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## MADVS NEWS!

P. O. Box 60, Jefferson City, MO 65102-0060

#### **President** Barbara Fradkin, CAVS



Manager, Volunteer Services St. Johns Mercy Medical Center St. Louis

#### A Message to Members

Anthony Robbins, a world authority on the psychology of leadership, has written many books on "how good becomes extraordinary." Robbins believes there are two elements that can produce an extraordinary quality of life—the science of achievement and the art of fulfillment. These are 'principles that, regardless of gender, race, religion, or financial status, create lasting results when acted upon.'

The following is food for thought taken from various excerpts by Anthony Robbins. As we approach the holiday season, let's enjoy these 12 insightful and encouraging messages about enhancing positive relationships and fulfillment in our daily life.

*ONE*: Give people more than they expect and do it cheerfully. TWO: Remember the three R's: Respect for self; Respect for

others; and responsibility for all your actions.

THREE: Don't believe all you hear, spend all you have or sleep all you want.

FOUR: When you say, "I love you," mean it.

FIVE: When you say, "I'm sorry," look the person in the eye.

SIX: Believe in love at first sight.

SEVEN: Don't let a little dispute injure a great friendship.

EIGHT: Never laugh at anyone's dream. People who don't have dreams don't have much.

NINE: Love deeply and passionately. You might get hurt but it's the only way to live life completely.

TEN: In disagreements, fight fairly. No name calling. *ELEVEN:* Don't judge people by their relatives.

TWELVE: Say "bless you" when you hear someone sneeze.

Let's take time to celebrate our dreams, our faith, our courage and imagination. Often, we are busy taking care of so many others; we forget to take time to care for ourselves. Let's make a resolution to take time to do something special for **YOU** even if it's just a walk in the park!

"Tonight, when you lay your head on your pillow, forget how far you still have to go. Look instead at how far you've already come." Anonymous

#### \*\*\*\*\* www.madvs.org

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MADVS Fall Conference 11/5-7/2007, at Tan-Tar-A. See Page 3 for details. Register at www.mha.com

#### MADVS OFFICERS -- 2007

President -Barbara Fradkin, CAVS

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**President-Elect** Bev Taulbee, CAVS

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Vice President Kathy Hoff, CAVS

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Secretary Barbara Hutchison, CAVS

Barb hutchison@ssmhc.com

Linda McIntosh Treasurer/

Membership Idmcintosh@freemanhealth.com

#### Members at Large

Lynn Hardy, MSM, CAVS Region 1

Region 2 Laura Tague

Region 3 Barbara Froque Region 4

Region 5 Valerie Weber

#### **Nominating Cmte**

Chair Kathy Hoff, CAVS

Pam Crump Carol Steward, CAVS

Laura Tague, CAVS

Professional Development Donna Abney

Hospitality/Historian Promotions/Web Legislative/Advocacy

Policies & Procedures

Tina Pridgeon Janell Patton, CAVS Paula Moore, CAVS Jean Moorefield

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#### **REGION NEWS**

#### Region 1



Lynn Graves Hardy, MSM, CAVS
Program Manager
Volunteer Services Department
Children's Mercy Hospitals and Clinics

On October 4, 2007 a MADVS Region 1 meeting was held at Vivace Restaurant in the River Market District of Downtown Kansas City. There were seven members and one guest in attendance. After a very short business meeting that included announcements regarding the upcoming MHA Conference at Tan – Tar A and a discussion of Networking Topics for conference, the group conducted a round table discussion on the topic of "Our aging volunteer population; how to transition them to a graceful retirement and how to replace them with Boomers, Xer's and Yer's." Cindy Roberts, Volunteer Services Office Manager from Children's Mercy shared information about "Seniors at Large", a program designed to help transition volunteers over 75 to a different level of service and involvement with the hospital. Many ideas were shared on current and planned programs to help transition our volunteers and our organizations through this unpredictable time.

Within the last quarter, Region 1 has had 4 inquiries regarding new memberships and has acquired 1 new member.

Members from Region 1 who plan to attend the MHA conference at Tan – Tar – A are Kathy Hoff, Bev Taulbee, Elizabeth Matson, Lynn Hardy, and Jean Moorefield.

Region 2



Laura Tague
Program Assistant/Volunteer Svcs.
St. Louis Children's Hospital
St. Louis

No report.

#### Region 3

#### No Report.

Region 3 Member at Large representative is needed. Please contact Kathy Hoff if interested.

**Region 4** 



#### Barbara Frogue

Director, Volunteer Services Cox Health Springfield

No Report.

Region 5



#### Valerie Weber

Manager Senior/Volunteer Services Capital Region Medical Center Jefferson City

ASDVS National Conference had a wonderful turnout from the Show-Me-State and Region 5. Great information was gained by those in attendance and will be provided during the breakout sessions at our conference. Our President, Barbara selected a fabulous spot for our state dinner on the Riverwalk. Everyone in attendance enjoyed a magnificent meal! Lots of laughter was shared on the Riverwalk after dinner – ladies, I am glad that I was able to assist in the wellness program directed towards the benefits of walking.

A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.... Buddha, Indian mystic and founder of Buddhism

Thank you Region 5 and MADVS for letting me represent a fabulous group!

Valerie



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#### ASDVS Annual Educational Conference – San Antonio, TX



I had included several photos of MADVS members in San Antonio at the ASDVS Annual Conference in the first version I sent out, but it came back too big for most of your mailboxes so here's one without the gallery of photos, just the photo of Sally Rundquist and the the Volunteer Nurse Program at St. John's Mercy Medical Center, St. Louis, MO. Sally created and supervises the Volunteer Nurse Program and would be happy to share information on how you can start a Volunteer Nurse Program at your facility.

We're proud of you Sally and all you do to promote volunteering and the volunteer management profession.

Congratulations!

Nominating Committee: Thanks to each of you that have agreed to serve on the 2008 MADVS Board for next year! It is another fabulous Board, and we're excited to see what next year will bring. The only opening left is Region 3 Member-at-Large, so if you're in that region and interested, please contact me as soon as possible.

The Slate of Officers was e-mailed to each member more than 30 days in advance of voting, which will take place during the Fall Conference at Tan-Tar-A.

Thank you to the 2007 Nominating Committee, Laura Tague, Pam Crump; and Carol Steward, for getting the job done so efficiently.

Kathy Hoff, CAVS - Nominating Committee Chair

#### Another Newsletter for 2007

Please submit your next newsletter articles for MADVS News by December 3 to

Beverly Taulbee at btaulbee@saint-lukes.org

The newsletter will be distributed via e-mail to MADVS members on December 7.

A copy will be posted on the madvs.org website also.

#### When God Winks

There is a book, *When God W*inks, that I just read for the second time that talks about coincidences in our lives that really aren't coincidences at all – they are God Winks! According to the author, Squire Rushnell, "God winks are like the winks you received as a kid from Dad or Grandma across the dining room table. They probably meant, "Hey, kid, I'm thinking about you, right now". Similarly reassuring messages are the coincidences and answered prayers coming into your life, at just the right moment, confirming that you're on universal GPS – God's Positioning System."

How many times have you seen a sign or license plate that had a special meaning to you at just the right moment? Has anyone ever called you just when you were thinking about them? Have you ever needed to make a decision about a new job, a new church, anything like that, and when you walked in it felt like home? Has a song come on the radio that was just what you needed to hear at that very moment? When in prayer, have you ever just opened your Bible and a verse jumped out at you that applied to you at that very instant?

God Winks are what brought me to St. Mary's (actually it was a God Hammer in the head – I was slow at getting it)! God Winks let me know when a kind word is needed by someone. God Winks show me when to call an old friend.

Keep an open mind and open eyes every day to see what is in store for you. It's exciting to live in the "now" knowing that God is with you each step of the way. He gives us God Winks all the time. We just have to "see" them.

If you're interested in reading more from this author, you might try, When God Winks at You, Have You Had Your Godwink Today? or When God Winks on Love.

Kathy Hoff, CAVS

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# **Linda McIntosh**Volunteer Program Supervisor Freeman Health System Joplin

**News from the Treasurer/Membership** 

No Report.



### Conference – 7an-7ar-A Resort

Reaching Our Vision, Holding on to our Values is the theme for the Fall MADVS conference at Tan-Tar-A Resort November 7-9, 2007<sup>th</sup>. MADVS is an affiliated group of the Missouri Hospital Association, and the MADVS conference is part of this annual conference, so there will be a lot of opportunities to hear speakers and participate in the events planned for you.

The Education Committee has been busy putting the final touches on the conference, and I think you will not only enjoy it immensely, but you will also learn a lot about our profession. We will start with the 2007 Board Meeting on Wednesday, November 7<sup>th</sup> at 9:00 a.m., and kick off the conference for all members at 10:30. We'll introduce the six fabulous sponsors who make this conference possible for us. The Silent Auction and 50/50 raffle will have already been set up, so we'll share more about that, too.

Dr. Shirley Garrett, our keynote speaker, will begin immediately after our welcome and take us through three separate workshops that have been proven extremely helpful to organizations like ours. She has a lot of energy, so be ready!

On Thursday, there will be time in the morning for you to attend the MHA presentation at 8:45, and MADVS will begin again at 11:00. This day will be filled with "hot" topics presented by various speakers from MADVS. Evaluations from previous conferences showed that you want more networking time and time to share ideas with one another, and this day will be packed with these types of sessions. Then at 6:30 in the evening, we will have our MADVS "Hot Date" Dinner at the Country Club Spa and Resort Hotel. Reservations are required, and the cost is on us (however, if you make a reservation and don't show the cost is on you).

Then on Friday, November 9<sup>th</sup>, the MADVS General Membership Meeting and Installation of Officers will take place at 10:15, followed by the conclusion of the conference and then the 2008 new board meeting/lunch.

Watch for details on the MADVS web site and e-mails to follow. Be sure and register for the MHA conference and ask for your room reservations in the Northwinds Hall, Building "D," which is where all our events will take place. See you at Tan-Tar-A.

Kathy Hoff, CAVS

