

# Now

Parkland

Information and stories for Parkland employees  
April 6 – 12, 2026

*Join the*

# HEALTH EQUITY CHALLENGE

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## Join the Health Equity Challenge

What does equity look like in everyday care? Throughout the month of April, Parkland employees are invited to join the Health Equity Challenge — a brief, daily experience designed to foster inclusive communication, cultural responsiveness and meaningful connection. Each day offers activities aimed at building habits that strengthen how we engage and care. This initiative echoes our values and systemwide priorities, especially those outlined in the Community Health Needs Assessment (CHNA), like equitable access, health literacy and intentional practice. To learn more visit, the [Health Equity Challenge Sharepoint page](#).

Beginning Monday, April 6, the Health Equity Challenge follows a structured engagement format each week:

- **Monday:** Read a short article on the weekly topic (3-5 minutes)
- **Tuesday:** Explore a short video (3-5 minutes)
- **Wednesday:** Apply your learning through an interactive challenge
- **Thursday:** Participate in a facilitated in person discussion group (registration required; lunch provided)

Through short, practical activities each week, employees can expect opportunities to learn, reflect, apply and engage in ways that strengthen patient relationships and team collaboration. Small actions, such as improving communication and understanding patient needs, can make a meaningful difference in care. Your participation helps strengthen trust and supports better outcomes for the communities we serve.



## Join the CHNA Lunch & Learn on April 9

From noon to 1 p.m. on Thursday, April 9, Parkland will host a Community Health Needs Assessment (CHNA) Lunch & Learn focused on preventive health and wellness. The CHNA highlights ongoing gaps in access to routine care, screenings and wellness services—particularly for communities that experience the greatest health disparities. By strengthening preventive care and early intervention, Parkland is working to reduce chronic disease, prevent avoidable complications and support healthier outcomes across the communities we serve.

### Presenters will include:

- Colette White, Director of Disease Prevention & Health Promotion
- Graciela Escobar, Director of Practice Operations
- Kia Ellis, Community Health Innovation Programs Specialist

[Click here](#) to register to attend upcoming CHNA Lunch & Learn webinars. We look forward to your participation in this informative discussion.

## De-stress at your desk: Simple techniques to release tension and boost wellness

Busy work days and personal life stressors can tie us in tight knots. When we're stressed, we hold tension not only in our bodies, but in our minds as well. Tense stress responses can get locked in by hard-wired nervous system cues. Being aware and taking steps to release that tension can help you feel more comfortable and productive and improve overall wellbeing.

Join our Cigna Employee Assistance Program (EAP) representative and Benefits to explore a variety of ways to

release held-tension right at your workstation. We'll try out some simple stretches, explore deep breathing, and relax with a calming visualization exercise. [Register today](#) to discover simple ways to feel better and boost your wellness—right at your desk.



## ▼ Lasting Impressions: Peter Pancrasio



Each week, “Lasting Impressions” features a Parkland employee who does exceptional work and provides excellent customer service. This week’s “Lasting Impressions” features Peter Pancrasio, Network Technician, IT – Network and Telecommunications.

*“Peter is a steady, trusted presence in IT – Network and Telecommunications. He brings clarity, professionalism and a solutions-focused mindset to every interaction. When teams face technical challenges, Peter shows up with calm judgment and a genuine commitment to helping people move forward. He models ICARE values through his reliability, respectful communication and consistent follow-through. Peter’s work strengthens collaboration across departments and ensures teams can stay focused on their mission. His impact is felt not just in what he solves, but in the confidence and ease he brings to those he supports.”*



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.

## Hygiene product drive extended

Parkland’s Women’s Resource Network Employee Resource Group (WRN ERG) is collecting hygiene products for Parkland HOMES patients to enhance health, dignity and stability within our community. The drive has been extended through Saturday, April 11.

Products can be purchased and delivered to the HOMES team via the QR code below. New, single-use items can also be dropped off at the Nursing Center of Excellence (NPC 02-500), provided they are individually wrapped and in new condition.



Scan the QR code!

## ► April HRO focus: Escalation Pathways

April’s High Reliability focus is Escalation Pathways – understanding when a concern needs to be elevated, who to contact and how to speak up clearly and early to prevent harm.

Escalation often involves critical conversations – moments when the stakes are high, emotions may be present and hesitation or silence can feel easier than speaking up. At Parkland, using your voice in these moments is a core safety practice. When we follow clear escalation pathways and communicate effectively, we prevent harm, support one another and ensure concerns reach the right level at the right time.

At Parkland, escalation is not about hierarchy, “who’s in charge” or blame. It’s about protecting safety, supporting each other and making reliable decisions when risk is present.

### Why it matters

Clear escalation pathways help us:

- Address concerns early, before they lead to serious harm.
- Reduce delays caused by uncertainty or hesitation.
- Keep safety conversations focused on facts and impact.
- Ensure the right people are involved as risk increases.
- Build trust that speaking up leads to action.

When concerns are not escalated, they tend to grow. When concerns are escalated early and respectfully, they are often easier to resolve. Escalation keeps problems visible and manageable and shared.

When everyone understands the escalation pathway and trusts how concerns are handled, escalation becomes a routine part of safe work – not a last resort. [Click here](#) to access this month’s theme and the April toolbox resources. Together, we are building a workforce that identifies risks early, speaks up clearly and takes action to keep our patients and each other safe.

### Putting it into practice

Ask yourself:

- Do I recognize when a concern needs to be escalated?
- Do I focus on facts and impact rather than assumptions?
- Do I know who to contact when an issue is beyond my control?
- Do I feel safe speaking up, even when it’s uncomfortable?
- Do we follow through and share outcomes after concerns are escalated?



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*Journey to High Reliability*

## Self-Enhancement Workshops in April

Join a FREE workshop hosted by Self-Enhancement and Therapy Services (SETS) at the Employee Health Center, led by EHC clinical psychologists and licensed clinical social workers. [Sign up for a workshop here](#)\* and you will receive an email with the WebEx link to join the session.

Learn more about the EHC behavioral health team who lead SETS workshops! [Mark Dalal, PhD](#), and [Angela Hill, PsyD, ABPP](#).

*\*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.*

### **Transitioning from Autopilot to Consciousness – Emotional Eating, Mindfulness, and Self-Compassion**

Angela Hill, PsyD, ABP | Noon – 1 p.m. Tuesday, April 14

### **The Sleep Fix – How to Conquer Insomnia**

Mark Dalal, PhD | Noon – 1 p.m. Thursday, April 16

### **Attached at Work – Understanding Attachment Styles in Leadership and Collaboration**

Angela Hill, PsyD, ABPP | Noon – 1 p.m. Tuesday, April 28

### **Running on Empty? How to Deal with Burnout and Protect Your Wellbeing**

Mark Dalal, PhD | Noon – 1 p.m. Thursday, April 30

## April healthcare observances\*

**April 2:** World Autism Awareness Day

**April 7:** World Health Day

**April 10:** Youth HIV and AIDS Awareness Day

**April 16:** National Healthcare Decisions Day

**April 17:** World Hemophilia Day

**April 25:** DNA Day, World Malaria Day

**April 26:** Prescription Drug Take Back Day

**April 28:** World Day for Safety and Health at Work

**April 30:** APOL1-Mediated Kidney Disease (AMKD) Awareness Day

**April 5-11:** Patient Access Week

**April 7-13:** Public Health Week

**April 11-17:** Black Maternal Health Week

**April 13-19:** Surgical Assistant Week, Oral, Head and Neck Cancer Awareness Week

**April 19-25:** Medical Laboratory Professionals Week, Neurodiagnostic Week, Volunteer Week

**April 20-24:** Health Information Professionals Week

**April 20-26:** Pediatric Transplant Week, Pediatric Sepsis Week, Infertility Awareness Week, World Immunization Week

**April 21-25:** Every Kid Healthy Week

**April 28-May 4:** Infant Immunization Week, Patient Experience Week

Alcohol Awareness Month

Autism Awareness Month

Cancer Prevention and Early Detection Month

Child Abuse Prevention Month

Donate Life Month

Facial Protection Month

Interprofessional Healthcare Month

Irritable Bowel Syndrome Awareness Month

Medicaid Awareness Month

Minority Health Month

Sarcoidosis Awareness Month

Occupational Therapy Month

Oral Cancer Awareness Month

Parkinson's Awareness Month

Sexual Assault Awareness & Prevention Month

STI Awareness Month

Stress Awareness Month

Testicular Cancer Awareness Month

*\*The list of healthcare observations comes from [www.healthgrades.com](http://www.healthgrades.com) as well as the Society for Healthcare Strategy & Market Development calendar. If an observation was omitted, call 214-590-8048 (ext. 28048) or email [Employees@phhs.org](mailto:Employees@phhs.org) to add it to the list.*



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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.