

## MESSAGE FROM THE CEO



**Damon Sorensen,**  
Interim CEO

Hello Everyone. What a year we have had! Congrats on the wonderful job turning the organization around financially. We will close the calendar year with over 3 million in profit. There are many positive things on the horizon that will continue this success for years to come. You all had a part

to play in this success. Thank you all! If we all do our part every day to make Pioneers a great place to work, a great place for our physicians to practice and a great place for our patients to get their care we will be very successful. We will be ringing in the new year with a new CEO as Chris Bjornberg will be starting in January. Please welcome Chris. I am excited to hand over the reins to a very talented and energetic replacement. May you all be Blessed in 2024!

## HEALTHY DIET TIPS BY JENNA MIDDLETON REGISTERED CLINICAL DIETITIAN

The holidays are over and now millions of Americans are making New Year's resolutions to lose weight and get into shape.

According to several kinesiology experts, these are the exercises that will help you burn the most calories.

- Skipping/Jumping Rope
- Kettlebell Workouts (several free options on YouTube)
- Wall Squats (utilize those large muscles!)
- HIIT (High Intensity Interval Training) Workouts – again...several free options on YouTube

- Running (however I don't recommend, due to the impact on your knees)
- Kickboxing (several free options on YouTube)
- Bicep Planks

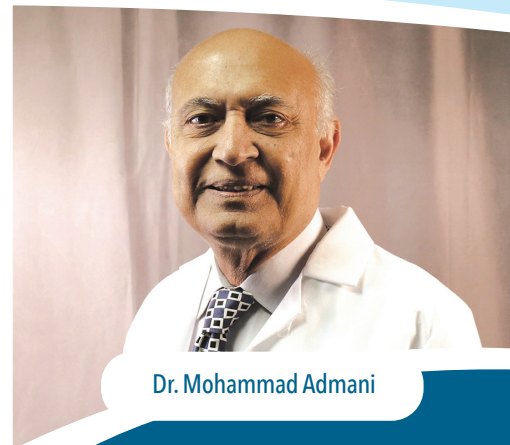
If you're looking to get into shape, my best advice is to cut the "added" sugar from your diet and start doing some of the workouts listed above for 20-30 minutes at least 3 days a week. I know, we all want the magic pill but we have to put the effort in if we want to see results. You can do it. I believe in you.

## NATIONAL BLOOD DONOR MONTH

**Written by Martin Arredondo, Regional Account Manager**

National Blood Donor Month celebrates blood donors and reminds everyone of the importance of giving blood. Thank you to all of the donors who have helped maintain our local blood supply

because we depend solely on volunteer blood donations. Everyday, someone in your community may need blood. 1 in 7 patients entering a hospital will use blood so Pioneers Memorial Healthcare District plays a vital role in making sure patients have the blood they need by regularly hosting blood drives.



**Dr. Mohammad Admani**

## HAPPY RETIREMENT!

We would like to thank Dr. Mohammad Admani for the 40 years of service he provided at Pioneers Memorial Healthcare District. You have made us all proud of the work you have done, the person you are, and the difference you made. You will truly be missed at the hospital, clinics, by your patients, staff, and colleagues.

## FINANCE UPDATE

### November 2023

- \$ 1.9 M profit with FYTD \$3.0 profit
- Average Daily Census: 54
- ER Visits: 3,867
- Rural Clinic Visits: 4,520
- Deliveries: 201

## FROM THE HEALTH NURSE

Lizbette Cordova, MSN, RN, PHN,  
Employee Health Nurse

Flu vaccines continue to be available for employees in Employee Health during regular business hours.

It is recommended healthcare professionals receive a flu vaccine every season.

## PMHD UGLY CHRISTMAS SWEATER PARTICIPANTS AND WINNER, SILVA.



## PIONEERS

MEMORIAL HEALTHCARE DISTRICT



Diana Rivera

Case Management Department would like to congratulate Social Worker Diana Rivera for earning her MSW-Master of Social Work!

## SKILLED NURSING CENTER UGLY SWEATER CONTEST CONTESTANTS AND WINNERS.



## PMHD WINNER of Best Overall Entry at Imperial's Parade of Lights



## PMHD DOOR DECORATING CONTEST WINNER (cath lab)



## SKILLED NURSING CENTER DOOR DECORATING WINNER (kitchen team)



## OBSERVANCES

National Blood Donor Month, Cervical Health Month, Thyroid Awareness Month, 1/5/24 Monthly Blood Drive 9AM-2PM Walk-ins welcome

## HUMAN RESOURCES

Sending HAPPY BIRTHDAY greetings to all December and January employees! Also a HUGE CONGRATULATIONS to everyone celebrating a work anniversary during the months of December and January! Thank you for your hard work and dedication!!!