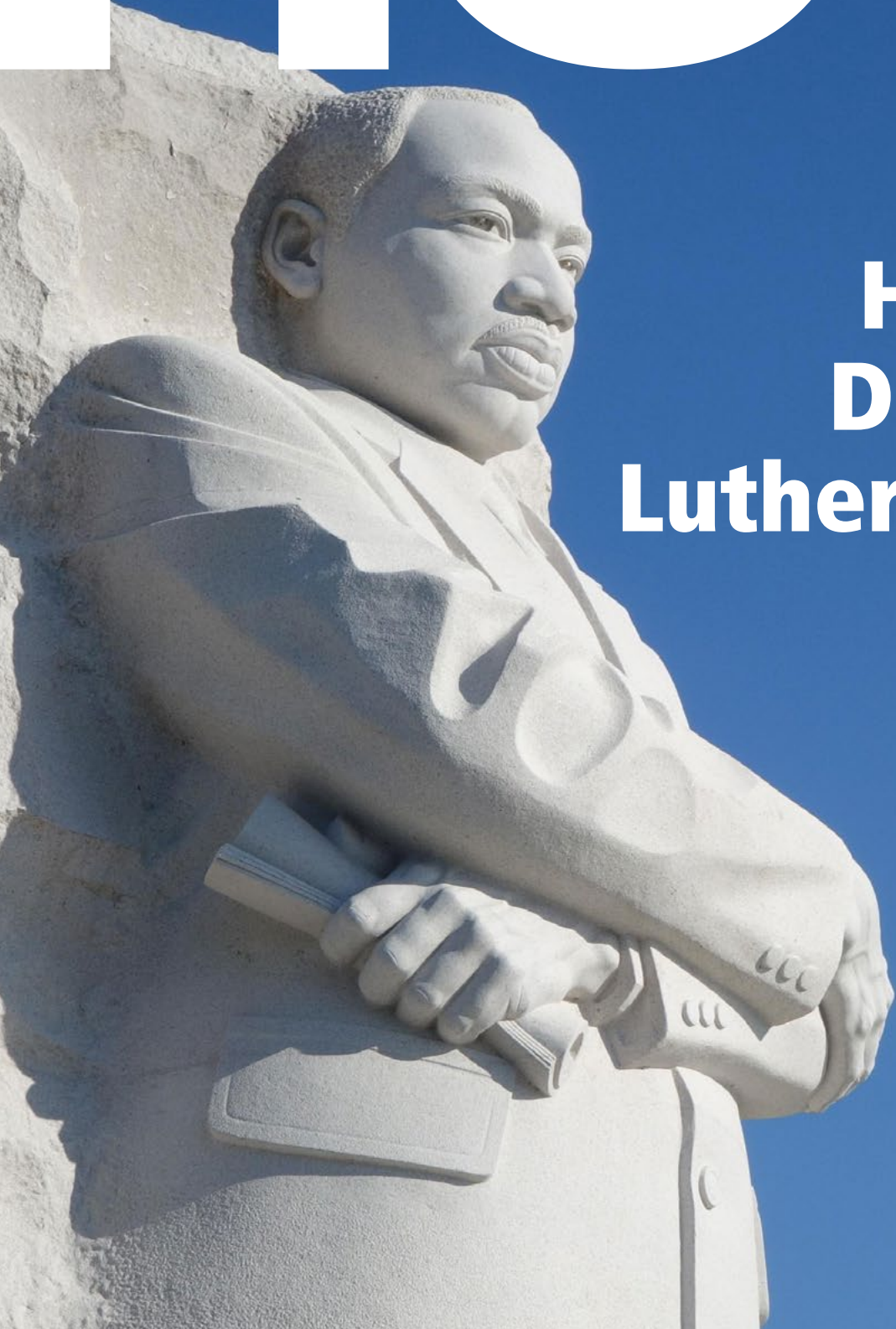


HOW

Parkland

Information and stories
for Parkland employees
Jan. 13 – Jan. 26, 2025



Honoring Dr. Martin Luther King, Jr. Day

P.2

Parkland named a 2025
High Performing hospital
for maternity care

P.3

Parkland's New
Wellness Experience

P.4

Important update on
Annie's Place childcare

On the cover

Honoring Dr. Martin Luther King, Jr. Day

On Monday, Jan. 20, we will pause to honor the life and legacy of Dr. Martin Luther King, Jr., an influential American, civil rights advocate and Nobel Peace Prize laureate. Dr. King, a key symbol of our country's hopes and dreams for a better future, envisioned an America that celebrated its unique diversity.

Dr. Martin Luther King, Jr. Day functions as a day "on," not a day "off" – an important opportunity for Americans across the country to step up, promote equity and take action to create Dr. King's *Beloved Community* in which everyone is cared for, absent of poverty, hunger and hate.

Join us at the Dr. MLK Jr. Parade

This year's parade is at 10 a.m. on Saturday, Jan. 18, and will start at the Fair Park Pennsylvania entrance. It will proceed westbound on Pennsylvania turning right north bound on Latimer making a right on MLK Blvd. The Parade will proceed eastbound returning to Fair Park. The parade will feature approximately 250 entries from various community organizations, church groups, youth groups, nonprofit organizations, band/drill teams and more.

In addition to having many volunteers participate in the parade, Parkland is also one of the parade sponsors. We would love to see even more of our team members lining the streets to celebrate this annual event!

Enjoy a special MLK Day cafeteria menu

Monday, Jan. 20, through Wednesday, Jan. 22, Nutrition Services will partner with Parkland's VOICES Employee Resource Group (ERG) to provide a special cafeteria menu honoring the Dr. Martin Luther King, Jr. Day holiday. Join us in the hospital cafeteria Jan. 20-22 to enjoy some of Dr. King's favorite dishes.

▶ Parkland named a 2025 High Performing hospital for maternity care

U.S. News & World Report, the global authority in hospital rankings and consumer advice, has named Parkland Memorial Hospital as a 2025 High Performing hospital for Maternity Care. This is the highest award a hospital can earn as part of U.S. News' Best Hospitals for Maternity Care annual study.

U.S. News began evaluating maternity care hospitals in 2021, rating hospitals that provide labor and delivery services and submit detailed data to the publication for analysis. [Best Hospitals for Maternity Care](#) assist expectant parents, in consultation with their prenatal care team, in making informed decisions about where to receive maternity services that best meets their family's needs.

Parkland earned a High Performing designation in recognition of maternity care as measured by factors such as severe unexpected newborn complication rates, birthing-friendly practices and transparency on racial/ethnic disparities, among other measures.

"We are honored to receive the distinction of being named a 2025 High Performing Hospital for Maternity Care by *U.S. News & World Report*. This recognition is a direct reflection of the dedication, expertise and compassionate care provided by our entire team at Parkland led by Elaine Duryea, MD, and Carmen Bowling, DNP. I could not be prouder of this team," said Joseph Chang, MD, Chief Medical Officer at Parkland. "We are committed to ensuring the best possible outcomes for mothers, babies and families in our community."

U.S. News evaluated 817 hospitals from across the United States. Only half of all hospitals evaluated for U.S. News' 2025 ratings edition have been recognized as Best Hospitals for Maternity Care.

"The hospitals recognized by U.S. News as Best Hospitals for Maternity Care showcase exceptional care for expectant parents," said Jennifer Winston, PhD, health data scientist at U.S. News. "These hospitals demonstrate significantly lower C-section rates and severe unexpected newborn complications compared to hospitals not recognized by U.S. News."

The U.S. News Best Hospitals for Maternity Care methodology is based entirely on objective measures of quality, such as C-section rates in lower-risk pregnancies, severe unexpected newborn complication rates, exclusive breast milk feeding rates, birthing-friendly practices and reporting on racial/ethnic disparities, among other measures.



▼ Lasting Impressions: Xiaoyun Zhou



Each week, "Lasting Impressions" features a Parkland employee who does exceptional work and provides excellent customer service. This week's "Lasting Impressions" features Xiaoyun Zhou, Registered Nurse Acute Care, 12 Hospitalist.

"I am so proud of this nurse. She was under a lot of pressure, but she advocated for her patient and did the right thing. She also offered the patient choices to give him a sense of control. What a great example of the ICARE values that led to a positive outcome, and it is because this nurse advocated for the patient even under pressure."



Want to nominate an employee who goes above and beyond? Tell us what makes them so fantastic by emailing Employees@phhs.org or calling ext. 28048.

Join the virtual town hall on Jan. 16

Join us at 11 a.m. Thursday, Jan. 16, for our monthly employee virtual town hall:

- [Join the WebEx](#)
- **Event number:** 2661 450 3321
- **Event password:** 5XPhdQQuP33 (59743778 when dialing from a phone or video system)
- **Phone number:** 1-650-479-3208 (United States Toll)

To catch up on any town halls you missed, [click here](#).

Editor's Note

Due to the Dr. Martin Luther King, Jr. Day holiday, there will be no Monday, Jan. 20, issue of *Parkland Now*. Regular weekly publication will resume on Monday, Jan. 27.

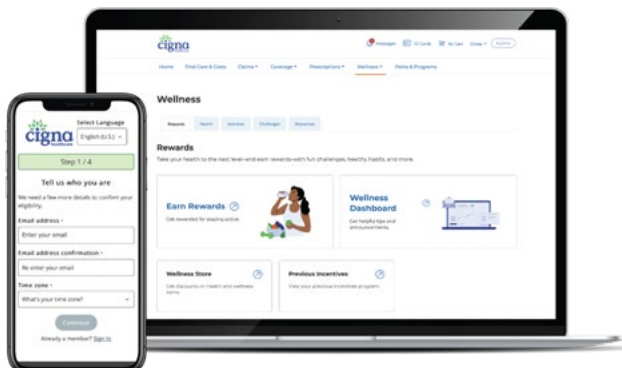
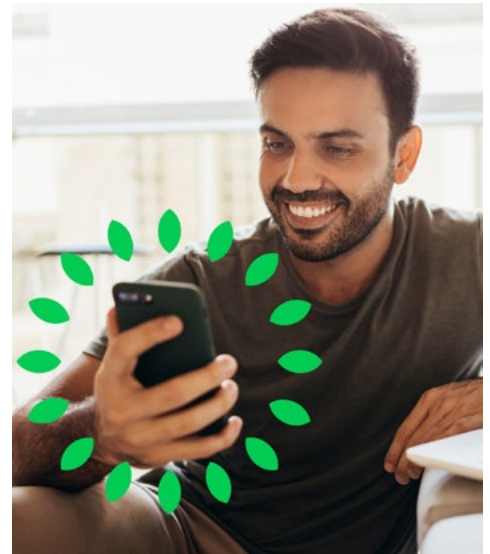
Parkland's new Wellness Experience has arrived!

Enroll today to start making healthy changes in 2025.

With the New Year upon us, there's no better time to commit to your Wellness! We're excited to introduce Cigna's Wellness Experience, an exciting new platform helping you personalize your wellness journey and make changes for your well-being. This is included in your health plan at no additional cost to you*.

Enroll in the Wellness Experience today to take advantage of these opportunities:

- **Reward yourself for making healthy decisions.** You can earn up to \$100 in Wellness Cash for completing healthy activities. Log into myCigna > Wellness and from the Wellness homepage, go to Rewards > Earn Rewards to see a complete list of qualifying activities.
- **Take a digital coaching journey.** With personalized digital coaching, you can build lasting healthy habits.
- **Challenge yourself - and others.** Challenge your friends and your co-workers to create new healthy habits, like taking the most steps.
- **Track your progress.** Integrate with Apple Watch®, Fitbit®, and other fitness tracking apps and devices.
- **Spread the motivation.** Connect with co-workers—and offer free account access to up to 10 friends and family.



Enroll on [myCigna.com](https://mycigna.com)® or
download the [myCigna](#)® app

Click Wellness tab > Wellness Dashboard >
Enter your information

► Important update on Annie's Place childcare center

As you know, we are committed to making Parkland a "best place to work" employer. Part of that commitment includes offering drop-in childcare to our employees and eligible patients.

We will be ending our agreement with our current childcare provider, Annie's Place, on Friday, Jan. 17. To ensure we continue to meet the needs of our employees and patients we are looking for a new partner to provide childcare services in our existing site on Butler Street. We will be putting the management of our childcare facilities out to bid through our public procurement process to provide the most sustainable, long-term care option. We are also working diligently to identify interim childcare resources until the procurement process is complete.

It is important to note that your employee donations have been used to support the physical expansion of our childcare facility on Butler, and because of your generosity, that project is nearing completion. The selected vendor will provide services in this space once completed.

For any questions or concerns, please contact the OTM Service Portal at 469-419-3000 (ext. 73000).

KICK OFF 2025 WITH A SELF-ENHANCEMENT WORKSHOP

Start your year with a FREE virtual workshop hosted by Self-Enhancement and Therapy Services (SETS) at the Employee Health Center, led by EHC clinical psychologists. [Sign up for a workshop here*](#) or scan the QR code and you will receive an email with the WebEx link to join the session.

**Workshops have a limited number of spots available and are first come, first served. Once full, registration for that workshop will close. Sessions are NOT recorded.*



**Addressing Emotional Eating:
Mindfulness, Awareness, & Self-Compassion**
Angela Hill, PsyD, ABPP | Wednesday, Jan. 22, noon – 1 p.m.

Depression Strategies for Men
Mark Dalal, PhD | Thursday, Jan. 23, 8 – 9 a.m.
Open to male participants only

**The Psychology of Pain:
The Interplay of Thoughts, Feelings, and Behaviors**
Angela Hill, PsyD, ABPP | Wednesday, Jan. 29, noon – 1 p.m.

How to Deal with Burnout
Mark Dalal, PhD | Thursday, Jan. 30, 8 – 9 a.m.

► Did you know Parkland has an Administrative Support Hub?

This group is designed for Senior Executive Assistants, Executive Assistants and Administrative Assistants to provide:

- Networking opportunities, communication venues, resources and contacts for administrative activities.
- A way to collaborate/discuss ideas, projects, issues, process improvements and meet colleagues across the system.
- Awareness and consistent application of policy and code requirements, and empowering admins in their support of leaders/departments.

The Hub convenes on a quarterly basis and anticipates the assistants participation in one of the two scheduled monthly sessions. To learn more, visit <https://phhs.sharepoint.com/ASGR>.



Care. Compassion. Community.

Parkland Now is published by the Corporate Communications department at Parkland Health. Please note the submission deadline for each issue of *Parkland Now* is by the end of day each Monday. To publicize your news in *Parkland Now*, please send all submissions to Employees@phhs.org or call ext. 28048.