



March 10, 2017

Re: Hill Regional Hospital
Community Speakers' Bureau

Dear Community Member,

As you plan upcoming meetings for your organization, we invite you to consider scheduling a speaker from the Hill Regional Hospital Speakers' Bureau. Along with the Hillsboro Chamber of Commerce, we have teamed up with professionals from different fields in our community that enjoy speaking to groups on a wide range of topics—from health topics and nutrition to business tactics and working with your local government.

Our variety of both speakers and topics allows us to accommodate most requests—whether your group meets during the day or evening. Our speakers can also customize their information to the demographics of your organization to help ensure the talk is most relevant to your members/guests.

Please take a look at our 'Presentation Topics' List (enclosed) and if you are interested in scheduling one of our speakers, complete the Speakers' Bureau Request Form. This form may be returned by:

- scan/email to: Katie_Pavelka@chs.net
- fax to: 254.582.2144
- mail to: Hill Regional Hospital c/o Katie Pavelka, 101 Circle Dr., Hillsboro TX 76645

If you have a request for a specific topic not listed, a specific speaker, or would like to discuss other options please contact us directly. We look forward to partnering with you to plan an interesting presentation for your organization or group!

Sincerely,

Katie Pavelka
Director of Marketing
Community Outreach
P: 254.580.8952
Katie_Pavelka@chs.net

Speakers' Bureau

Presentation Topics

Below are some general ideas for presentations to your group/organization provided by Hill Regional Hospital. There is no charge. If you have a request for a specific topic not listed, a specific speaker, or would like to discuss other options, please contact us directly at 254-580-8952 or complete and submit the Speaker Request form on the reverse. We will do everything we can to accommodate your request.

Nutritional Services – Jena Bodeker, Dietician

Eating on a Budget

Healthier Snacks and Lunches

Meal Prep

Chronic Conditions and Nutrition

Young Children and Nutrition

Internal Medicine – Dr. Sweta Narasimhan

Arthritis

Asthma

Diabetes

Hypertension

General Surgery – Dr. Craig Thompson

Breast Cancer

Surgery – Minimally Invasive Procedures

Surgery: Preparation and Recovery

Other Hospital Services

The Value of a Community Hospital – Susan Popp, CFO

Emergency Services – Janice Markwardt, RN

Senior Circle Program – Tricia Shelton

Blood Pressure Testing

Hand Washing Demonstrations

Texas Silver-Haired Legislature – Barbara Adylett

Texas Silver-Haired Legislature

Setting Up Relationships with State Legislatures

Do's and Don'ts of Advocacy

Testifying Before a Legislative Committee

Better Business Bureau – Adam Price

Ethical and Effective Advertising

Dispute Resolution Process

Common Scams Targeting Businesses

Common Scams Targeting Consumers

Data Security Red Flags

Identity Theft Protection

Using Multimedia to Improve Your Business

Dental Care – Anshu Bansal, DDS

Effects of Smoking on Your Teeth

Teenage Dental Health

Drugs and Dental Care

Dental Prevention

Wholesome Mind and Body

Hill County Extension, FCS Topics - Karen Jungman

Food Safety – Food Manager Certification/Food Handler Certification

Food Resource Management

Meal Planning

Food Preservation

Weight Management

General Nutrition for Youth & Adults (USDA My Plate focus)

Financial Literacy – Youth & Adults

Disaster Preparedness

Household Water Resource Management

Speakers' Bureau

Speaker Request Form

Today's Date _____

Date of Event _____

Time of Event _____

Name of Group/Organization _____

Topic(s) Requested (*Please list multiple topics in order of preference or select topics pg. 2*):

1. _____

2. _____

3. _____

Speaker Requested: _____

Time of Presentation/Speaker's Arrival _____

Length of Presentation _____ Expected # Attendees _____

Available Resources (*Please Circle*) Microphone LCD Projector Laptop Computer Other _____

Event Location (*Please include address & directions*) _____

Your Name/Title _____

Telephone _____

E-mail _____

Mailing Address _____

Future Speaker Requests (*Date(s) and Topic(s)*) _____

Additional Comments: _____

Please return this completed form to:

Katie Pavelka, Marketing
Katie_Pavelka@chs.net