

HOW

Parkland

Information and stories for Parkland employees
Oct. 20 – Oct. 26, 2025



Parkland's **OPEN** ENROLLMENT period begins

Oct. 21

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Prescription Drug Take Back Day

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To get ready and learn about this year's changes, visit our award-winning website [ParklandBenefits.org](https://www.parklandbenefits.org) for helpful Open Enrollment tools and info.



Meet with vendors and ask questions about your benefits at one of our upcoming fairs.

- Visit [ParklandBenefits.org](https://parklandbenefits.org) for more information on Open Enrollment and the benefits available to you as a Parkland employee. If you have questions or concerns about this year's Open Enrollment, you may contact the Office of Talent Management (OTM) [online](#) or by phone (469-419-3000, ext. 7-3000).



Expired, unused and unwanted medications in our homes can possibly end up in the wrong hands and lead to something tragic. To prevent accidents and improper disposal of potentially harmful substances, Parkland Health and the Dallas County Hospital District Police Department (DCHD PD) are participating in the 28th National Prescription Drug Take Back Day.

Parkland will host the take-back from 10 a.m. to 2 p.m., Saturday, Oct. 25 at the Simmons Ambulatory Surgery Center (4900 Harry Hines Blvd., Dallas 75235). The event is free and open to the public. Community members can hand the medications to a law enforcement officer with no questions asked. The event, which happens twice a year, is a safe, convenient and responsible way to dispose of unused or expired prescription drugs, according to Captain Steve Sedlak with the DCHD PD.

“Drug Take Back Day is an opportunity to discuss medication safety with your family. Teach your child that medicine should always be given by an adult and teach older children how to take medicine responsibly and only when necessary,” said Lizbeth Petty, MPH, Public Health Education Manager with the North Texas Poison Center. “Parents and caregivers can also utilize this as a reminder to make sure they are taking medication correctly and to get rid of expired medications.”

Medicines in the home are a leading cause of accidental poisonings in the U.S., according to staff with the North Texas Poison Center located at Parkland. While prescription medications aid in the treatment of many diseases and health problems, it is important to discard expired or unused medicine properly to avoid these accidents. While there are several ways to dispose of unwanted or expired medicine, Drug Take Back Day is the safest option for your family and the environment.

Join the Military and Veterans at Parkland Employee Resource Group (MVP ERG) at noon on Monday, Nov. 10 as they recognize National Veterans and Military Families Month. They will provide an overview on the significance of Veterans Day, recognize veterans in the Parkland workforce, then Dr. Angela Hill, Employee Health Center psychologist, will speak to the impact of trauma and PTSD. We hope you can join in person in the MacGregor W. Day Auditorium (1st floor, Moody Outpatient Center) or via Webex (information below) for this meaningful discussion and to honor those who served in the armed forces.

- Honor our veterans and military families***

The MVP ERG invites you to honor those who have served this Veterans Day. If you're a veteran or wish to recognize a loved one who has served, please fill out [this form](#) to join our Veterans Day activities. Limit submissions to three per employee. The deadline for inclusion in the 2025 activities is Friday, Oct. 31.

▼ Lasting Impressions: Timothy Gomez



Each week, "Lasting Impressions" features a Parkland employee who does exceptional work and provides excellent customer service. This week's "Lasting Impressions" features Timothy Gomez, Senior Supply Chain Logistics Technician, Materials Resource Department.

"In the Surgical ICU, timing and precision are everything. Having the right supplies at the right moment can mean the difference between stabilizing a patient and scrambling under pressure. Whether it's access to crash carts, central line kits or even something as simple as functioning IV pumps, every item plays a critical role in patient outcomes. Timothy never fails to deliver. Whether it's a routine request or an urgent supply need, Timothy is the go-to guy. His reliability, responsiveness and dedication make a real difference every day. Timothy consistently demonstrates the ICARE value of Collaboration. His dedication and teamwork play a vital role in enabling the SICU to deliver the highest quality care to our patients. Thank you, Timothy, for consistently going above and beyond!"



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.

Stop by the Night Shift Fall Back Fair Nov. 1

Parkland's Night Shift Council and Nurses in Support Roles Council are hosting a Fall Back Fair in anticipation of "falling back" at the end of Daylight Saving Time. The event will be from 10 p.m. to 1 a.m. on Saturday, Nov. 1, in the Nursing Center for Excellence (NPC 02-500) on the second floor of the hospital. Overnight staff is encouraged to come enjoy food, games, music, vendor booths, on-site professional headshots and entertainment during this special shift. In addition, staff is asked to bring a new pair of socks as a part of Nursing's annual holiday sock drive to benefit our HOMES patients.

► Join the HRO Learning Series session on Oct. 21

Please join us for the HRO Learning Series, a monthly educational offering that provides an overview of the Universal and Leader Skills themes of the month. The next session will take place at noon on Tuesday, Oct. 21. Join using the WebEx information below.

- **Join WebEx**
- **Meeting number (access code):** 2311 641 7282
- **Meeting password:** PWkBWG3m52X (79529436 when dialing from a phone or video system)

To ensure you do not miss an event, register for the webinar series by clicking [here](#). If you're unable to attend, a recording will be posted to the [HRO website](#) under the HRO Learning Series icon. Please allow a few days grace to allow for video editing. Email any questions or concerns to QualitySafetyOperations@phhs.org.

JOURNEY TO → HIGH
RELIABILITY



Jet Dental on-site appointments this week

Jet Dental is offering offer dental services next to the Employee Health Center on the 4th floor of Moody Outpatient Center from 9 a.m. to 4:30 p.m. on Monday, Oct. 20, through Wednesday, Oct. 22. Appointments are required to be seen in the dental clinic and may be scheduled by [clicking here](#). For more information, view this [FAQ](#) or visit ParklandBenefits.org.



◀ Lung Diagnostic Clinic now offering robotic assisted bronchoscopy

The Lung Diagnostic Clinic is proud to now offer Parkland patients the option for robotic assisted bronchoscopy in the evaluation of pulmonary nodules. This is rapidly becoming the new standard of care in the evaluation and diagnosis of early-stage lung cancer with improved safety compared to current conventional approaches offered at Parkland. Patients can now be diagnosed and staged in a single procedure, reducing the time to treatment and burden on the patient and health system. This procedure is not only for the evaluation of lung cancer – this is changing the evaluation of potentially metastatic lesions to the lung. Patients can be referred to Lung Diagnostic Clinic for evaluation.

Self-Enhancement Workshops in October

Join a FREE virtual 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.

**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.*

Weathering the Storm: Emotional Regulation Skills in Action

Angela Hill, PsyD, ABPP | Noon – 1 p.m. Tuesday, Oct. 21

Building Health Self-Esteem: A Blueprint for a Confident You:

Mark Dalal, PhD | Noon – 1 p.m. Thursday, Oct. 23

When Everything Feels Like Your Fault: Reframing Personalization and Reclaiming Perspective

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

This Bias Blindspot: How to Outsmart Your Own Brain

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

Congratulations!

- Simi Samuel, MSN, FNP-C, BC-ADM, Advanced Practice Provider, Global Diabetes Program, completed the Psychiatric Mental Health Nurse Practitioner Program
- Tamika Spratt, BSN RN OCN, Senior Registered Nurse – Oncology, Infusion Therapy, earned her Oncology Nursing Certification
- Marygrace Leveille, PhD, APRN, ACNP-BC, Nurse Scientist, Nursing Internships, and Amanda Pitt, MBA, BSN, RN, MEDSURG-BC, NEA-BC, Nursing Operations Specialist, PCAPP & Nursing Research, were published in the Beryl Institute Patient Experience Weekly newsletter blog highlighting “The CROWN Project: Promoting Haircare Equity in Hospitals.”



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.