

## MESSAGE FROM THE CEO, BOARD PRESIDENT



**Damon Sorensen,**  
Interim CEO

Greetings from Pioneers! We are excited and thankful to be almost half-way through our Fiscal year 2024 with solid financial performance, improving employee engagement and improving patient satisfaction.

Given the challenges in health care Pioneers has accomplished an amazing financial turnaround that will continue into this fiscal year and beyond. We

know we have a lot of work to do moving forward and are taking those challenges head on to serve the Imperial County community. Every day is an opportunity to improve and move towards our goal of making Pioneers a great place to work, a great place for Physicians to practice and a great place for our community to get their health care. Pioneers was there when the mothers and babies in our community needed us. Pioneers was there to ensure advanced life support services were maintained for our community. Pioneers will continue to put the well-being of our community first and foremost. We are here for You!

## HEALTHY DIET TIPS BY JENNA MIDDLETON REGISTERED CLINICAL DIETITIAN

It's that time of year when extra calories lurk around every corner – baked goods and chocolates in the departments, holiday cocktails and dinners – that can average more than 4,500 calories and 220 grams of fat over the course of December, according to the Calorie Control Council. That leads to an extra 2 lbs. this holiday season and often times we won't lose it.

### Tips to Avoid the Holiday Weight Gain:

- Stay active
- Only snack on items you really enjoy, not just because it's there

- Cut it in half or share
- Drink water since your sugar and calorie intake is likely higher
- Don't go back for seconds, one was enough

Still enjoy all your favorite holiday foods but in moderation.

**Merry Christmas and Happy New Year!**

## CLINICS UPDATES

Welcome Dr. Hassanein to our Surgery team!

### HOLIDAY CLINIC HOURS

Pioneers Health Center will be closing at 5pm on the December 22nd and December 29th. All clinics will be closed December 25th and January 1st.





**Pioneers Would like  
to welcome  
Dr. Roukaya Hassanein  
to our Surgery team!**

**PIONEERS  
HEALTH CENTER**

**(760) 351-3444**

## EVENTS: DECEMBER 1ST TREE LIGHTING CEREMONY AT GALA LAWN 5PM-7PM

**December 1st** – 12th Toy Drive- Drop off at Public Relations Office or HR office

**December 8th** PMHD Staff - Ugly Sweater Contest 12PM HR lawn

**December 8th** Parade of Lights at City of Imperial 6PM

**December 14th** Board of Directors Meeting 5PM PMHD Auditorium

**December 15th** Department door decorating contest

## PUBLIC REMINDER

Outpatient Registration M-F is located at hospitals main entrance in the lobby

**December 4th- 8th** National Influenza Vaccination Week

## FINANCE UPDATE

### October 2023

- \$500K profit with FYTD \$1.1M profit
- Average Daily Census 46
- ER Visits 3,985
- Rural Clinic Visits 5,199
- Deliveries 198

## HR UPDATES

- November New Hires: 25

