



THE HEARTBEAT

LFMC Employee Newsletter

December 2020

Important Information About the COVID-19 Vaccine

The Food & Drug Administration (FDA) approved the Pfizer vaccine last week, and within a few days frontline hospital workers were already receiving their vaccinations, including some of our colleagues (pictured below) from La Familia Medical Center (LFMC) who see patients at Christus. This has been a monumental effort by all involved from development to distribution. The vaccination rollout will save lives. Here is information on what this means for LFMC:

- LFMC is expected to receive a shipment of the 2nd vaccine, manufactured by Moderna, next week (pending FDA approval). We are hoping to start vaccine administration for employees on Wednesday, December 23 from 3:00-6:00 pm at Alto clinic, and to continue vaccinating employees December 28-31 at Alto from 3:00-6:00 pm.
- For staff who expressed interest via the survey and/or via e-mail to Dr. Wendy Johnson, you will receive notification of your appointment from Human Resources (HR) on Friday, December 18 or the morning of Monday, December 21. We are fairly certain we will have enough vaccines for all staff who want them. Please come to your appointment at your designated time to guarantee you receive your first dose from this first shipment.
- We are not requiring staff to be vaccinated, but hope that you will consider receiving the vaccine since it protects your health and that of your loved ones.
- The COVID-19 vaccines have proven to be 95% effective, with limited adverse side-effects. The most common were similar to other vaccines with injection site pain, fatigue, headache, and muscle pain. For more information about the COVID-19 vaccine, please visit the [CDC's FAQ page](#) as well as [Facts about Covid-19 Vaccines](#).
- More information on the Moderna vaccine will be provided to you upon our receipt of the Emergency Use Authorization (EUA) factsheet and Centers for Disease Control (CDC) Provider Guidance once it is approved by the FDA.

If you have any questions in the meantime, please reach out to your supervisor or Dr. Johnson.



LFMC providers. Drs. Giblin-SS, Waltersdorf-Alto, Armstrong-Alto, Gutierrez-Alto, and Sinnott-Alto, and others have rolled up their sleeves to receive the vaccine!

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Holiday Message from LFMC Chief Executive Officer, Jay Jolly

As we approach the end of an unforgettable year, reminders are all around us that COVID-19 is not done with us just yet. Case rates are historically high in this country and our own state, and the preventive measures of masking, social distancing, and hand washing are as relevant and as important as ever.

In this holiday season, and with the New Year just around the corner, there is a lot to remember and reflect upon regarding the year we have just come through. It has tested—and changed—everyone's assumptions about "normal," and no one knows how permanent some of the changes made in response to the pandemic will be. From my perspective it should be very clear to everyone that as a nation, and in every state and region, we need to work toward re-establishing a sense of community and common purpose in both our public and private lives. Our individual choices *do* affect others—for better or worse—and cannot be simply whatever I want on the claim of "individual" rights. At the same time, public decisions, programs, and resource allocations must serve the collective good and benefit everyone in the communities affected, whether at the local or national level. It's time to build on the strengths of our country that brought us to the present time, while we cast aside the assumptions, policies, and practices of the past that excluded certain groups and individuals from full participation in the rights and benefits of a society that is clearly wealthy enough, and fully capable, of supporting and including everyone. We can do better. We must.

La Familia Medical Center stands for that spirit of inclusion and community, and directly reaches out to serve those who have not had full access to the benefits of a wealthy society. Each of you is part of a vital and important mission to serve and support these people within our community, giving them access to health care, resources to improve and maintain better health status, and hope. You make an important and positive difference in many, many lives, and because you do, lives are improved and the Santa Fe community is stronger and better. Despair is contagious—and so is hope. Thank you for shining the light of hope as you go about your work.

I wish everyone as peaceful and restful a holiday season as possible in these trying times. COVID vaccines are on the way and that is another reason for hope that we will see the tide turning against this challenging and dangerous infection in the near future. In the meantime, thanks again for everything you are doing to make La Familia stronger and Santa Fe better. Stay safe and stay vigilant. Someone's life may well depend on it.



Christmas Week Payroll

Payroll will be processed and distributed early, on Wednesday, December 23rd. **Note that all staff will need to approve their timesheets by end of day, Friday, December 18th.**



Remember to BREATHE...

4	Breathe in for a count of 4
7	Hold your breath for a count of 7
8	Breathe out for a count of 8
Repeat 4 times in a row, twice a day. Use this exercise during times of stress or if you have difficulty falling asleep.	

Thanks to [Dr. Lisa Moore, Physician-Alt](#) for introducing this effective breathing technique to LFMC staff!



Recognition for LFMC!

The New Mexico Office of Primary Care and Rural Health (OPCRH) is proud to recognize the innovation, quality of care, and dedication of health professionals and volunteers in the COVID-19 pandemic in our communities during National Rural Health Day 2020! This year we want to recognize and thank all your sites and staff for the outstanding efforts in the COVID-19 pandemic.

Quotes of Gratitude and Inspiration

A recent exercise in the Operation Oxygen Mask program **Dr. Lisa Moore** has been sharing was to reflect on Gratitude. In difficult, stressful times, it's important to focus on the positive aspects in our lives and find inspiration. We asked LFMC staff to send in thoughts on what they are grateful for and we also received many inspiring words of wisdom.

"I am grateful to be on the supportive, passionate, and resilient Patient Support Services Team with outstanding leadership. Thank you Brandy, Chris, Joyce, Ronnie, Alondra, Sarah, Bernadette, Theresa, and Heriberta."

*Terry Schnitger
Referral Specialist-Alto*

"I like listening to music a lot, LOL!"
Anonymous

"It's okay to be a glow stick. Sometimes you have to Break before you shine."
-Anonymous, submitted by

*Nubia Rodriguez
Medical Assistant-Alto*

"No matter how busy you are, you must take time to make the other person feel important."

*Theresa Herrera
Medicare Program Rep.-Alto*

"Awesome and blessed to be on this team. Just to know I will see my co-workers on Zoom brings joy to me during these trying and difficult times"

*Connie Trujillo
Billing/Collection Specialist-Alto*



I'm thankful that I get to go home at the end of each day knowing that I helped others – sometimes in a big way, sometimes in a small way.

*Dr. Lisa Moore
Physician-Alto*

"Everything we've been through makes us who we are; be strong, be happy, be healthy, be free, be loved and LOVE."

*Renee Tafoya
Medical Assistant-SS*

"I am proud to be part of this amazing, wild, crazy circus."

*Ashley Young
EMR System Administrator-Alto*

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

-Maya Angelou, submitted by

*Irene Berenstein
Hep. C Program Coordinator-Alto*

"If the future's looking dark, We're the ones who have to shine. If there's no one in control, We're the ones who draw the line. Though we live in trying times, We're the ones who have to try. And we know that time has wings, So we're the ones who have to fly."

*Antonio Mercado
Front Office Manager-Alto*

Purrfect Pets!

For so many during the pandemic, having a furry friend or other pet has provided lots of giggles and real comfort. Many LFMC staff welcomed new pets to their homes this year. Get ready for some serious cuteness!



Kenneth Romero, Lab Assistant-Alto: Cleo came into my life back in April 2020. My partner and I adopted her from the Espanola Humane Society. She's a beautiful tabby cat with a mixed print and making her a part of our family was the best decision we ever made!

She loves to cuddle, play fetch, eat her treats, and she especially loves to tear up our carpet. She's also pretty famous! We made a TikTok account and she has been viewed over 3 million times and has about 23,000 followers!



Jasmin Milz Holmstrup, Development Director:
This is Galadriel, my golden pyrenees. I adopted her last New Years Eve from a high kill shelter. She was on the euthanize list.



Ana Hernandez, Accounting Assistant-Alto: My boyfriend and I got Picante this year from the Santa Fe Animal Shelter. She was transferred there from Mora, NM but we aren't sure. We think she might be part chihuahua, part dachshund. She is a very smart girl who loves to play with her toys, lay in the sun, and sleep in the people bed under all the covers.

Maria McMahon, CFNP-HCH:
We adopted these 2 little guys, Zazu is the orange one, and Harry Monster is the grey one.



Purrfect Pets (Continued)!

Mark Matthiessen, RN; Team Leader-HCH:
Her name is Marley, 7 months old. She's a rescue. It's a wild story but I'm not telling it.



Tony Mercado, Front Office Manager-Alto: He was two months old when we adopted him in October. His name is Patches and Yoli calls him Rabbit.



**Linda Bunnell, RN;
Quality Manager-Alto:**
My husband has a 125 gallon Saltwater Tank. Here is a picture of our Diamond Goby nestled in green star polyp coral. We bought him this summer.



Karen Ryan, Executive Assistant -Alto: (Agent) Cooper came into our lives in early March. He's an adorable, funny, talkative kitty and loves to play/wrestle with his new brothers — our other two cats, Geo and Wilson.



Lori Quintana, Lead PSR-SS: Her name is Violet and she is very smart. She loves to cuddle and hang out with us.



Lori Quintana's family also recently got an adorable puppy!

Spot On Recognition — KUDOS!

"I love to say that everybody in the clinic deserves the best comments, unfortunately I don't know all the names of the employees, but they are the best. Always helping us with our concerns, problems, and the main thing: *our health*. THANK YOU!"

Recognition from a patient for:

- Lori Quintana, Lead PSR-SS
- Georgeann Ortiz, Lead MA-SS
- and the whole SS Team

Welcome to the Team!



Jasmine Meyer, Infection Control Program Manager-Alto

Promotion!

Carla Garcia, Dental Assistant Coordinator

Congrats to **Karla Quezada, Medical Assistant-SS** on completing her MA certification on December 5th!

Andrew Abeyta, Systems Support Specialist I -Alto received an ECW 101 certification on December 4th. Way to go, Andrew!

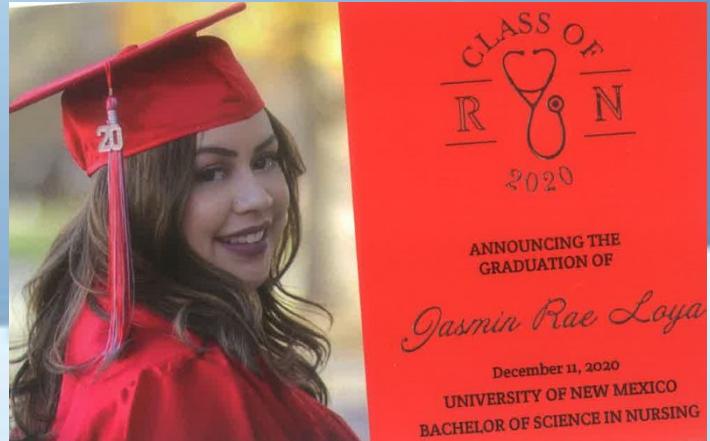
December Anniversaries

Jennifer Bremer — 18 years!
Amanda Gonzales — 10 years!
Anna Perez — 7 years!
Patricia Bustamante — 4 years!
Paulina Enriquez — 2 years!
Dr. Joshua Leiderman — 2 years!
Janeth Perez — 2 years!
Brandy Van Pelt — 2 years!
Maria Escudero — 1 year!
Maria Estrada — 1 year!

Departures

Daisy Andujo, Medical Assistant-Alto
Oyuki Robles, Lab Assistant-SS

Congratulations!



Kudos to **Jasmin Loya, Triage MA-SS**, for graduating with a Bachelor of Science in Nursing from the University of New Mexico on December 11th. Congratulations, Jasmin!



Spreading the Holiday Spirit

A big THANK YOU to [Christine Winfield, Medical Staff & Board Coordinator-Alto](#) for keeping the holiday spirit alive and well, even during the pandemic. She has gone above and beyond to procure prizes and goodies as give-aways throughout the year and it's been especially awesome and uplifting during the holidays. Staff have been enjoying their prizes and sharing with their families, like in the pictures below. [Rina Pelaccio, Safety Compliance Manager-Alto](#) and family made good use of the holiday cookie kit they won — look at those adorable, smiling faces!. Christine has also kept some regular holiday contests going, but with social distancing (like the Halloween pumpkin decorating and costume contests). Looking forward to seeing LFMC staff's creativity on the upcoming Gingerbread House decorating contest. And don't forget to check out the Claus for a Cause items for sale that were sent to all staff via e-mail.



Can you top the silly magnificence of these sweaters worn by staff from last year's Ugly Holiday Sweater day? Show us what you got on **Monday, December 21st!** E-mail [Christine Winfield](#) with your picture before the end of day.

Pictured (from left to right): [Andrew Abeyta, Systems Support Specialist I-Alto](#); [Lorie Martinez, MA-HCH](#); [Maria McMahon, CFNP-HCH](#); [Tiffany Knibbs, MA-HCH](#); [Terry Schnitger, Referral Specialist-Alto](#); and [Sarah Hurtado, CIN Care Coordinator-Alto](#)



NATIONAL
CYBERSECURITY
AWARENESS
MONTH

DO YOUR PART. #BECYBERSMART



SOCIAL MEDIA CYBERSECURITY

Now more than ever, consumers spend increasing amounts of time on the Internet. With every social media account you sign up for, every picture you post, and status you update, you are sharing information about yourself with the world. How can you be proactive and "Do Your Part. #BeCyberSmart"? Take these simple steps to connect with confidence and safely navigate the social media world.

Did You Know?

- In 2020 3.81 billion people worldwide now use social media worldwide. That's an increase of more than 9% from 2019. Put another way: 49% of the total world population are using social networks.¹
- Digital consumers spend nearly 2.5 hours on social networks and social messaging every day.²

Simple Tips

- **If You Connect It, Protect It.** Whether it's your computer, smartphone, game device, or other network devices, the best defense against viruses and malware is to update to the latest security software, web browser, and operating systems. Sign up for automatic updates, if you can, and protect your devices with anti-virus software. Read the Phishing Tip Sheet for more information.
- **Never click and tell.** Limit what information you post on social media—from personal addresses to where you like to grab coffee. What many people don't realize is that these seemingly random details are all that criminals need to know to target you, your loved ones, and your physical belongings—online and in the real world. Keep Social Security numbers, account numbers, and passwords private, as well as specific information about yourself, such as your full name, address, birthday, and even vacation plans. Disable location services that allow anyone to see where you are—and where you aren't—at any given time.
- **Speak up if you're uncomfortable.** If a friend posts something about you that makes you uncomfortable or you think is inappropriate, let them know. Likewise, stay open-minded if a friend approaches you because something you've posted makes him or her uncomfortable. People have different tolerances for how much the world knows about them, and it is important to respect those differences. Don't hesitate to report any instance of cyberbullying you see.
- **Report suspicious or harassing activity.** Work with your social media platform to report and possibly block harassing users. Report an incident if you've been a victim of cybercrime. Local and national authorities are ready to help you.
- **Remember, there is no 'Delete' button on the Internet.** Share with care, because even if you delete a post or picture from your profile seconds after posting it, chances are someone still saw it.
- **Update your privacy settings.** Set the privacy and security settings to your comfort level for information sharing. Disable geotagging, which allows anyone to see where you are—and where you aren't—at any given time.
- **Connect only with people you trust.** While some social networks might seem safer for connecting because of the limited personal information shared through them, keep your connections to people you know and trust.

¹ Kemp, Simon. "Digital 2020: April Global Statshot Report." We Are Social Inc. April 23, 2020. <https://wearesocial.com/blog/2020/04/digital-around-the-world-in-april-2020>

² G., Deyan. "How Much Time Do People Spend on Social Media in 2020?" TechJury. June 18, 2020. <https://techjury.net/blog/time-spent-on-social-media/>