EVENTS

May and June: Children’s Miracle Network Wal-Mart and Sam’s Club Balloon Campaign. Paper balloons will be available for purchase at area Wal-Mart and Sam’s Club stores. All proceeds benefit local kids and Children’s Miracle Network. For more information, call (325) 481-6160.

May 3: Cancer Warriors Men’s Cancer Support Group, 5:30 p.m., Cancer Empowerment & Resource Center at Shannon, 102 N. Magdalen. For more information, call (325) 481-2065.

May 3: Survivor Sisters Breast Cancer Support Group, 5:30 p.m., Cancer Empowerment & Resource Center at Shannon, 102 N. Magdalen. For more information, please call (325) 481-2065. Refreshments will be served.

May 7: Hospital Picnic, Late night: 12:30-2 a.m., Memorial Cafeteria; Shamrock Park: 11 a.m.-2 p.m., St. John’s Frank’s Café: 11 a.m.-1:15 p.m. Free food and t-shirts — don’t forget to wear your badge!

May 10: Children’s Miracle Network Telethon, Noon-1 p.m., Cancer Empowerment Center Lunch & Learn, “Why are Antioxidants Important?” Noon-1 p.m., Cancer Empowerment & Resource Center at Shannon, 102 N. Magdalen. For more information, call (325) 481-2065. Refreshments will be served.

May 14-15: Children’s Miracle Network Tether Ten, Noon-10:30 a.m. Broadcast on KLST-TV. For more information, call (325) 481-2065.

May 20-23: Patients Convention, Austin, Texas

May 22: Volunteers Convention, San Angelo Country Club

May 31: Blood Drive, 7:30 a.m.-1 p.m.

June 5: Cancer Warriors Men’s Cancer Support Group, 5:30-8:30 p.m. Asthma Camp is a medically supervised summer day camp for children with asthma. Open to grades four through seven. There is no fee to participate, but registration is limited. For more information, or to register, call (325) 657-5065.

June 13: Blood Drive, 7:30 a.m.-1 p.m.

June 20-23: Texas Association of Healthcare Volunteers Convention, Austin, Texas

June 24: Blood Drive, 7:30 a.m.-1 p.m.

June 30: Children’s Miracle Network jersey auction, immediately following the 7:05 p.m. Colts game against the Rio Grande Valley White Wings. Colts players will auction their jerseys to help kids in benefit your local Children’s Miracle Network hospital. For more information, call (325) 481-6160.

Geneva Nelson has been a Shannon Volunteer for seven years. She is the service head for the Women’s & Children’s a.m. desk and her valuable service as a pillow-maker for the Volunteers is a much-needed contribution. The pillows are given to Shannon patients. So far, she and her “crew” have cut, stuffed, sanitized and bagged 1,600 pillows!

Geneva has lived in Minneapolis, Kansas, and Fort Stockton and Seminole, Texas. For the past 15 years she has been a resident at Rio Concho West where she serves on the Retirement Council. She has two sons, four grandchildren and ten great-grandchildren. She is a member of the Welcome Ministry at Holy Angels Catholic Church. Her hobbies include watercolor painting and attending her grandchildren’s sporting events in Eldorado. Geneva always has a pleasant and positive attitude. Her enthusiasm is infectious and her dedication makes her a role model in voluntarism.

VOLUNTEER EVENTS

May 9: Membership Luncheon, 11:30 a.m., San Angelo Country Club

May 10 & 11: Claudia’s Sale, Legacy I & II

May 14-15: San Angelo Country Club Blood Drive, 7:30 a.m.-1 p.m.

May 20-23: Texas Association of Healthcare Volunteers Convention, Austin, Texas

May 24: Blood Drive, 7:30 a.m.-1 p.m.

May 31: Blood Drive, 11:30 a.m.-6 p.m.

Take me out to the ball game! The San Angelo Colts take on the McAllen Thunder Wed., May 24, 7:05 p.m. at Foster Field during their season opener! Discounted tickets are available for Shannon Associates and payroll deduct is available at the ticket box office. Visit www.sanangelocolts.com for more information.
Call for volunteers!

In order for the Shannon Sporting Clay Shoot to be successful, we need your help as a volunteer. Please take a few minutes to consider volunteering to assist us on July 20 or 21 (or both!). If you have never volunteered before or if you have been one of our many valued volunteer supporters in the past, we are excited to have the opportunity to work with you!

- Safety is our first consideration for our volunteer Trappers (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

For more information or to volunteer call Maris Garcia at 657-5484 or email marinagarcia@shannonhealth.org

The 13th Annual Shannon Sporting Clay Shoot will be held Friday and Saturday, July 20 and 21, at the San Angelo Claybird Association in San Angelo, Texas. Throughout the past 12 years, the event has grown into the second largest charity shoot in Texas. Last year, the shoot attracted more than 556 shooters and 1,500 spectators. The ongoing partnership with our generous sponsors and shooters has allowed the continued growth and success of the shoot.

Underwriting opportunities are available for all sponsorship levels ranging from $7,500 and below. Contact Suzi Reynolds at (325) 657-5434 or Connie Whitman at (325) 659-7411 for more information on sponsorships or visit www.shannonhealth.com for more information about the event. Your consideration is appreciated by all West Texans!
Shannon kicked off an organization-wide recycling initiative last month. With the “green” movement still rapidly increasing on national and global levels and the 42nd annual Earth Day on April 22, the time has never been better. Cardiologist Samia Bendilamine, MD, has served as the driving force behind implementing the recycling initiative at Shannon. “I am an advocate of maintaining a healthy lifestyle and that includes keeping our environment healthy,” Dr. Bendilamine said. “You don’t have to make drastic changes—it’s the little, easy-to-do things that add up.”

Environmental Services placed blue recycling bins for empty plastic bottles and empty aluminum cans in Starbucks’s, the Memorial Cafeteria, the ER waiting room and Marcelle’s.

Several recycling practices were already in place at the hospital and clinic including:

- Electronic fee tickets and EMR system reduce the amount of paper used.
- Aluminum pans used by cafeterias are washed and sanitized for reuse.
- Grease generated by the cafeterias is collected by another company for reuse.

Medical Records recycles the excess paper out of charts during the prepping stage. Containers are recycled after the metal holders are removed.
- Some batteries are recycled.
- Cardboard boxes are recycled.
- Energy efficient light bulbs are used throughout the hospital.

In addition to these practices, there are future goals to expand the program:

- Install motion-activated light switches in restrooms
- Expand battery recycling program
- Replace current To-Go Styrofoam containers and plastic ware used in cafeteria with biodegradable dishware
- Recycle light bulbs
- Expand placement of recycling bins to other locations

Remember, implementing these practices at home can further the impact you have on our environment. We challenge all Associates to adopt one new habit to reduce waste or recycle materials at work or home.

Here are a few other changes you can make at home:

- Wash clothes in cold water
- Use a refillable water bottle or coffee mug
- Use the dishwasher instead of hand-washing dirty dishes
- Buy energy efficient light bulbs
- Reuse plastic bags
- Use silverware and plates instead of plastic ware and paper plates

Together, small changes add up to big results! Thank you to all Associates for their willingness to participate!

Reduce, Reuse & Recycle—at Shannon!

Several departments and individuals around the hospital and clinic were already reducing their carbon footprint by implementing environmentally-conscious practices.

“A nurse in ICU collects aluminum cans and donates the money raised from recycling them.”—Phoncia Cain, BS, RN, CORN, CEN

“We have recycled our aluminum cans for years. We have a collection box in the nurse’s lounge. When it is full, we give it to Croix Rodger, RN for the White Race Bowersortment Fund. We feel like we are actually contributing to the Earth and to a Shannon program that we care about. I know that Shannon is getting into recycling. We recycle plastic and aluminum at my home, too.”—Terri French, RN, PACU

“I have been taking all of the recyclable plastic bottles and bags/shelving and cans. I am able to gather in the laboratory to the recycling center. I make so many trips to S.A.F.E. every week that Ms. Caldeiron recognizes me when I pull through the gate. The laboratory reuses manila folders as many times as the folder will hold up. We reuse rubber bands and paper clips as many times as they will stay together.”—Denise A. Gurching, MT

“I work at the Surgery Center and we have been ‘earth friendly’ for several years. We have containers for care and plastic in several areas and keep them emptied. We also are trying to be very energy conscious, turning off lights and monitors when not in use. I’m so happy the rest of the hospital is on board!”—Susan Hinson, RN

“An ambassador for the San Angelo Friends of the Environment, I am excited to hear that bins will be put in various locations to collect items for recycling. I, myself, already recycle everything that can be recycled. If anyone has any questions on what can be recycled, I would be glad to try to answer those and if I can’t, the phone number for the Recycling Center is 659-0722.”—Carolyn Martin, Medical Records

Mario Hernandez, Nuclear Lab technician, collects aluminum cans used by patients after they complete their labs. He empties the bucket once every six weeks and takes the cans to the recycling center.

Fire is a deadly threat to any household. It can strike anywhere, at any time. Smoke alarms provide a warning of fire and are the most cost-efficient way to alert your family of a developing fire. The more smoke alarms you have installed in your home, the more your chances increase that you will be alerted to a fire.

Carbon monoxide (CO) is an invisible, odorless gas. It is a common by-product of incomplete combustion, produced when fossil fuels (like oil, gas or coal) burn. Because you can’t see, taste or smell it, carbon monoxide can kill you before you know it’s there. Also, exposure to lower levels over time can make you sick.

Combination detection devices for fire and carbon monoxide can protect your family from these deadly elements.

West Texas Salmon

Ingredients:
1 - 16oz salmon filet with skin on
1 tablespoon brown sugar
2 tablespoons olive oil
½ tablespoons garlic salt
1 fresh lemon (cut into slices)
1 tablespoon ground black pepper
1 ½ tablespoons paprika
1 fresh jalapeno

Method:
1. Rub salmon with olive oil and garlic salt.
2. Sprinkle brown sugar and pepper on top of filet.
3. Place lemon slices on top of filet and sprinkle with paprika.
4. Place filet on medium-high grill skin-side down.
5. Place jalapeno on grill to roast. Do not flip the filet. If the grill becomes too hot, move the filet to the side of the grill.
6. When salmon is flaky and the internal temperature reaches 145 degrees Fahrenheit, you are ready to eat!

Serve with sliced roasted jalapeno. Try smoking the salmon on a soaked cedar plank for a different flavor.

Heather’s Choice Summer Grilling Recipes

Chef Larry Lambert of Shannon Medical Center

Grilled Romaine and
Vegetable Salad

Ingredients:
3 hearts of romaine, rinsed
1 cup asparagus tips
½ cup carrots—thirty sliced (Julianne)
½ cup cucumbers—thirty sliced (Julianne)
½ cup yellow squash—thirty sliced (Julianne)
1 cup diced red pepper
1 tablespoon fresh garlic
Salt & pepper to taste
Olive oil as needed

Salad dressing of your choice

Method:
1. Cut romaine hearts in half splitting from top to core. Leave core in tact. This will hold the heart together.
2. Sprinkle the inside of the romaine heart with olive oil and seasonings.
3. Place hearts in medium hot sauté pan. Grill for one to two minutes. This works great on a gas grill for smoky flavor.
4. Take hearts out of pan. Add all vegetables in pan and stir fry for two to three minutes until tender but crisp.
5. Spoon vegetables over grilled romaine hearts.
6. Drizzle or serve with your favorite dressing.

Shannon Medical Center and the Concho Valley Regional Advisory Council recently teamed up with Neighborhood and Family Services of San Angelo to provide these combination alarms to area households.

The alarms were purchased as part of the group’s annual regional injury prevention activity and were installed in 80 San Angelo homes during the city’s annual Neighborhood Blitz at the end of April.

A Super Shannon Thank You!

A group of women from First Baptist Church presented seatbelt covers to David Cummings, M.D., Shannon Clinic Oncologist/Hematologist. The group made 80 covers to be used by chemotherapy patients. Seatbelts often lie across and can irritate the port placed in a patient to receive chemo.

A Super Shannon Thank You!
Celebrating National Hospital Week & National Nurses Week May 6-12

Thank you to all Shannon Associates for providing exceptional care every week of the year!

Children related to Shannon employees were asked to draw what their relative does at work. They did a great job!

Area elementary children were asked to describe in their own words what a nurse is and provide a drawing. Here are some of the results:

Join us as we celebrate National Hospital Week and thank our Associates and Volunteers. All Associates and Volunteers are invited.

There will be free food and t-shirts, but don’t forget to wear your badge!

Friday, May 11
Late night shift
Memorial Cafeteria
12:30 a.m. - 2:00 a.m.
Shamrock Park
11:00 a.m.- 2:00 p.m.
Frank’s Café St. Johns
11:00 a.m.- 1:15 p.m.

Benjamin Lai Vu, age 6, Grandson of Rhonda Cain, ICU “Yaya checking on somebody’s heart”

Deja Gomez, Age 10, daughter of Frank Gomez, Food & Nutrition Services

Kayla Pleff, 5th grade: A Nurse is a kind-hearted person who helps you overcome sickness.

Nadia, kindergarten: A Nurse is a person that helps people.

Mitchell Nehls, 5th grade: A Nurse is SUPER!

Sarah Harvey, 5th grade, daughter of Dr. David Harvey: A Nurse is fun.

Hallie, 3rd grade: A Nurse is very kind to kids when they are in the hospital.

Cheyley Robbins, 5th grade: A Nurse is someone that is loving.

Skye Mollock, 5th grade: A Nurse is someone who takes care of and heals patients to make them feel better.

Mia, 3rd grade: A Nurse is helpful to people when injured or sick.

Angelina Sanchez, 4th grade: A Nurse is someone that helps the ill and injured. Someday I want to be a nurse and work at Shannon hospital.

Trisha Pfluger, 5th grade: A Nurse is a super hero.

Chyleen Stewart, 5th grade
A Nurse is a person that helps people.

Kaelynn Gesch, Age 5, daughter of Stephanie Gesch, NICU

Hannah Vu, age 6, Granddaughter of Rhonda Cain, ICU “Instrument”

Christian Conner, age 5, son of Crystal Conner, Health & Wellness “Mommy meeting with the auditors”

Benjamin Lai Vu, age 6, Grandson of Rhonda Cain, ICU “Page checking on somebody’s heart”

Camille Torres, Age 10, daughter of Sally Torres, Health Information

Katelynn Puente, age 11, daughter of Lupe Puente, 5S “5 South No Bones About It!”

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