

# Parkland NOW

Information and stories for Parkland employees  
July 8 – 14, 2024



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## Update your password to a 15+ character passphrase

### Enhance your digital security

Beginning Monday, July 8, all workforce members will be required to update their current password to a 15-character passphrase to further enhance Parkland's digital security. This includes all Parkland staff, UT Southwestern physicians and POIs.

Passphrases are easier to remember than random symbols and letters combined. It is easier to remember a phrase from your favorite song or your favorite quotation than to remember a short but complicated password.

Passphrases are next to impossible to crack because most of the highly efficient password cracking tools breaks down at around 10 characters. Hence, even the most advanced cracking tool will not be able to guess, brute-force or pre-compute these passphrases.

Passphrases can simply be any 15+ characters. The new passwords does NOT need to include any special characters, uppercase letters or numbers. Examples or thought starters include:

- redwhiteandblue
- mycarisarednissan
- cowboysuperbowl
- 80shiphopisthebest
- classof2000nurse

The longer and more random the passphrase, the harder it is to crack.

If you are already using a passphrase as your password, it will need to be updated to a new passphrase no later than Monday, Sept. 2.

Thank you in advance as we continue to ensure Parkland's digital safety and privacy. If you have any questions, please contact the Parkland Technical Support Center at 214-590-5999 (ext. 25999).

## Join a self-enhancement workshop this July

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 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.



### Living with Generalized Anxiety Disorder (GAD)

Mark Dalal, PhD | Wednesday, July 10, 8 – 9 a.m.

- Generalized Anxiety Disorder (GAD) is a condition that affects 2.7% of adults and can lead people to struggle with managing their worry. In this workshop, learn more about the symptoms, how this condition affects functioning in day-to-day life, and how to respond to individuals experiencing GAD.

### Healing from Attachment Issues

Angela Hill, PsyD, ABPP | Tuesday, July 23, noon – 1 p.m.

- 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.

### Living with Attention-Deficit/Hyperactivity Disorder (ADHD)

Mark Dalal, PhD | Wednesday, July 24, 8 – 9 a.m.

- Attention-Deficit Hyperactivity Disorder (ADHD) is a condition that affects approximately 4.4% of adults and can lead to struggling with many areas of life both personally and professionally. In this workshop, learn about the personal and vocational impacts of ADHD, symptoms, and how it manifests in day-to-day responsibilities and interactions.

### Emotional Wellness Toolkit: Strategies for Everyday Life

Angela Hill, PsyD, ABPP | Tuesday, July 30, noon – 1 p.m.

- The National Center for Emotional Wellness defines emotional wellness as “an awareness, understanding and acceptance of our feelings, and our ability to manage effectively through challenges and change.” Learn more about the key elements of emotional wellness and practical tools to incorporate wellness strategies daily to better manage the many emotions and challenges experienced in everyday life.

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

## Lasting Impressions: Elva Medina



Each week, “Lasting Impressions” features a Parkland employee who does exceptional work and provides excellent customer service. This week’s “Lasting Impressions” features Elva Medina, Executive Assistant, Talent Acquisition.

*“Elva is such an asset to Parkland! She manages the many training rooms on the 5th floor of the Moody Outpatient Center, which is a big task. There are always many demands for those spaces, and Elva manages that puzzle with amazing grace. Then she goes above and beyond to make sure everyone has what they need to get set up and get started. She made time for us to come in a day early to set up for a very large session, and then was available early on the morning of the session to help resolve A/V and connection issues. She checked back in with us before we started, to be sure we were good to go. She has the most wonderful ‘can do’ attitude and a smile that lights up the room. Thank you, Elva!”*



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.

## Pulse Survey is right around the corner

The 2024 Engagement Pulse Survey will begin July 22. This survey will help us gain a better understanding of team member and clinician engagement at Parkland. It is a follow-up to last year's One Survey which will:

- Track the organization's progress in employee engagement
- Inform Leaders of where additional focused efforts are needed
- Define next steps and key actions for continuous improvement

Press Ganey, our third-party administrator for this year's Pulse Survey, will email invitations on Monday, July 22. All individual responses will remain completely confidential, and only aggregated data will be reported. Depending on your role, the survey should take approximately 5 to 10 minutes to complete.

### Survey Window: July 22 – Aug. 16

Your opinion matters. This survey is a chance to express your opinions and be heard. The responses help measure and evaluate our organization's progress toward improving engagement.

## Join the virtual town hall July 18

Join us at 11 a.m. Thursday, July 18, for our monthly employee virtual town hall:

- [Join the WebEx](#)
- **Event number:** 2662 272 3211
- **Event password:** 67rtHPXHqR8 (67784794 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](#).



## Summer safety tips from the DCHD PD

As the summer rolls on in Texas, the days are longer and the weather is warmer. This means more people are out and about, which can also mean a rise in potential criminal activity. The Dallas County Hospital District Police Department (DCHD PD) wants to be sure that Parkland staff remains safe at all times.

**Here are a few tips that can decrease your likelihood of being victimized by crime.**

- Walk in pairs whenever possible
- Have your keys in your hand to avoid prolonged searching at your vehicle
- Lock all your valuables up, hide them from sight or take them inside
- Call for a police escort
- Be aware of your surrounding at all times
- Call the police as soon as you see something suspicious or concerning
- Talk with someone on the phone while you walk
- Stay hydrated

To contact DCHD PD for an escort or other non-emergency, dial 469-419-7777 (ext. 7777). In an emergency, dial 911.

## ▼ Media Policy reminder

Parkland does not allow any media, photographers, filmmakers or independent journalists into patient care areas unless approved and accompanied by Corporate Communications staff or their designee. In addition, requests for interviews from college alumni publications or hometown, church or similar media or to participate in an online blog also require prior approval from Corporate Communications if there is any mention of the employee's affiliation or duties at Parkland.

If you have an idea you think would make a good media story, contact Corporate Communications prior to reaching out to the media. If you see anyone attempting to interview, photograph or video in a patient care area unaccompanied by a Corporate Communications staff member or if you are contacted by a member of the media for an interview:

- During business hours Monday - Friday, call ext. 74400
- After hours or on weekends, page Corporate Communications at 214-786-4088

Corporate Communications policy A6-03 is in Policy Manager at <https://phhs.elucid.com/documents/view/5250>. For questions, contact April Foran, Director of Corporate Communications, at ext. 70893 or [April.Foran@phhs.org](mailto:April.Foran@phhs.org).



## Onward & Upward

**7A Antepartum:** Sydney Bowers to Registered Nurse – Antepartum; Avery Ramos to Registered Nurse – Mother Baby

**Behavioral Health:** Imelda Lopez to Senior Medical Practice Assistant

**Eye Clinic:** Lindsey Medina to Medical Practice Assistant

**Labor & Delivery:** Peyton Bridges and Elizabeth Nunez to Registered Nurse – Mother Baby

**Linen Services:** Yawo Atsoo to Linen Wash Room Technician

**MICU PCU:** Dashanae Pajeaud to Registered Nurse Specialist – ICU/CCU/PCU

**Medicine ICU:** Karen Chaparro to Registered Nurse Specialist – ICU/CCU/PCU

**Mother/Baby A:** Julianne Alvarado, Jennifer Brown and Alyssa Lumsden to Registered Nurse – Mother Baby

**Mother/Baby B:** McKindley Jordan and Natasha Silumbwe to Registered Nurse – Mother Baby

**Mother/Baby MFM:** Angela Galvan to Registered Nurse – Mother Baby

**OB/GYN Emergency Services:** Jocelyn Lozano to Registered Nurse Specialist – OBGYN ICC

**Observation Unit:** Kayla Sowell to Unit Technician

**Parkland Center for Internal Medicine Clinic:** Laura Cabral to Senior Medical Practice Assistant

**Patient Financial Service – Patient Access Management:** Ashley Ivy to Supervisor, Revenue Cycle

**Pharmacy OPC Administered:** Robert Martinez to Medical Transition of Care Technician

**Pharmacy – Outpatient:** Christian Dang to Manager, Pharmacy

**Phlebotomy Services:** Christopher Lopez Sanchez to Phlebotomy Technician

**Ryan White Part A:** Jordan Mitchell-Lacey to Case Manager/ Counselor HIV

**Urgent Care Center:** Julianna Hargis to Unit Technician; Ashleyann Greer and Laura Sanchez to Registered Nurse Specialist – Emergency

## Retirements

- Charles Daniels, Mobile Medical Unit Driver, HOMES
- Darna Hughes, Radiologic Technologist, Radiology Diagnostic
- Will Caleb Potter, Social Worker (LMSW), Care Management



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.