the greatest thing we can do is **NETWORKING**. Help keep the networking going by hosting a District Meeting this year. That's where the best networking is, and it's a one day local event.

We have not had a conference for two years! In 2022 there will be a conference in Galveston, Texas, at Moody Gardens. Your presidents should have received the Conference packets, so get ready to have fun, share ideas with other volunteers across Texas and so much more. The Conference committee has been working hard to put this conference together. Oh, and let's not forget the **AWARDS.....** there are awesome scrapbooks, tray favors, newsletters and posters that are entered each year. Be sure and get yours entered.

At my hospital, Driscoll Children's Hospital, we do basket-making, Book Sales, Scrub Sales and so much more. The main fundraisers are the Gift Shop, Cottage Shop and Cookie Shop.

I am proud to volunteer at Driscoll Children's Hospital and just as proud to be on the TAHV Board of Directors and to have served as President for TAHV for the last two years.

Make a difference and become a TAHV Board Member. Go to [www.tahv.org](http://www.tahv.org) or talk to a current board member. You can find them on the website!!

See you in Galveston, Texas on  
May 16-18, 2022.

*Stay Safe and Healthy*

*Kathy*



## A Message from the Awards Committee...

By Lynda Demasco, Chairman

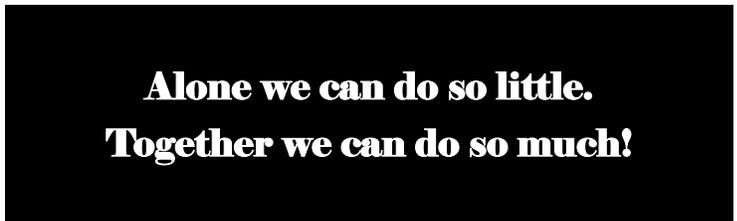
COVID certainly has taken its toll on many things, including volunteer activities!!! This includes missing 2 TAHV Annual Conventions and of course the awards recognitions that are given at those Conventions. We are not letting this get in our way!!! We **WILL** have awards this year at our 2022 Conference, as well as awards from the long overdue 2020 Convention.

This is how it's going to work: If an Auxiliary registered for Awards in the 2020 Convention, they were contacted and asked if they wanted TAHV to keep the registration fee to present that 2020 project at the next Convention. All Auxiliaries that had registered agreed to leave the registration fee in place and bring their items to the next Convention for judging. We thought that would happen at the 2021 Convention, but thanks to Covid, that didn't happen either!! So, **FINALLY**, those outstanding entries created in 2020 will get that opportunity at the 2022 Conference. Auxiliaries with these 2020 entries will be receiving a letter of confirmation in the very near future to ask that the items registered in 2020 be brought to the 2022 Conference, and they will be judged separately from the 2022 Award entries. If you have any questions as to what your group paid for, there will be a list of the items you wanted to enter in the letter. **YOU OWE NO MORE MONEY FOR THE 2020 AWARDS.**

That brings us to the 2022 Awards. During the first or second week of January, each Auxiliary should have received a packet that includes a letter with information about the 2022 AWARDS registration. It should include the general rules, an Intent to Enter Form, and information about the President's Award of Excellence. This information is also on the TAHV Website.

We know that COVID has been a snag in the volunteer work that is normally done during the year. Some auxiliaries have yet to get back to their normal activities. Some volunteer groups have been very creative in keeping their members involved. As a result, things may look a little different this year, but whatever is presented, it will be wonderful to see the creative ideas our Auxiliaries have come up with during this challenging time. We're looking forward to giving awards in recognition for the hard work you have been doing.

We'll see you in Galveston in May of 2022!!!





# Wild Ride - Advocacy Review, Current State and Forecast

By John Henderson, CEO TORCH (Texas Organization of Rural & Community Hospitals)

Rural Texas hospitals have been on a 21+ month roller coaster ride related to COVID, and the most dramatic impact has been on operations, capacity, and workforce. But there have been almost as many twists and turns on the advocacy front. The remainder of this essay is an attempt to summarize where we've been, where things stand, and what issues remain.

## Lookback

It's doubtful many would want to repeat the last 2 years, but there have been several encouraging developments that hold post-pandemic promise. Following 6 consecutive years with at least 3 rural Texas hospital closures, there hasn't been a closure in the last 23 months.



In addition to being reminded of the importance of access to healthcare and bed capacity, rural hospitals have learned to stretch, innovate, and adapt. Rural clinicians extended to keep higher acuity patients – in some cases because there just wasn't another choice – and the effort was bolstered by the continued adoption and deployment of telehealth resources. Initial data suggests the outcomes at rural hospitals were as good as if the patients had been transferred to larger urban hospitals. Using a combination of technological advancements and improved local competencies will be silver lining for those who can grasp and achieve it. Federal and state support for rural hospitals and providers has been sustaining and of significant importance as well. The combined value of provider relief funds, American Rescue Plan funds, addition of public hospitals in paycheck protection program, delay of sequestration and DSH cuts is approaching \$1.5b to TORCH hospitals. And the state legislature has continued to support rural hospitals with an additional \$115m in Medicaid enhanced payments during the 2021 session.

## Current Situation

At the time of publication, rural hospitals are still trying to deal with hospitalizations related to the delta variant and understand implications of Omicron variant. Everyone is just tired but hopes for a holiday break are fading. Vaccination (and booster) efforts continue, but rural specific challenges around hesitancy and a general hardening of opposition following federal mandate cause hospital leaders to grapple with fallout around staffing and services. Federal courts have suspended both the employer (OSHA) and healthcare worker (CMS) mandates currently with appeals and ultimate resolution pending.

In Washington, Congress averted shutdown with a bill to fund government through February of 2022 but didn't include a fix for sequestration & other cuts. In the same week, the House passed stand-alone bill to avert sequestration (2%), statutory paygo

*Continued on page 7*



## New Year, New Opportunities to Advocate for You

The first months of the year are a salient reminder of the importance of setting goals and actionable steps to achieve them. This can be challenging when the nature of our industry, coupled with a pandemic, constantly makes our goals a moving target. However, my goal for THA is simple: that we preserve and expand hospitals' ability to care for our state's sickest and most vulnerable patients.

I want to acknowledge the Texas hospital community – our health care providers, administrators and volunteers like you– for your patience, resilience, and commitment to the communities and patients you serve. We have now entered our third year living with COVID-19, and we still have more questions than answers, but we do know that the pandemic underscored what we at THA have always known: access to the high-quality patient care that hospitals provide is crucial.

Even though 2022 is an interim year in the Texas legislature, our Advocacy and Public Policy team remains hard at work monitoring policies that impact Texas hospitals. In addition to protecting federal coverage for Texas hospitals with the Medicaid 1115 waiver and Directed Payment Programs, THA is monitoring federal developments in the Build Back Better package, and monitoring litigation over federal health authorities' vaccine requirements for employees. Hospital volunteers make a lasting difference for their communities, patients and health care providers, and are a vital part of the lifesaving work that Texas hospitals do every day. We are proud to advocate on your behalf in 2022 and beyond.

Best Regards,  
John Hawkins  
President/CEO, Texas Hospital Association

*Do you have questions that come up in your meetings or updating or writing your bylaws???*

### Ask the Parliamentarian

**Call Sue Bickham**  
With your Bylaws Questions  
**361-241-1766**

## Wild Ride - Advocacy Review, Current State and Forecast Continued from page 6

(4%), physician (3.75%) and lab (1%) cuts until June of 2022 by increasing sequester cuts in later years, and Senate is expected to pass a one-time loophole as part of a debt limit compromise that the president will sign. At the state level, calls are getting louder for a special session to pass a ban on vaccine mandates, but most think it's unlikely Governor Abbott will bring elected officials back to Austin for a fifth legislative session in the last 12 months.

### Forecast

It has become near impossible to make predictions regarding the pandemic, and several rural CEOs describe a "recurring nightmare" with each COVID wave and the toll it takes on staff and leadership. In the last couple weeks, hospitals have once again been challenged to find receiving facilities for patient transfers – with both COVID and non-COVID diagnosis.

There are ~300 days until the 2022 mid-term elections, and an unfavorable landscape for congressional democrats due to retirements, inflation, and a redistricting process controlled by republicans in most states. President Biden's approval rating took hit in August and haven't recovered – 42% approve/51% disapprove currently. All these signs – along with historical record – point toward a flip of congressional control in the house and possibly Senate next year.

Texas Republicans seeing statewide elected office are polling ~15 points ahead of their democratic challengers, so unless/until there is a significant event or shift in governing philosophy, predictions that Texas will turn purple remain distant.

There are a number of unresolved rural health issues at both the federal and state level. They include:

- Workforce** – rural hospitals face a critical shortage of clinical professionals with limited prospects the situation will improve.
- Remaining Provider Relief Funds** – still working to press administration to get all the money out the door.
- Medicare Advantage** – replacement product offerings from private insurers continue to erode the value of critical access hospital status.
- Focus on Telehealth** – Texas Medicaid is ahead of the Medicare program for once because the federal government has not agreed to a path following the public health emergency. And hope for bipartisan end of year package has been crowded out by government shutdown, debt limit, social spending, and vaccine mandate.

With hope for a relatively light state advocacy calendar due to non-legislative session year, TORCH already has two trips to DC planned in January and February of 2022. We will deliver your stories, needs and remedies to decision makers in Austin and DC. From time to time, we'll ask you to help us amplify the message for rural Texans. And we'll find a path forward because we always do.



## “Bundle of Joy” – a New Project

By Lynne Fleming and Patsy Coleman, CHRISTUS Spohn Hospital Corpus Christi South Volunteers

The Hospital was quiet as volunteers Lynne Fleming and Patsy Coleman made their way to the cafeteria for coffee. It was the first day back for the volunteers since March 2020, due to Covid. Lynne and Patsy, as members of the Executive Board, had been asked by Volunteer President, Norma Burnside to join her in greeting all volunteers who were arriving for 9am shift at CHRISTUS Spohn Hospital Corpus Christi South. It was wonderful to be back, and as they headed to a table with their coffee after welcoming everyone, they were approached by an Associate Nurse, whose ID badge showed her name, Therese, RN L&D. She asked if we had a cart with books and magazines and explained that on occasion, expectant mothers are admitted and confined to bedrest for the duration of their pregnancy and anything we could provide would help alleviate the boredom of lying in bed for days, weeks or even months. Volunteers told her that we no longer had carts but assured her they would look into her request. Grace Zuniga, Volunteer Coordinator was informed, and said she would check with the DVS, Marissa Carrillo to determine what volunteers could do. The subject was brought up at a board meeting. Jillana Helms said a surplus of puzzle books, magazines, etc. was in storage and could/should be used. Grace informed the board that it was alright to proceed with our mission. Volunteers were asked to suggest a name for this service, and “Bundle of Joy” was selected. The first gift bag with chosen items was presented to a “mom waiting, resting”. She really appreciated everything, which helped keep her busy. Currently, three gift bags have been delivered to expectant mothers confined to bedrest. Spohn South Volunteers are honored with this opportunity to be involved with CHRISTUS Spohn Healing Ministry.

Patsy and Lynne are happy to have been in the right place at the right time with Therese Charba Long, RN Labor and Delivery—it helped to make the “Bundle of Joy” program a reality.

## Nacogdoches Medical Center, Nacogdoches

by Pat Clark, District 4 TAHV Board Member

Here’s what has been going on at Nacogdoches Medical Center! The Gift Shop opened a pop-up sale in the Women’s Center Lobby on Mondays and Thursdays from Nov 29- Dec 20th for Christmas sales! Seven ladies from the gift shop rotated working those days. They fixed the racks and carts and rolled them to the lobby area for the sales as the Gift Shop is still being used as a Covid testing area since the numbers had increased again. There are eight volunteers manning the Front Desk Monday through Thursday. Also, four of us are “running” the meds from the pharmacy to the Infusion Clinic Monday through Thursday.

On December 1st, we held our annual Christmas Luncheon in a banquet room at Commercial National Bank downtown Nacogdoches with twenty-two volunteers present. The Cotton Patch Cafe catered the event!

On Monday, Feb 14th, we had a combined Valentine Bake Sale and another pop-up Gift Shop sale. The bake sale proceeds will go to NMC Auxiliary Scholarship Fund. The volunteers not actively working are waiting for the other areas to reopen, hopefully in the Spring.



## Baylor St. Luke’s Medical Center Auxiliary, Houston

by Melva Harris, District 9  
TAHV Board Member

Baylor St. Luke’s Medical Center Auxiliary, Houston, held a Masquerade \$5.00 Jewelry Sale on December 8th and 9th, 2021. This was our first in-person event that the volunteers have held since the Coronavirus pandemic began and it was a great success. There were 10 brave volunteers who gave of their time to raise \$25,500.

### YOUR DATABASE UPDATES ARE IMPORTANT!

Please use the “Member Update” form from the TAHV website ([www.tahv.org](http://www.tahv.org)) throughout the year to keep your information current.

**IF YOU DOWNLOAD OR PRINT IT,  
PLEASE CONTACT:**

**Sandra Pybus, Database Chairman**

74 Heathrow Lane; Sugarland TX 77479 — Phone:  
832.500.4814

Email: [stpybus@sbcglobal.net](mailto:stpybus@sbcglobal.net)  
(A form will be sent to you!!)

## Parkland Health & Hospital System Update

by Mary Ann Blome, Parkland Auxiliary President

In December 2021 our Auxiliary and Volunteers thought we were on the road to volunteering in person and having meetings in the Hospital on a regular basis. Well, enter Covid-19 variant. Members that were vaccinated and boosted still found themselves vulnerable. On a happy note, before the halt, on December 14, 2021, we had a limited number meeting. We met in the new Moody Health Center masked, socially distanced carolers sang, and handed out candy canes. Our auxiliary members were pleased to see the new, larger, and improved facility that houses the Breast Center utilizing our funded technology which was donated in 2019.

The invaluable Gift Shops Leadership: Terry Berry and Kindra Rainey, Auxiliary Liaison: Courtney Williams and Service Coordinator: Marcy Barron are our touchstones in Parkland.

Our two Gift Shops serve the patients, public, and employees daily, funding the benevolence requests and maintaining our many programs that aid departments throughout the Parkland System. An example is our Steffen-Aronoff High School Scholarship that benefits dependent children of our Parkland Employees currently in progress. The Scholarship Committee may have to deliberate via zoom, but fingers crossed we can meet in person and have our auxiliary luncheon meeting in April to present the scholarships and celebrate the winners.

The Parkland Auxiliary has endured with the use of WebEx, Zoom, email, phone conferences, remote planning, and doorstep drop. We are grateful and prayerful for the first liners and their diligent work throughout our hospital system. The Parkland Auxiliary is steadfast in its mission to go forward just as it is our hope for all the Auxiliaries and Volunteer groups in Texas.

## Submitting an article for the Outlook; It's easier than you think.

By: Pat Sowder, Ex-Officio Board Member

Do you know what makes the Outlook a great newsletter? It's not the fancy graphics and format. It's not even the Communications team that works tirelessly to publish it. It's **YOU!** It's the articles, photos and information **YOU** submit to share.

There have been some questions on how to submit an article for the Outlook and what to expect when you do submit that article.

Here are a couple of guidelines that just might help:

1. When submitting an article, don't format it and dress it up. Less formatting is better. Just type it in straight 10 pt Calibri and let the Communications crew make it look good!
2. Send photos separately, don't insert them into the article. Label the photos and include a separate document that says: Photo (whatever you labeled it) and then the cutline or description of what the photo is and who is in the photo. **Do not** send newsprint photos-these are copyrighted. You need a copyright release for news photos from the publication it ran in. Give the publication a call and they can send an original. Usually they will insist on a tagline indicating it is their photo. Preferred format for photos is a JPEG or PNG.
3. Just like a photo, If you are submitting an article that ran in your local newspaper or some other publication, we must have a copyright release from that publication. It's the law and fines are stiff.
4. Always include your name and number with the article. Sometimes editors need to clarify details or obtain additional information.

Editing is done by the newsletter editor, Judi Winslow. Please keep in mind that sometimes articles must be shortened or some of the photos left out to accommodate space. The additional editing is merely grammar, punctuation and spelling.

For publication, send your article and photos to:

**Judi Winslow**

**[mkjudiwinslow@hotmail.com](mailto:mkjjudiwinslow@hotmail.com)**

## Keeping in Touch with TAHV:

The TAHV website is updated frequently whenever we have new information on Convention activities, new Board Members, or District news items, and you can check it out at: [www.tahv.org](http://www.tahv.org).

If you have something to contribute, contact **Mary Pfeffer** by email: [maryellenpfeffer@gmail.com](mailto:maryellenpfeffer@gmail.com) or by cell phone: 903.271.9243. Contact info also available directly on website or Facebook page.

**Be sure to FRIEND us on Facebook:** Go to your Facebook page, search for [Texas Association of Healthcare Volunteers](https://www.facebook.com/TexasAssociationofHealthcareVolunteers).

# Health Matters—Naturally Reduce Joint Pain with Good Food Choices

Information from Dr. Livingood, from arthritis.org, healthline.com and webmd.com



I was going to write about COVID, but thought you've heard enough!! Maybe next time! I love it when we can help ourselves and reduce the amount of medication we take. There are times when we need medications. I don't know about you, but I hate taking too many drugs as they have side-effects which often lead to taking more drugs. At our age, most of us have used our joints, maybe even overused our joints, and are reliant on various drugs to control the discomfort and the pain leads to reduced function.

**Interested in making a difference that may not only help with that, but also help with other systems in your body?** Here are 11 foods that can help with joint pain.

## **NUTS**

Pine nuts, almonds, pistachios and walnuts are some of the best for arthritis-related pain, but they are also great for supporting heart health and help with weight loss efforts. They are one of the most nutritious foods as they supply protein and minerals such as magnesium, zinc, calcium, and vitamins like vitamin E. Some even contain ALA (alpha-linoleic acid), a building block for producing new muscle fibers and cartilage.

## **GARLIC**

Garlic contains diallyl disulphide which protects against certain enzymes known to damage cartilage. Other garlic related foods are leeks and onions... also good for you.

## **BEANS**

Beans are packed with protein and fiber which makes you feel full longer, so it's good for your joints as well as when you're trying to lose weight. The protein makes it easier for your body to produce muscles and cartilage. Some bean varieties such as red beans, pinto beans, and kidney beans, contain helpful vitamins and nutrients like magnesium, iron, potassium, zinc, and folic acid. All have benefits for your joints as well as your heart and immune system.

## **CITRUS FRUITS**

Citrus fruits are important for vitamin content and your immune system. Full of vitamin C, found in limes, oranges and grapefruits, they are important for maintaining healthy joints and protecting against free radical damage (since they are antioxidants). Blackberries are also a healthy choice for joint health.

## **GREEN TEA**

Green tea drinks provide antioxidants (called polyphenols) which reduce cartilage destruction and reduce inflammation, lessening symptoms of joint-related conditions. Some green teas contain antioxidants that can help with some joint damage.

## **BROCCOLI**

Broccoli and other leafy greens are full of vitamins, like vitamins K and C. It also comes with sulforaphane, a compound that can stop or slow the progression of some types of osteoarthritis. It is also rich in calcium... good for your bones!

## **DAIRY PRODUCTS**

Some dairy products can boost joint health, but make sure they are from hormone-free cows raised without antibiotics. Raw cheese, organic cottage cheese, and kefir are great toxin-free choices, and all have calcium and vitamin D.

## **CERRIES**

Cherries are known to reduce the severity and frequency of gout attacks, a condition associated with joint pain. They also have soothing effects that can lower risk of arthritis-related conditions.

## **SATURATED FATS AND HEALTHY OILS**

Oils and healthy fats are important for heart health, but extra-virgin olive oil, avocado oil, and coconut oil can also help lower your cholesterol and provide anti-inflammatory benefits.

## **FLAX SEEDS**

Flax seeds contain plenty of omega-3 fatty acids, which are known for anti-inflammatory effects.

## **FISH**

Include cold-water and fatty fish in your diet. Good choices like salmon, sardines, herring, mackerel, and tuna are packed with omega-3 fatty acids.

These are good things easy to incorporate into your food choices. Just remember to avoid fast food and convenience foods, both laden with preservatives. AND watch your sugars and sugar alternatives. Stay as natural with "real food" as you can. Remember, honey is natural. Stay active and keep your stress down. Like that old song: "Don't Worry, Be Happy".



# Sue "Sue Sue" Bramhall

September 20, 1933 - February 18, 2022

Sue Bramhall passed away peacefully surrounded by family on Friday, February 28, 2022.

Sue was very talented in many ways and was blessed with a servant's heart. She assisted in numerous church and civic activities and portrayed a role of Christian obedience.

Sue volunteered her time with the Auxiliary at Shannon Hospital. As with other parts of her life, she immersed herself in her duties and became a road warrior for the Hospital Volunteer cause.

Sue was on the board of Texas Association of Healthcare Volunteers and was currently serving as secretary. Sue was looking forward to her time as President of the association in the near future. She loved her work with the Hospital Volunteers and became the ultimate patient advocate.

## ***Following are some words of advice from SueSue: (Taken from her Celebration of Life)***

- ***Choose your lunch buddies wisely.***
- ***Tell your mom and dad you love them at least once a week, but more often is preferable. (You can never say it too often.)***
- ***Don't ever be too tired, too busy, too cool, or too anything to go to church.***
- ***Getting involved at church means more than warming a pew. It means being in class, meeting new people, inviting friends, helping others.***
- ***It doesn't matter how big you get, you will always be 6 years old to your mom and dad.***
- ***Learn to do your own laundry.***
- ***It is not a bad thing to fall asleep each night while praying. There are worse places to be than in the arms of God as you go to sleep.***
- ***East breakfast-my mother was fully convinced that was the best meal of the day for you.***
- ***Don't make major decisions without first singing "Jesus Loves Me", "Oh Be Careful Little Hands", and "Fuzzy Caterpillar".***
- ***"Thank you" and "Please" can be the easiest and most powerful words in the English language.***
- ***Have several "two AM friends" and be a "two AM friend".***
- ***Always remember who you are and where home is.***
- ***And occasionally remember to call SueSue and Granddad just so we can hear your voice too.***
- ***God's Blessings on you as you head into the next phase of what I hope is a very long and happy life, filled with peace.***

To SueSue, we say, see you in the future and thank you for enriching our lives by knowing you!

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