

August 2023



INTRODUCTION

As the summer season comes to a close, Village Health is excited to share our latest updates and highlights. From new services and helpful tips to recent staff achievements, this newsletter is packed with valuable information to keep you informed and engaged with our healthcare community!



TABLE OF CONTENTS

<i>Now Accepting Ambulance Traffic</i>	pg. 2
<i>Developments at CCRI + New Gynecology Service Line</i>	pg. 3
<i>Stepping Into the Future</i>	pg. 4
<i>Staying Hydrated</i>	pg. 5
<i>Employee Highlights</i>	pg. 6



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NOW ACCEPTING AMBULANCE TRAFFIC

Expanding Our Commitment to Serve the Community

Village Health is excited to share a significant development at The Heights Hospital: we are now accepting ambulance traffic! As part of our ongoing commitment to providing top-notch healthcare services and ensuring accessibility for all, this expansion marks a milestone in our journey to serve the Heights community better.

With the inclusion of ambulance traffic, we can now offer seamless and timely access to our comprehensive medical facilities for patients arriving via emergency services. Our dedicated team of healthcare professionals is ready to respond promptly to critical cases, ensuring that patients receive the urgent care they need.

The Heights Hospital is now 1 of the 40 hospitals in the Greater Houston area that the Houston Fire Department will be sending ambulance traffic to, and the only hospital that is not affiliated with a larger system.

By accepting ambulance traffic, we aim to further strengthen the ties between our community and the healthcare services we provide. At The Heights Hospital, our mission has always been to make a positive impact on the lives of our patients, and this step aligns perfectly with that goal.

Our emergency department is fully equipped to handle a wide range of medical emergencies, staffed by skilled and compassionate medical personnel who prioritize patient well-being above all else. From the moment patients arrive, they can rest assured that they are in capable hands.

Village Health recognizes our exceptional ER staff and the 15 months of hard work they put forth to bring our emergency room from a collection of empty rooms

outfitted to look like an ER, to an actual ER that is now equipped and able to accept ambulance traffic. It was the collective effort from our different departments that made this expansion possible. To our ER nurses and paramedics, ER front desk and registration, pharmacy, radiology, lab, materials department, ER physicians: Village Health thanks you for your hard work!

We would also like to extend our gratitude to the emergency medical services (EMS) teams, who play a vital role in the continuum of care. Their dedication and commitment to saving lives are truly commendable, and we look forward to working hand-in-hand with them to provide exceptional healthcare services to our community.

Thank you for entrusting us with your healthcare needs. We are honored to be your partner in health, and we look forward to providing exceptional care to all patients who come through our doors, both by ambulance and through other means.

As always, we remain committed to delivering excellence in healthcare and being a beacon of hope for our community.



Starting in September, we are thrilled to announce that Village Health will be accepting Cigna insurance. Our commitment to providing accessible and comprehensive healthcare remains stronger than ever. We look forward to serving more patients with the care they deserve. Stay tuned for more updates on this new partnership in our upcoming newsletters!

DEVELOPMENTS AT CCRI



2 randomizations for
Degenerative Disc Disease Trial

1 pending randomization for
Lumbar Radiculopathy Trial

Awarded a COPD trial

CCRI is currently enrolling potential patients for clinical research studies. If you or any one you may know may be interested, please contact our office at 346-396-1217 or visit our website, ccriresearch.com

Gynecology Service Line at The Heights Hospital

We are thrilled to introduce our new service line - Gynecology, now available at The Heights Hospital! We warmly welcome Dr. Paul Cook, Dr. Roz Nanda, Dr. Ziad Melhem and their esteemed group to our healthcare family, and we are excited to provide exceptional care for women's health needs.

To learn more about their practice, visit <http://www.theobgyncenter.com/>



STEPPING INTO THE FUTURE

Introducing the Podiatry Residency Program at Village Health

Village Health is thrilled to announce the launch of our esteemed Podiatry Residency Program. As we take this significant step forward, we are filled with excitement and pride, knowing that we are shaping the future of healthcare and contributing to the advancement of medical education.

This program represents a new chapter in our journey of providing exceptional care to our community. We believe that being a part of medical education is not just a responsibility but a privilege. By fostering the growth and development of aspiring podiatrists, we are nurturing the next generation of healthcare professionals who will carry on the legacy of compassion, expertise, and dedication.

Podiatry, often referred to as the "art of foot care," plays a crucial role in our overall well-being. Our feet are the foundation of our mobility, and the health of our feet can significantly impact our quality of life. The importance of podiatry extends beyond treating foot ailments; it encompasses the prevention, diagnosis, and management of conditions that affect the lower extremities.



Third Year Podiatry Residents at Village Health. (L to R) Rose Wilson, DPM, Rebecca Schwartz, DPM (Chief Resident), Chance Smith, DPM, and Brady Hogan, DPM

Our Podiatry Residency Program will be a comprehensive and enriching experience for residents. Under the guidance of our experienced podiatrists, residents will receive hands-on training, engage in surgical procedures, and gain exposure to a wide range of foot and ankle conditions. Our program is designed to equip residents with the skills, knowledge, and confidence to become competent podiatrists who can make a meaningful impact on patient lives.

The establishment of this residency program reflects our commitment to being at the forefront of medical excellence. We are dedicated to providing our residents with a supportive learning environment that encourages continuous growth and fosters innovation. Our hope is that they will carry the torch of knowledge and contribute to the ever-evolving field of podiatry.

We extend our deepest appreciation to the entire Village Health community for your unwavering support. Your trust in us inspires us to push the boundaries and strive for excellence in every aspect of healthcare. Our residents will benefit greatly from your mentorship and camaraderie, and we are excited for them to be a part of this remarkable community.

Together, we embark on a journey of discovery, learning, and healing. As we witness the transformation of young talents into competent podiatrists, we take immense pride in knowing that they will carry forward our commitment to compassionate care and medical excellence.

We look forward to the positive impact that our Podiatry Residency Program will have on the lives of our patients and the future of healthcare.



STAYING HYDRATED

A Vital Step in Ensuring Your Well-Being

As we experience the Texan summer heat, it's crucial to be mindful of our hydration levels and take proactive steps to avoid dehydration. Dehydration occurs when our bodies lose more fluids than we consume, and it can have significant effects on our well-being.

Common Symptoms of Dehydration

- **Thirst:** Feeling thirsty is our body's way of signaling that it needs more fluids. If you're experiencing thirst, it's essential to drink water immediately.
- **Dark Urine:** Urine that appears dark yellow or amber is a sign of dehydration. Ideally, urine should be light yellow or pale in color.
- **Dry Mouth and Lips:** Dryness in the mouth and lips can be an early indication of dehydration. Chapped lips and a sticky mouth may indicate a need for hydration.
- **Fatigue and Weakness:** Dehydration can lead to feelings of fatigue and weakness, affecting our ability to perform daily activities.



Dehydration can have serious consequences, from mild discomfort to severe health issues. As a community, let's prioritize our health and well-being by staying hydrated. Remember, prevention is key, and together, we can enjoy a safe and hydrated summer.

Tips to Prevent Dehydration

- **Drink Water Regularly:** Make a habit of drinking water throughout the day, even if you don't feel thirsty. Carry a reusable water bottle to ensure you always have water at hand.
- **Hydrate Before Physical Activity:** Before engaging in exercise or spending time outdoors, drink water to preemptively prevent dehydration.
- **Consume Hydrating Foods:** Incorporate fruits and vegetables with high water content into your diet, such as watermelon, cucumber, oranges, and strawberries.
- **Avoid Excessive Caffeine and Alcohol:** Both caffeine and alcohol can contribute to dehydration. Limit their consumption, especially on hot days.



STAFF ACHIEVEMENTS

Andres Perez
Heights Radiology

Andres is now Radiology Manager at The Heights Hospital.

Ryan Magnasco
Village Health Pre-Op

Ryan is now Village Health's Regional Director of Pre-Op for all locations.

Paul Barreiro
Spring OR

Paul is now the OR Manager at Spring Hospital.

BIRTHDAYS + WORK ANNIVERSARIES

BIRTHDAYS

Junaid Ahamd	08/31
Daniel Andrade	08/05
Mary Anguiano	08/26
Taneica Bell	08/23
Nicole Biehl	08/17
JoAnn Byrd	08/13
Brenda Cabrera	08/05
Sana Farooqui	08/06
Jay Garcia	08/03
Agustina Hernandez	08/28
Tabatha Hyatt	08/21
Wendy Jones	08/01
Jalayah Jones	08/26
Neil Lagrada	08/06
Adriana McCray	08/12
Dee McIntosh	08/26
Sherlin McKeller	08/06
Jean McKinney	08/16
Amanda Montemayor	08/16

Yenisleidys Morales Betancourt	08/02
Jessica Nguyen	08/30
Yoelia Perez	08/11
Nadege Remy	08/15
Sonia Salinas	08/25
Alex Sutton	08/23
Zoey Tejada Gonzalez	08/22
Thong Trinh	08/10
Marci Twyman	08/31
Angela Velazquez	08/14
Nisha Waddell	08/15

WORK ANNIVERSARIES

Jean McKinney	08/07 - 1 year
Theresa Fredrick	08/07 - 1 year
Finis Washington	08/11 - 1 year
Lauren Cozad	08/14 - 6 years
Dulce Sanchez	08/15 - 1 year
Peace Ifeduba	08/22 - 1 year
Chalice Garza	08/22 - 1 year
Jany Resendez	08/29 - 1 year
Irena Hargrove	08/29 - 1 year
Celina Guzman	08/30 - 1 year

If you want to read more about healthcare, developments, and other news at Village Health [click here](#) to check out our weekly blogs!

To leave comments and contribute ideas for future newsletters, email us at



digitalmarketing@villagehealth.care