



**Parkland**

Information and stories for Parkland employees  
Dec. 18, 2023 – Jan. 1, 2024

# WHEN IT COMES TO WINTER WEATHER, PREPAREDNESS IS KEY



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# When it comes to winter weather, preparedness is key

Thursday, Dec. 21, is officially the first day of the winter season, which also brings the threat of potential winter weather. Parkland is a 24/7/365 operation, and we must ensure adequate staffing coverage to care for our patients. Employees are expected to be prepared for these weather events and make arrangements to get to work during severe weather, including snow, sleet, ice or freezing rain, tornadoes, floods and hail.

Snow and ice events will cause driving and walking hazards, slow moving traffic, longer commute times and power outages. Below are some things you can do to mitigate these hazards:

- Keep your vehicle in working order.
- Check the battery and tires and fill up with fuel before an ice or snow event.
- Keep a blanket, drinking water and a flashlight in your vehicle.
- Have a cell phone car charger in your vehicle.

Now is the time to prepare and review your family plan and work plan to ensure you and your family are ready for winter weather. Please familiarize yourself with these relevant Parkland policies before an event occurs.

- [SYS.BOP.003: Severe Weather](#)
- [Emergency Operations Plan: Staff Hoteling Procedure](#)
- [Emergency Operations Plan: Disaster Staffing Procedure](#)



## ▶ Important Cigna Health Plan Information – Coming to your mailbox soon

During Open Enrollment, we announced that Cigna will administer our Medical and Pharmacy Benefits effective Monday, Jan. 1, 2024. With this change, we expect to have a better overall experience and enhanced benefits. Below are a few updates to assist with this transition from UMR to Cigna:



- You should expect to receive your new Cigna Medical ID card (example below) at your home address this week. You can also access a digital version of your card online starting Jan. 1, 2024, at [myCIGNA.com](http://myCIGNA.com).
- Notify your healthcare provider's office with your new Cigna card/information.
- You may receive an additional letter from Cigna regarding your current medication(s). (Please open and read immediately as action may be required from you and/or your provider.)



You can contact Cigna by calling 800-247-4433 (24/7/365) to get answers to your medical, pharmacy and dental questions. You can also learn about the Cigna Employee Assistance Program (EAP) through this number, or you can chat with a nurse advocate from 8 a.m. to 7 p.m., Monday through Friday, excluding holidays, via [myCIGNA.com](http://myCIGNA.com) or the myCigna® app.

## ▶ Stop by the Holiday Pop Up Sale Dec. 19-20

The Parkland Auxiliary will sponsor a Holiday Pop Up Sale with Gold'N Visions this week. Stop by to browse their selection of items from 7 a.m. to 7 p.m. on Tuesday, Dec. 19, and Wednesday, Dec. 20, in the Private Dining Room.



## Virtual employee town hall Dec. 21

Join us at 11 a.m. Thursday, Dec. 21, for our monthly employee virtual town hall. Use the login information below to join the webinar.

- **Join the WebEx**
- **Event number:** 2661 014 4537
- **Event password:** fB57kq295sq (32775729 from phones and video systems)
- **Phone number:** 1-650-479-3208 (United States Toll)

### Editor's Note:

Due to the Christmas holiday, there will be no Monday, Dec. 25, issue of *Parkland Now*. Weekly publication will resume on Tuesday, Jan. 2, 2024.

## ▶ Lasting Impressions: Merlyn Espinosa



Each week, "Lasting Impressions" features a Parkland employee who does exceptional work and provides excellent customer service. This week's "Lasting Impressions" features Merlyn Espinosa, Cashier, Dietary – Nutrition Services.

*"Merlyn always has a smile on her face. She is kind and no matter how busy she is or how long the line, she remains courteous and unfrazzled. That's a lot of 'ICARE' right there. She knows her regular customers by name, and she knows, most importantly that I don't like my stuff put in plastic bags...lol. She always puts a smile on my face and I just enjoy seeing her every day."*



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.

## ▶ Jet Dental onsite dental appointments return in January

As part of our ongoing commitment to your wellness, we're pleased to announce the return of Jet Dental, offering you a convenient opportunity to receive dental care at Parkland. Jet Dental is a mobile dental service that brings wellness to work. Rather than having to schedule an appointment with an off-site dentist, Parkland hosts Jet Dental on campus throughout the year to provide services such as:

- Preventive care (provided at no cost to employees with dental insurance).
- Restorative care, such as fillings, scaling, root planning and corrective services (Copays apply based on your dental plan).

Jet Dental will offer these services next to the Employee Health Center on the 4th floor of Moody Outpatient Center from 9 a.m. to 5 p.m. beginning Tuesday, Jan. 2, through Friday, Jan. 5. Appointments are required to be seen in the dental clinic and may be scheduled by [clicking here](#).

For more information on this exciting new opportunity, view this [FAQ](#) and [flier](#) or visit [ParklandBenefits.org](http://ParklandBenefits.org).

## ▶ Join the Compliance Lunch and Learn on Dec. 20

Our service to Parkland must be free of undue outside influence, loyalty or desire for personal gain. What does that mean and how can we make sure our service to Parkland doesn't conflict with our personal interests? Join the Compliance Lunch and Learn virtual session at noon on Wednesday, Dec. 20, to find out answers to these Conflicts of Interest (COI) questions and more. This informative session will provide insight into identifying, managing and navigating COI at Parkland. Presented in a question-and-answer format, attendees will be provided with answers to frequently asked questions (FAQs) and be able to ask questions themselves. Additional details are below.

- Noon – 12:50 p.m. Wednesday, Dec. 20
- [Join WebEx](#) (click the link or scan the QR code)

The Compliance Lunch and Learn series is part of our ongoing effort to increase awareness of compliance topics and empower each of us with the information needed to maintain the highest ethical and professional standards.



## Donate to the sock drive by Dec. 31

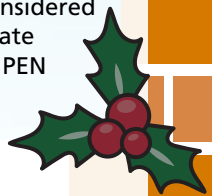
The Professional Excellence in Nursing (PEN) Council is collaborating with the Homeless Outreach Medical Services (HOMES) UBC Council to host the 4th Annual Sock Drive, which runs through Sunday, Dec. 31.

The PEN Council's goal this year is collect 10,000 pairs of socks, with items distributed directly to individuals experiencing homelessness through the HOMES program, and they need your help. Those who donate will be made eligible for prize drawings, which will be held on Dec. 29 (date subject to change).

### Drop off locations:

- **Nursing Center of Excellence (NPC 02-505):** 8 a.m. – 5 p.m., Monday – Friday
- **HOMES Office (MOC 04-1234):** 7:30 a.m. – 4:30 p.m., Monday – Friday
- **Centralized Staffing Office (NPC 01-611):** 24/7
- **Parkland Gift Shop (NPH 01.450.02):**
  - 9 a.m. – 8 p.m., Monday – Friday
  - 10 a.m. – 4 p.m., Saturday and Sunday

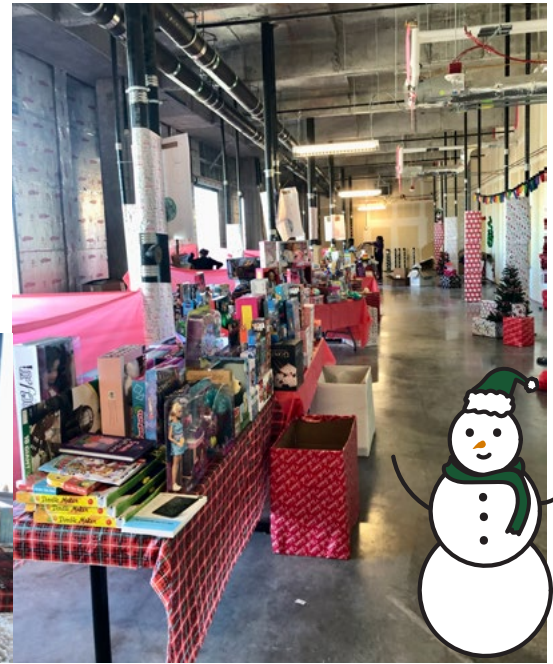
Each drop-off location will include a drawing box where employees can submit their names to be considered in the weekly drawing. Donate today and help us meet the PEN Council goal.



## ► Thank you for your generosity

Thanks to the overwhelming generosity of our Parkland team members, we not only met, but far surpassed our gift goal for the ICARE, I Share Holiday Giving Program. Your donations will make the holidays brighter for hundreds of your coworkers and their families.

In addition to the donations provided by Parkland team members, the Parkland Auxiliary and Volunteer Services worked with local non-profits to get the decorations for the pop-up store donated, and nearly 40 community volunteers helped sort toys and set up the stores. Thank you so much to everyone who supported this initiative and made it such a successful event.



## ► Nominate a nurse for the DFW Great 100 by Jan. 7

Nominations are now open for the DFW Great 100 Nurses Award. This annual honor recognizes 100 registered nurses who were nominated by their peers and selected for being role models, leaders, community servants, compassionate caregivers and significant contributors to the nursing profession. The nurses recognized come from all practice areas, in nursing including acute care, sub-acute care, school nursing, nurse leaders, academics and many more.

Nominations can be submitted using [the DFW Great 100 website](#), and must be submitted by Sunday, Jan. 7, 2024.

Any nurse who has not previously been a Great 100 nurse is eligible, so please take the time to recognize an outstanding Parkland nurse in your area!



THE GREAT 100 NURSES  
Dallas • Fort Worth

## ► Nutrition Services announced Christmas Day schedule

On Monday, Dec. 25, Parkland's Nutrition Services locations will alter their hours of operations for the Christmas Day holiday (see the schedule below). In addition, all Parkland employees working on this day can receive one complimentary meal. Happy Holidays!

### **Nutrition Services Christmas Day schedule:**

- **Parkland Café (cafeteria):**
  - **BREAKFAST:** Grill and Chef's Table open 6:30 – 9:30 a.m.
  - **LUNCH:** Grill, Chef's Table and Deli open 11 a.m. – 2 p.m.
  - **DINNER:** Grill and Chef's Table open 4:30 – 10 p.m.
- **Park Market:** CLOSED
- **WISH Starbucks:** CLOSED
- **Moody Market Coffee:** CLOSED



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.