



Press Release
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Media Contact
Stephen Kuehler | stephen.kuehler@knoxhospital.org
940-657-3535

Volunteers Are the Heart of Care at Knox County Hospital District

Community heroes honored during National Volunteer Week, April 21–27

KNOX CITY, Texas (April 11, 2025) – They may not appear on the payroll, but the volunteers at Knox County Hospital District (KCHD) are central to the health and heartbeat of the community. In celebration of National Volunteer Week, observed April 21–27, KCHD honors the individuals whose quiet acts of service provide strength, comfort, and kindness to patients, staff, and families throughout the region.

From delivering mail to greeting patients, organizing fundraisers, or simply offering a warm smile to someone in need, volunteers make KCHD a more compassionate and connected place.

“Volunteers are part of the soul of this organization,” said Stephen Kuehler, CEO of Knox County Hospital District. “They show up out of kindness, not obligation. That spirit of giving is what truly strengthens our hospital, our nursing center, and our entire community.”

Honoring the Power of Service and Connection

National Volunteer Week, established in 1974, is a time to celebrate the value of civic engagement and recognize those who give their time for the greater good. Whether helping with community outreach, supporting hospital events, or assisting with patient services, volunteers bring life and warmth to every corner of the hospital district.

Among KCHD’s most recognizable service organizations is the Pink Ladies Auxiliary, established locally in 1980. The group is well-known for operating the Pink Ladies Thrift Shop — a cherished fixture in the community that generates important financial support for hospital programs and medical equipment. But the thrift shop is more than a fundraiser — it’s a place where connections are made, stories are shared, and neighbors support one another.

“The Pink Ladies go beyond just raising money,” said Kuehler. “They bring energy, positivity, and genuine care into our facilities. Whether they’re chatting with a resident or helping someone find the perfect item at the shop, their presence reminds people that they are seen and valued.”

MORE



National Volunteer Week, April 21–27

Page 2

Volunteers also contribute directly to improving the emotional wellbeing of long-term care residents. At the Munday Nursing Center, volunteers support group activities, help with seasonal events, and provide companionship to those who may not receive frequent visits from family or friends.

“Small moments of connection can make a big difference,” said Kelsy Simmons, Administrator at Munday Nursing Center. “Just spending time with a resident, listening to their stories, or playing a game can brighten their entire week.”

Service That Enriches Everyone

While the contributions of volunteers are immeasurable, their acts of service also provide personal rewards. According to national research, volunteering is linked to a host of positive health outcomes, including lower stress levels, improved self-esteem, stronger emotional resilience, and even lower rates of depression.

Nearly 23% of Texans volunteer their time each year, according to the Corporation for National and Community Service — a powerful reminder that small, consistent actions can lead to widespread good.

“Our volunteers may not always see the impact they make, but we see it every day — in a patient’s smile, in a resident’s laughter, and in the success of programs they support,” said Kuehler. “They’re the heart of this district.”

KCHD’s leadership believes that volunteers set the tone for the culture of care that defines its approach to community health. Their selfless service demonstrates what’s possible when neighbors look out for one another and share responsibility for community wellness. KCHD enjoys coming together annually to honor all their amazing volunteers at the Annual Appreciation Banquet held every fall in Knox City.

“Whether they’re running a cash register at the thrift shop, bringing books to a patient’s room, or decorating for a holiday party at the nursing center — they’re doing something that matters,” said Kuehler. “And they’re doing it from the heart.”

Step Into a Role That Matters

The hospital district invites people of all ages and backgrounds to consider joining its volunteer programs. There are a variety of roles to fit different interests and schedules — from regular volunteer hours to special events or short-term projects.

MORE



National Volunteer Week, April 21–27

Page 3

Volunteers receive orientation, support from staff, and the reward of knowing they've helped improve someone's day — or even changed a life.

To get involved:

- Call 940-658-3403 to learn about opportunities with the Knox County Hospital District Auxiliary, including the Pink Ladies Thrift Shop.
- Reach out to the Munday Nursing Center at 940-422-4541 for information on volunteer roles with long-term care residents.
- Visit www.knoxhospital.org to learn more about the hospital district and available services.

Whether you're a retired healthcare worker, a student looking for service hours, or simply someone who wants to give back, KCHD has a place for you

About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit www.knoxhospital.org.

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