



Parkland

Information and stories for
Parkland employees
June 22 – 28, 2026

BEAT THE TEXAS HEAT

WITH THESE SUMMER SAFETY TIPS

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Beat the Texas heat with these summer safety tips

Summer in North Texas brings sunshine, outdoor activities and soaring temperatures — but also a serious risk of heat-related illness. Even before the hottest stretch of the season arrives, dangerous heat exposure does not require triple-digit temperatures. High humidity combined with temperatures in the 90s can place the body under the same stress as extreme heat, according to the Centers for Disease Control and Prevention (CDC). Exposure can lead to heat cramps, heat exhaustion, heat stroke and other heat-related conditions.

To help you stay safe in the Texas heat, the [CDC](#) offers the following safety tips:

Steps to protect yourself

- Stay in an air-conditioned indoor location as much as you can
- Drink plenty of fluids even if you don't feel thirsty
- Schedule outdoor activities carefully
- Wear loose, lightweight, light-colored clothing and sunscreen
- Pace yourself
- Take cool showers or baths to cool down
- Check on a friend or neighbor and have someone do the same for you
- Never leave children or pets in cars
- Check the local news for health and safety updates

Know the signs of heat illness*

- Heat Exhaustion
 - What to look for:
 - Heavy sweating, cold, pale and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramping
 - Fatigue, weakness, dizziness or headache
 - Fainting
 - What to do:
 - Move to a cool place and loosen clothing
 - Apply cool, wet cloths or take a cool bath
 - Sip water
 - Get medical help right away if:
 - Vomiting occurs
 - Symptoms worsen
 - Symptoms last longer than one hour
- Heat stroke – medical emergency
 - What to look for:
 - Hot, red, dry or damp skin
 - Fast, strong pulse
 - Headache, dizziness, confusion or nausea
 - Loss of consciousness
 - What to do:
 - Call 911 immediately
 - Move the person to a cooler place
 - Lower body temperature with cool cloths or a cool bath
 - Do NOT give anything to drink

Parkland's Emergency Department treats dozens of patients every year for heat-related illness. In 2025, 64 patients sought care for heat-related conditions. That follows 70 patients in 2024, and 138 patients in 2023, highlighting how quickly heat can become dangerous during particularly intense summers.

Remember, water, shade and rest are the keys to preventing heat-related illness. Please stay aware of heat advisories and take precautions during extreme temperatures.

Join the Juneteenth webinar

In honor of Juneteenth, we invite all Parkland team members to come together in celebration, reflection and learning. Join the VOICES Employee Resource Group for a Juneteenth webinar from noon to 1 p.m. on Tuesday, June 23, where they will spotlight local Black cultural and civic organizations across DFW doing transformative work in our communities.

These organizations are at the forefront – preserving our stories, organizing our voices, closing health gaps, mentoring our youth and expanding economic mobility. This session is an opportunity to connect, be inspired and deepen our understanding of how collective action continues to move us forward. Together, we will honor the legacy of Juneteenth by uplifting those who continue the work.

- [Join WebEx](#)
- **Access code:** 230 808 11211
- **Webinar password:** S8w535vmJwN (78953586 when dialing from a phone or video system)
- **Join by phone:** 469-210-7159



▼ Lasting Impressions: Sophia George



Each week, "Lasting Impressions" features a Parkland employee who does exceptional work and provides excellent customer service. This week's "Lasting Impressions" features Sophia George, Social Worker (LCSW), Care Management.

"Sophia is a social worker for the Emergency Department. She is not aware that I have watched her in the past month. She is very dedicated to her job and cares for all people. Sophia works with patients who are being discharged from the ED. She helps with finding them a shelter to go to and with giving them a bus pass or Uber to get home. Sophia is exceptionally helpful and will go the extra mile to do what she can everyone. She is always smiling and demonstrates ICARE values. She is always reliable and dependable. Thank you Sophia for being the kind of person that you are!"



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.

▼ Did you know the EHC offers chiropractic care?

You may be considering chiropractic care but aren't sure where to start or whether it's right for you. Now is a great time to learn how it can support your overall health, mobility and wellbeing.

The Employee Health Center (EHC) offers individualized chiropractic treatments to address your health needs. Patients can expect to have a thorough overview of their concerns and a treatment plan that's uniquely tailored to them after identifying the root cause of their issue.

Chiropractic treatments at the EHC include:

- Biomechanical analysis (spinal analysis including posture, gait and fundamental movement)
- Gentle spinal manipulation/mobilization techniques utilizing hand and/or instrumentation to reduce joint restriction and restore range of motion to the spine.
- Myofascial release (stretching designed to release tautness in those who are injured)

Our goal in caring for patients is for them to achieve their definition of optimal health through a provider-patient relationship that's founded on mutual respect, trust, understanding and patience. Mia Cunningham, Doctor of Chiropractic, takes pride in listening to patients' needs first and educating them about biomechanics and preventive lifestyle changes.

The Employee Health Center accepts most insurances and is a Tier 1 Cigna provider. Chiropractic visits at EHC are \$20 copay with Cigna PPO insurance. Employees on the high-deductible (HDHP) plan will need to meet their deductible before the plan pays. Appointments at the EHC are offered Monday through Friday, 8 a.m. – 5 p.m., in-person in the Moody Outpatient Center (Clinic 4A). To schedule an appointment, call 214-590-2800 (ext. 22800).

NAVIGATING YOUR BENEFITS

Each month we will highlight an Employee benefit to help guide you toward resources that support and improve your overall wellbeing and work experience. If there are any topics you would like to see covered in a future issue contact the Office of Talent Management via the OTM Service Portal ([OTM Service Portal](#)).

A roundabout of discounts for summer

As you travel through your benefits journey, don't overlook the roundabout of discounts on Beneplace. Beneplace is your go-to destination for exclusive savings on gym memberships, travel, entertainment, shopping, electronics, dining, and much more exclusively for Parkland employees. Whether you're planning a vacation, purchasing everyday essentials, or treating yourself to something special, Beneplace can help you make the most of every dollar.

Before heading to your next purchase, take a quick spin through [Beneplace](#) to explore available offers. You may be surprised by the savings waiting around the corner, making your journey a little easier and a lot more rewarding.

[Beneplace](#) – all your Parkland discounts in one place.



Mia Cunningham, DC

Join the Men's Health Webinar this week

Diets and workout gimmicks that promise instant results are tempting, but good health actually starts with simple, everyday lifestyle choices. Making small steps toward wellness in our body, mind or spirit can end up shaping greater overall health. Being aware and proactive is one key step.

Join our Cigna Employee Assistance Program (EAP) representative and Benefits from 11 to 11:30 a.m. on Wednesday, June 24, to review core ways men can create a basic blueprint for better health – mind, body and spirit.

We'll share science-based strategies for good nutrition, exercise and sleep, and review risk factors and screenings you'll want to have on your radar. We'll also look beyond physical health to explore the role that things like relationships and purpose play in wellness for men. Join us and get motivated to start making positive changes today!

This interactive webinar will be held online — join us via WebEx by [clicking here](#).



Onward & Upward

9 Med Surgical: Lincy Samuel to Senior Registered Nurse – Acute Care

ARPA Integrated Optometry: D'Asia Tucker to Optometric Medical Assistant

Care Management: India Holliday to Care Coordination Manager

Centralized Staffing Office: Tonya Hudspeth to Unit Technician

Clinical Nutrition – Inpatient: Renee Wanovich to Registered Dietitian Nutrition Support Specialist

Emergency Department: Tree Fritz to Unit Technician
Hospital at Home: Lidya Girma to Senior Registered Nurse – Acute Care HaH

Lake West Women's Health Center: Cassandra Gonzales to Unit Technician

Language Services: Marlen Rodriguez to Senior Medical Interpreter, Jeyny Villasenor Ortiz to Medical Interpreter

Material Services: Orren Devers to Supply Chain Distribution Technician

Non-Invasive Cardiology: Natalie Franklin to Supervisor, Electrocardiogram

Operating Room: Sydnee Craig to Associate Manager, Nursing

Patient Financial Services Operations: Cynthia Quinones to Customer Service Representative

Physical Medicine & Rehabilitation Administration: Kelsey Oglesby to Therapy Supervisor

Radiology Administration: Yarely Espinoza to Referral and Care Coordinator

Spiritual Care: Dong Hwan Lim to Staff Chaplain

WISH Administration: Antonea Johnson to Unit Technician

Women and Family Education: Jasmin Barrera to Senior Registered Nurse – NBN

Retirements

- Binu Abraham, Associate Manager Nursing, 7A Antepartum
- Nusrat Alamgir, Staff Physician Pediatrician, Southeast Dallas Health Center
- Abigail Grajales, Customer Service Representative, PFS Operations
- Terri Jackson, Advanced Practice Provider II – General, C.V. Roman Health Center
- Rance McCloskey, Information Technology Desktop Support Specialist, IT – Desktop Support
- Juan Navarro, Pharmacy Technician, Pharmacy Administration
- Grace Opaleye, Senior Buyer, Purchasing
- Emely Ortillo, Senior Registered Nurse Acute Care, Hospitalist A
- Susan Partridge, Vice President Clinical Research, Chief Health Officer Administration
- Jeena Tomson, Senior Registered Nurse – ICU CCU PCU, Medicine PCU
- Priscilla Villarreal, Lead Contact Center Specialist, Call Center Operations



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.