NUTRITION & MENTAL HEALTH

There is research to suggest that what we eat may affect not just our physical health, but also our mental health and wellbeing.

Eating well (i.e. a well-balanced diet rich in vegetables and nutrients) may be associated with feelings of wellbeing. One 2014 study found high levels of wellbeing were reported by individuals who ate more fruit and vegetables (British Medical Journal). A recent study found that a Mediterranean style diet (a diet high in vegetables, fruits, legumes, nuts, beans, cereals, grains, fish, and unsaturated fats such as olive oil) supplemented with fish oil led to a reduction in depression among participants, which was sustained six months after the intervention (Nutritional Neuroscience).

FROM THE CEO AND PRESIDENT

Larry Lewis, CEO
Maria Aguilera, President of the Board

First and foremost we’d like to thank all the professional and caring nurses at Pioneers. We hope everyone had the opportunity to celebrate Nurses Week and to thank them for their contributions to our district and community. It takes so much knowledge, experience and professional commitment to care for patients. Nurses are there to witness and support patients in their celebrations of life from beginning to end. They are clinical partners with patients, families, physicians and advanced practitioners who bridge the direction of care, in real life and real-time. It takes a special, professional and caring individual, and team, to make those connections and to be there when needed. Thank you again.

We also want to acknowledge everyone who participated in this year’s SCORE/employee satisfaction survey last month. We look forward to the open and honest conversations to make Pioneers a great, safe and caring environment for patients and caring professionals. We all want to continue building our work environment where we can all look forward to coming in every day… one step, or two at a time, but always forward.

While the DNV unannounced surveyors arrived earlier than expected this, your teams organized and supported the quick process efficiently and effectively. Overall, the surveyors had very good things to say about your progress and noted some special areas of accomplishment. Of course we always have follow ups, however, all prior noted areas for improvement we cleared and successfully completed. Guess it’s time for vacations without wondering when, in June, the surveyors will arrive!

Our progress continues to march forward as the Endoscopy Lab nears completion, the new 3-Tesla-MRI and second CT buildings are approved to begin seeing patients, the expansion of the Calexico Health Center focuses on construction completion near the end of the summer, and the new surgical suite and cath lab becomes a closed area. So much work goes into these investments in our community’s health care future and will be foundations and building blocks for even greater care in Imperial Valley. Thank you all for supporting these efforts, especially those deeply involved in overseeing or inside the construction and those who plan for operationalizing when they’re complete later this year.

Finally, we truly appreciate everyone’s efforts in adjusting budgets to meet the needs of the patients and the organization. Budgets are in full swing and we’ll need all hands to continue watching our costs while we build our future. Everything adds up, so please share your ideas with your leaders. All ideas are worthy of discussion and attention. You see opportunities first-hand. You are the best chance at continuing to meet our goals and the needs of our community.

Thank you all for Making Pioneers #1!!!

Maria Aguilera, Board President
Larry Lewis, CEO

ASTHMA CARE

Pioneers Memorial Healthcare District, an Affiliate of Scripps Health is proud to introduce our new Asthma Management Program (AMP). Asthma rates in the Imperial Valley are higher than the national average. Asthma is one of the leading causes of school absences due to chronic disease, affecting student performance. Asthma can be controlled and prevented. Within our asthma management program you will have access to our Asthma Care Navigator--John Calderon CP, RRT--who will guide you through the steps of the program.

The steps will include visits to our primary care physicians; this will help categorize; the severity of asthma, proper dosage of medication to be given, linkage with our community health workers to support further education, and any additional needs your family may have. The outcome would be fewer absences from school or work, less visits to the emergency department, and an overall better quality of life for the whole family. Pioneers Memorial Health District physicians and staff have joined forces with local non-profit Comite Civico del Valle to help prevent future asthma attacks. For more information or questions about our program contact our Asthma Care Navigator at (760) 351-3362.
LEADERSHIP AWARD

The Sure Helpline Crisis Center is Imperial County’s only rape crisis center. The Sure Helpline in collaboration with Pioneers Memorial Healthcare District offer specialization in sexual assault services that include paraprofessional counseling, accompaniment, and advocacy all according to the rights of a victim after they have been sexually assaulted. Our very own Quality Resources Director Carol Bojorquez RN, has been the Sexual Assault Nurse Examiner for Pioneers Memorial Healthcare District and has collaborated with Sure Helpline to provide this service to the Imperial County since 2004. In 2010 she became the PMHD SART Program Coordinator, and continues to dedicate time to this service. She has been observed to be professional and empathetic toward the victims going out of her way to make them feel safe and at ease. This year Carol received the Iron Man award from the Sure Helpline Crisis Center, which is given to those members of the community that are recognized as inspirational leaders. On behalf of all us here at PMHD, congratulations, Carol for your all you do and for your dedication and leadership to our community.

HOSPITAL WEEK 2019!

Boy did we have a great Hospital Week! From breakfast, shaved ice, kettle corn and more! Thank you to the PMHAC and Public Affairs team for making it a great week!

National Hospital Week dates back to 1921 when it was suggested by a magazine editor who hoped a community-wide celebration would alleviate public fears about hospitals. The celebration, launched in Chicago, succeeded in promoting trust and goodwill among members of the public and eventually spread to facilities across the country.

This Hospital week began Sunday May 12th and ended Saturday May 18th and is intended to provide an opportunity to thank all of our PMHD dedicated staff – physicians, nurses, therapists, engineers, food service workers, volunteers, administrators and so many more – for their awesome contributions. From providing treatment and comfort to the sick, to welcoming new life into the world, hospitals are central to a healthy community – especially in the Imperial Valley.

“National Hospital Week, first and foremost, is a celebration of people,” said Larry Lewis, CEO of Pioneers Memorial Healthcare District. “We’re extremely proud of each member of our staff and we recognize the important role they play in caring for our patients and communities through personalized care for everyone who’s in need of help. We value the trust they have instilled with each patient through the PIONEERS team.”

WHAT TO EAT?

Most of us still are not eating enough fruit and vegetables. They should make up over a third of the food we eat each day. At lunch and dinner time, half of our plate should contain vegetables. Aim to eat at least 5 portions of a variety of fruit and veg each day. Choose from fresh, frozen, canned, dried or juiced. Remember that fruit juice and smoothies should be limited to no more than a combined total of ½ cup per day.

Are you getting enough fruits and vegetables?

Breastfeeding is a challenge in our community. Mothers who deliver their babies here at Pioneers Memorial Hospital are not always educated on the positive benefits of breast milk before they deliver. The American Academy of Pediatrics recommends breastfeeding for at least one year. One of the big challenges in the hospital setting is getting the moms to exclusively breastfeed, meaning the infant is only fed breast milk, no supplemental formula. Not only do we want women to breastfeed their babies, we want them to only give breast milk. Many moms intend to breastfeed but when faced with a crying baby, resort quickly to the bottle. How do we help these moms? First we want moms to ask questions before they deliver, educating moms about the benefits of breastfeeding and the challenges that might arise. We also want to listen to moms and validate their worries and concerns. Moms need support and need to be supported by policies and practices that are evidence based. To increase breastfeeding rates and achieve the Healthy People 2020 goals, experts recommend developing comprehensive, integrated strategies to reduce barriers, and create policies and practices to more effectively support mothers. These practices help moms to succeed. The OB staff is working hard to provide a positive breastfeeding environment. Families can contact Lactation at 760-351-4486.