

# now

Parkland

Information and stories for Parkland employees  
Feb. 12 – Feb. 18, 2024



## PARKLAND SPARKS

**SPARKS celebrates 5 years of supporting Parkland staff**

**P.2** DCHD PD offers tips to identify scams

**P.3** FREE blood pressure checks for employees

**P.4** Self-enhancement workshops for employees

# SPARKS celebrates 5 years of supporting Parkland staff

On Feb. 4, 2019, Parkland formally launched our peer support program, Supporting Parkland Staff (SPARKS). SPARKS provides 24/7/365 peer support through “psychological first aid” to reduce stress symptoms and support a healthy recovery following traumatic events.

In 2019, SPARKS began by providing support to the main campus, but today, has a presence throughout our health system, including many Community Oriented Primary Care health centers, the Simmons Ambulatory Surgery Center, Ron J. Anderson, MD Clinic Building, Moody Outpatient Center, Stemmons Nurse-Family Partnership, Information Technology and Language Services Call Centers and Correctional Health.

Since it began, SPARKS has supported approximately 4,500 employees, has supported the deployment of Lavender Carts and opened a meditation room as a safe space for our team members to decompress. Like the entire Parkland workforce, SPARKS peer supporters represent multiple job roles, diverse communities and cultural identities. We are proud of the continued growth and success of this program.

SPARKS would not be possible without all of the peer supporters who volunteer their time to help their coworkers in need. There have been as many as 60 active SPARKS peer supporters. We are grateful for those who have been on this journey from the beginning and are celebrating their 5th anniversary with SPARKS. Thank you to these individuals who have been and continue to be a solid foundation for the SPARKS program.



- Kashundra Foreman
- Lita Kasunuran
- Ashley Simpson
- Cassandra Jenkins
- Sandra Cabrera
- Monica Vaz
- Kelly Stevens
- Deborah Bishop-Penn
- Artisha Browder
- Cynthia Jones
- Elizabeth Nash
- Karen Hollis
- Jessica George
- Karen Garvey
- Jennifer Wimberly
- Melissa Fletcher
- Stacey Merlin
- Judy Herrington
- Stacey Barker Hampton



## ► DCHD PD offers tips to identify scams

While technology makes many aspects of our lives easier, it has also led to more potential scam attempts than ever before. The Dallas County Hospital District Police Department (DCHD PD) would like to remind you how to detect potential scams and how to avoid them.



- **Scammers pretend to be from an organization you know.** Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the Social Security Administration, the IRS, or Medicare, or make up a name that sounds official. Some pretend to be from a business you know, like a utility company, a tech company or even a charity asking for donations.
- **Scammers say there’s a problem or a prize.** They might say you’re in trouble with the government. Or you owe money. Or someone in your family had an emergency. Or that there’s a virus on your computer. Some scammers say there’s a problem with one of your accounts and that you need to verify some information. Others will lie and say you won money in a lottery or sweepstakes but have to pay a fee to get it.
- **Scammers pressure you to act immediately.** Scammers want you to act before you have time to think. If you’re on the phone, they might tell you not to hang up so you can’t check out their story. They might threaten to arrest you, sue you, take away your driver’s or business license, or deport you. They might say your computer is about to be corrupted.
- **Scammers tell you to pay in a specific way.** They often insist that you pay using cryptocurrency, by wiring money through a company like MoneyGram or Western Union or by putting money on a gift card and then giving them the number on the back. Some will send you a check (that will later turn out to be fake), then tell you to deposit it and send them money.

### How to avoid a scam

- **Block unwanted calls and text messages.** Take steps to block unwanted calls and to filter unwanted text messages.
- **Don’t give your personal or financial information in response to a request that you didn’t expect.** Honest organizations won’t call, email, or text to ask for your personal information.

## ▼ Lasting Impressions: Ixzamari Urbina



Each week, "Lasting Impressions" features a Parkland employee who does exceptional work and provides excellent customer service. This week's "Lasting Impressions" features Ixzamari Urbina, Guest Experience Specialist.

*"This young lady is a model employee for her cheerfulness, diligence and energy. She came to us willing to learn and jumped right in. She has done that and more. If she doesn't know a protocol or the answer, she will get that information, document it and let the entire team know. You never see her idle, she is always prepping supplies needed for the week, printing maps or updating information to job flows, etc. She takes her time with the patients and visitors to ensure they are being directed appropriately and reminding employees about the 'badge up' policy to keep us all safe. She was asked to organize the ICARE I Share gift donation event this year, and it was a great success due to her dedication. I appreciate Ixzamari for her professional manner in the way she conducts herself in her interactions with patients and visitors. She demonstrates leadership skills in whatever station she is working. She pulls her weight and more and that makes it a pleasure to work with her."*



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

## Annual Valentine's Day Challenge kicks off Feb. 8-14

It is that time of the year again to spread love to our patients! We want to make sure every patient receives a Valentine's Card and reach as many patients as possible over seven days including nightshift, dayshift, weekends, inpatient and outpatient settings. The Parkland Cares For You Valentine's Challenge runs through Wednesday, Feb. 14, and is sponsored by the Professional Excellence in Nursing (PEN) Council.

A limited supply of cards is available in the Nursing Center for Excellence (NPC 02-500) or you can be creative and use your own cards. You can take pictures while crafting your invitations, but please do not include patients or any patient identifiers in your photos. You can send your pictures and stories to [SharedGovernance@phhs.org](mailto:SharedGovernance@phhs.org).



SHOW YOUR HEART SOME LOVE THIS VALENTINE'S DAY:

## FREE blood pressure checks for employees

FEB. 14 | 11:30 a.m. – 2 p.m. | Parkland Hospital Cafeteria

Parkland Employee Health & Wellness and Benefits will host an event this Valentine's Day supporting heart health for employees. Stop by the Parkland Hospital cafeteria on Wednesday, February 14, from 11:30 a.m. to 2:00 p.m. for a FREE blood pressure check with an Employee Health Center (EHC) nurse and receive brief education on hypertension and heart health from an EHC provider. The Benefits team will also provide information about your Cigna coverage and free health coaching available through Cigna, plus games and giveaways!

## Virtual employee town hall Feb. 15

Join us at 11 a.m. Thursday, Feb. 15, for our monthly employee virtual town hall:

- [Join the WebEx](#)
- **Event number:** 2664 231 4458
- **Event password:** njNJpgjw427 (65657459 from phones and video systems)
- **Phone number:** 1-650-479-3208 (United States Toll)

## ► Schedule your screening mammogram

Screening mammogram appointments are available to Parkland team members at Moody Outpatient Center, C.V. Roman Health Center and Southeast Dallas Health Center. To schedule your appointment, call 214-266-3333 or visit [www.parklandhealth.org/mammogram-saves-lives](http://www.parklandhealth.org/mammogram-saves-lives). There is no co-payment for Cigna for screening mammograms.

## Watch UT Southwestern Ethics Grand Rounds online

You are invited to join the next UT Southwestern Ethics Grand Rounds from noon – 1 p.m. on Tuesday, Feb. 13. Deborah E. Lowen, MD, Senior Medical Editor for the Child Abuse Pediatrics Sub-Board of the American Board of Pediatrics and former Deputy Commissioner of Child Health at the State of Tennessee Department of Children's Services, will present "Medical Ethics Related to Child Abuse: Evaluations, Diagnoses and Reporting." To participate in this webinar please register using [this link](#). Upon registration, you will get the Zoom event ID and link to join the webinar.

## ► Self-enhancement workshops for employees this February

Self-Enhancement and Therapy Services (SETS) at the Employee Health Center (EHC) offers FREE virtual workshops for employees with EHC clinical psychologists. [\\*Sign up for a February workshop.](#)

- **Shame vs. Guilt (noon – 1 p.m. Tuesday, Feb. 13):** Learn the distinct purposes of shame and guilt with associated thoughts and behaviors.
- **Positive Psychology (noon – 1 p.m. Wednesday, Feb. 14):** Learn the principles of positive psychology, how to build what's good in your life, putting the mind in an optimistic space to allow for more personal growth and happiness, and techniques such as savoring, gratitude, kindness, empathy, and more.
- **Healing from Attachment Issues 2-PART SERIES (8 – 9 a.m. Tuesday, Feb. 20 and 27):** Learn attachment style patterns and to identify your own, how this influences coping style and behaviors in relationships and healing strategies to develop more secure attachments.
- **Building Self-Esteem 2-PART SERIES (Wednesday, Feb. 21 and 28, 8 – 9 a.m.):** Learn how self-esteem is formed and its components, why it's difficult to change and strategies to improve low-esteem.

*\*Workshops have a limited number of spots available and are first come, first served.*



## Ash Wednesday observance scheduled for Feb. 14

Parkland staff, physicians, patients and family members are invited to visit the Ron J. Anderson, MD Chapel from 7 a.m. - 5 p.m. on Wednesday, Feb. 14, to observe Ash Wednesday and for the traditional imposition of ashes on the forehead.

There will also be a celebration of the Holy Mass in the Ron J. Anderson, MD Chapel at 8:30 a.m. and at noon.

### **Chaplains available to distribute ashes**

If you are unable to visit the chapel and would like ashes distributed on your floor or work area (for staff or patients), please call the Spiritual Care office (214-590-8512, ext. 28512) by Tuesday, Feb. 13.

We will also have chaplains available to travel to the COPC health centers. Please call the Spiritual Care office by Monday, Feb. 12 if you are interested in having a chaplain come to you for the imposition of ashes.

While availability may be limited due to increased patient care needs, we will make every effort to accommodate both on-campus and off-campus requests.



Parkland

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](mailto:Employees@phhs.org) or call ext. 28048.