

## IT'S HEART HEALTH MONTH

Did you know that heart disease is the leading cause of death for men and women in the US every year? That is why PIONEERS MEMORIAL is proud to help bring awareness this February as it

is Heart Health Month and your award winning healthcare district would like to remind everyone to watch their weight, drink plenty of water and remain active!

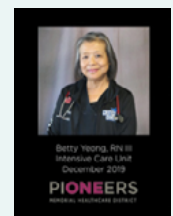


## HEART HEALTH, CLOSE TO HOME



The Specialty Center at PIONEERS is proud to welcome Dr. Richard Jacoby and Dr. Salman Mehboob to our network of medical professionals here at PIONEERS. Both of our physicians are highly motivated and well trained board certified Interventional Cardiologist with a passion for providing quality patient-focused care. At the Specialty Center at PIONEERS, Dr. Jacoby and Dr. Mehboob will be assisting our patients with: Heart-related illnesses such as blocked arteries, Chest pains and palpitations, Coronary artery disease, Valvular heart disease, Rhythm disorders and Heart failure/

## EMPLOYEES OF THE MONTH



There can be no greater work than to help and care for others and at PMHD, we're proud of our employees---that's why we recently announced the selection of Betty Yeong, RN III as our December 2019 Employee of the Month and Lily Maria Hosegaba, an Environmental Services Assistant as our Employee of the Month for the month of January.

## YOUR HR CORNER

Take a minute to take care of yourself with your PMHD Benefits! PMHD provides an Employee Assistance Program (EAP) that is free and confidential through Cigna. The EAP is there to listen to your needs, provide you with information, and guide you toward a solution. Get free and

confidential support on various topics including tools on health and wellness; coping with stress; and sessions to help cope with life changes. You can access this program at any time by calling 1-877-622-4327 or by login into CignaBehavioral.com; ID pioneers.



## CHEST PAIN CENTER @PMHD

Pioneers Memorial Healthcare, chosen as the Readers Choice - Best Hospital for the third straight year is leading the way in diagnosing and treating chest pain. That's why the American College of Cardiology has given us their ACC accreditation which means superior care, superior prognosis, faster treatment and superior communications, but more importantly means enhanced delivery of cardiovascular care - for you. This is what you've come to expect from the Valley's Best Hospital.



## EMPLOYEE SERVICE AWARDS

PMHD will be having their Service Award Banquet on Thursday, March 12th, 2020 at 6:00 pm at the Stockmen's Club.

This year we are also asking Directors who have employees that are being recognized to please provide HR with a short appreciation script on your employee. Also, be prepared to say some words of appreciation for retirees.

The awardee list will also be displayed on the screen saver and sent out via email to all PMHD staff. We are also asking Directors to accommodate your staff's work schedule if they are attending and receiving an award.



## BRAWLEY TOWN-HALL UPDATE

On February 5th at the Hidalgo Society Hall in Brawley, PMHD invited the Brawley residents and organizations for a townhall and to have a conversation on how we could improve healthcare in our community. During the townhall session, residents had the opportunity to voice their opinions on how local health care could be improved as our CEO Larry Lewis and Board President Maria Aguilera were on hand to answer questions. This was the first of many townhall sessions that we will be having throughout the Imperial Valley as PMHD wants to hear from you.



## IMPORTANT DATES

**March 12**  
PMHD Service Awards

**May 6-12**  
National Nurses Week

**May 10-16**  
National Hospital Week

## AMA TU CORAZON/LOVE YOUR HEART EVENT



In honor of Heart Health Month, PIONEERS MEMORIAL teamed up with the Mexican Consulate in Calexico through the Ventanilla de Salud initiative for the 4th Annual LOVE YOUR HEART/ AMA TU CORAZON Health Fair on February 12 in Calexico. During the Health Fair over 15 local agencies participated with almost 200 people in attendance! Health Services provided during the AMA TU CORAZON event were Blood Pressure, Glucose Tests and Eye Exams!