

STETHOSCOOP

MAYFIELD PAPER COMPANY
PRESENTS



Join us for one of the

BIGGEST
EVENTS
of the year!



22nd Annual Shannon Sporting Clay Shoot

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PRESENTS



Saturday, April 23 | **San Angelo Claybird Association**

Join us for Shannon's 22nd Annual Sporting Clay Shoot! This event is still one of the largest charity shoots in Texas, attracting more than 400 shooters and 1,500 spectators and volunteers. This year's event will feature two shooting rotations on two different courses, silent and live auctions, amazing food and more.

Proceeds from this event will benefit programs at Shannon to enhance patient care, including:

- AirMed 1-Regional Outreach
- Oncology Angel Fund
- Patient Benevolence Fund
- Care Coordination
- The Nurse Education Program
- Cardiac Care Fund
- Diabetes Management

Last year's event raised just over \$120,000! The support from our sponsors and shooters over the last 20+ years has enabled us to make a difference in more than 150,000 lives.

"The patient benevolence fund allows us to help the uninsured or underinsured population so they can have a successful transition out of the hospital," Chrissy Zitting, Director of Case Management, said. "The funds raised from the Clay Shoot help cover the cost for resources, including prescriptions, durable medical equipment, transportation, lodging, attendant services, nursing home care, home modifications, and/or any other resource or service needed to facilitate safe hospital discharge. We have even used funds to help cover the costs of transportation and lodging so that loved ones can accompany patients to

out-of-town hospitals if we cannot provide their care here at Shannon. The patient benevolence fund helps us provide safer, more holistic care for our family, friends, and neighbors by helping secure support needed for successful recovery."

You can sign up as a team or an individual. It is a non-registered shoot and all ages and shooting abilities are welcome. All participants will receive breakfast and lunch, swag bag with a t-shirt, beverages after shooting is completed, and a chance to win one of more than 30 prizes that include a variety of guns and \$750 Academy gift cards.

For more information, please call 325-657-8343 or visit www.ShannonHealth.com/clayshoot.

We need YOUR HELP!



Join us and help make this year's Clay Shoot another success! Please consider volunteering to assist us on Friday, April 22 and/or Saturday, April 23. If you have never volunteered before or if you have been one of our many valued volunteers in the past, we are excited to work with you!

- Safety is our first consideration of volunteers. You DO NOT have to have any knowledge of the sport or know what to do. **We will train you!**
- 4-5 hour minimum time increments are requested.
- Meals will be provided for all volunteers both days.
- Each volunteer will receive a T-shirt.
- Our volunteers have a great time!

To sign up, please contact Blanca Hernandez at BlancaHernandez@ShannonHealth.org.



COOPER® TRACKS

AT  SHANNON
HEALTH CLUB



CANCER TRACK

In 2021, Shannon Health Club launched a program in partnership with renowned Cooper Wellness Strategies™, a Cooper Aerobics company, to help individuals manage chronic health conditions. After launching the Cooper Cardiovascular Track, the Health Club is now introducing the Cancer Track. Instructed by trained professionals in the Shannon Health Club, the Cooper Cancer Track is designed for individuals in any stage of their cancer journey, whether they are currently undergoing treatment or are in recovery and remission.

The program lasts eight weeks, with classes held twice per week, for a total of 16 classes. Hour-long classes include 30 to 40 minutes of cardio activity and 15 minutes of strength training, along with group education. Participants will have access to individualized exercise in a group setting; comprehensive health education on topics such as chronic disease, nutrition, healthy lifestyles and stress management; health assessments prior to and upon completion of the program (both will be sent to referring physician); social support and accountability;

and exercise tracking tools.

Cooper Tracks is an exercise and educational program designed to guide and support individuals through exercising, increasing confidence and developing habits to live healthier lives by managing their chronic disease and improving their immune health.

“In launching the Cardiovascular Track, the comradery between participants was one of the first things we noticed. My hope is that the clients that enroll in the Cancer Track will connect with each other and create a network of social support that positively impacts their health,” Jodi Wooldridge, RN, CCS, Cooper Tracks Program Coordinator, said.

The Cancer Track includes many helpful resources and exercises designed to strengthen the mind and body during and after cancer diagnosis and treatments. Participants will receive materials and training on topics such as:

- Cardiovascular exercise
- Strength training
- Functional mobility and injury prevention
- Exercise progression and goal setting

- Integrative medicine
- Nutrition for cancer
- Building a healthy plate
- Supplements for cancer recovery
- Physician/patient relationships
- Fatigue and energy conservation
- Triggers and barriers
- Support systems
- Dealing with grief
- Positivity and resilience
- Stress management

“This track is special to me as a nurse, but also personally after losing my sister-in-law in 2013 to cervical cancer at the age of 45,” Wooldridge said. “I watched fatigue and depression affect her cancer journey significantly. I’m excited about the impact that Cooper Tracks will have in those two areas, as we use exercise endorphins to elevate their mood and strength training to combat fatigue.”

For more information on Cooper Tracks and the available programs at Shannon Health Club, please contact Jodi Wooldridge at 325-747-2587 or JodiWooldridge@ShannonHealth.org.



LINDA CAHILL



Linda Love Cahill is a native of San Angelo. She moved to Sonora in 1975, where she owned and operated the Sutton County Steakhouse and “A Catered Affair” for many years. She returned to San Angelo permanently after the death of her husband this past year.

Linda has one daughter, Amy, who is married to Blayze Sykes. The couple has continued operating the steakhouse in Sonora. Amy and Blayze have three children.

Linda’s hobbies include cooking, reading and playing the piano. She played for her church in Sonora for many years. She had been a Shannon Volunteer for two years in the ICU Waiting Room and Patient Visitation, until her husband’s health required her to remain in Sonora to care for him. Linda attends First Methodist Church and became Manager of the Shannon Gift Shop after Nan Holloway retired.

The Shannon organization welcomes Linda to our family. Her creative abilities have brought a new vision for our Gift Shop locations.



W E L C O M E O U 2022 MIRRA

Each year, the Children's Miracle Network at Shannon selects new Miracle Kid Ambassadors to help represent the mission of our program. Each of the children are nominated by a Provider or department at Shannon that treats pediatric patients. These courageous children and their families generously share their stories to help others understand the need and importance of supporting your local children's hospital. We are so proud to have them as part of our CMN Family!



**ABBY
DE LA
CRUZ**

8
YEARS OLD

When Abby's mother noticed unexplained bruises and swollen hands, she called her pediatrician. After undergoing several diagnostic tests, Abby was diagnosed with Leukemia. She is currently more than halfway through her treatment plan and, thanks to donations to Children's Miracle Network, is able to receive chemotherapy at Shannon. Abby likes reading, drawing, and pepperoni pizza.



**CANAAN
PEAVY**

5
YEARS OLD

Canaan Peavy was bitten by a rattlesnake in his front yard while playing with his family's new puppy. His parents rushed him to the Emergency Department at Shannon Medical Center, where he was treated with 16 vials of anti-venom and spent 5 days in the Pediatric Unit. Canaan is 5 years old and lives in Water Valley with his parents and 3 sisters. He likes country music, riding his bike, and chocolate ice cream.

R

ANGLE KIDS



**COLBY
HARPER**

Colby's pediatrician recommended physical and occupational therapy after noticing he was not meeting developmental milestones. Following a physical therapy session, Colby complained that his legs were extremely sore. After seeing several specialists, Colby was diagnosed with MRPS22 Mitochondrial Disorder. He is the only person in the US to have this genetic disorder. Colby likes to ride his tricycle, play the piano, and eat Cheetos.



**STETSON
AGUIRRE**

Stetson and his dad were traveling during an ice storm last year, when suddenly his dad hit a patch of black ice and lost control of the vehicle. The truck slid into a telephone pole, flipped

into an irrigation canal, and was quickly submerged upside-down below the surface. Stetson nearly drowned in the freezing water before being rescued by his father, who broke a window to get them out. His dad performed CPR on him until the ambulance arrived and rushed him to Shannon, where he was cared for by Dr. Wehner and the pediatric team. He spent 10 days in the hospital with pneumonia and damage to his lungs. Today, he is thriving as a toddler and enjoys hamburgers, Twinkies and Spider-Man.

For more information about Children's Miracle Network or to make a donation, visit CMNSanAngelo.org or call 325.481.6160.

SHANNON CLINIC WELCOMES

OUR NEWEST PROVIDERS



NATHAN MENON, MD

ORTHOPLASTIC SURGERY, HAND SURGERY,
MICROSURGERY & AESTHETIC SURGERY

Dr. Menon received his medical degree from the University of Maryland School of Medicine and completed his residency in integrated plastic surgery at Georgetown University Hospital. Dr. Menon further completed a fellowship in microsurgery and reconstructive surgery at Stanford University Hospital, a fellowship in aesthetic surgery at Cleveland Clinic and a fellowship in orthopedic upper extremity/hand surgery at the University of New Mexico in Albuquerque.

Dr. Menon is board certified by the American Board of Plastic Surgery. He has more than 10 years' experience in microvascular surgery; hand and lower extremity nerve injuries, fractures and reconstruction; cancer reconstruction, aesthetic and cosmetic surgery and migraine headache surgery. He is accepting new patients at his office located at Shannon Clinic West, 4450 Sunset Drive. For more information or to schedule an appointment, please call 325-481-2292.



CASSANDRA HENDERSON, APRN, FNP ENDOCRINOLOGY

Cassandra received her Bachelor of Science in Nursing and her Master of Science, Family Nurse Practitioner degree from Texas Tech University Health Science Center in Lubbock. She also completed a Bachelor of Science in Psychology and a Master of Science in Kinesiology at Angelo State University.

Cassandra has more than 10 years' experience in caring for patients within the hospital and clinic settings. She joins the practice of Chadi Richeh, MD, and is located at Shannon Clinic Beauregard, 120 E. Beauregard. For more information, please call 325-747-2388.



TIMOTHY PETERSON, MD

FAMILY PRACTICE

Dr. Peterson received his bachelor's degree from Utah State University in Logan, Utah. He earned his medical degree from Virginia Commonwealth University School of Medicine in Richmond, Virginia, and completed his family medicine internship and residency at Nellis Air Force Base in Nevada. Prior to joining Shannon, Dr. Peterson practiced as a family medicine physician at Goodfellow Air Force Base where he also served as the Flight Commander, Family Medicine Department Medical Director, Director of the Allergy and Immunizations Clinic, and Air Force Allergy Extender.

Dr. Peterson is board certified in family medicine by the American Board of Family Medicine. He is accepting patients at his office located on the fourth floor of Shannon Clinic Sunset, 4235 Southwest Blvd. For more information or to schedule an appointment, please call 325-747-1511.



ASHLEE MILLER, APRN, FNP-C

GENERAL SURGERY

Ashlee received her Bachelor of Science in Nursing from Angelo State University and her Master of Science, Family Nurse Practitioner degree from the University Of Texas at Arlington. She is board certified through the American Academy of Nurse Practitioners.

Ashlee has more than 8 years' experience providing critical care for patients. She joins the practice of Michael K. Boyd, MD, and is located at Shannon Clinic Magdalen, 102 N. Magdalen. For more information, please call 325-747-2344.



**OUR NEW
PARTNER IN
PROVIDING**

*Affordable
Care*

Shannon has partnered with MDsave to increase access to care for patients while making out-of-pocket medical expenses more affordable by offering patients a streamlined pre-payment system.

Much like booking travel online, the MDsave platform provides the patients with transparent, consumer-friendly "care packages." That means we can create fully bundled episodes of care which patients can pre-purchase (similar to booking a flight online) or purchase at point-of-service with a full understanding of their financial responsibility and without fear of surprise balance bills. Patients pay for their procedure upfront and receive a voucher as proof of purchase. When patients prepay through MDsave, Shannon is able to offer lower pricing on the same quality care because it makes the billing process more efficient.

How to Use MDsave

- 1. Compare prices.**
Visit www.mdsave.com/shannon-medical-center to browse procedures and pricing.
- 2. Buy your procedure.**
Pay through our secure site or by calling 877-232-3826.
- 3. Schedule your procedure.**
- 4. Follow the scheduling instructions given by your provider.**
Bring your voucher to your appointment.

We're excited for this partnership and what it means for us and our patients. If you have any questions, reach out to Sherri Pickens at 325-747-8675 or SherriPickens@ShannonHealth.org.

ASSOCIATE *Accomplishments*

All individuals have been nominated by a patient, a patient's family or another Associate for being exceptional and going above and beyond in their duties.

DAISY AWARD



Ofelia Hernandez
6 South
November Winner



Jwan Ramos
5 South
November Winner

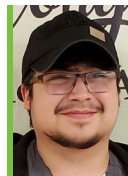


Paulette Cabrera
5 North
December Winner

CLOVER AWARD



Cayce Jackson
5 South
November Winner



Abraham Martinez
6 North
November Winner



Natasha Ogden
OB/GYN
December Winner



Karnella Beasley
Urgent Care North
December Winner

GEM AWARD



Sandy Ruiz-Kolb
Security
November Winner



Mary Rusche & Karen Hancock
Quality Resources
November Winner



Camilla Gonzalez
Patient Experience
December Winner

VALOR AWARD



Amanda Leek
EMR

Amanda was nominated by an Associate who said: "Today while going to lunch, Amanda, Sara Drgac and I came upon an accident where an elderly lady had been hit by someone and was lying in the middle of the street with her scooter on top of her. Amanda immediately put the car in park, jumped out of the vehicle and ran to the woman. She sat with the woman in the middle of the street, applying pressure to her wound and stayed until the paramedics put her in the ambulance. Amanda kept her composure and was a superhero."

CONGRATS!

Congratulations to the Nurse Residents from Cohort 7!

1. Madelynn Bahlman, BSN, RN
2. Jacy A. Bailey, BSN, RN
3. Morgan Bennett, BSN, RN
4. Bridgett Cadenhead, BSN, RN
5. Elizabeth Avila Carrillo
6. Bianca Costilla, BSN, RN
7. Lauren Michelle Crowe
8. Danny De Hoyos, BSPH, BSN, RN
9. Emily Engel, BSN, RN
10. Lindsey Fentress, BSN, RN
11. Angelica Galvan, BSN, RN
12. Delani Graham, BSN, RN
13. Brooke Hefner, BSN, RN
14. Sierra Hicks
15. Lauren Kypfer, BSN, RN
16. Amanda Langford, BSN, RN
17. Tierra L. Mace, BSN, RN
18. Arianna Pacheco, BSN, RN
19. Caitlin Ritter, BSN, RN
20. Sonia D. Rodriguez, RN
21. Abby Sanford
22. Lisa Sanford, BSN, RN
23. Charlotte Tate
24. Christina Vick
25. Kaylee Williams, BSN, RN



26.2 kids' miles marathon

Celebration Event

Thursday, April 21 | 5:30 - 7 pm

Where: San Angelo Stadium | **Who:** All kids K-6 who want to participate, teachers and families. Everyone is invited regardless of number of miles completed!

For more information, check out our **CATCH in Motion Kids' Marathon website:** www.CatchinMotion.org

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STETHOSCOOP

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Our Mission

Founded on a legacy of caring, Shannon is a locally owned healthcare system dedicated to providing exceptional healthcare for our family, friends and neighbors.