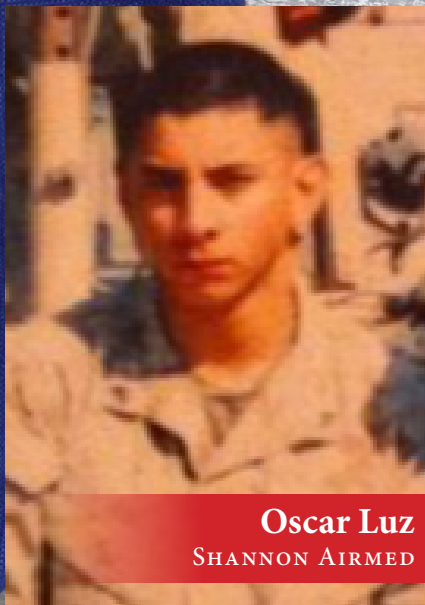


STETHOSCOOP



HONORING OUR *Veterans*





HONORING OUR *Veterans*



Brittany Schroeder
SUPPORTIVE HEALTH SERVICES



Dr. Steven Ritter
DERMATOLOGY

VETERANS DAY CELEBRATION

Veterans Day is November 11 and we want to recognize and honor our Associates who have served and protected our country.

We will be celebrating with cupcakes at the Shamrock Café, Frank's Café, and the Shannon South Café. We will also deliver treats to all of the clinics. Please join us in recognizing our Shannon Veterans!

VETERANS DAY PARADE

Shannon will also be participating in the **Veterans Day Parade on November 6** and we are looking for volunteers. This is a family-friendly opportunity to represent Shannon and celebrate our heroes!

To volunteer, please email SherianBriley@ShannonHealth.org by November 4.

Thank you for your service to our country!



2022 SHANNON ANNUAL FUND & UNITED WAY CAMPAIGN

NOVEMBER 1 THROUGH NOVEMBER 19



WAYS TO GIVE

1 CHARITABLE GIVING CONTRIBUTION FORM

The Shannon Annual Fund and United Way Campaign provides an opportunity for our Associates to give back. Anyone who completes a form, whether a gift is given or not, will receive a **FREE MEAL TICKET** for the Shamrock Cafe Downtown, Frank's Cafe, or the Shannon South Cafe. A gift of any amount will make a difference! A contribution form will be distributed to you soon through your manager.

Forms are due December 3.

2 PARKING SPACE AUCTION

The Annual Fund Campaign will be holding a Silent Auction for premier parking spaces throughout the Shannon campuses.

The auction will be held **Monday, November 15 - Friday, November 19. Bidding closes at 5 pm on November 19.**

Look for more information in the Pulse!



3 SHANNON SPIRIT TRAILER

The Shannon Spirit Trailer will be coming to different areas of the Shannon campuses. Shannon Swag (coffee mugs, t-shirts, etc.) will be available. You can also meet and visit with United Way agencies. **Be on the lookout for the Shannon Spirit Trailer Tuesday, November 9 - Friday, November 12.** Check the Pulse for when it will be near you!



Thank you for your gift and consideration!

For more information, please call the Development Office at 325-657-8343 or email KevinCastro@ShannonHealth.org.

SHANNON CLINIC WELCOMES

OUR NEWEST PROVIDERS



CHÉ ORNELAS, MD HOSPITALIST

Dr. Ornelas received his bachelor's degree from the University of Texas at San Antonio. He studied Public Health at the University of Texas Health Science Center at Houston and received his medical degree at Texas A&M College of Medicine in Temple. He completed

his internal medicine residency at Banner Good Samaritan and Veterans Administration Hospitals in Phoenix, Arizona. He is board certified by the American Board of Internal Medicine.

Dr. Ornelas comes to Shannon from Arizona, where he has practiced as a hospitalist for more than 11 years.



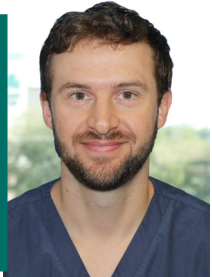
MARIO HERNANDEZ, APRN, FNP-C

URGENT CARE JACKSON

Mario completed his bachelor's degree at Angelo State University and his master's degree at Patty Hanks Shelton School of

Nursing in Abilene. He has spent the past 11 years providing patient care within San Angelo and Sonora.

Mario is board certified by the American Academy of Nurse Practitioners. He will be located at Shannon Clinic Jackson, 2237 S. Jackson.



JOSEPH ZERR, MD RADIOLOGY

Dr. Zerr received his bachelor's degree from Texas A&M University in College Station and his medical degree from Baylor College of Medicine in Houston. He completed his radiology residency and his musculoskeletal radiology fellowship from the University of

Texas Southwestern in Dallas. He is board certified by the American Board of Radiology.



MARCIE LUSK, DNP, APRN, FNP-C

SHANNON CLINIC BIG SPRING

Marcie received her Bachelor of Science degree in Nursing from Lubbock Christian University in Lubbock and earned her Master of Science degree in Nursing from Hardin-

Simmons University in Abilene. She completed her Doctor of Nursing Practice degree at Texas Tech University Health Sciences Center in Lubbock. She is board certified by the American Academy of Nurse Practitioners in family practice and emergency care.

Marcie has more than 13 years' experience in family practice and patient care. She welcomes existing and new patients to her office located at Shannon Clinic Big Spring, 2503 Gregg Street, Unit C, Big Spring, Texas, 79720.

Thinking about LASIK? Get **10% off** & **FREE** consultation.

Shannon Laser Eye Center offers a special discount for Shannon Associates any time during the year! **For more information, or to schedule your FREE consultation, please call 325-481-2020.**



REMEMBERING

Our Nurses



The Concho Valley Nurses Honor Guard is a group of nurses whose goal is to provide a dignified Nightingale ceremony within a funeral, memorial or graveside service to those nurses in the community who have passed away. This group, started by nurses who have retired from Shannon, believes that every nurse should have the opportunity to be honored for their service.

This special group started in San Angelo when Judy Lynn Kilgore, a friend of Cathy Ornelas Highsmith, one of the founding members and a former nurse of Shannon of 40 years, was on hospice and asked her to do something special for the service. After researching and making contact with Julia Godby-Murray, the woman who has spearheaded the National Nurses Honor Guard Coalition, Cathy teamed up with Rosemary Zapata, a former nurse of Shannon of 33 years, to begin honoring nurses at their services in the Concho Valley. This group is the first chapter of the Nurses Honor Guard in West Texas and the second in the entire state.

“Judy is the reason we started this,” Cathy said. “She saw this organization and saw how fulfilling it was. Initially, I thought we would only do all of this for her, but we realized the need for a Nurses Honor Guard in our area. She did not pass until we had already done six services, so she was able to see the impact she made.”

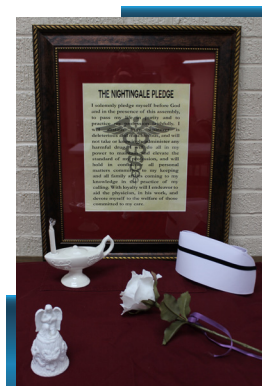
Since their first service, Cathy and Rosemary have recruited six additional nurses to the Guard. Their goal is to ultimately have enough members to attend every funeral service of nurses who have passed away in San Angelo and the surrounding areas.

“We have had numerous family



members and friends come up to us afterwards and express how grateful they are to have had such a special presentation to memorialize their loved one,” Rosemary said. “It really does show the impact a nurse is able to make on people’s lives for the hard work and dedication they put into their career of helping others.”

Every member of the Nurses Honor Guard dresses in the traditional white uniform, complete with cape and cap. At each ceremony, they will read the Nightingale Tribute, a proclamation to recognize the fallen nurse. They then place a white rose and light a lamp candle to symbolize their honor and appreciation for the individual’s service. All nurses will then stand for a final roll call, where the nurse’s name will be called three times—each time after a bell is rung. The Honor Guard will then officially release them of their nursing duties, and the lamp’s flame will be extinguished.



“Most people have only seen presentations like this at military, police or first responders’ funerals,” Cathy said. “Those individuals are very deserving of the tributes to their service.

We want people to see how necessary something of this capacity is to all the nurses who have given so much to their own line of service of caring for their patients.”

Today, there are over 120 Nurses Honor Guards across the country. The Nurses Honor Guard of the Concho Valley welcomes any nurses interested in joining their chapter.

“Putting my cap on and looking in the mirror after all these years was a feeling I cannot describe,” Rosemary said. “This group allows me to continue the pledge I took as a new nurse. It truly feels like a ministry and a connection from our past to the present and future.”

Nightingale ceremonies are available for any licensed or registered nurse that has passed away; they are provided at no charge, however, the chapter does accept donations.

For more information, or to speak with a member about scheduling a Nightingale ceremony for your loved one, please contact the Nurses Honor Guard of the Concho Valley at any of the following phone numbers: Cathy Ornelas Highsmith at 325-374-8695; Rosemary Zapata at 325-227-5587 or Sheri Matthews at 325-212-3249. They also have a public group on Facebook.

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 their duties.

DAISY AWARD



Daisy Team Award
Tom Green County Jail
August Winner



Fallon Key
Pediatrics
August Winner



Amanda Hamilton
Case Management
August Winner

CLOVER AWARD



Lydia Hernandez
Otolaryngology
August Winner

GEM AWARD



Laura Armendariz
Care Management
August Winner



Cathy Kistler
Care Coordination
August Winner

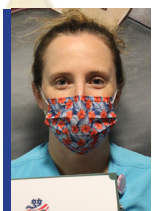


**Sherri
Blanek-Staats**
Imaging Center
September Winner



Mike Gnitecki
Paramedic
September Winner

VALOR AWARD



Kristeena Buselli
Pediatrics

Kristeena received a Valor Award because of the compassion and care she showed to an individual within the community while she was in the Shannon Health Club.

"I would like to recognize and commend Kristeena Buselli. Recently, we had a man become disoriented at the Health Club. He didn't feel well at all, so we decided to call 911. One of our front desk staff paged overhead in the club to see if we had a doctor or nurse in the building. Kristeena came running, announced she was a nurse and asked what she could do to assist. She stayed with the gentleman, took his blood pressure and encouraged him to drink water and hang in there until help arrived. The man and his wife were so thankful for her calm and kind presence. We are so happy she was here working out and was able to jump in and help."



Shannon Access Clinic Provides Important Preventative Programs for Medicare Patients

The Shannon Access Clinic is proud to provide the Annual Wellness Program—a service offered to Medicare patients at no cost. This program provides patients the opportunity to speak with a Provider to discuss medical and surgical histories, as well as preventative care and screenings. The main goal of this program is to help discover potential health risks or issues and create a preventative care plan for the individual.

An Annual Wellness appointment will include:

- Consult on medical, surgical and family history
- Measurement of height, weight, BMI and blood pressure
- Ordering preventative testing/screenings that may be needed (e.g. colonoscopies, DEXA scans, mammograms, etc.)
- Administering vaccines, such as pneumonia and flu
- Advance Care Planning

To be eligible for an Annual Wellness visit, patients must be covered by Medicare for at least one year. Typically this service is for those ages 65 and older, but younger individuals may be covered due to disabilities.

For more information or to request an Annual Wellness visit, please contact Sylvia Sanchez, MA, Annual Wellness Coordinator, at 325-481-2258.

SHANNON SLEEP CENTER

NEW LOCATION



The Shannon Sleep Center has moved locations! They are now located within Shannon Clinic South 2, 2141 Hamilton Way. The Center will still be providing diagnostic sleep studies, treatments and exceptional care to both established and new patients.

For any questions, or to make an appointment, please call the Shannon Sleep Center at 325-74-SNORE (325-747-6673).




 VOLUNTEER
Spotlight

MARY BASTARDO

Mary Bastardo and her husband Richard Sr. enjoyed over 50 years of marriage before he passed unexpectedly in 2018. Mary and Richard, both San Angelo natives, were 17 when they married. After living in California and Louisiana, they moved back to San Angelo in 1977. The couple had four children,

two girls and two boys. Mary also has six grandchildren and one great grandson.

Mary and Richard established their own business, R&A Upholstery, located on Avenue N. They worked side-by-side doing their own part of the upholstering process for 15 years. Some of Mary's other work experience includes 17 years at CVS Pharmacy and doing alterations at Dillard's, JC Penny and Bealls.

Mary enjoys crocheting and shopping and traveling with friends. It was the need to keep busy that prompted her to volunteer after Richard passed. She has served in the Emergency Room with the Shannon Volunteers since 2019. Mary says volunteering makes you feel both useful and wanted, while also bringing a sense of family to mind. Volunteers are ready to help, not only throughout the Shannon system, but also one another. Indeed, volunteering is a many-faceted blessing.

EVENTS CALENDAR

NOVEMBER 6
Veterans Day Parade | 11am | Downtown San Angelo

Shannon will have a float in the annual Veterans Day Parade. Join our community as we honor and celebrate those who have served. This parade will pay tribute to the 20th anniversary of 9/11 and the 30th anniversary of Desert Storm. If you would like to volunteer to help, please contact Sherian Briley at 325-947-6611.

NOVEMBER 25 -

DECEMBER 4
Downtown Christmas Parade | 5pm | Downtown San Angelo

Shannon will have a float in this year's Downtown Christmas Parade. If you would like to volunteer to help, please contact Sherian Briley at 325-947-6611.

DECEMBER 5
**White Rose Candelight Ceremony | 6pm
Baby's Rose Garden, Shannon Women's & Children's
Hospital, 201 E. Harris**

Join us for a ceremony honoring families who have experienced the loss of a precious baby. A Tree of Remembrance will include an ornament for each child, and a candle will be lit for each baby represented. For more information, please call Robyn Tucker at 325-481-6332.

DECEMBER 25 -
JANUARY 1 -

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.*