

HOW

Parkland

Information and stories for Parkland employees
June 12 – 25, 2023



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Recreational therapists help patients find joy again

How bingo and dominoes can lead to healing

There's an adage that life isn't all fun and games. And for those critically injured in a near-fatal car crash or suffered debilitating effects of a stroke often the last thing on their mind is a game of cards or dominoes. But, that may be just what the doctor ordered.

While playing games usually doesn't enter the conversation when discussing the healing process with healthcare providers, it does in fact, have an important role when it comes to a person getting back into some semblance of normalcy after an illness or injury.

That's when a relatively new program at Parkland comes into play – literally.

"When most people think of therapy they mention physical therapy for mobility, occupational therapy for things like taking a shower, and speech therapy for talking," said Joanna Brown, MBA, MS, CCC-SLP, Director of Physical Medicine & Rehabilitation at Parkland. "But recreational therapy helps individuals regain some of the ability to do the things that brought them joy before their accident or illness."

Which is when Meredith Brown, CRTS, and Hannah Smith, CTRS, jump into action.

As Parkland's two recreational therapists, Meredith and Hannah first get to know their patients by asking what they used to do for fun and what sort of hobbies they had. "Based on their response we'll develop a personalized plan that will work for their condition," Meredith said, noting there is an adaptive model for nearly any sport and activities can be altered for each individual.

An inflated balloon can easily be used as a volleyball to help with hand-eye coordination. A game of bingo can aid in several areas – speech (by calling out numbers), visual deficits (the need to scan the card) and physical therapy (marking off the numbers).

"Many of our patients don't think of time with us as 'therapy,' they think of it as play time and wonder how it's going to help them," Hannah said. "But through the goals we set together, they soon realize that what we're doing is actually helping them."

"I like to call it 'sneaky' therapy," Meredith said, smiling at her words. "What we're doing is making a deep connection with our patients when they're at a vulnerable position in their life and getting them back to doing things that bring them joy."

That joy can be manifested in simple pleasures especially during the summer months. And nothing says summer like a friendly game of dominoes. That is unless a stroke has robbed an individual of the use of their right arm. "But we look at it this way – they've told us they like a good game of dominoes and their left side still works. How can they compensate and get back in front of the board?" Joanna added.

Aside from one-on-one therapy, Meredith and Hannah also meet with behavioral health patients in group settings. Once patients are evaluated for their individual needs, patients are brought together for activities that help calm emotions such as coloring. The group setting is a way to help keep patients from feeling isolated and agitated while allowing them to interact with others in a social setting.

"Our goal is to help patients explore leisure options that brings joy and improves their quality of life," Meredith and Hannah added. "And we're having fun with them making it happen."



◀ Parkland hosts 'Spiritual Care for Patients with Serious Illness' event

Parkland Health will host, "Spiritual Care for Patients with Serious Illness: Why and How?" from 8:30 - 10 a.m. and 10:30 a.m. – noon on Wednesday, June 21. Employee can register to attend either in person in the MacGregor W. Day Auditorium (1st floor, Moody Outpatient Center) by calling 214-590-8512 (ext. 28512) or virtually at [this link](#).

This event will feature George Fitchett, DMin, PhD, BCC. Dr. Fitchett co-authored a July 2022 article in *The Journal of the American Medical Association*, which reviewed nearly 9,000 articles published on the topic of spirituality and health since 2000. The collaborators on this project systematically identified the practices most supported by research evidence for their positive impact on patient health. He will help us examine some of those practices, the evidence that supports them and how we might incorporate them into our care for patients and families with serious illness.

▼ Lasting Impressions: Laquenta Gray



Each week, “Lasting Impressions” features a Parkland employee who does exceptional work and provides excellent customer service. This week’s “Lasting Impressions” features Laquenta Gray, POI Mid Manager, Nutrition/Dietary Services.

“Laquenta is an exceptional food service leader with a deep understanding of patient food knowledge. Having served as Cook, Cook Supervisor and Sanitation Manager, Laquenta has a comprehensive understanding of food safety, service, systems and processes. She leads with a caring and engaging style, always making time for her staff and management team. Her sense of humor is contagious and helps to foster a positive work environment. Laquenta is committed to connecting with her team on a personal level, creating a strong sense of camaraderie and trust. Her engaged and commanding leadership style ensures that she gets the best out of her team, while always treating them with the utmost respect. She is truly a remarkable leader who embodies the qualities of a caring and effective manager. Thank you, Laquenta, for all that you are and do.”



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.

► Virtual employee town hall June 15

Join us at 11 a.m. Thursday, June 15, for our monthly employee virtual town hall. Use the login information below to join the webinar.

- [Join the WebEx](#)
- **Event number:** 2662 419 5381
- **Event password:** iMhwASsT287 (46492778 from phones and video systems)
- **Phone number:** 1-650-479-3208 (United States toll)



Join us in recognizing Juneteenth

Starting this year, Juneteenth is an official Parkland holiday. Juneteenth (short for “June Nineteenth”) marks the day when federal troops arrived in Galveston, Texas in 1865 to take control of the state and ensure that all enslaved people be freed. The troops’ arrival came a full two and a half years after the signing of the Emancipation Proclamation. The next year, freedmen in Texas organized the first of what became the annual celebration of “Jubilee Day” on June 19. In the ensuing decades, Juneteenth commemorations featured music, barbecues, prayer services and other activities; and as Black people migrated from Texas to other parts of the country, the Juneteenth tradition spread. Juneteenth honors the end to slavery in the United States and is considered the longest-running African American holiday. On June 17, 2021, President Joe Biden made Juneteenth a federal holiday.

June Healthcare Observances*

June 4: National Cancer Survivors Day	Alzheimer's & Brain Awareness Month
June 8: World Brain Tumor Day	Cataract Awareness Month
June 10: Family Health and Fitness Day	Men's Health Month
June 14: World Blood Donor Day	Myasthenia Gravis Awareness Month
June 18: Autistic Pride Day	National Aphasia Awareness Month
June 19: World Sickle Cell Day	National Congenital Cytomegalovirus Awareness Month
June 25: World Vitiligo Day	National Migraine and Headache Awareness Month
June 27: National HIV Testing Day	National Scleroderma Awareness Month
June 12-18: Men's Health Week	PTSD Awareness Month
June 25-July 1: Helen Keller Deaf-Blind Awareness Week	Scoliosis Awareness Month

*The list of healthcare observations comes from 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 to add it to the list.

Onward & Upward

Advanced Practice Provider Surgery Service Line I: Eric White to Advanced Practice Service LD General
Behavioral Health Social Work: Kristin Peterson to Operations Administrator, Acute Psychiatry Services
Emergency Department: Mallory Hammond and Kaushawn Hurt to Associate Manager, Nursing
Enterprise Data Services: Catherine Helbling to Information Technologies Application Systems - Team Lead
Environmental Services – PMH: David Wilson to Senior Environmental Services Technician
Family Practice Clinic: Ma. Anna Katrina Jones to Nurse Navigator
Information Technologies Fulfillment: Ronnie Tipton to Information Technologies Equipment Provision Specialist
Interventional Radiology: Lauren La Prade to Lead Advanced Applications Technologist
Legal Affairs: Joye Timmons to Records/Information Management Coordinator
Medicine Specialty Group: Allen Gordon to Medical Practice Assistant
Nurse Family Partnership: Maria Arredondo to Administrative Assistant
PFS Patient Access: Lisa Marshall to Financial Counselor
Pharmacy-Outpatient: Traci Costello to Medical Transition of Care Technician
Radiology Administration: Alazar Tamer to Supervisor, Operations Support
Ryan White Part A: Miriam Ajaj to Case Manager/Counselor HIV
Urgent Care Center: Delmy Garcia to Senior Registered Nurse Specialist – Emergency

Retirements

- Deborah Price, Environmental Services Technician, Environmental Services – PMH
- Rhonda Russell, Associate Medical Director of Behavioral Health/Population Health, Behavioral Health
- Josefina Villamin, Business Support Specialist, Dietary – Nutrition Services
- Hoa Woolbert, Senior Medical Technologist, Microbiology

Editor's Note:

Due to the Juneteenth holiday, there will be no Monday, June 19, issue of *Parkland Now*. Regular weekly publication will resume on Monday, June 26.



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 or call ext. 28048.