

# Coastal Bend Association of Health Underwriters



## CALENDAR

June 10, 2011

Monthly Luncheon

Hilton Garden Inn

Featuring: Blake  
Farenthold, US  
Congressman



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June 1, 2011

## **Polly's Ponderings...**

My last newsletter! Yea! It has been a privilege to serve as President of CBAHU. I have learned so much about people, insurance agents, PAACA, legislation, and myself for that matter. I leave you in good hands. Denise Villagran is taking over the reins **AGAIN**. Some of you young agents need to be thinking about what position you would like to hold on the CBAHU Board. We still have positions open. Let me know if you are interested.

I will be Education Chair next year and we have a great line up all ready. We plan on having a CE at every membership meeting. We will have a great Sales Symposium in October this year. Our Day of Education will be in April. Next May the TAHU Convention will be in Corpus Christi, Texas. CBAHU will help plan for this great event. No excuse for you not to attend. Bob Corrigan and I will also be working on membership. We need more members and we also need your office staff to join.

We do have several board members going to the NAHU Convention in San Antonio. There will be lots of good CE and more on Healthcare Reform. We will let you know what we learned and what you missed.

Again, thank you so much for a great year.



## CBAHU Executive Board

President	Polly Harris
President Elect	Denise Villagran
Vice President	Bob Corrigan
Treasurer	Elsie Gaertner
Secretary	Shelley Love
Past President	Tina Durand

## Committee Chairs

Membership	Nidia Hafer
Awards	Denise Villagran
Hospitality	Laura McClelland
Legislative / GRIP Garcia	Leo Barrera / Eddie Garcia
Grip Goddess	?
Education	Nedra Clingan
Media	Tina Durand
Public Service	Patricia O'Brien
Newsletter	Shannan Phillips
Website	Tiffany Pharis
Sponsorship	Gae Callaway
Care Chair	Cindy Gentry

## Trustees

Rick Ott, Nedra Clingan, Robbie Burgess

## Trustees Emeritus

Denise Villagran, Laura Hebert, Annie Castro, Kelli Champion, Diane Lee, Kathy Greene



## Healthy Notes

### Warm up before you rev up

**Take 8 to 10 minutes before you start an activity to warm up your body.** It may reduce your risk of injury and increase your speed, strength, and endurance.

**Get the most from your warm-up.** Spend the first couple of minutes easing into the activity, to get blood circulating and muscles warmed up. Hold a stretch for 30 seconds to a minute for those body parts that you'll use most during your activity.

*Source: Sandy Reid, certified group fitness instructor*

### Want a Personal Trainer??



**There's an app for that!** iPhone users can download the Nike Training Club App, Blackberry and Android users can download the Jefit App. Both Apps provide daily workouts, set programs, workout reminders, instructional videos, log books, ability to synch your music with your workout along with many other features. It's like having your very own personal trainer in the palm of your hand. There are various other apps available including pedometer and cardio apps, all you have to do is go to your market and search "fitness".

### Strawberry Soup

2 ½ cups fresh strawberries

2 cups plain, low-fat yogurt

½ cup orange juice

½ cup sugar

½ cup water

Blend strawberries in blender until smooth.

Slowly add yogurt. Keep blending.

Pour mixture into large bowl.

Add orange juice, sugar and water.

Chill in refrigerator for at least 1 hour.

**COASTAL BEND ASSOCIATION OF HEALTH UNDERWRITERS  
NAHU MEMBERSHIP APPLICATION**



Last Name	First Name	Designation (s)		
Company	Title	Referred by / Sponsor		
Mailing Address		City	State	Zip
Telephone	Fax	Email Address		
Home Address (for Legislative Purposes)		City	State	Zip
				Home phone number

<b>Full NAHU Membership:</b>	NAHU Dues \$195.00	<input type="checkbox"/> Check payable to NAHU	Local Affiliate Member: \$55.00 Renewable billed Jan 1 <sup>st</sup> (Current full member of another TAHU Chapter) Local Associate Member: \$50.00 Renewable billed Jan. 1 <sup>st</sup> (support staff not working in sales capacity) Bank draft not available for Affiliate & Associate Memberships. (Checks payable to CBAHU)
	TAHU Dues \$100.00	<input type="checkbox"/> Monthly Bankdraft \$25.83/mo	
	CBAHU Dues \$15.00	<input type="checkbox"/> VISA, M/C, AMEX	
	<b>Total Dues \$310.00</b>		

Credit card # \_\_\_\_\_ Signature: \_\_\_\_\_  
 Expiration Date: \_\_\_\_\_ Val. Code \_\_\_\_\_ Circle One: VISA M/C AMEX

**Bank Draft Authorization:** I / We hereby authorize the National Association of Health Underwriters to initiate debit entries to my / our account named at the Bank below, hereinafter called BANK. This authority is to remain in force and effect until BANK has received written notification from me / us of its termination in such time and in such manner as to afford BANK a reasonable opportunity to act on it.

**(A BLANK VOIDED CHECK FROM THE ACCOUNT YOU WISH TO HAVE DEBITED MUST ACCOMPANY THIS APPLICATION)**

Name \_\_\_\_\_ Bank Routing \_\_\_\_\_ Account \_\_\_\_\_  
 Signature \_\_\_\_\_ Date \_\_\_\_\_

**Mail Application & Check to:** Nidia Hafer - Membership Chair Ph# 361-658-5630  
 Via email: ndhafer@sbcglobal.net Fax# 361-852-9001

**Please indicate your area of practice:**

<input type="checkbox"/> Long Term Care	<input type="checkbox"/> Disability	<input type="checkbox"/> Managed Care	<input type="checkbox"/> Retirement
<input type="checkbox"/> Individual	<input type="checkbox"/> Large Group	<input type="checkbox"/> Small Group	<input type="checkbox"/> Worksite Marketing
<input type="checkbox"/> TPA	<input type="checkbox"/> Self Insured	<input type="checkbox"/> Medicare Supplement	<input type="checkbox"/> Dental

**Board Committees I'd to help on:**

Membership  Special Events  Newsletter  Education events (CE)  
 Legislation  Anywhere I can be useful



**Join us for our monthly  
CBAHU Luncheon**

**Hilton Garden Inn  
Friday, June 10**

**Lunch will be served and the program  
will begin promptly at 12:00 pm**

**SPEAKER**

Congressman Blake Farenthold  
Update on Healthcare Reform

**\$20.00 per member with RSVP**

**\$30.00 per member with no RSVP**

**\$20.00 per guest of member with RSVP (single visit)**

**\$30.00 per non-member/guest**

**(Waived if you join CBAHU at the meeting!)**

**[RSVP to Laura McClelland @ 693-3022 or  
Lmcclel@uhc.com by noon Friday, May 6th](mailto:Lmcclel@uhc.com)**