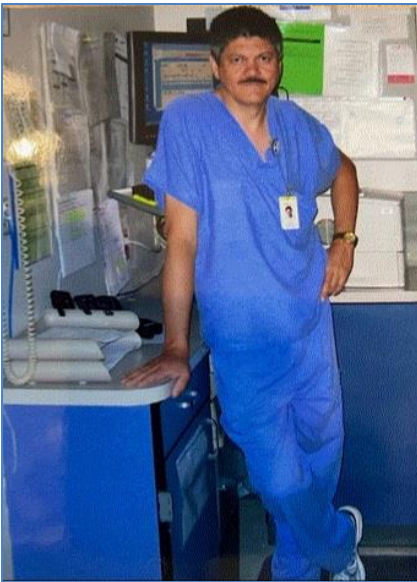




## Art Compean Retires With Nearly 50 Years Of Service



Art wore several hats as a mentor, radiology technologist and clinical instructor.

week where Associates poured into the UMC Boardroom to wish him well. “We develop these connections as a UMC family. You remember the good times through the bad times. You look out for one another and that is really important. I am proud you stayed with UMC.”

Art has been an integral part of the UMC Radiology team, serving as a mentor to several Radiology Department technologists. He was involved in school programs where he shared his knowledge and passion about radiology with young students. In addition to being a radiology technologist, he has also served as a clinical instructor at

UMC Associate Art Compean began his healthcare career first, as a volunteer in 1974 at then Thomason Hospital, and then as an Associate in 1976.

“My mom was a nurse here and so I volunteered in X-Ray,” said Art, “and I enjoyed it so much, I applied to the radiology program at the hospital and stayed in radiology.”

Jacob Cintron, President and CEO of UMC, can relate.

“My mother also brought me to the hospital where I worked in maintenance,”

he said, while attending Art’s Retirement

Celebration last



Shown here in the center with Jacob Cintron, President and CEO, Art receives a crystal clock from his team in celebration of his 45 years of service to UMC.



Associates bid Art a Happy Retirement.

El Paso Community College. Art also taught incoming students, utilizing his vast knowledge of radiology and patient care.

“I want to thank all of you,” said Art, when presented with a crystal clock from his team. “It has been a pleasure working with everybody. You are the main reason - except for patient care – that I am here. You are great people; a great hospital and thank you very much for 45 wonderful years!”

UMC wishes our Associate a retirement filled with adventure, relaxation, family and fond memories. Thank you for your service and great happiness to you!

## Managing Stress, Anxiety Featured In PA’s New Podcast

There is a good chance, at one time or another, we have all experienced stress or anxiety in the workplace. Hundreds of professions seem to have an abundance of stress and anxiety-producing events every day of the workweek.

From healthcare to law enforcement to retail sales & marketing to being in the military, stress and anxiety in the workplace can have wide-ranging effects on your emotional and physical wellbeing.

Organizations in both the public and private sectors are taking steps to help their workers better understand stress and anxiety while finding creative ways to cope through counseling.

One such way is hiring trained psychologists and counselors who can be a confidential resource to the workforce.

Dr. Sofia Reynoso-Crow, Administrative Director for Growth and Resilience is an experienced professional counselor supporting the workforce at University Medical Center of El Paso. She has a message for all workers in high-stress professions: *You can get help and you can help yourself.*

All of this and more in this edition of "Better Health In the Borderland."

You can download the FREE podcast using your cell phone, home computer or smart TV, at: Search for "Better Health In The Borderland" on:

- Spotify
- Audible
- Apple Podcasts (download the free app)
- Apple iTunes store
- Or just about anywhere you get your podcasts (also, Podcast.app, Podcast Addict, Pocket Casts, Overcast, CastBox, and more)



Organizations are finding ways to help staff cope with stress and anxiety.

Download the podcast today, listen anytime!

\*\* Remember to subscribe for free and get all of our episodes!\*\*

## UMC Associates To Receive COVID-19 Booster Shots



Pending Food and Drug Administration (FDA) approval for the Pfizer and/or Moderna vaccine, UMC is moving forward in preparation to administer the COVID-19 booster shot to its Associates. Here is some helpful information:

- Our anticipated date for the COVID-19 booster shot is during the week of Sept. 27.
- The COVID-19 booster shot will be administered on Monday, Sept. 27 through Wednesday, Sept. 29, from 7 a.m. to 5 p.m. in the UMC Cafeteria. The flu shot also will be administered on Thursday, Sept. 30 and Friday, Oct. 1, from 7 a.m. to 3 p.m. in the UMC Cafeteria.
- UMC Associates will also be able to receive first or second doses of the COVID-19 vaccine during this time.
- UMC Associates who work in the UMC Clinics and Correctional Health locations will receive their COVID-19 booster shots and flu shots at their respective areas during the week of October 4.
- Consent and pre-registrations forms have been emailed to all UMC Associates. Please bring your Centers for Disease Control and Prevention (CDC) vaccination card. Information on replacement cards has been emailed to all UMC Associates.

## 2<sup>nd</sup> Annual Sun City Cardiovascular Summit Set For November

Save the Date, Nov. 5 – 6 for the 2<sup>nd</sup> Annual Sun City Cardiovascular Summit, a live event. There is a Call for Abstracts. Summit details to follow.

Scan for guidelines and submissions. To register online, go to: [umcfoundationelpaso.org](http://umcfoundationelpaso.org) and click on conferences or scan for the registration page.

**SAVE THE DATE**  
**NOV. 5-6, 2021**  
SUMMIT DETAILS TO FOLLOW • THIS WILL BE A **LIVE** EVENT

**2nd ANNUAL  
SUN CITY  
CARDIOVASCULAR  
SUMMIT**

**REGISTER ONLINE**  
[umcfoundationelpaso.org](http://umcfoundationelpaso.org)  
Click on Conferences

**CALL FOR ABSTRACTS!**

Scan for guidelines and submissions.

This activity has been approved for ASHA #04 Category 1 Credit™.  
BorderRAC is recognized as a Texas Department of State Health Services provider of continuing education (Program Number 10790).  
University Medical Center of El Paso is approved with distinction as a provider of nursing continuing professional development by the National Nurses Association, an accredited approval by the American Nurses Credentialing Center's Commission on Accreditation.

UNIVERSITY OF EL PASO  
BORDER RAC  
UNIVERSITY OF EL PASO  
UNIVERSITY OF EL PASO  
UNIVERSITY OF EL PASO