



UMC Celebrates 2021 With The Hospital's Newest Baby – Lucas

One of the best traditions across all hospitals is the announcement of the first born child of the new year. University Medical Center of El Paso welcomed its first baby of 2021 at 3:50 a.m. on January 1st. Baby Boy Lucas Samuel Romero arrived weighing 6 pounds, to mother Elizabeth. As the first born of 2021, Lucas was given a basket of baby items including a baby blooming bath, baby monitor, diapers, baby blankets, pacifiers, and many other essential newborn needs.



Lucas Samuel Romero with his mom Elizabeth born January 1, 2021

Welcome, Lucas Samuel!

UMC Associates Receive Early Christmas Surprise Of Treats

Michelle Grady, one of the victims of the Aug. 3, 2019, shooting at an El Paso Walmart, wanted to bring some holiday cheer to the UMC Rehabilitation, Emergency Department and Surgery teams by dropping off some coffee, cookies, and other holiday sweets.



Michelle sustained multiple gunshot wounds on that Saturday morning in August but was treated at UMC immediately -- and for the following months.

The surgeons who cared for her when she arrived and for months later are some of the best in the nation, and they are our partners at Texas Tech Physicians of El Paso.

Tips for Improving Your Mental and Physical Wellness In 2021

We are living through an unprecedented time. It is normal to feel anxious, fearful and have a loss of everyday structure in our lives. Learning ways to cope and navigate through these times will help make you stronger. These are some tips to help take care of yourself, your friends and your family.

Be Active

It is a New Year and many people start the year with "New Year, New You" motivation. Here is great 30-day push up challenge that starts slow and progressively increases. You will be doing push-ups in no time and sculpting your best upper body yet. Upper body and core strength are key to everyday tasks and improves flexibility and mobility. Print out the attached calendar to start today and visit <https://www.shape.com/fitness/workouts/30-day-push-up-challenge> for more details!

Be Healthy

Did you make a New Year's resolution to get healthy? One of the most common mistakes is dieting which often leads to people binge eating or not sticking with a healthy lifestyle. Remember, do not



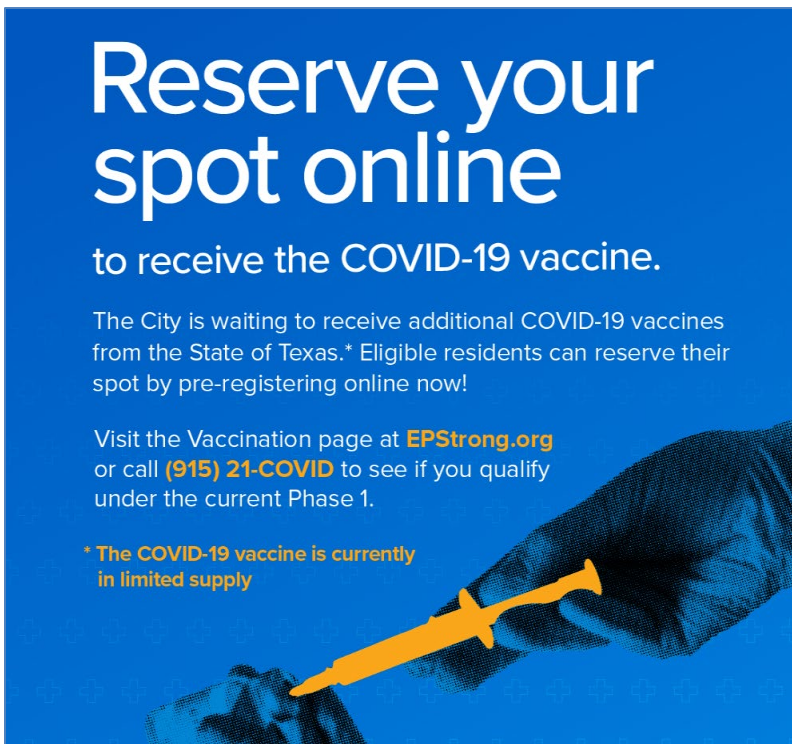
deprive yourself or set unrealistic, unhealthy expectations. The key is to make small changes that will ultimately lead to a healthier lifestyle. A couple key things to remember are:

- Make sure to eat breakfast everyday
- Never skip meals (key to preventing your metabolism from slowing down)
- Never go more than 5 hours without a small meal or snack
- Reduce or cut out any sugar drinks (juices, sodas, etc.)
- Keep frozen veggies stocked at all times - they are easy to prepare and are packed with nutrients

Be Peaceful

This year try making mindful resolutions to improve yourself. Mindful resolutions create stronger and happier you. Some resolutions you might want to try are:

- Focus on progress not the result. Every day you work towards your goal is a success!
- Pay attention to the intention of your actions. When you understand why you do something, you are less likely to quit and will be more successful in continuing on your journey towards your goal.
- Be kind to yourself. Make a resolution to eliminate self-judgement, self-consciousness and self-esteem issues. Treat yourself the way you treat others because you deserve it!



Reserve your spot online
to receive the COVID-19 vaccine.

The City is waiting to receive additional COVID-19 vaccines from the State of Texas.* Eligible residents can reserve their spot by pre-registering online now!

Visit the Vaccination page at EPStrong.org or call (915) 21-COVID to see if you qualify under the current Phase 1.

* The COVID-19 vaccine is currently in limited supply

The advertisement features a blue background with a hand in a blue glove holding a yellow syringe. The text is white and yellow.



REMINDER TO ALL:



When dining or standing in line at either the UMC Cafeteria or Bistro, you must observe all social distancing requirements.

Do not sit close together.

Do not move furniture to accommodate each other.

Your actions affect the actions of others.

These requirements apply to breakroom dining as well.

Please set the example by doing what's right for everyone.

Logos for University Medical Center of El Paso, El Paso Children's, Texas Tech Physicians, and El Paso Health are displayed at the bottom.