KEEP YOUR LITTLE ONES HEALTHY THIS WINTER

If your child is diagnosed with an upper respiratory infection this winter, or more commonly referred to as the common cold – don’t fret! Our doctors at Pioneers Children’s Health Center will help treat the infection, which affects the nose, throat and airways.

Dr. Lwbbja Chait, one of our Pediatricians at Children’s Health, says it’s important to understand how colds can be “caught” and more importantly, how to identify them.

“Colds are caused by viruses. A sneeze or a cough by someone with a virus can then be breathed in by another person, making them sick.

Once the virus gets into the body your child will get some of these symptoms:
- Runny nose
- Sneezing
- Low fever (101–102 degrees Fahrenheit)
- Decrease oral intake
- Sore throat
- Cough

HEALTHY THIS WINTER

If your child has a typical cold without major problems, the symptoms should go away slowly after seven to ten days.

Unfortunately, there is no cure for the common cold. Antibiotics may be used to fight infections caused by bacteria, but they have no effect on viruses. Treatment includes rest and medications to relieve symptoms. The best thing you can do is to make your child comfortable, see they get plenty of rest and drink extra amounts of liquids.

The best prevention against the common cold is to keep your child away from people who have one. This is especially true during the winter, when more people are sick with viruses.

Everyone should be encouraged to wash their hands with soap and water or use an alcohol-based hand sanitizer. This can help stop colds and other viruses from spreading.”

THANK YOU, PIONEERS RED SHOE CREW!

Our Pioneers Red Shoe Crew did an awesome job this year collecting money on Oct. 17 for Red Shoe Day - Imperial Valley. With the help of our volunteers and the generosity of our employees and community members, PMHD raised a total of $886.00! We were also fortunate enough to have Ronald McDonald himself visit our hospital. He helped make one pediatric patient’s final day at PMH very memorable.

GET TO KNOW OUR DOCS – WITH PIONEERS MEMORIAL HEALTH TALK!

If you haven’t had the chance to go through our new website, now would be great time to familiarize yourself with our new online home. This month, we’d like to highlight our Community page, which plays host to our “Pioneers Memorial Health Talk” podcast.

On the “Health Talk Podcast” tab, you will be able to listen to our providers talk about their specialty and what they enjoy about working at PMHD, so get to know our docs – with Pioneers Memorial Health Talk!

2019 PMH FOUNDATION GALA “IT’S ALL ABOUT YOUR HEART”

The Pioneers Memorial Hospital Foundation would like to thank all of those who supported the 16th annual Fall Gala on Oct. 17. The 2019 Gala was the most successful to date with the auction grossing a record $33,500. The Foundation is so appreciative and grateful for the employees and PMHD departments that help make the event successful year after year.
OCTOBER EMPLOYEE OF THE MONTH

Congratulations to our October Employee of the Month, Karen Galvan. Karen is an Environmental Assistant I and a night shift employee who focuses her efforts in the Emergency Department. Karen was nominated by our Associate Administrator for Support Services, Ryan Kelley. Congratulations, Karen!

BINATIONAL HEALTH

The 19th annual Binational Health Week came to a close a few weeks ago after a string of successful events put on throughout the Imperial Valley and Mexicali.

The celebration came to a close on Oct. 30 in Calexico with our annual Farm Workers Health Fair and Breakfast event. From midnight to 3:30 a.m. our team of vendors offered health information, wellness screenings and breakfast to hundreds of hard-working men and women. We so appreciate everyone’s commitment to this event and the leadership of Ventanilla de Salud for bringing us together for this worthy cause.

WE’VE GOT HALLOWEEN SPIRIT

Thank you to all of our awesome employees and their families who attended and participated in our 3rd Annual Trunk-or-Treat last month! Congratulations to the following departments that took home the winnings: 1st Place: Pioneers Health Center. 2nd Place: OR/Surgery, 3rd Place: Patient Accounting.

HR HAPPENINGS

HR is raffling off turkey/ham vouchers every Friday through Dec. 27! Tickets can be purchased in HR or the front lobby station. $1.00 each or six for $5.00. Save the date: HR is inviting all for the lobby tree decorating on Dec. 02. Tea and sandwiches will be served!

New! Nationwide is offering Pet Insurance to all our PMHD employees! *Visit http://www.petinsurance.com/affiliates/pmhd or call 877-738-7874 for more information or to get a no-obligation quote.

Year-End Reminder: Remember to visit the Ultipro Portal and validate your personal information to make sure it will be correct on your W-2, and 1095-C forms.