

QP

THE QUARTERLY PULSE OF UMC



UNIVERSITY
MEDICAL CENTER
OF EL PASO

**FALL
ISSUE
2023**

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Keep Up With UMC

SOCIAL MEDIA, PODCASTS, VIDEOS AND MORE!

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SCAN THE CODE TO LISTEN!

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Quarterly Stars Announced, Shine Bright

Each quarter, UMC announces five Associates who were nominated for special recognition for their performance, excellence and dedication.

Question: What do you love about working at UMC?



Abraham Zarate, Coord. Patient Education, Respiratory

A: "It's the only place I've worked as a respiratory therapist and as a student. Once I walked in, I knew I wanted to work here."



Ann C. French, Office Coordinator, Imaging Administration

A: "I love my team. Working here at UMC doesn't feel like work. I've been here for eight years."



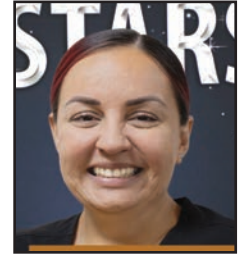
Jazmin Chavez, LVN, Orthopedics Trauma

A: "I love working with patients, coworkers and management. I have wonderful bosses. I love everything about UMC."



Luis Rivera, General Maintenance Worker, Engineering

A: "I have worked here for 11 years and everybody is friendly."



Rosa Ortiz, Registered Pharmacy Tech.

A: "I love the people I work with and helping people. I think I do make a difference. I try to make people's day better and help as much as I can."

New DAISY Nurses Bloom With Care, Excellence

The DAISY Award honors extraordinary nurses who consistently exemplify excellence and exceed expectations in communication, compassion, patient relations, and professional skills to personally impact the lives of their patients.



Ruby Rodriguez, RNII - Critical Care

Nominated by a patient family member:
"I saw empathy in Ruby, which makes her the best example of a nurse. She cared for the patient as though she were her own family.

I had many questions and concerns; Ruby patiently explained in detail what I needed to know." -Lynda Robins, Family Member



Jessica Williams, RNII - Neuro ICU

Nominated by a patient family member:
"Through all the uncertainty the 2 weeks that my husband was in the Neuro team's care, whether Jessica was our nurse or not, she

made it a point to stop by his room, give him a thumbs up and words of encouragement." - Megan Portillo, Family member



Cinthya Martinez, RN - Ortho Trauma

Nominated by a patient:
"The first day I had Cinthya as my nurse she made it a point to constantly check up on my level of pain. She went home and researched about my

illness to better take care of me." -Vivian Garcia, Patient



Elsa Rodriguez, RNII - Neuro ICU

Nominated by a patient family member:
"When my dad was transferred to the NEURO ICU, Elsa was the first to greet me. I knew she was an

angel sent to us when a physical therapist helped my father stand and she whispered to me "Be strong." -Brianna Vera, Family/Visitor



Naylea Ledezma, RNII - Surgical Unit



Sarah Wolf, RN - Surgical Unit

Nominated by UMC Associate:

"We currently have a young patient who suffered an ATV accident & has been hospitalized for some time now. On 06/02/2023 he was supposed to attend his graduation ceremony but unfortunately was unable to. Naylea Ledezma & Sarah Wolf planned out & coordinated a small "graduation" in our hallways to simulate the "walking" part of the graduation. Naylea & Sarah demonstrated true UMC values when they CARES from their heart." - Angelica Rodriguez, RN

UMC Associate Helps Deliver Baby Boy In Hospital's Main Lobby

The red light on Alameda felt eternal for Fatima Valenzuela, who knew her baby was coming at any second. As her cousin drove her to UMC to deliver her baby, Valenzuela said her cousin told her to hold on for as long as she could. "We're almost there, almost there," she recalled her cousin telling her with urgency in her voice.

Valenzuela felt another strong contraction as her cousin parked in front of UMC and ran into the lobby in search of a wheelchair.

Inside the hospital's main lobby, Abraham Zarate, Coord. Patient Education, Respiratory, was in line at the Java Stop. He knew something was wrong when he saw a woman run into the hospital and rush out with a wheelchair.

"I was waiting to receive my coffee after ordering it," said Zarate. "I thought, 'there's something going on out there' and I was the only clinical person in the lobby. I ran out to the car and a woman was in labor. The baby was coming," said Zarate.

Zarate jumped into action and caught the baby boy as the mother moved from the vehicle to the wheelchair.

It was a windy morning, so Zarate said he made sure the baby was breathing before wrapping him in his mother's shirt to try and keep him warm until they were both taken to the Labor & Delivery unit.



Abraham Zarate sits down and talks with our QP staff about the delivery of Baby Edgar.



Baby Edgar was delivered in UMC's main lobby, with help from UMC Associate, Abraham Zarate.

"I'm a respiratory therapist," explained Zarate. "I've been trained for this, but I've never really applied my training. I do not typically work with babies, I work with adults."

Zarate was recognized with a STARS Award for his swift reaction, but what mattered to him was making sure the baby was healthy. "I just want to know what the baby's name is and if he's okay," said Zarate.

Valenzuela was excited to hear Zarate was recognized for his efforts and hopes he can one day reunite with her baby, whose name is Edgar.

"I remember the man who helped me was wearing black scrubs, I didn't even get the chance to ask his name. I am so thankful to him and to UMC for the attention they gave us. You can tell this is a hospital that is truly dedicated and passionate about what they do," said Valenzuela.

Looking back on that day, Zarate learned to always be on the lookout for an emergency, especially when you least expect it.

Welcome To Our UMC Family

Get to know just a few of our new Associates!



Tamara Castro, Nursing Assistant, Ortho Trauma

Q: What made you want to work at UMC?

A: "The positive work environment and the busy pace I experienced as a volunteer."

Q: What is your favorite hobby?

A: "Definitely singing!"

Q: What is at the top of your bucket list?

A: "Visiting at least one city from each country."

Q: What is your favorite thing to do locally?

A: "Helping out at church with the youth group and the worship team."



Brittany Porras, Coordinator Cash Processing

Q: What made you want to work at UMC?

A: "I've always wanted to work at a hospital, since my passion is to help people. When this job came up, I felt it was a sign to get my foot in the door in a place I've always imagined to work at."

Q: Do you have a favorite sports team?

A: "Dallas Cowboys and Los Angeles Dodgers!"



Jose E. Navarro, Monitor Technician

Q: What made you want to work at UMC?

A: "I wanted to be part of something bigger and also UMC is the hospital where I was born."

Q: What are your hobbies?

A: "Spending time with my family."

Q: What is at the top of your bucket list?

A: "Becoming a dad was at the top of my list and I became one last year."



Claudia Holguin, Registrar Scheduler

Q: What made you want to work at UMC?

A: "It's a big community and I like that it offers help for patients, especially elderly patients."

Q: What are your hobbies?

A: "Listening to music."

Q: What is your favorite thing to do locally?

A: "Going to my children's soccer games. I love to see them play and have fun."



Lisa Melly, RN (NRP) Telemetry

Q: What made you want to work at UMC?

A: "I wanted to work at this hospital because of the work culture and I know I'm going to get a lot of experience working here since it is a teaching hospital."

Q: What is one thing at the very top of your bucket list?

A: "I already completed my top bucket list item which was coming to the U.S. from Kenya."



Martha Escareno, RN, NRP, Labor and Delivery

Q: What made you want to work at UMC?

A: "The values and morals here go with what I believe in."

Q: What is one thing on your bucket list?

A: "To buy my own house"

Q: What is your favorite thing to do locally?

A: "Visit local coffee shops."

Q: What is your favorite hobby?

A: "I like to read a lot of books."



Daniela Urias, RN II, Medical Unit

Q: What made you want to work at UMC?

A: "I like that UMC is a teaching hospital and when I came to the interview they made me feel confident."

Q: What are your hobbies?

A: "My hobbies are spending time with my family and traveling."

Q: What is one thing at the very top of your bucket list?

A: "I want to travel to Iceland and see the Aurora Borealis."



Maynol Mendoza, Materials Handler, UMCSH Materials Management

Q: What made you want to work at UMC?

A: "I've been in the medical field for 12 years and have heard nothing but good things about UMC and the benefits here."

Q: What is your favorite hobby?

A: "Playing basketball and tennis."

Q: What is one thing on the very top of your bucket list?

A: "To visit every MLB stadium in the U.S."

UMC Chosen To Host Annual Power Of Pink Celebration

To kick off Breast Cancer Awareness Month in October, UMC hosted an event honoring local breast cancer survivors on September 29.

Power of Pink is a community project made up of various area hospitals, non-profit organizations, and local foundations. Each year, a different hospital is chosen to host Power of Pink.

"Breast cancer can affect anybody, including men. It's not as common as it is in women, but it does affect them," said Ana Garcia, UMC's Director of Medical Oncology & Infusion Center.

The program celebrated survivors' beauty with a makeover event and photoshoot, which took place July 21.

Students from EPCC's cosmetology school volunteered their time to help pamper survivors by doing their hair and makeup. Professional photographers also volunteered their time to take their glamour shots.

Leticia Martinez, Transport Clinical Coordinator with El Paso Children's Hospital, was one of the survivors who took part in the event.

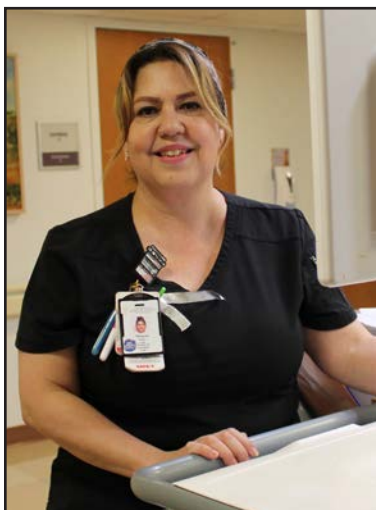
"I think the most important thing is to stay active and be proactive about your health. Do not be afraid to take care of yourself," Martinez said.

Her advice to anyone going through breast cancer is to stay positive, seek resources, and keep family and friends close.



Breast cancer survivor, Adriana Senties, poses alongside her husband, Jose Senties, Supervisor of Ultrasound/ Cardiac Imaging, EPCH, at the Power of Pink makeover event.

PULL-Opp Program Helps UMC Associate Achieve Her Dream



Raquel Salas, LVN, is UMC's second Pull-Opp Graduate

Looking back at when she first started working as a certified nurse assistant (CNA) at UMC three years ago, Raquel Salas did not think continuing her education in the medical field would be possible, but with UMC's Pursuing Upward Learning & Legacy Opportunity (PULL-Opp) program, it was.

Salas is the second graduate of UMC's PULL-Opp program, which was designed to help further our Associate's education and training in a healthcare related field.

Through this program, UMC covers the cost of tuition for the Associate, who is able to maintain full-time employment status

and compensation during the duration of their schooling, while working part-time.

"The PULL-Opp program helped me a lot with working only two days instead of three and so, it helped that I was only working on the weekends," she said.

Salas believes her story is proof that continuing your education while working is possible. She encourages other Associates to look into the resources offered at UMC.

Additional information and applications for UMC's CARES educational programs can be found on the intranet.

Flying to New Heights To Provide The Highest-Quality Care, Service



An Air Methods helicopter lands on UMC's helipad. The helipad is visible from the 8th floor of the Thomason Tower.

As a Level 1 Trauma Center, the region's only Level 1 Stroke Center and Joint Commission-certified Comprehensive Stroke Center, University Medical Center is the epicenter of care for tens of thousands of patients in El Paso and Southern New Mexico each year.

We work hand in hand with various outside entities to assure patients in the region receive the best possible care when they need it most.

One of those partners is Air Methods, a company that provides emergency medical services to over 100,000 patients every year, nationwide. They are one of many helicopter medical transport services, along with military Blackhawk helicopters, that bring patients to UMC.

Much like ground paramedics, flight paramedics are trained to aid patients in any emergency, but there are some big differences to how they execute that task.

"I had previously worked in an ambulance and it is a luxury," said Edgar Lechuga, Clinical Director for Air Methods in El Paso. "You have so much space in an ambulance compared to the helicopter you are working in. We call it the 'mini ICU' because you literally have all the equipment you would find in an ICU, but it is only you, your partner, patient, and pilot in a small area."

Being able to work and be hands-on to provide lifesaving interventions in a confined space is something that takes

extensive training.

Lechuga explained flight paramedics are able to provide critical care more quickly than ground paramedics and transport a patient in less time.

"A lot of the things you see different is someone being capable to manage a ventilator to help them breathe on the ventilator. A lot of times, that is managed by a respiratory therapist at a hospital, but our paramedics and nurses are capable of doing things like that and they give blood. Not a lot of paramedics on ground ambulances give blood at the scene as soon as possible," said Lechuga.

UMC receives patients transported by Air Methods and other air emergency services numerous times on a daily basis.

We are committed to being a lifeline for the region with the help of our community partners who are able to get patients to our hospital as soon as possible and make every second count.



An Air Methods pilot transports a patient aboard a helicopter.

UMC Surgeons Perform First-Of-Its-Kind Vascular Surgery



UMC Healthcare Partners Vascular & Endovascular Surgery's Gilbert Aidinian, MD, performs El Paso's first Thoracic Branch Endoprosthesis surgery at UMC.

A new procedure to repair damage to the largest artery in the chest was performed by vascular surgeons at UMC in August.

El Paso's first Thoracic Branch Endoprosthesis surgery was conducted by Dr. Gilbert Aidinian, Division Chief of Vascular and Endovascular surgery at UMC, and Dr. Alireza Daneshpajouh, Director of Vascular Clinic Services at UMC.

The vascular surgery consists of implanting the FDA approved GORE TAG Thoracic Branch Endoprosthesis in the descending thoracic aorta and into

a blood vessel that branches off the aorta toward the head to allow blood to keep flowing past the aorta's damaged or diseased parts.

"Before this surgery, patients would have to get a surgical bypass, which consisted of a big incision on the neck, longer, more painful recovery and a higher chance of nerve injury," Dr. Daneshpajouh explained. The new minimally invasive surgery lasts about an hour, according to Dr. Daneshpajouh.

"This is another example of the higher level of care that patients rely on at UMC," said Jacob Cintron, President

& CEO, El Paso County Hospital District. "Vascular surgery excellence is exactly what we were striving for with the introduction of our Vascular and Endovascular Surgery Clinic. Dr. Aidinian is yet again bringing new firsts to our region, along with better health outcomes for patients."

The types of damage that can be repaired with this procedure include aneurysm, transection and dissection of the descending thoracic aorta.

UMC is proud to offer this minimally invasive surgery not available anywhere else in El Paso, except at UMC.

Neuro Patient Returns With Gift To Thank Staff Who Cared For Him



Former stroke patient, Drew Markulin, presents a gift to Salvador Cruz-Flores, M.D., Texas Tech Physicians of El Paso, Neurology Clinical Chief

The hustle and bustle of a hospital sometimes makes it difficult for Associates to stop and think about how their actions are saving lives each and every day.

Occasionally, patients return to thank our medical professionals and it is then our staff realizes the impact they have made on other people's lives, but one patient wanted to make sure Associates were reminded of that daily, not just once in a while.

On Jan. 22, 2019, Drew Markulin was admitted into UMC with a hemorrhagic stroke, due to a ruptured aneurysm. He spent five weeks in a coma before his recovery.

Markulin, along with his wife, Angelia, came back four years later with a gift for UMC's Neuro Department. He gifted them an iron sculpture of a brain to be hung in the department, visible for all.

"They say a lot of people don't make it, but I'm very fortunate I did and I'm able to go hunting, go fishing, probably stuff I shouldn't be doing, but I do it anyway because I'm grateful," said Markulin.

Before leaving, Markulin told Associates, "When you are having bad days, I just want you guys to think about me and the other successes you've had and the impact you've made on our lives."

Letters Of Gratitude

UMC Associates provide excellent care to tens of thousands of patients every year. We are fortunate to receive letters and messages of gratitude, like the ones below, from our patients and their families.



Zenaida Sanchez Roman recommends University Medical Center of El Paso.

They are excellent from registration to the endoscopy department. Everyone treats you so well. The nurses, the anesthesiologists, and the doctors, they are all so kind. Thank you to everyone for taking care of us. Super excellent.



Elizabeth Panos recommends University Medical Center of El Paso.

The staff at UMC is awesome! The nurses and staff at the Infusion Center are angels sent down from heaven!!!



Graciela Rodriguez recommends University Medical Center of El Paso.

They were very kind. I was there for a while and they always treated me well. I've been going there for treatment for the past five years. Thank you.



Mela LaBarbera recommends University Medical Center of El Paso.

I just want to say that Dr. Chambers and her nurses ROCK! My daughter and I want to thank you for treating us so kindly and doing such an amazing job on my daughters surgery.



Top Five UMC Headlines

News From The Last Quarter



County Leader Tours UMC

El Paso County Commissioner for Precinct 2, David Stout, toured UMC's Laboratory, Trauma Department, Mother Baby Department, Electrophysiology Cath-Lab, El Paso Children's Hospital's Newborn Intensive Care Unit, and EPCH's Oncology unit to get a close look at some of the latest, highly sensitive, precision-based technology UMC has installed.



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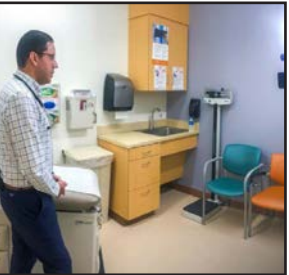
UMC's Dr. Days Featured In The City Magazine

The Hospital District's Dr. Alison Days was featured in July's "The City Magazine" cover.

Dr. Days talked about her career as a pediatrician and her love of El Paso in the special healthcare-themed publication.



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Staying Safe From Record Breaking Heat

Dr. Ismael Rodriguez at our UMC East Clinic was interviewed by KVIA ABC-7 on the effects of heat on our bodies, especially when taking medication.

He explained how common medications, often found over the counter, can alter our ability to sweat, which is our body's way of controlling our temperature.



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Providing Expertise On New Advancements

UMC's Nancy McGrail, Director of Mother/Baby & Newborn, was interviewed by KVIA twice regarding the use of a new FDA approved pill to help treat postpartum depression. McGrail spoke about new and effective ways to identify and care for mothers with postpartum depression and explained how UMC prioritizes care for women experiencing this illness.



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New Budget, Tax Rate Approved For FY 2024

The El Paso County Hospital District's Operating and Routine Capital Budget was approved by the El Paso County Commissioner's Court on Aug. 28, and includes a minimum wage salary increase from \$14 to \$15 starting in FY 24 Q3.



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Associates Attend Wellness And Benefits Fair

Hundreds of Associates attended the annual Wellness and Benefits Fair in the UMC cafeteria on Sept. 7.

The fair was held ahead of the new open enrollment period of Sept. 20 through Sept. 24. There were a variety of vendors on hand to answer questions and provide information about benefits, as well as resources available through UMC.



Nurses Glimpse Future At Conference

UMC hosted its second annual Nursing Leadership Summit to bring nursing leaders together under one roof. The event was themed "Shaping the Future of Nursing Leadership."

Nursing educators, PI coordinators, and unit council chairs and co-chairs were invited to take part in the summit as a way to connect with other nursing leaders and provide an opportunity for professional development and networking. Additionally, nurses in attendance earned Continuing Education Hours.

Some of the topics discussed at the summit included nursing liability, situational leadership, and leadership communication.



Leadership Event Makes Connections

Women leaders within the El Paso County Hospital District gathered for a Women's Leadership Conference on Sept. 29.

The goal of the conference was to bring together Associates from University Medical Center of El Paso, El Paso Health and El Paso Children's Hospital while promoting development, education, and connections amongst the women who attended. The event was led and championed by Lorena Navedo, UMC Chief Administrative Officer, and Leslie Lujan, UMC Director of Engagement and Associate Experience.

Nearly 180 women participated in the daylong event full of speakers, raffles, games and prizes.



Lorena Navedo, UMC Chief Administrative Officer



Leslie Lujan, UMC Director of Engagement and Associate Experience.

UMC Garner's New Recognition From American Heart Association

The award "Get With The Guidelines: Gold Plus, Target Stroke Honor Roll Elite Plus, and Target Type 2 Diabetes" is given to comprehensive stroke centers who are able to achieve the highest level of quality metrics involving patient care and timing of treatments.

Our recognition for excellence in stroke care comes from our advanced Neurosciences department and our team of Neuro-critical care board certified neurologists who manage our many

services relating to stroke care and neurological injuries, such as the Mobile Stroke Unit. UMC is home to the region's only Joint Commission-Certified Comprehensive Level 1 Stroke Center.

With our team of experts, a comprehensive system for rapid diagnosis and treatment and state-of-the-art equipment, we are able to provide life-saving stroke care to the El Paso community and residents throughout west Texas and southern New Mexico.



New Managers Train For Success

Congratulations to the newest graduates of the UMC Training Tracks program, a specialized program created to assist new managers who have been promoted from within UMC or who have recently joined UMC. There are a total of five tracks in the series all with four hours of training each.

This year's graduates are:

Vivian Abascal, Nurse Mgr., UMC East
Raymond Carr, Dir. Inpatient Svcs., UMCSH Medical / Surgical
Gabriela Carrillo, Supv. CT Scan
Norma Charay, Nurse Mgr., UMCSH Endoscopy
Maria Cordova, Mgr. Health Information Mgmt., UMCSH HIM
Sylvia Corona, Supv. Lab, UMCSH Lab
Patricia Diaz-Govea, Nurse Mgr., UMC West
Elaine Escarcega, Supv. Patient Access, UMCSH Patient Accounting
Delilah Espinoza, Nurse Mgr., IMCU
Mariel Flores, Supv. Clinic, UMCEPH High Desert OMFS



Alejandro Garcia, Asst. Nurse Mgr. Clinic, UMC Fabens
Frank Garcia, Supv. Rehab Services, UMC West
Melissa Gonzalez, Supv. Clinic Office, UMCEPH OBGYN Clinic
Brenda Guerrero, Asst. Nurse Mgr. Clinic, UMC Ysleta
Ryan Kerr, General Counsel, Administration
Winston Lu, Supv. Pharmacy, UMCSH Inpatient Pharmacy
Theresa Maples, Mgr. Infection Control
Michelle McCoy, Supv. Inventory Supply Systems, UMCSH Materials Management
Amanda Miller, Supv. Clinical Operations,
Jourdan Norman, Mgr. Special

Investigations Unit, EPH Compliance
Erika Ozuna, Dir. PR & Contract/Cred., EPH Provider Relations
Joe Pabon, Supv. Quality Improv. RN, CF, Correctional Health Admin.
Maria Perez, Nurse Mgr., Labor Delivery
Jacqueline Ramirez, Nurse Mgr., Endoscopy
Callie Ratcliff, Nurse Mgr., Surgical Unit
Michael Sepulveda, Dir. Accounting, EPH Finance
Hector Torres, Mgr. Imaging Operations, Imaging UMC East
Luz Trevizo, Asst. Nurse Mgr. Clinic, UMC Dieter
Monica Villalobos, Practice Mgr. II, Business Development

Fore! Lookout For New Talent

UMC is always seeking out new professionals in the making. In July, upcoming rehab graduates had the opportunity to meet with recruiters from UMC's Rehab Department at Topgolf.

If you are interested in a career with UMC, check out our website www.umcelpaso.org/careers for new job openings.



Upcoming UMC And Foundation Events

UMC EVENTS

October

Oct. -

Nov. Annual Wellness

Mammogram Initiative

11 8-9 a.m. Coffee with the CEO

Noon STARS Awards Ceremony

13 1-3 p.m. CARES Pantry 3rd Floor Annex

20 National Mammography Day - Spirit Shirt Day

27 8-10 a.m. CARES Pantry 3rd Floor Annex

30 Physician Engagement Survey

31 Pumpkin Carving & Costume Contest

November

7 FY24 Fall Associate Forums (Main)

8 FY24 Fall Associate Forums (East)

9 FY24 Fall Associate Forums (West)

10 1-3 p.m. CARES Pantry 3rd Fl. Annex

16 9-10:30 a.m. Final Wellness Check-In UMC Cafeteria

22 8-10 a.m. CARES Pantry

December

TBD District End of Year Celebration

7 Winter Craft Fair

7-17 District 12 Days of Celebration

8 1-3 p.m. CARES Pantry 3rd Floor Annex

22 8-10 a.m. CARES Pantry 3rd Fl. Annex

UMC / EPCH FOUNDATION EVENTS

October

6 La Vina Healing Art Sale

14 Car Seat Event UMC East

19 EP Giving Day

20 Infusion Center Naming Rights

21 St. Bladrick's Head Shaving

26 UMC Event Kool & The Gang

November

4 CMN - Extra Life

10 CMN Day @ the Zoo

11 Car Seat Event

December

1 Kendra Scott Give Back Pop-up

5 Kendra Cares for Patients & Caregivers

9 Car Seat Safety Event El Paso Health & Dillard's UMC Event



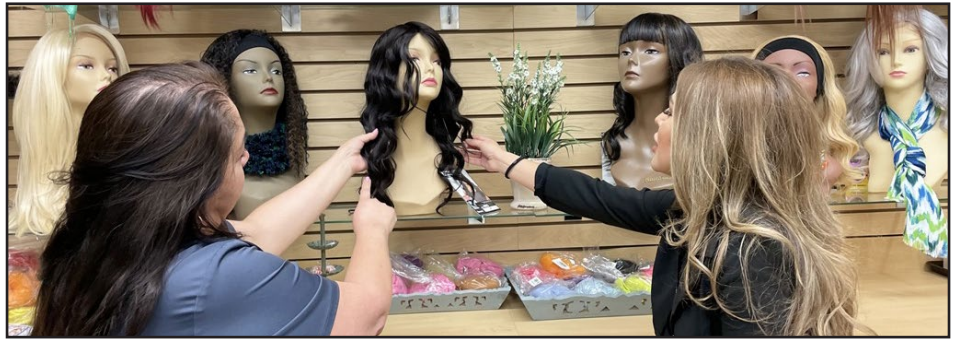
Showing Our Community Partners What Our Hospital Is All About



We are always excited to work with our community partners and show them our region-leading advancements, as well as the amazing work our Associates do each day.

In August, members of the El Paso County Sheriff's Office (EPCSO) toured UMC to get a firsthand look at the latest technology being used at UMC. EPCSO visited UMC's lab, maternity unit, and infusion center.

Keeping our community safe is a team effort, and we are proud to collaborate with our partners to make that happen.



Vanessa Tena, Director of Public Affairs for the El Paso County Sheriff's Office (Pictured above) stands with Rolando Perea, Admin. Dir. of Lab Servies. Vanessa also toured the Marcy Aboud Infusion Boutique while at UMC.

Dr. Sofia Is Here To Help



Sofia Reynoso-Crow, Ph.D., wants all UMC Associates to know she is their dedicated counselor. As UMC's Administrative Director for Resiliency and Growth, she offers one-on-one confidential counseling to all Associates and their immediate families. She often offers trainings through "Lunch & Learn" sessions in which she provides coping techniques we can all benefit from.

Dr. Reynoso-Crow is the host of a 10-part podcast series designed to improve mental well-being through meditation and relaxation. The series is part of UMC's "Better Health In The Borderland" podcast and covers various topics including sleep, progressive muscle relaxation, and letting go of the past. You can download the free podcast using your cell phone, home computer or smart TV.

IF YOU ARE IN NEED OF COUNSELING ASSISTANCE, YOU CAN CONTACT DR. SOFIA DIRECTLY AT (915) 330-0741 OR EMAIL AT: SOFIA.REYNOSO-CROW@UMCelpaso.org

El Paso Health's Quarter At A Glance

STAR AWARDS

This quarter, El Paso Health recognizes two employees for the great work they are doing for their department and the overall organization. Congratulations to Jaqueline Soriano and Javier Sanchez, our recipients of the 2023 Quarter 3 Associate STARS Award!



Starting in 2024 El Paso Health Advantage Dual SNP will be changing its name to **El Paso Health Medicare Advantage**. We will continue to provide services to Medicare and Medicaid Beneficiaries with the same dedication and care. We have local licensed Agents available to assist anyone in the El Paso and Hudspeth county with questions on Medicare, Social Security, and Retirement. During the Annual Enrollment Period which starts October 15th through December 7th, anyone who has Medicare can make changes to their coverage for 2024.



For any questions or information please call 1-833-742-3125 Monday to Sunday 8:00 a.m. to 8:00 p.m.

Sponsorships

For a seventh year in a row, El Paso Health is sponsoring UMC Foundation's El Paso Health Car Seat Safety Program with \$60,000.



El Paso Health donated \$2,400 to Her Pantry, which provides diapers, formula and feminine hygiene products to those in the El Paso community.



Associates Have Fun At 'Playland'

Nearly 4,000 Associates attended the largest Summer Picnic event the El Paso County Hospital District has ever held. This year's Summer Picnic, held on Sept. 15, immersed Associates in a carnival-themed night at Western Playland.

"The event is a lot of fun, especially bringing my girls and family. It's a big turnout, lots of people showed up," said Diane Perez, a nurse in Occupational Health.

The night offered fun for all and was successfully orchestrated by the UMC Engagement and Associate Experience Department and UMC's Chief Administrative Officer, Lorena Navedo.

"The Associates are so committed and give so much of themselves that we try to plan events to show our appreciation and gratitude for all that they do," said Navedo.



Local Sports



Locomotive FC 2023:

Oct. 4 vs San Diego Loyal SC, 7 p.m.



El Paso Rhinos 2023 Series:

Oct. 6 - 7 vs Odessa Jackalopes

Oct. 13 - 15 vs Texas Roadrunners

Oct. 17 vs New Mexico Ice Wolves

Oct. 20 - 21 vs Odessa Jackalopes

Nov. 3 - 4 vs Lone Star Brahmas

Nov. 10 - 12 vs Texas Brahmas

Nov. 17 - 19 vs Austin Ice Bats

Nov. 22 - 23 vs New Mexico Ice Wolves

Nov. 24 - 25 vs Amarillo Wranglers

Dec. 1 - 3 vs Louisiana Drillers

Dec. 8 - 10 vs New Mexico Ice Wolves



UTEP Football Home Games

Oct. 18 vs NMSU, 7 p.m.

Nov. 4 vs WKU, 7 p.m.

Nov. 25 vs Liberty, 1:30 p.m.

Things To Do In El Paso

October 2023



10/1 - 11/15 From the west side of El Paso to the east side, all corn mazes will officially open their doors for the fall season. www.launionmaze.com
elpasocornmaze.com



10/5 Dave Grohl's Foo Fighters will perform live at Don Haskins Center on Oct. 5, 2023. elpasolive.com



10/7 El Paso HorrorFest is a community-based horror genre focused experience for all that reflects today's fandom. You can also get autographs and photo ops with your favorite creators and celebrities!
elpasohorrorfest.com



10/22 & 23 Oktoberfest has been a Fort Bliss tradition for years, so don't miss your chance to come out and celebrate!

November 2023



11/4 Live inside the historic Concordia Cemetery! The 2023 Concordia Día de Los Muertos Festival! This is an outdoor event inside historic Concordia Cemetery. www.facebook.com/concordiacemetery



11/10 Lucero & Mijares will be performing their "Hasta Que Se Nos Hizo" US Tour 2023 at the El Paso County Coliseum. ticketmaster.com



11/18 This year, one of our city's most celebrated holiday traditions returns on the Saturday before Thanksgiving for what will be a month and a half of family-friendly holiday fun. epwinterfest.com

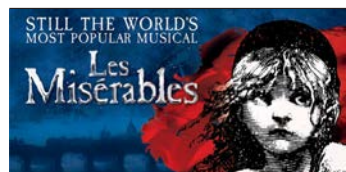


11/23 The "Rock 'n' Roll Extravaganza" Thanksgiving parade will be at 10 a.m. Nov. 23 along Montana Avenue and will be televised on KTSM News Channel 9. sunbowl.org

December 2023



12/1 -3 Come out to a Family Night Special and see Paw Patrol Live! "Heroes Unite" at the El Paso County Coliseum. ticketmaster.com



12/12 -17 Cameron Mackintosh presents the acclaimed production of Alain Boublil and Claude-Michel Schönberg's Tony Award-winning musical phenomenon. ticketmaster.com



12/26 This Christmas, bring the whole family back to a simpler time with NUTCRACKER! Magic of Christmas Ballet! ticketmaster.com



12/29 The Tony the Tiger Sun Bowl is set for Friday, Dec. 29, 2023 at Noon (MT) and will definitely have two GR-R-REAT teams playing here in El Paso sunbowl.org

Brain Games

How well do you know UMC? Test your knowledge below.

E	D	K	A	V	E	V	J	G	O	I	D	F	P	F	W	X	D
J	M	H	P	I	O	T	F	C	P	U	C	I	P	Y	Q	Z	R
K	P	T	C	S	R	D	R	A	W	A	E	K	O	R	T	S	A
W	R	B	S	U	V	M	G	W	C	G	I	Q	P	O	G	C	I
D	C	D	K	M	I	S	E	O	U	M	J	P	W	B	E	B	D
T	N	I	C	M	H	K	O	T	V	F	O	W	Y	J	G	F	I
Y	E	S	A	E	I	R	K	M	H	L	O	F	Z	B	F	O	N
J	V	F	R	R	F	B	N	J	L	O	L	V	P	U	A	E	I
D	B	I	T	P	U	R	I	U	T	O	D	K	R	A	E	B	A
U	F	W	G	I	E	L	P	W	G	R	V	S	S	I	F	I	N
F	U	T	N	C	M	G	F	P	I	U	U	G	U	E	R	I	E
R	L	P	I	N	Q	A	O	V	K	H	A	D	Q	K	U	R	C
W	T	B	N	I	M	T	R	G	E	J	E	D	S	O	S	O	P
K	P	T	I	C	D	B	E	R	Z	X	H	F	K	M	Z	G	Q
E	Y	O	A	V	L	W	W	G	Y	X	L	S	Z	Q	O	S	W
C	I	U	R	B	A	Z	O	H	E	L	I	C	O	P	T	E	R
U	B	L	T	Q	Q	D	P	Z	T	I	L	D	V	E	P	O	U
U	M	C	B	E	N	E	F	I	T	S	T	J	I	Z	F	B	S

Words:

Air Methods

Baby

Dr. Aidinian

Helicopter

Power Of Pink

Pull Opp

Sheriff

Stroke Award

Summer Picnic

Top Golf

Training Tracks

UMC Benefits

UNIVERSITY MEDICAL CENTER FOUNDATION OF EL PASO
1400 HARDAWAY STREET #220
EL PASO, TX 79903-3128

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US POSTAGE
PAID
PERMIT NO. 429
EL PASO, TX



On your mark, get set, go!



UMC Better Health 5k Run, 1-Mile Walk

Oct. 14 at 8 a.m.

UMC East Clinic, 1521 Joe Battle Blvd.

Net proceeds to benefit breast cancer patients.

Register today at: www.tinyurl.com/UMCRun23
or scan the QR code above!