Save the Date for Pink!

October is National Breast Cancer Awareness Month, but this disease affects women throughout the entire year. One in eight women will be diagnosed with breast cancer during her lifetime. We invite you to unite in the fight and join us for these exciting events as we celebrate local breast cancer survivors, raise funds to help support local cancer patients and share the latest information in the detection and treatment of this disease that knows no age and sees no color.

Monday, September 23
Bentwood Country Club
11:30 a.m.

Tee off to fight breast cancer at the 4th Annual Tee Off for Ta-tas golf tournament.
Four person scramble. $125 per player.
Registration and lunch: 11:30 a.m.
Shotgun start: 1 p.m.
Enter fee includes lunch, food on the golf course, complimentary beverages, player’s gift and Ta-ta fun! All proceeds benefit programs at the Shannon Oncology Center. For more info or to register, call (325) 944-8575. Thanks to our title sponsor Decker Custom Homes.

Not a golfer? Join us again this year for the Bra Drop! For a $10 donation, enter an unwanted bra that will be dropped from a helicopter. The bra that lands closest to the pink ribbon target wins a prize!
Bras may be dropped off at the Cancer Empowerment & Resource Center at Shannon, 102 N. Magdalen, Ste. 130, or purchased at registration the day of the tournament.

Come be a part of the largest run in San Angelo—the Shannon Pink Ribbon Run!
Registration 7 a.m.; 1-mile walk 8 a.m.; 5k and 10k 8:30 a.m.
Shannon Women’s and Children’s Hospital, 201 E. Harris
Help us top last year’s record 1,000 participants as we raise money for a great cause! Proceeds benefit Shannon Women’s Imaging Center and its programs.
For more information, call (325) 657-5064 or visit www.shannonhealth.com to register online.

Pretty in Pink
Monday, September 23
Bentwood Country Club
Following Tee Off play

Sip pink cocktails as you browse merchandise from local vendors at this pink-themed event. Michelle Snuggs, M.D., chief radiologist at Shannon Women’s Imaging Center, and her staff will be on hand to answer any questions about breast cancer awareness, detection and prevention.
Door prizes will be given away by all of our vendors so grab your girlfriends and join us for a fun, pink-filled evening! Admission is free.
For more information or to RSVP, call (325) 657-5064.

For more information about these and other upcoming events, please visit www.shannonhealth.com
Congratulations to...

**Irv Zeitler, D.O.**, vice president of medical affairs at Shannon Medical Center, received “The Public Service Award” from the Texas Osteopathic Medical Association. Dr. Zeitler is a board certified family practice physician and serves as president of the Texas Medical Board. The award is presented annually to state officials whose work and accomplishments are outstanding in promoting healthcare needs of the state of Texas while recognizing the unique value of the osteopathic philosophy. Additionally, Dr. Zeitler is a member of the Texas Medical Association, a fellow of the American Academy of Family Practice, and a member and former board member of the Texas Osteopathic Medical Association. He is chairman of the Shannon Medical Center Pharmacy and Therapeutics Committee and a member of the Trauma Committee and the Patient Safety Care Committee.

**Daisy Award**

Tammy Cardenas, RN, 4N, is the April Daisy Award winner. She was nominated by a patient “for the exceptional and professional care you gave me.” Congratulations, Tammy!

Bertha Rutledge, RN, ICU, is the May Daisy Award winner. She was nominated by a patient's family for her accommodating care. Congratulations, Bertha!

Angel Lopez, RN, 4N, is the June Daisy Award winner. She was nominated by a patient's family member who said her “compassion for her patient was extremely evident.” Congratulations, Angel!

**GEM Award**

Adriana Perez received the May GEM Award from Shannon Clinic. She works in Medical Records at the Southwest Clinic. Adriana went outside of her duties and changed all of the trash bags in the casting room during a very busy time. She did it with a smile because she truly wanted to help. Thank you, Adriana!

Nelva Galvan received the June GEM Award from Shannon Clinic. As a receptionist in the Main Clinic, Nelva always goes above and beyond. Recently, a Spanish-speaking patient came to the clinic and their doctor was out of the office. Nelva took the patient to Urgent Care and asked if they could see them. The patient was nervous and only spoke Spanish so Nelva took her lunch early and went with the patient to the appointment. Sometimes when patients call they specifically ask for her because they know she will help take care of them. Thank you, Nelva!

**Employee of the Quarter- Second Quarter**

Tammy Searcy is the Employee of the Quarter at Shannon Clinic. She has taken on major leadership roles, including teaching and training individuals in her department, throughout the past several years. Over the past year, the clinic upgraded technical aspects of cardiac monitoring and she took the lead role in learning the system. It is because of committed employees like Tammy that the clinic continues to be the provider of the highest level of healthcare. Thank you, Tammy!

**Excellence in Cardiac Care**

Shannon Medical Center received a Blue Distinction Center+ SM designation for delivering quality and cost-efficient cardiac care, as part of Blue Cross and Blue Shield of Texas’ Blue Distinction Centers for Specialty Care® program.

Shannon Clinic received national reaccreditation in Echocardiography by the Intersocietal Accreditation Commission (IAC). The three-year reaccreditation was granted in the area of Adult Transthoracic Echocardiography.

**In Memoriam**

The Memory Wall serves as a place to remember Shannon associates who have passed away while they were employed. The plaque is displayed outside of the chapel in the main hospital.

Pictured next to the Memory Wall is Jim Benson, Shannon Chaplain.
Shannon Medical Center joins a growing number of Texas businesses in becoming designated as a Texas Mother-Friendly Worksite. Mother-Friendly employers proactively support employees who choose to breastfeed their infants by providing time, space, and other supports to maintain breastfeeding after returning to work.

“We want our employees who are new mothers to know that we support their decision to continue breastfeeding,” said Amanda John, RN, Shannon lactation consultant. “We are extremely pleased to be designated as a Texas Mother-Friendly Worksite.”

Employers that provide Mother-Friendly Worksites benefit from increased employee retention, lower absenteeism, higher morale, greater productivity, reduced health care costs, and improved short- and long-term health of the breastfeeding mother and her child.

Shannon Medical Center and Shannon Women’s & Children’s Hospital, St. John’s Campus, the Surgery Center, the Main Clinic and the OB/GYN and Pediatrics clinics are designated as Mother-Friendly Worksites.

Created by the Texas Legislature in 1995 and administered by the Texas Department of State Health Services (DHS), the Texas Mother-Friendly Worksite Program recognizes employers with written policies reflecting their support for their breastfeeding employees. Such policies provide work schedule flexibility to allow milk expression breaks; offer a private space, other than a bathroom, where the employee can pump or breastfeed; and ensure easy access to a clean water source and hygienic milk storage arrangements. To be designated as a Texas Mother-Friendly Worksite, an employer must submit an application and qualifying written employee breastfeeding support policy to DHS.

Texas Mother-Friendly Worksites represent a wide range of employment sectors, settings, and worksite sizes. A small sampling of employers with the Texas Mother-Friendly Worksite designation include: San Angelo WIC, City of San Antonio; Whole Foods Market; Texas Mutual Insurance Company; GameStop, Inc; Westwood High School; IBM, Corp; Texas Pit Stop BBQ; Texas Tech University; and Lockheed Martin Aeronautics Company. Also designated are many hospitals, state agencies, and health and human services employers.

For more information on the Texas Mother-Friendly Worksite Program, visit www.shannonhealth.com or the program’s website at http://texasmotherfriendly.org.
What’s on the Web: Call Ahead Care

It’s out with the old and in with the new at ShannonHealth.com! We love the new look, and wanted to share some of the new features as well as some of the old ones that we just couldn’t get rid of. We know you will want to venture past the home page when you hear about them.

Call Ahead Care is now available at the Shannon Clinic Urgent Care North and South locations. If the wait is more than 45 minutes, you can call ahead and give the clinic some information about your visit. They will get you checked in and tell you what time to come to the clinic. Call ahead service is also available at our Downtown Urgent Care location.

Here’s how it works:

• Call ahead at to the Urgent Care Clinic.
• Answer a few questions about your visit.
• Clinic staff will get you checked-in the system and give you an approximate time of when to arrive at the clinic.
• They will also take your phone number and call you with an update if the time changes.

Call ahead is for urgent care visits only. Dial 911 for emergency care.

We invite you to visit us online to check out all of the new features or check the next Stethoscope for more highlights on the features of the new ShannonHealth.com. If you prefer to use your Smartphone to browse the web, simply install our mobile app. Visit the Play Store on Android or App Store for Apple for the free download!

Wellness Corner

Words of Wellness

Information and advice about healthy habits such as fitness routines, diet and nutrition, and recipes can be found in magazines, newspapers, social media and through a simple internet search. But, how do you know which sources are reliable?

Words of Wellness, a healthy living blog, was developed to make health-related information readily available to the Concho Valley and beyond.

“We decided to develop the blog because it’s a free resource that is accessible at all times,” says Becca Brannan, RN, nurse navigator and health coach at Shannon. “The main goal of Words of Wellness is to increase awareness in our community and help people make wellness and healthy living a priority.”

The blog is a collaboration of Shannon Health & Wellness and members of the community with wellness expertise who have developed healthy lifestyles and experienced success in their everyday lives. Stories, advice and testimonials, workout routines, health tips, and product reviews are some of the topics that will be featured from these contributors.

“We want people of all ages and health and fitness backgrounds to use Words of Wellness as a motivational and interactive resource during their journey to healthy living,” Brannan says.

For the latest Words of Wellness visit www.wordsofwellness.org.
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The Partner in Progress award recognizes individuals or businesses who provide leadership, volunteer service, as well as financial, in-kind, or other donor support to Shannon Medical Center. This award is highly esteemed and one of the most prestigious recognition awards Shannon grants to individuals who support the mission of Shannon Medical Center.

Another Record-Breaking Year!

Thank You for Supporting
Volunteer Spotlight

Dorothy Morrison has been a Shannon Volunteer for 23 years. Her creativity, artistic ability and sunny personality are an asset to the Shannon Volunteers. Dorothy is presently head of the Tray Favor Committee and works regularly in the Women’s & Children’s Gift Shop. She has worked at the Front Desk, Radiology, the Surgery Center, and Visitation. Her reason for volunteering is her love for people and the joy of helping them.

A lifetime San Angelo native, Dorothy was married to Curtis for 61 years before he passed away in 2010. They were blessed with two daughters and one son. One daughter lives in Brady and the other in Florida, and she is the proud mother of San Angelo’s mayor Dwain Morrison. She has five grandsons, one granddaughter, two great grandsons, and 3 great granddaughters.

Dorothy has always loved painting and is taking art classes that she thoroughly enjoys. She worked at a furniture store for four years, and spent 21 years as attendance clerk at Lincoln Junior High School. Dorothy also volunteers at Ft. Concho and is a member of 19th Street Church of Christ. The Shannon Volunteers are happy that she chose to spend much of her retirement with us.