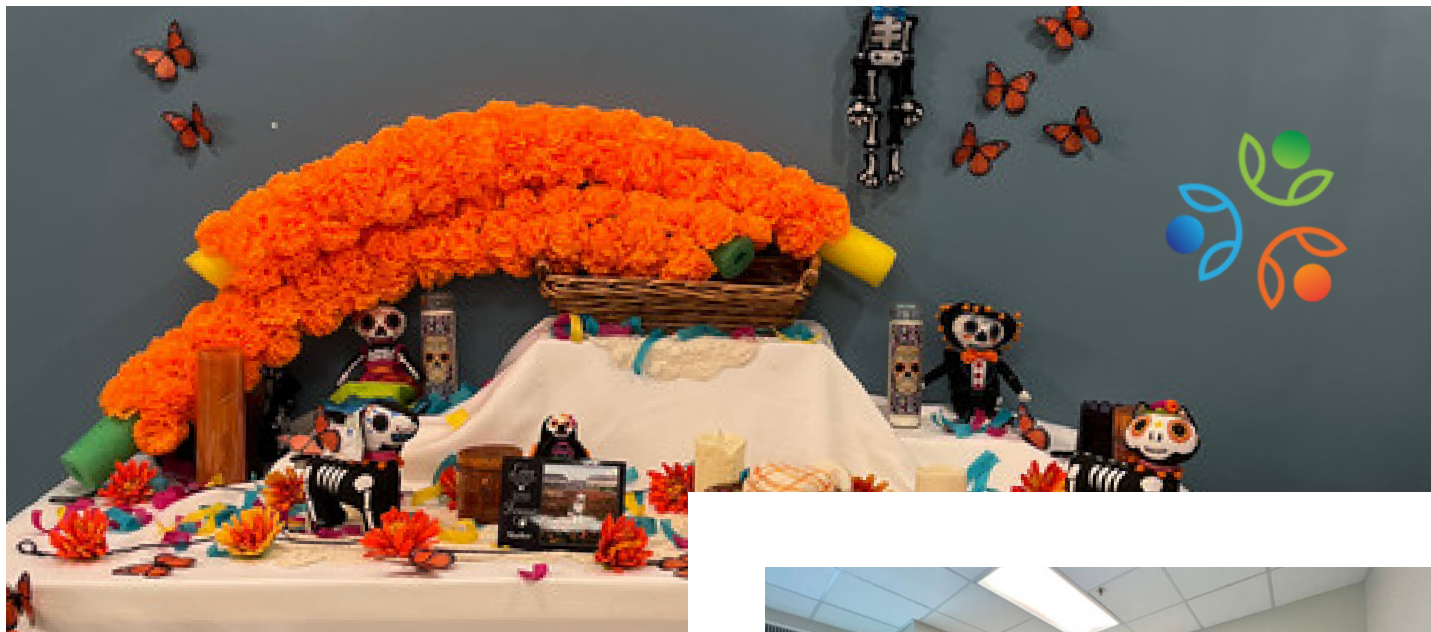
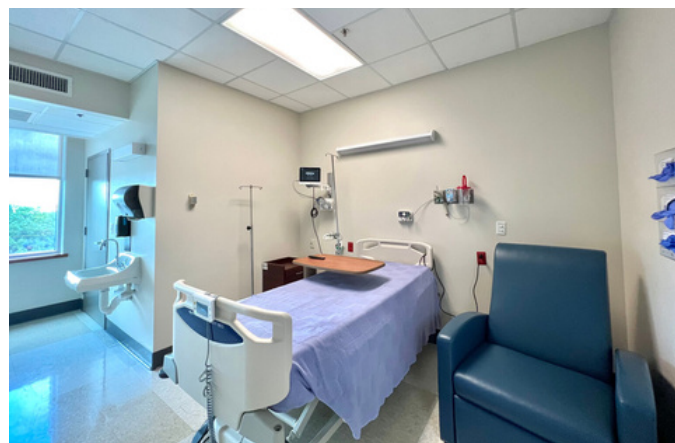


November 2023



## INTRODUCTION

As we transition from the vibrant colors of autumn to the warmth of the upcoming holiday season, we have some exciting stories, updates, and news to share. This month, we're putting a spotlight on gratitude, health, and the incredible team at Village Health. Join us in celebrating the spirit of November!



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# DÍA DE LOS MUERTOS

## *Celebrating the Spirit of Day of the Dead at The Heights Hospital*

In the true spirit of cultural diversity and celebration, The Heights Hospital recently had the privilege of hosting a Day of the Dead information session and altar-building event. This special occasion brought together our incredible staff, who were eager to learn and participate in the festivities.

The information session was hosted by the wonderful team at Casa Ramirez, a local cultural center that has been a beacon for promoting Mexican and Mexican-American folk art for years. The session provided our staff with a deeper understanding of the significance and traditions associated with the Day of the Dead, or "Dia de los Muertos."

The Heights Hospital was honored to partner with Casa Ramirez for this event, as it allowed us to not only learn about this beautiful holiday but also to actively participate in creating a traditional Day of the Dead altar. Together, we adorned the altar with marigolds, candles, sugar skulls, and the cherished photographs of our loved ones who have passed, paying homage to their memory.

This event was a testament to our commitment to embracing and celebrating diverse cultures and traditions within our community. It provided a unique opportunity for our staff to come together, share in the joy of learning, and deepen their cultural awareness.

At The Heights Hospital, we believe that fostering an inclusive environment is essential for providing exceptional healthcare, and this event was a remarkable step in that direction. We look forward to more such opportunities to celebrate the rich tapestry of cultures that make up our vibrant community.

As we reflect on this heartwarming event, we are grateful for the partnerships that allow us to share these cultural treasures and look forward to more celebrations that enrich the lives of both our staff and the communities we serve.

***Village Health would like to extend a special thanks to Casa Ramirez for taking the time to visit The Heights Hospital. Village Health and The Heights Hospital are always thrilled to be a part of our Houston Heights community at every opportunity.***



# DR. AMIT K. AGARWAL

## *Elevating Healthcare at Village Health*

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At the heart of Village Health's commitment to delivering exceptional care lies a dedicated team of medical professionals who continuously strive to push the boundaries of healthcare. Dr. Amit K. Agarwal, a prominent figure within our healthcare family, exemplifies this unwavering dedication.

Born and raised in the heart of Paris, Texas, Dr. Agarwal's journey through the world of medicine has been nothing short of inspiring. He laid the foundation for his extraordinary career by earning an undergraduate degree in biology at Austin College in Sherman, Texas. His insatiable passion for healing led him to St. George's University School of Medicine in Grenada, West Indies, where he obtained his medical degree.

Dr. Agarwal's commitment to excellence propelled him to further hone his skills and knowledge. He completed a rigorous residency in general surgery, followed by a fellowship in colon and rectal surgery, both at The University of Texas Health Science Center at Houston (UTHealth). This extensive training equipped him with the expertise to treat patients of all ages and address a wide array of medical concerns.

Among his clinical interests, Dr. Agarwal has distinguished himself in the fields of minimally invasive and robotic surgery of the colon and rectum, cancer screening through colonoscopy, and the diagnosis and treatment of benign and malignant conditions of the colon, rectum, and anus. Additionally, his expertise extends to addressing pelvic floor disorders, managing inflammatory bowel disease, and providing solutions for incontinence.



But Dr. Agarwal's contributions to healthcare extend beyond the patient's bedside. He is deeply involved in surgical education and is an active participant in clinical research, pushing the boundaries of medical knowledge and innovation. This is further evidenced by his authorship of numerous peer-reviewed journal articles and book chapters, reflecting his dedication to advancing the field of medicine.

A recognized figure in the medical community, Dr. Agarwal is a member of prestigious organizations, including the American College of Surgeons, the American Society of Colon and Rectal Surgeons, the Texas Medical Association, and the Harris County Medical Society. His commitment to these organizations reflects his dedication to upholding the highest standards of medical practice and continuing to foster progress in the field.

Dr. Amit Agarwal's presence at Village Health is an embodiment of our mission to provide transformative healthcare. His unwavering commitment to his patients, his dedication to surgical excellence, and his contributions to medical education and research make him an invaluable member of our healthcare family. We are honored to have Dr. Agarwal as part of our team, and we look forward to the continued impact he will make in the world of healthcare.



# BEHIND THE SCENES HEROES: PLANT OPERATIONS

## *Highlighting Village Health's Unsung Heroes*



In the bustling world of healthcare, where the focus is often on the exceptional care our patients receive, it's crucial not to overlook the tireless efforts of our Plant Operations team. These silent champions ensure that both The Heights Hospital and Spring Hospital stand as beacons of excellence, providing a safe, comfortable environment for our employees and visitors.

Every day, as most of us are still embracing the warmth of our beds, this remarkable team is already hard at work. They rise at 5 a.m. to set the optimal temperature in our operating rooms, creating the perfect conditions for life-saving surgeries. But their commitment doesn't stop with the sunrise; they are here during weekends, holidays, and late hours, meticulously tending to our facilities to ensure they function smoothly.

Our Plant Operations team is our first call when the elevator hesitates at The Heights Hospital. They respond swiftly, ensuring that our patients and staff can move throughout the hospital with ease. At Spring Hospital, when the chiller decided to take an unexpected break, they worked tirelessly to fix it, keeping our facility running efficiently.

Their dedication also extends to meeting stringent Life Safety requirements. Hours upon hours are invested in ensuring that our facilities not only meet but exceed these critical standards, guaranteeing the utmost safety for all within our walls.

To add to their already incredible list of contributions, the team also handles the transportation of equipment between our facilities. This ensures that every surgeon has the precise tools they require for each case, further demonstrating our commitment to patient care.

The Plant Operations team at Village Health works diligently behind the scenes, providing the foundation upon which our exceptional patient care is built. Their unwavering dedication is a testament to our mission: to transform healthcare, one service at a time.

To the Plant Operations team: Luis Ron, John Young, Miguel Rodriguez, and Dave Colyer, we say thank you for your unwavering commitment to ensuring our hospitals are welcoming, comfortable, and, above all, safe. Your dedication is the foundation upon which our healthcare services are built, and we are immensely grateful for all that you do.



**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](http://ccriresearch.com)**

# THANKSGIVING HEALTH TIPS

## Savor the Season Mindfully

Thanksgiving is a time for gratitude, family, and a delicious feast. While indulging in the delectable dishes that define this holiday, it's essential to keep your health in mind. Here are some Thanksgiving health tips to help you savor the season without the guilt.

### 1. Balance Your Plate

Embrace the "half-plate" rule. Fill at least half of your plate with vegetables and fruits, opting for colorful, nutrient-rich options like green beans, Brussels sprouts, and cranberries. Reserve a quarter for lean protein such as turkey and the remaining quarter for wholesome carbohydrates like sweet potatoes or whole-grain stuffing.

### 2. Practice Portion Control

Thanksgiving feasts can lead to overindulgence. Rather than piling your plate high, start with small servings. You can always go back for seconds if you're still hungry.

### 3. Hydrate Mindfully

Amidst all the delicious food, don't forget to drink water. Staying hydrated can help control your appetite and promote healthier digestion.

### 4. Be Cautious with Gravy

Gravy can be high in fat and calories. Use it sparingly or look for low-fat alternatives. Better yet, try making your own with less fat.

### 5. Make Smart Substitutions

Get creative with healthier ingredient swaps. For example, use Greek yogurt instead of sour cream, or applesauce in place of oil or butter in baking.

### 6. Slow Down and Savor

Mindful eating is key. Take your time to savor each bite. This not only enhances the enjoyment of your meal but also helps prevent overeating.

### 7. Get Active

Start your Thanksgiving Day with a family walk or engage in some fun outdoor activities. It's a great way to spend quality time together and counteract the extra calories.

### 8. Prioritize Sleep

A good night's sleep is essential for overall health. After your feast, ensure you get enough rest to support digestion and rejuvenation.

### 9. Manage Leftovers

While enjoying the leftovers, aim for balance. Make hearty salads with turkey, choose whole-grain wraps for sandwiches, or create tasty soups with your holiday ingredients.

### 10. Focus on Gratitude

Remember that Thanksgiving is about more than just food. Reflect on your blessings and the people you are sharing this special day with.

By incorporating these Thanksgiving health tips, you can savor the flavors of the season without sacrificing your well-being. Enjoy your meal, embrace your loved ones, and give thanks for the gift of good health. Happy Thanksgiving!



# VILLAGE HEALTH'S RECENT EVENTS

*Discover the latest events happening in our Village Health community!*



## **YMCA Event**

Village Health was delighted to join the YMCA's Fall Festival, coming together in a wonderful collaboration to celebrate the season. It was a joyful and community-focused event!



## **Pink October**

In October, Village Health encouraged our compassionate staff to wear pink, showing their support and raising awareness for Breast Cancer.

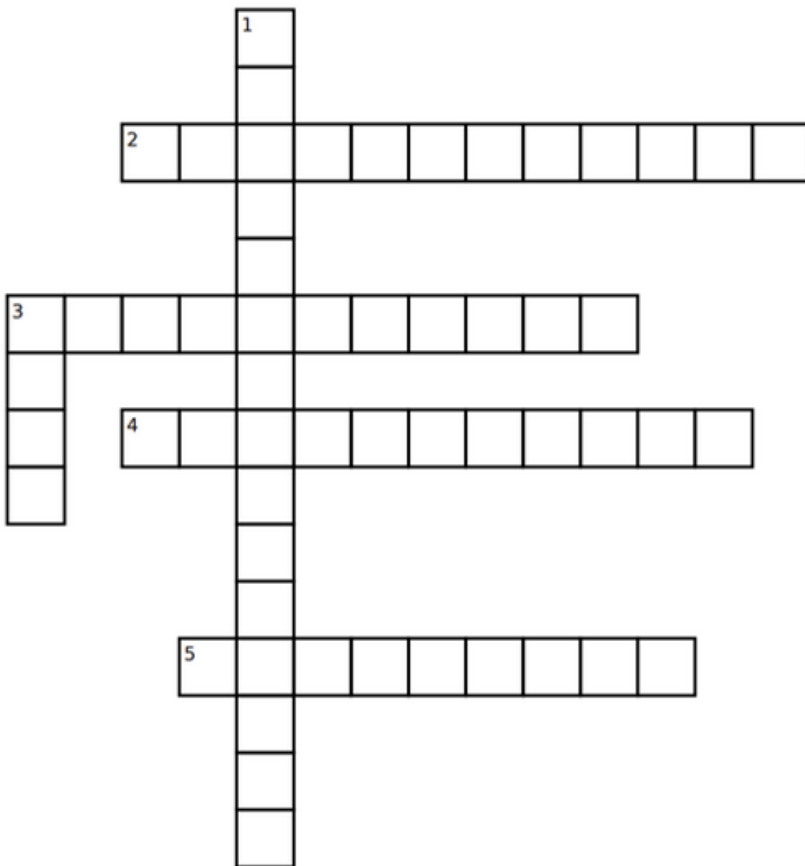




## Halloween Festivities

Village Health's Halloween Festivities were a spooktacular success! Laughter and creativity filled the air as employees from both Spring Hospital and Heights Hospital showcased their pumpkin carving skills in friendly contests. But the thrill didn't stop there. Our talented teams from Plant Ops, Quality, HR, and Credentialing transformed the 3rd floor into a hair-raising haunted house. Everyone joined in on the fun, and the result was simply boo-tiful!

# IT'S ALL FUN & GAMES...



B	V	C	A	S	A	R	A	M	I	R	E	Z	C
T	H	A	N	K	S	G	I	V	I	N	G	I	R
G	O	Z	A	A	U	N	N	E	G	R	G	A	H
R	E	B	M	E	V	O	N	I	K	P	M	U	P
I	R	A	A	K	M	C	A	L	A	I	C	N	G
A	C	A	N	I	A	S	A	H	L	N	S	O	I
G	A	M	M	A	L	P	I	A	A	K	Z	N	C
I	L	A	A	G	A	O	S	L	W	O	A	D	A
R	N	N	F	M	O	T	P	L	R	C	C	G	R
I	K	A	S	A	O	N	M	O	A	T	L	R	V
K	E	O	A	K	L	A	A	W	G	O	P	F	I
V	N	M	N	W	R	L	I	E	A	B	R	F	N
N	P	W	R	A	N	P	N	E	R	E	R	M	G
M	H	B	O	N	R	P	N	N	D	R	A	N	N

## Down

1. Spanish translation for "Day of the Dead"

3. The color Village Health encouraged our employees to wear during the month of October

## Across

2. An annual national holiday marked by a traditional meal including turkey

3. A traditional Mexican decorative craft made by cutting elaborate designs into sheets of tissue paper

4. Name of The Heights store that hosted the Day of the Dead Information Session

5. Name of the doctor highlighted for the month of November

## Words to Find

DR. AGARWAL  
 NOVEMBER  
 THANKSGIVING  
 HALLOWEEN  
 PUMPKIN  
 PLANT OPS  
 CASA RAMIREZ  
 FALL  
 CARVING  
 PINK OCTOBER



## Employee of the Month

### Silvia Hernandez

We are thrilled to announce Silvia Hernandez as Village Health's Employee of the Month! Silvia's unwavering commitment to our mission of delivering the best care is nothing short of extraordinary.

Silvia is a shining example of dedication and compassion. Every day, she tirelessly goes above and beyond to ensure that our patients and staff have the support they need. Her dedication extends far beyond her job description. One heartwarming incident highlights her remarkable spirit. Silvia took it upon herself to help a patient find their missing dentures, a gesture that meant the world to them.

This act of kindness mirrors the core values we hold dear at Village Health. We are immensely proud of her, and we look forward to many more days of her dedicated service. Congratulations, Silvia! Your commitment is truly the heartbeat of our organization.

## BIRTHDAYS + WORK ANNIVERSARIES

### BIRTHDAYS

Ana Tax	11/02
Casey Albee	11/05
Fernando Hernandez	11/05
Neil Palapar	11/06
Savannah Garza	11/09
Yeni Ortez	11/10
Imelda Reynes	11/10
Krishna Desai	11/12
Brady Hogan	11/16
Karen Scioneaux	11/17
Michael Zamarron	11/17
Ricky Flory	11/17
Finis Washington	11/18
Audelia Cruz	11/22
ED Pagoaga	11/23
Idelisse Lopez	11/24
Sherene Ebanks	11/28

### WORK ANNIVERSARIES

Auri Watts	11/01 - 1 year
Yesenia Gallegos	11/03 - 1 year
Mary Anguiano	11/07 - 1 year
Savannah Garza	11/09 - 1 year
Josie Morales	11/14 - 1 year
Maria Amaya	11/17 - 6 years
Catherine Bronson	11/19 - 2 years
Diana Ramirez	11/20 - 6 years
Jared Webb	11/21 - 1 year
Darrell Matthews	11/29 - 2 years



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](mailto:digitalmarketing@villagehealth.care)