

Coastal Bend Association of Health Underwriters



CALENDAR

May 10, 2011

Monthly Luncheon
Hilton Garden Inn

May 30, 2011

Memorial Day



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May 2011

Polly's Ponderings...

May 1, 2011

I am writing this newsletter from the TAHU Convention in San Antonio at the La Cantera Resort. It is a great place. I am really looking forward to the next few days.

We are so lucky in the state of Texas. The NAHU Convention is in San Antonio also. What a great opportunity to learn more about what is going on in Washington DC in regards to healthcare reform. The convention offers a wide variety of opportunities: new board orientations, excellent professional development sessions and an opportunity to have an active role in the future of the association. It will be held at the Grand Hyatt on the Riverwalk. You can go to the NAHU website to register. Early Bird registration is over on Tuesday, May 10. The price then goes up \$100.

CBAHU Day of Education was held at the Education Service Center. It was a really informative day. Sorry if you missed it. We offered 6 hours of CE.

To let you know in advance, in June our meeting will be Friday, June 10. It would normally be the 14th, but Blake Farenthold will be here to speak to us about what is going on with health care reform. I am hoping Todd Hunter will be there also to catch us up on state politics.

Thank you for belonging to our organization. Every day is a new day. Remember to keep your "Ducks in a row."



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, Kelli Campion, Annie Castro,
Laura Hebert, Nedra Clingan

Trustees Emeritus

Diane Lee, Kathy Greene, Denise
Villagran

Healthy Notes

Skin Sense—May is Melanoma/Skin
Cancer Detection and Prevention
Month...

Visit www.melanomamonday.org to
take the American Academy of
Dermatology's "Suntelligence" survey,
as well as to find out how to perform a
skin self-exam, download a body mole
map, or find free skin cancer screenings
in your area.

Creamy Asparagus Soup

1 Onion, finely chopped

2 Tbsp. butter

1 lb. Fresh asparagus, trimmed and coarsely
chopped

1 cup vegetable broth

1 dash garlic powder

1 dash white pepper

1 cup 1% milk

Microwave the onion and butter on high for 2
minutes. Add asparagus, vegetable broth, garlic
powder, and white pepper. Microwave, covered,
on high for 10 to 12 minutes. Puree in blender.
Return mixture to microwave safe dish, stir in
milk, and microwave until heated through.

Serves 4: 119 calories, 6.6 g fat (4g saturated fat),
5.1g protein, 11.5g carbohydrate, 266mg sodium



**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
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Full NAHU Membership:	NAHU Dues \$195.00	<input type="checkbox"/> Check payable to NAHU	Local Affiliate Member: \$55.00 Renewable billed Jan 1 st (Current full member of another TAHU Chapter) Local Associate Member: \$50.00 Renewable billed Jan. 1 st (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	
	Total Dues \$310.00		

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 & 1 CE**

**Hilton Garden Inn
Tuesday, May 10th**

**Lunch will be served immediately at 11:30
& CE will begin promptly at 12:00-1:00 pm**

SPEAKER

Cindy Gentry, BBA Life

“Business Continuation Planning” Course#83126



\$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](tel:693-3022) or

Lmcclel@uhc.com by noon Friday, May 6th