

### Message from Interim CEO



Damon Sorensen,  
Interim CEO

It is with mixed emotions that I say goodbye to the Pioneers team. On one hand my family back in Michigan is ready for me to be home and on the other my new family here at Pioneers will be greatly missed. It has been a

privilege and an honor to serve as your interim CEO. My heart has been touched by the people here and I am so proud of what you all have accomplished. By each of you focusing on what you can do every day to make Pioneers a great place to work, a great place for our physicians and a great place for our residents to get taken care of Pioneers will thrive well into the future. May God Bless the people of Pioneers!

HAPPY  
*Valentine's Day*

### It is heavy heart Pioneers Memorial Healthcare District mourns the passing of Rodney L. Smart, January 8th, 2024

Rod Smart was a dedicated leader whose generosity and service will forever be remembered. Rod helped organize and assumed the role of Co-Captain for the Pioneers Memorial Hospital Foundation ICU campaign from 1984-1987. This campaign raised over \$500,000 to finance a major portion of the construction project for the much-needed Intensive Care Unit. The department is still a key department of PMHD today. Rod was also the Chairperson for the PMHF Lassey Golf Tournament

for several years, which also raised funds for various projects for PMH. Rod will be deeply missed by our healthcare community and beyond.



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

Respirator Fit Testing is just one important part of PMHD's Respiratory Protection Program. Fit testing helps ensure you wear the right respirator (N95) to protect you from germs and prevent you from spreading germs to others. Cal-OSHA requires that all employees be fit tested upon hire AND every year. Fit testing can be scheduled with Brittany Fierro at 760-351-3245 and with HR at: 760-351-3297.



### Finance Update December 2023

- \$1.3 M profit with FYTD \$4.3 M profit.
- Average Daily Census 52
- ER Visits 4,467
- Rural Clinic Visits 4,480
- Deliveries 179

### February Observance Days:

- American Heart Month
- Cancer Prevention Month
- Congenital Heart Defect Awareness Week 7th-14th
- Heart Failure Awareness Week 11th-17th
- Cardiovascular Professionals Week 11th-17th



## Meet Pioneers Memorial Healthcare District's new CEO

We are pleased to introduce Christopher R. Bjornberg, MBA, FACHE as our new Chief Executive Officer. Mr. Bjornberg is joining our team from Fall River Mills, CA.

His expertise includes working with healthcare districts, surgical facilities, health clinics, outpatient rehabilitation management, and analytics. We look forward to the leadership that Christopher R. Bjornberg will provide our team at PMHD.



## Healthy Diet Tips By Jenna Middleton Registered Clinical Dietician

Valentine's Day is just around the corner, and you know what that means? Chocolate!

Here are some great low sugar chocolate options to give to your loved ones this Valentines Season that you don't have to feel guilty about.

Alter Eco - Raspberry Blackout (4 g of sugar for 1/2 bar). Available through Amazon & Wal-Mart.com

Hu - Hazelnut Butter Dark Chocolate (6 g of sugar for 1/2 bar). Available at Wal-Mart

Hershey's Zero Sugar Chocolate Line - Multiple flavors (0g sugar per candy). Available at Wal-Mart & Vons

Choc Zero Keto Bark Line - Multiple flavors (0 g sugar per piece). Available through Amazon & Wal-Mart.com

Oobli Chocolate - Crisp n' Rice (3 g of sugar for 1/2 bar). Available through Amazon & Oobli.com

These are just to name a few, but there are multiple other companies who make low sugar chocolates. Simply type "low sugar chocolate" into your search engine and discover all the different companies that are out there.

From a dietitian's perspective, chocolate should be enjoyed in moderation but if it is low sugar chocolate, you can enjoy it a little bit more.

\*Pioneers Memorial Healthcare District does not support or endorse any of the companies listed above. Recommendations are solely based on nutritious facts labels and ingredient content.

## Our Condolences

Pioneers continues to mourn the four lives lost on January 8th at Cattle Call Arena. Our continued condolences are extended to the families, friends, and loved ones connected to the tragedy. May they all rest in peace.



**PIONEERS**  
MEMORIAL HEALTHCARE DISTRICT



## Introducing: Enhanced Care Management

Pioneers would like to announce their new program, Enhanced Care Management, located next to the ambulatory infusion center (former oncology building). For information regarding this new program, please call 760-351-4992.



## On behalf of the Medical Staff

We would like to thank Dr. Horacio Rodiles for the 47 years of service he provided at Pioneers Memorial Healthcare District. We wish you a Happy Retirement may you be proud of the work you have done, the person you are, and the difference you have made.

