CELEBRATING
Nurses Week May 6-12
Hospital Week May 10-16

HEALTHCARE Heroes

THE MONITOR
HEALTHCARE Heroes

Annabel Roman, RN

Dora Jeanne Hinojosa, RN

Elizabeth T. Roman, LVN

Felix Saldivar III, Palmview Fire Department

Brenda Maldonado, RN

Isidro Luna Jr., Hemodialysis Technician

STAY SAFE GOD BLESS US ALL
Your commitment to serve others in their greatest time of need inspires us every day. Thank you for being there for all of us with unwavering strength and courage.

You truly are our Community Built on Care.

Valley Baptist Micro-Hospital

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* Please note that some of these photographs were taken prior to social distancing mandate.
Adriana Acevedo, RN, BSN

Diana Gil Leal, RN and Esther A. Avila, RN, BSN

Victor Joseph Betancourt, NICU Respiratory Therapist

Elva Moya Corpus, RN

Samuel Soto, Flight Paramedic

Jennifer Tijerina, Medical Records
The Valley’s Bank Honors All Medical Professionals!

Thank You! ¡Gracias!

Lone Star National Bank
The Valley’s Bank.
HEALTHCARE Heroes

Med Care EMS Staff with Owner Ronnie Ontiveros and McAllen Commissioner Veronica Whitacre

Andres Sotelo, Paramedic
Richard Becerra, Flight Paramedic, Clinical Coordinator
Sabrina Davila, EMT
Alexandria Delgadillo, Paramedic

Jose Santillan, EMT-B
Matthew Bernal, EMT; Juan Pruneda, Paramedic
Minerva Pena, EMT; Raul Torres, Paramedic
Samuel Soto, Flight Paramedic
Thank you, nurses.

WellMed extends a heartfelt thank you to all nurses during National Nurses Week (May 6–12)

WellMedFindADoctor.com | facebook.com/WellMed
TO MY HEALTHCARE HERO,

Dr. Sarojini Bose

GANDHI ONCE SAID "BE THE CHANGE THAT YOU WISH TO SEE IN THE WORLD." I AM PROUD TO SAY THAT YOU LIVE BY THIS QUOTE AND ARE THE CHANGE THE WORLD WISHES TO SEE. TODAY IS IN CELEBRATION OF YOUR 19 YEAR LEGACY AS A PEDIATRICIAN AS WELL AS YOUR TIRELESS HUMANITARIAN EFFORTS IN THE COMMUNITY. EVERYONE CALLS YOU “DOCTOR” BUT I GET TO CALL YOU “MOM.” YOU’VE BEEN AN INSPIRATION AND SUPPORT THROUGHOUT MY LIFE AND THE VOICE IN MY HEAD CONSTANTLY PUSHING ME TO DO MORE. YOU HAVE DONE A WONDERFUL JOB IN EVERY ASPECT OF YOUR LIFE. I HOPE TO MAKE YOU AS PROUD AS YOU HAVE MADE ME.

LOVE, YOUR DAUGHTER,

Dr. Ashley Bose

HAPPY MOTHER'S DAY!
Dr. Riaz Shareef, MD, with the staff at Valley Kidz Clinic

The staff at Rio Grande City Nursing & Rehabilitation

Bernadette Dizon, Nurse Practitioner

Mark Moreno, RN

Jesus Dominguez, BSN, RN.
Albert Guevara, RN, BSN
Dr. Eder Hernandez, MPAS, DMCS, PAC
Perla Sustaita, LVN

The Heights of Alamo Rehab Dept. Front row left to right Jessica Barrera, OTR, Nancy Escamilla, OTA/DOR.
Back row left to right: Marcos Quintanilla, COTA, Samuel Koneri, PT, David Ruiz, SLP, Deunta Jenkins, PTA
Thank you for everything you’re doing for the RGV.

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To All The Healthcare Professionals

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Juana Andrade, Post Op Certified Nursing Assistant

Dr. Marissa Gomez-Martinez, Family Practice; Dr. Ricardo Garcia, Infectious Disease; Dr. Olabiyi Akala, Emergency Medicine; Dr. Carlos Garcia-Cantu, Chief of Staff; Dr. Manish Singh, Chief Executive Officer; Antonio Obinna, Director of Infection Prevention; Dr. Javier Cortinas, Emergency Medicine; Dr. Jose Bejarano, Hospitalist; Dr. Armour Force, Chief Quality and Academic Officer; Dr. Dinesh Jain, Physician Executive

Richard Rodriguez, Medical Technician III, Renaissance Laboratories

Back: Jessica Quezada, Certified Nursing Assistant, Women’s; Veronica Medina, Registered Nurse, Women’s; Sandy Aguirre, Registered Nurse, Women’s; Myra Perez, Registered Nurse, Women’s; Janet Welch, Registered Nurse Patient Educator, Women’s; Perla Quinlanilla, Certified Nursing Assistant, Women’s; Zully Front: Bianca Prado, Certified Nursing Assistant, Women’s; Cynthia Cutala, Auditory Brainstem Response Tech, Women’s; Cynthia Martinez, Registered Nurse, Women’s; Ann Aguado, Registered Nurse, Women’s; Alma Ortiz, Registered Nurse, Women’s

Alivia Ortiz, Registered Nurse, ER; Selena Cavazos, Registered Nurse, ER; Irene Gutierrez, Registered Nurse, ER; Amanda Cantu, Registered Nurse, ER
Yulisse Rubio, Endoscopy Technician; Iracema Martinez, OR Porter; Ruth Delgado, OR Porter
Guadalupe Villalon, Certified Nursing Assistant

Elena Ortega, Registered Nurse, ER; Cruzita Gutierrez, Unit Clerk, ER; Jack Rheiner, Nurse Practitioner, ER; Rosie Estrada, Scribe, ER; Dr. Karla Trevino-Ramirez, Emergency Medicine Specialist

Veronica Martinez, Registered Nurse; Melissa Garza Perez, Registered Nurse; Marivic Fojas, Registered Nurse; Dora Balderas, Registered Nurse; Edith Garcia, Registered Nurse; Lyrie Jane Enriquez, Registered Nurse, Oncology Certified Nurse

Sebastian Gonzalez, Respiratory Therapist, SIDU; Yessica Villanueva, Certified Nursing Assistant, SIDU; Ana Martinez, Registered Nurse, SIDU; Manuel Gomez, Registered Nurse, SIDU; Jorge Ruelas, Respiratory Therapist, SIDU
Nancy Ramon, Belica Saurina, Liz Balan, Frank Perez, Alex Ritchie, Wendi Salinas, Sandra Hernandez, Sofia Renteria, Vanessa Flores, Delda Avila, Diana Jimenez, Tony Gallegos

Carlos Medina, Yamaris Romero, Chris Lugo, Mike Mendoza, Maribel Lopez, Mary Hernandez, Diana Salinas, America Mendoza, Saul De la O, Nora Weaver, Alex Ritchie, Michelle Galvan, Erika Villarreal, Liz Balan, Wendi Salinas, Johanna Oviedo and Sandra Hernandez

Dr. Valeska Balderas and Dr. Jose Rodriguez from Texas Gastroenterology Institute out of McAllen

Becky Lopez PSR1, Priscilla Benavides RN-BSN, Brenda Castañeda MA, Edinburg Utrgv COVID-19 drive thru

Utrgv COVID-19 drive thru Edinburg location
Left to right: Sandra Perez MA, Becky Lopez PSR1, Rebecca Garza FNP, Priscilla Benavides RN-BSN
Erica Alvarez - HECHS Health Science Teacher

HECHS Nurse’s Assistant - Mayra Nunez

HECHS Nurse - Thelma Molano

South Texas Sinus Institute: Eliza Rodriguez billing, Nora Rodriguez medical records, Nora Ramirez cmc biller

South Texas Sinus Institute: Jennifer Alvarez receptionist, Rachel Garza receptionist, Sally de Leon supervisor

South Texas Sinus Institute: Maribel Villarreal, Medical Assistant; Blake Hessler, PA-C; Dr. Vincent Honruiba, MD, FACS

South Texas Sinus Institute: Abby Treviño ct tech, Raquel Dominguez ma, Lilliana robles nursing director, Maribel Villarreal ma

South Texas Sinus Institute: Jennifer Alvarez receptionist, Rachel Garza receptionist, Sally de Leon supervisor
Janitors, technicians and food service staff are just a few examples of the people working behind the scenes of the coronavirus pandemic. Hospitals around the nation are staying functional and open in part because of these frequently overlooked groups of people.

CLEANING STAFF
Dusting, sweeping, mopping and changing out bed sheets are all normal duties of hospital janitorial personnel. However, with the outbreak of COVID-19 in America, hospital maintenance and cleaning crews have had to step up their game.

An important part of their job is sanitizing every surface in every room the staff visits, and these workers are rising to the occasion. Hospital housekeepers risk infection every time they walk into a patient’s room, whether that patient shows symptoms of the virus or not. Keeping a hospital clean and functional is no easy task and these professionals are keeping up with admirable persistence.

MAINTENANCE WORKERS
The technicians who keep respirators and other essential equipment functional are also indispensable.

Machines that provide life-giving air to those suffering are in high demand, so the technicians who maintain them are of utmost importance.

The workers who specialize in other systems in hospitals are also doing their part to fight this illness. They keep the lights on, the water running, the heaters and air conditioners functioning at their optimal levels and the hospital grounds up to a high standard.

TECHNICIANS AND THERAPISTS
While COVID-19 is showing up everywhere in America, there are patients who are in the hospital for other reasons.

Patients still need physical therapy, dialysis treatments, and other life-saving procedures.

Technicians and therapists continue to carry out and perform invaluable services for their patients while risking exposure to the disease. While it’s true elective procedures are on hold at many hospitals, there are many patients who benefit greatly from therapy services.

The therapists and technicians who offer those treatments are still showing up every day and helping those who need it. Respiratory therapists are helping COVID patients with breathing problems, but they’re not the only ones.

Therapists are also playing a key role in making patients strong and capable enough to safely leave the hospital, making more beds available when they might be needed the most.

FOOD SERVICE EMPLOYEES
Most hospitals across America have shut down their public cafeterias. Preventing the spread of the coronavirus this way is very important by keeping people from congregating in public eating areas.

However, hospital food services continue to feed and nourish patients under their care. Hospital patients need to eat, and someone has to prepare those meals.

Food service in hospitals continues without a hitch, delivering meals to patients throughout the day. It’s a mark of kindness and bravery on the part of all those who continue to provide nutritional meals and do so with a smile. Keeping the spirits up of those who fight off COVID-19 is a rare gift.

Hospital Support Staff

Valley Grande Manor

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We are here to serve your loved ones. With God’s guidance, we are dedicated to treating everyone with dignity and respect. Thank you all for your continued support!

Sincerely, Your staff at Valley Grande Manor, Weslaco
Healthcare Heroes

South Texas Health System®
Doctors and Nurses

Even in normal times, doctors and nurses play a heroic role in saving lives.

Now, however, they are working tirelessly to protect citizens who are susceptible to the COVID-19 virus while working under, in some cases, unthinkable conditions.

**WORKING CONDITIONS**

Doctors are working under extreme pressure and high risk to save the lives of citizens who are defenseless to the coronavirus. At the same time, many hospitals are short on personal protective equipment — including gloves, masks and gowns — due to high demand during the global outbreak. This means the staff who need to treat patients are more at risk of catching COVID-19 themselves.

Luckily, some people who are sheltered at home and have plenty of time on their hands have found ways to be helpful. By doing a simple Google search, anyone can find the best methods and materials for making basic face masks that are almost as efficient as the factory-made ones.

Coffee or vacuum filters offer more protection than scarves, according to a New York Times article. If the fabric is dense enough to not let light pass through it easily, it is dense enough to help slow the transmission of viruses.

People have begun to craft these masks, and many donate what they make to their local hospitals for the doctors and nurses to use while treating and testing patients with symptoms of the coronavirus. Others may donate the masks to people who need the extra protection, including elderly neighbors.

If you’re interested in donating masks or supplies to your local hospital, make sure to check with the hospital and find out what they need first.

**ACCURATE INFORMATION**

Another role medical professionals are playing is delivering accurate health information at a time when it is in high demand.

The spread of information online — not all of which is accurate — has created a need for trained medical experts to help journalists and the general public separate fact from fiction.

Many doctors and nurses have stepped up to help individuals and public policy makers decide on the best course of action. Without their science-based input, the pandemic could have been much more deadly.

**THEY NEED SUPPORT**

During this time while health care needs in the midst of this pandemic are immense, doctors and nurses need help from the public.

One, we should heed their advice. As more information about the reality of the coronavirus’s impact becomes available, Americans should trust doctors and follow their recommendations — whether that is things we can do as society or what we should do as individuals who may be sick and worried.

Supporting medical professionals may be even more critical, though, in the aftermath of this pandemic. In many cases, they are dealing with a lack of proper equipment and an overwhelmed medical system, both of which could be improved with proper planning and quick response for future disease outbreaks.

Right now, the best way people can help is by staying healthy. Making homemade masks is fine, but it is much better if those masks aren’t needed in the first place.

Following the recommendations of public health authorities — recommendations that are likely to change over time — is the best way to support the doctors and nurses who are fighting on the front lines of a war on the coronavirus.

The choice to order groceries instead of going out and buying them in person when you have a cough could help slow this pandemic and let our doctors and nurses breathe.

And going forward, they deserve the public’s support to make the nation’s entire health care system better equipped and prepared.
Thank YOU
HEALTHCARE HEROES
WE APPRECIATE YOU!

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Thank You
Thank you for saving our lives by putting yours on the line.
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TO ALL HEALTHCARE WORKERS:

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You will lead us out of this crisis.

May God protect and guide you.

Thank You
DOCTORS, NURSES & HEALTHCARE WORKERS
PLEASE STAY SAFE!

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McAllen Economic Development Corporation
WANTS TO THANK ALL FIRST RESPONDERS AND MEDICAL PROFESSIONALS
FOR THEIR SELFLESS LEADERSHIP DURING THIS TIME

#thankyoufirstresponders
#practicesocialdistancing

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We salute our 900+ nurses who treat patients with care and compassion at DHR Health. Thank you for your dedication and commitment to excellence.

To Those Caring for Our Community,

Thank You!

National Nurses Week
May 6-12, 2020

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Windsor Atrium, Harlingen, TX

Brownsville Nursing and Rehabilitation Center, Brownsville, TX

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