

STETHOSCOOP



Miracle Treat Day

Miracles Happen
one **Blizzard**® at a time!





Miracle Treat Day

On **Thursday, July 28**, Dairy Queen® will host its annual "Miracle Treat Day" to benefit Children's Miracle Network Hospitals. During Miracle Treat Day, Dairy Queen San Angelo will donate \$1 from every Blizzard® sold to Shannon Medical Center.

Dairy Queen has locations at 3006 Knickerbocker Road and 5225 Sherwood Way. Other participating locations include Junction, Eden, Ozona, Sterling City, and Sonora.

Donations to Children's Miracle Network help purchase equipment and support programs needed to provide the highest quality of care possible for children who utilize the services of Shannon Medical Center & Shannon Clinic.

Pre-Order your **Blizzard**®

Shannon Team Members can pre-order your small **Blizzard**® treat (12 oz) and CMN will deliver them to designated areas of the organization for pickup between 1 pm and 1:30 pm on **Thursday, July 28**. **Blizzard**® treats are \$5. Check the Shannon Hub, the Pulse, and your department's mailboxes for an order form. Orders are due with payment (check, cash, or payroll deduct) no later than July 21.

For more information, call 325-481-6160 or email KevinCastro@ShannonHealth.org.

Thank you to Dairy Queen San Angelo for making miracles happen for kids treated at Shannon!



Step up and help kids during the

10th Annual Miracle Bucket Days!

Friday, August 5 - Sunday, August 7

During the first weekend of August, customers can purchase a CMN bucket at Westlake ACE Hardware (San Angelo) or Keith's Ace Hardware (Brady) and \$5 will be donated to CMN. Customers will also receive 20% off all items that fit in the bucket (some exclusions apply).





INTRODUCING







Well MOMS



Shannon Well Moms is an exercise program designed for moms from 6 weeks to 6 months after delivery. The classes provide new moms a safe environment to exercise together, improve fitness, make friends and find support.

“Shannon Health Club is excited to start this new workout program for postpartum mothers,” Kristina Mikeska, Shannon Well Moms Program Coordinator, said. “This will be a program where moms can feel safe about bringing their babies to work out, or to even have an hour to focus on themselves. I know that so many moms can feel very overwhelmed and working out is one way to battle that feeling, as well as postpartum depression, which commonly occurs.”

The 8-week exercise program features:

-  **Group exercise classes** held every Tuesday & Thursday from 11am – Noon
-  **16 class sessions** featuring a variety of cardio, strength, and flexibility exercises
-  **Option to bring your baby** to class with you. Some classes will involve exercises with your baby; however, if you attend class without your baby, exercise options will be provided using weights and medicine balls.
-  **Classes taught by moms** who are certified Group Exercise Instructors
-  **45-minute class sessions** with additional time for moms to connect and gain social support from one another
-  **Adaptable to all** fitness levels

“We are excited to offer a 15-minute social time where the moms can talk, discuss or ask questions with each other or the instructor to provide a sense of community that is important during this phase of life,” Kristina said. “We know there will be all different fitness levels, so we will make sure to offer many different options to provide what they need to succeed and keep them coming back to the gym, even after they have completed the program.”

Shannon Well Moms participation can begin at 6-weeks postpartum. A medical clearance is required for all Well Moms participants. Your OB/GYN can submit the referral and medical

clearance through Shannon’s Electronic Record System. Paper copies of the referral/medical clearance form are available at Shannon Health Club or online at ShannonHealthClub.com.

“All of our Well Mom instructors are also moms, ranging from those with brand new babies to having grown children,” Kristina said. “We have all walked that path and hope to be an avenue for these moms to lean into for their fitness journeys!”

Well Moms classes are \$75 for current Health Club Members and \$140 Non-Members. Participants must pre-pay before attending their first class.

For more information, contact Shannon Well Moms Program Coordinator, Kristina Mikeska, at 325-747-2593 or email KristinaMikeska@ShannonHealth.org.



Recognizing OUR TEAM

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

DAISY AWARD



Holly Fickling
OB/GYN South
December Winner



Kathy McBurnie
ICU South
March Winner

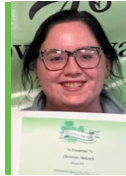


John Tyler Jarrett
ICU Downtown
March Winner



Elizabeth Bailey
Child Life
Specialist
April Winner

CLOVER AWARD



Christian Hancock
Med Tele South
March Winner



Irma Reyes
5 North
March Winner



Lupe Hernandez
5 South
April Winner

GEM AWARD



Val Reyna
Sleep Center
February Clinical
Winner



Haleigh Alley
Health Club
March Non-Clinical
Winner



Susie Holder
SC South 2
March Non-Clinical
Winner



Silvia Hernandez
Physical Therapy
March Clinical
Winner



Abby Hughes
Pharmacy South
March Clinical
Winner



Terry Costilla
Insurance
Specialist
April Non-Clinical
Winner



Kacelyn Lee
Case Management
April Clinical Winner



Joseph Vera
Radiology
April Clinical Winner



Nurse Resident Graduates from Cohort 8

Bikash Adhkari
Adaeze Ariole, BSN, RN
Mariana Meza Armenta, RN
Joshua Cady
Kaylee Chadwick, BSN, RN
Valerie Chappa
Miranda Chavez, RN
Faith Collins, BSN, RN
Kabita Dahal

Crystal Delgado
Brenda Duran
Irene Ezepue
Amber Fitzpatrick
Angelico Luis G. Gagui, RN
Neshina Giri
Tyler Hampton
Ashlee Hayes

Jade Holik
Thomas Huynh, BSN RN
Megan Jansa, BSN, RN
John Jarrett
Ann Wangari Johana, RN
April Johnson
Sabina Lopchan
Lana Mitchell, RN

Vicki Narro, RN
Tran "Sue" Ngo, BSN, RN
Uyen Nguyen
Hyungyoon Oh, BSN, RN
Raina Parsons, BSN, RN
Sandra Potts
Samantha Post
Mercy Rotich

Flor Celeste
Sauceda, BSN, RN
Alyssa Simmons
Marla Soria, RN
Paitlyn Tankersley, BSN, RN
Destinee M. Trevino, RN
Emily Walker, CST, RN
Laura Webb
Heather Westerman, BSN, RN



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PRESENTS



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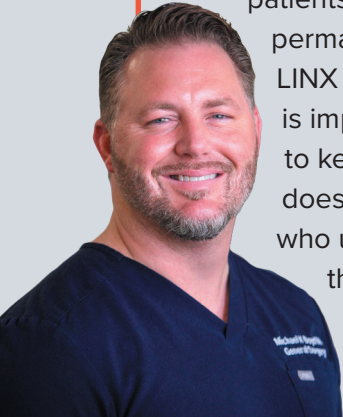
Thank you to all of our sponsors and volunteers that came out to help with the 22nd Annual Shannon Sporting Clay Shoot! We appreciate all the time and effort you donated to making this such a great event!

SHANNON REFLUX CLINIC OFFERING

LINX Treatment for GERD

The most common misconception of acid reflux is people think they just have to live with it.

The Shannon Reflux Clinic is a multi-disciplinary clinic with surgeons and GI physicians that work together to find the best option for patients with GERD. The LINX procedure can provide permanent help in treating and preventing GERD symptoms. LINX is a small ring of magnetic, expandable titanium beads. It is implanted near the stomach opening providing constriction to keep acid down. The procedure is minimally-invasive and does not require a hospital stay. About 90 percent of patients who undergo the LINX procedure are expected to be off of their reflux medications within a year.



Dr. Michael K. Boyd, MD, Shannon General Surgeon, provides the LINX procedure in San Angelo.



LINX Band



Actual Size

If you have unresolved reflux, contact the **Shannon Reflux Clinic** to discuss if LINX is right for you. Call **325.481.2344**.

 **SHANNON**
www.ShannonHealth.com/LINX



Recent and Upcoming Location Changes

Downtown Main Campus



- The Human Resources Department is now temporarily located in the Downtown Campus Hospital on the second floor.

Shannon Clinic Knickerbocker



- The Home Health Department is now located in the basement of Shannon Clinic Knickerbocker.
- Shannon Podiatry is now located at Shannon Clinic Knickerbocker, 3555 Knickerbocker Rd.

Shannon Clinic South 2 & 3



- Shannon Rheumatology will begin seeing patients at Shannon Clinic South 3 on July 12.
- Shannon Allergy will begin seeing patients at Shannon Clinic South 2 on August 1.

Shannon Clinic South Medical Office Building



- Shannon Interventional Pain Management is now located at Shannon Clinic South Medical Office Building.
- Shannon Ophthalmology Providers Dr. Hackl and Dr. Burkes, and Retina Specialist Dr. Leon are now located at Shannon Clinic South Medical Office Building.
- Shannon Ophthalmology Providers Dr. Goldman and Dr. Lui will be moving to Shannon Clinic South Medical Office Building in September.
- Shannon Dermatology will be moving to Shannon Clinic South Medical Office Building in September.

SHANNON CLINIC WELCOMES

OUR NEWEST PROVIDERS



**BRYAN
HAMBRIC, MD**
GENERAL SURGERY

Dr. Hambric received his bachelor's degree from Trinity University in San Antonio and earned his medical degree from Baylor College of Medicine in Houston. He completed his surgical residency at the University of Texas Southwestern Medical Center in Dallas.

Dr. Hambric is a fellow of the American College of Surgeons and is board certified by the American Board of Surgery. He comes to Shannon with more than 20 years of practice in the Central Texas area. He is accepting patients at his office located at Shannon Clinic Magdalen, 102 N. Magdalen. For more information or to schedule an appointment, please call 325-747-2344.



**MATTHEW
LOWERY, MD**
EMERGENCY
MEDICINE

Dr. Lowery received his bachelor's degree from the University of Houston and his medical degree from the University of Texas Medical Branch School of Medicine in Galveston. He completed his emergency medicine residency at the University of Florida College of Medicine in Jacksonville, Florida.

Dr. Lowery is board certified by the American Board of Emergency Medicine. For more information, please visit www.ShannonHealth.com.



**TAMARA
MOSELY, DPM,
DABPM**
PODIATRY

Dr. Moseley received her bachelor's degree from Saint Mary's University in San Antonio and earned her Doctor of Podiatric Medicine degree from Ohio College of Podiatric Medicine through Kent State University in Independence, Ohio. She completed her podiatric medicine surgical residency at Saint Barnabas Hospital in Bronx, New York.

Dr. Moseley is board certified by the American Board of Podiatric Medicine. She is accepting patients at her office located at Shannon Clinic Knickerbocker, 3555 Knickerbocker Road. For more information or to schedule an appointment, please call 325-747-2033.



JULIE HAMILTON, CRNA, MSN
ANESTHESIOLOGY

Julie received her bachelor's degree from Pennsylvania State University in State College, Pennsylvania, and her master's degree from State University of New York in Buffalo, New York.

Julie is board certified by the National Board of Certification and Recertification of Nurse Anesthetists. For more information, please visit www.ShannonHealth.com.



RACHEL TROJCAK, APRN, FNP-C
ORTHOPEDIC SURGERY

Rachel received her bachelor's degree from Angelo State University and her master's degree from the University of Texas at Arlington. She is board certified by the American Academy of

Nurse Practitioners.

Rachel has more than 10 years of patient care experience in acute care and outpatient settings. She joins the practice of Jaicus Solis, MD, located at Shannon Clinic Jackson, 2237 S. Jackson. For more information, please visit www.ShannonHealth.com.



NANCY FONTENOT



Nancy Salvato Fontenot was born and raised in San Angelo until she was whisked away by a handsome Airman, Nolan Fontenot, at Goodfellow AFB in 1961. After Nolan's discharge, they began their many adventures in Texas and Louisiana. The Fontenots have three boys, five grandchildren, and one special great-grandson.

Nancy worked for 20 years selling electrical transformers for a local manufacturing company. She shared that, "you can't sell something you don't know anything about," so she worked very hard educating herself at her job.

Her busy life included taking care of Nolan before he passed in 2020 of Alzheimer's. Nancy has been a volunteer for 9 1/2 years. She has served as Auxiliary President and is currently the Morning Registration Service Head. She has also volunteered for Christian Women's JobCorp and Cowboy Church Chuck Wagon throughout Texas and Mexico.

Nancy loves her Yorkie. Her hobby of making homemade Christmas cookies, decorated by her grandchildren since they were small, continues today now that they are grown. She has a knack for growing plants and prefers to be outdoors. Her home is filled with amazing antiques from many generations and ones she has scoured from the countryside. She feels volunteering at the hospital can make a difference in someone's life.



EVENTS CALENDAR



Pink is coming!

Be sure to save these dates.

SEPTEMBER 26

13th Annual Tee off for Ta-ta's Golf Tournament

Tee off for a great cause! Player's fee includes golf, a special player's gift, lunch and complimentary snacks and drinks on the course. Proceeds from this tournament benefit patient support programs at the Shannon Oncology Center.

OCTOBER 1

15th Annual Shannon Pink Ribbon Run

This is the 15th anniversary of the Shannon Pink Ribbon Run! The Run is a fun, family event. Deck out in pink, sign up a team and compete for the "Team Spirit" trophy. The first 800 registrants will receive a Shannon Pink Ribbon Run t-shirt. Survivors participate at no cost.

JULY 15

Shannon T-Shirt Day

Don't forget to wear your favorite Shannon t-shirt on the 3rd Friday of every month.

JULY 28

Miracle Treat Day

Dairy Queen® will host its annual "Miracle Treat Day" to benefit Children's Miracle Network Hospitals. During Miracle Treat Day, Dairy Queen San Angelo on Sherwood Way and Knickerbocker will donate \$1 from every Blizzard® sold to Children's Miracle Network.

AUGUST 5-7

Ace Hardware Bucket Days

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AUGUST 19

Shannon T-Shirt Day

Don't forget to wear your favorite Shannon t-shirt on the 3rd Friday of every month.



STETHOSCOOP

is published by
Shannon Medical Center

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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.