

## MERRY CHRISTMAS TO YOU AND YOURS

This has unquestionably been a year like no other. I do not believe any of us ended last year with the idea that 2020 would be a year like this. As we gathered with friends and family last year, none of us knew or imagined that our lives this year would be so completely disrupted or that we would say goodbye to so many of our friends and family.

the best care available. And we are. I have never been more proud to be associated with a group of people as I am right now. Each of you gets up and comes to work knowing that the work will be hard, long and dangerous. You care for our folks with cheerful hearts and smiles on your faces. We have accepted patients from other facilities, including those

will be heavy ... We must focus on the future at this time. This pandemic will be behind us soon. We will flourish again, as we always have. Let us focus on the fact that God is in control, especially at times like this, when it seems that there is no hope. Let us remember those that passed and take satisfaction that we cared for them competently and



Featured in the latest edition of the annual Ochiltree General Hospital Christmas photo are Dr. Manon Childers as well as 2020 OGH Employees of the Month Jyme Kinnard, Denise Rojas, Samantha Blakely, Jenny Barnes, Jackie Trujillo, Tony Black, Alma Ramirez, Callan Godino and Ashley Boyd.

The stress of the past several months has been palpable. Resources are strained. Sometimes to the breaking point. We are isolated and feel very alone. We see no end in sight. I watched an Amarillo physician on television say, "We can't keep doing this". I felt sorry for him. I don't think he is from around here. He does not possess the pioneer spirit that we from here have.

The fact is that we **MUST** keep doing this. We must keep caring for friends, family and strangers while delivering

in Amarillo. What a compliment to know that they believe we can deliver the care their patients need. One such patient declared Ochiltree General Hospital, "the best hospital I have ever been in". What praise! Even under these most difficult circumstances, we have remained the caring, competent team we have always been known for being.

As we gather to celebrate Christmas, there might seem to be little to celebrate. Gatherings will be smaller, loved ones will be missing, hearts

compassionately. Let us hug tightly those we helped through this. Eat, drink and be merry this Christmas! Celebrate the spirit of boldness you have been given and the gift of caring for others in their darkest hours. We will prevail, as we always do. We shall emerge stronger, wiser and kinder. Merry Christmas! Let us focus on a Happy New Year! 🌾

*Manon Childers, M.D.  
Chief of Medical Staff*

## LOCAL FEEDYARD GIVES TO OGH FOUNDATION

The OGH Healthcare Foundation is excited to announce the addition of Cactus Feeders of Amarillo, Texas, as a \$10,000.00 donor to the OGH Capital Campaign Project.

"Local support of this project has always been of the utmost importance to all of us here at the OGH Healthcare Foundation and Ochiltree General," says OGH

Healthcare Foundation Capital Campaign Chair Brent Allen. "Thanks to the generous donation of Cactus Feeders, Ochiltree General is one step closer to expanding our ...

*Continued on Page 2*

# LOCAL FEEDYARD GIVES TO FOUNDATION

Continued from Page 1

facilities as well as our services to better support our community right here at home."

Established in 1975, Cactus Feeders is in beef and pork production with locations in Texas, Kansas, Iowa, North Carolina, South Carolina, and Georgia. The 800 employee owners of Cactus Feeders are dedicated to finding ways to produce more food, while using fewer resources at a lower cost.

With donations like that given by Cactus Feeders, the OGH Healthcare Foundation and Ochiltree General

Hospital hope to construct a consolidated family practice clinic for local providers, update operating



Committeemember Rocky Tregellas accepts a gift to the Capital Campaign Fund from Keith Brinson, manager of Wolf Creek Feedyard of Perryton, Texas. Wolf Creek is a division of Cactus Feeders.

rooms so that providers like general surgeon Dr. Jay Blasingame have the highest quality equipment and surgical environment in addition to updating ancillary service areas such as the laboratory, radiology and respiratory therapy departments. "Ochiltree General has always strived for excellence, but it's exciting to see the potential impact this project will have on Perryton and surrounding areas," says Allen. "We are grateful to all of our Foundation donors and are proud to have Cactus Feeders as a Foundation supporter." 🌾

## Holiday Blues: Managing the Holiday Season

For most, the holiday season is a time of joy, cheer, parties and family gatherings. From a young age we view this season as a time to be able to share the blessing of spending time with our loved ones. However, for some, it is a time of reflection on the past, loneliness, and grief. The "holiday blues" may occur for several reasons. Increased stress, family tension, current isolation from family and friends due to the COVID-19 Pandemic, and sadness over the loss of loved ones are some of the major contributing factors.

We focus on family during the holidays, therefore; it becomes more difficult to enjoy this time once we have lost a loved one. Our emotions are increased during the holiday season as we miss our loved ones exponentially. The need for support is crucial during the holiday season. The key for obtaining this support is to be open about how we are feeling. Sharing openly with the people in our life about what we are going through allows them to assist us in coping with the compounding grief that is surrounding us. Remembering that we are not alone in what we are feeling may assist us in overcoming the "holiday blues" as they occur. There are several ways

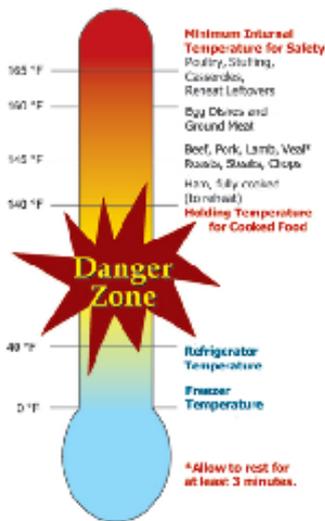
to incorporate our loves ones into the holiday season even if they are not physically present. Listed below are several ideas (Kessler, 2017):

- Say a prayer before the holiday dinner, for loved ones present and not present.
- Light a candle for your loved one/ones not present.
- Create an online tribute to a loved one who has passed.
- Have everyone share their favorite story about those not present.
- At your place of worship remember them in prayer.
- Talk about your loved one openly. Thanksgiving, Christmas and New Year's may be especially challenging holidays for us this year. It seems that our stress and grief are compounded by the state of our nation due to the pandemic. We can and will get through the holidays. Rather than avoiding negative feelings we are experiencing, lean into them, talk about them, work through them. It is natural for us to believe that we will never enjoy the holidays again. While they will not be the same as they were when life seemed "normal" and our loved ones were with us. As we walk through this current time lets hold on to hope that in time we will be able to find

- meaning again and create new traditions that allow the holiday spirit to be recreated. Through this holiday season let's give ourselves some grace. As we remember the loved ones we have lost, or unable to gather with us and share with the ones that are still present, I will leave you with a list of do's and don'ts for getting through the holidays (Kessler,2017).
- **DO** be gentle with yourself, we are allowed to grieve.
  - **DON'T** do more than you want. And **DON'T** do anything that doesn't serve your soul and your loss.
  - **DO** allow time for your feelings.
  - **DON'T** keep feelings bottled up. If you have 500 tears to cry, DON'T stop at 250.
  - **DO** allow others to help. We all need help at certain times in our life.
  - **DON'T** ask if you can help or should help a friend that's grieving, just help.
  - **DO** pay extra attention to the children. Children are often the forgotten grievers. 🌾

Have a very merry Christmas,  
*Candace Lizardo, M.A., LPC*  
*CrossRoads Behavioral Health*

# HOLIDAY FOOD SAFETY



As important as it is to ensure Mom's Green Bean Casserole is on the menu or to take out the holiday ham before it burns, it is most important to make certain your holiday meal is safe to eat. According to the Centers for Disease Control and Prevention (CDC), foodborne illnesses alone account for at least 48 million illnesses, 128,000 hospitalizations, and 3,000 deaths in the United States. Although no one is immune from exposure, those at

greatest risk for developing a foodborne illness are pregnant women, small children, older adults, and individuals with compromised immune systems including those with autoimmune disorders, diabetes, liver and kidney disease, organ transplants, and those receiving chemotherapy or radiation for cancer.

The top five foodborne illnesses reported each year are Norovirus, Salmonella, Clostridium perfringens, Campylobacter, and Staphylococcus aureus (Staph). Symptoms of these illnesses, most of which come and go in less than 24 hours, range from mild to severe gastrointestinal distress and fever. However, in the most severe cases or in immune-compromised individuals, these symptoms can lead to dehydration and death if not treated immediately. Considering most of us have at least one or more of these at risk individuals in our families, it is important to use the following method to help make sure the food served this season is safe for all!

## The Clean > Separate > Cook > Chill Method

- 1. Clean** - a. Wash your hands with soap and water – Before: handling any food, utensils and cookware. After: handling any raw meat, fish or poultry, eating, drinking, smoking, using the restroom, and washing dirty dishes.  
b. Clean and sanitize all preparation surfaces immediately after handling raw meat, poultry and fish.
- 2. Separate** - Use a separate, clean cutting board and knives for raw meat, poultry and fish than you would use for fruits, vegetables, breads, cheeses, and other ready to eat food. If you only have one cutting board, chop all your veggies first and save the raw meat for last.
- 3. Cook** - Use the Safe Temperatures Chart to ensure all your food is cooked to and held at a safe temperature.
- 4. Chill** - Store all leftovers in the refrigerator immediately. Do not leave food sitting out in the Danger Zone and make sure leftovers are reheated to an internal temperature of 165°F. 🌾

Have a happy (and healthy) holiday,  
Tamren Terhune, MS, RDN, LD  
Registered Dietitian

## Employee Spotlight

### BIRTHDAYS NOVEMBER AND DECEMBER

- |                                 |                              |
|---------------------------------|------------------------------|
| Olga Marrufo - Nov. 2           | Lupe Cervantes - Nov. 28     |
| Tiffanie Lucero - Nov. 3        | Judy Valenzuela - Nov. 28    |
| Naomi Medicinebird - Nov. 4     | Sara Cano - Nov. 30          |
| Matt Thornton - Nov. 5          | Roselle Daradal - Dec. 3     |
| Karel Espinoza - Nov. 7         | Edna Carnero - Dec. 12       |
| Opal Romero - Nov. 8            | Tony Black - Dec. 12         |
| Maria Ontiveros - Nov. 9        | Lauren Lopez - Dec. 13       |
| Mariela Monarrez Salas - Nov. 9 | Krystine Ramsey - Dec. 16    |
| Buddy Hopper - Nov. 10          | Deryenda Overton - Dec. 17   |
| Tracie Martinez - Nov. 10       | Candie Pickett - Dec. 19     |
| Jamie Bentley - Nov. 19         | Lindsey Hillman - Dec. 20    |
| Jerra Lowrey - Nov. 19          | Ana Tarango - Dec. 23        |
| David Smith - Nov. 20           | Savannah Eggemeyer - Dec. 24 |
| Denise Rojas - Nov. 21          | Hannah Mayfield - Dec. 27    |
| Kristi Brown - Nov. 21          | Faviana Camacho - Dec. 28    |
| Misty Lira - Nov. 22            |                              |

### OGH ANNIVERSARIES NOVEMBER AND DECEMBER

- |                               |                            |
|-------------------------------|----------------------------|
| Callan Godino - 1 Year        | Hayle Hill - 4 Years       |
| Reyna Mendoza - 1 Year        | Maria Estrada - 5 Years    |
| Jessica Arredondo - 2 Years   | Buddy Hopper - 8 Years     |
| Alyssa Frame - 2 Years        | Candie Pickett - 19 Years  |
| Gerardo Rosales Jr. - 2 Years | Suzanna Jarrell - 28 Years |
| Deisy Chairez - 4 Years       | Yolanda Garcia - 37 Years  |

### OGH ROCKSTARS

- |              |                 |
|--------------|-----------------|
| Maria Puebla | Shawna Merriman |
| Lacey Tyk    | Aurora Carnero  |
| Mary Heckman | Christa Kelley  |

### THE BEST GINGERBREAD COOKIES



FROM THE SEASONED MOM

#### INGREDIENTS

- 1 cup white sugar
- 2 tsp ginger
- 1 tsp nutmeg
- 1 tsp cinnamon
- 1 tsp salt
- 1 ½ tsp baking soda
- 1 cup (2 sticks) butter, softened
- ½ cup evaporated milk
- 1 cup molasses
- 4 cups all-purpose flour, sifted (plus additional 1 - 1 ½ cups of flour, as needed, to form a workable dough)

To prepare: Combine sugar, ginger, nutmeg, cinnamon, salt, and baking soda in a large bowl. Mix on low speed until well combined. Add softened butter, evaporated milk, and molasses. Cream together. Gradually mix in the flour until a stiff dough forms. Roll out the dough. Cut into shapes. Bake in a 375 degree F oven for 10-12 minutes.

# HOMETOWN HEALTHCARE PROVIDERS



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## EMPLOYEES OF THE MONTH

Each month Ochiltree General Hospital recognizes one outstanding staff member for their dedicated service to providing quality healthcare in our community. Since September, two more well-deserving staff members have been honored by being named Employee of the Month. The Employee of the Month for October is Alma Ramirez who has been a part of the Finance Department since October 2007.

The Employee of the Month for November is Callan Godino who just celebrated her first anniversary here at Ochiltree General as a Nursing teammember. 🌾



## CONTACT US

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Would you like updates from Ochiltree General? Email [lmcanally@oghtx.com](mailto:lmcanally@oghtx.com) to get on the Ochiltree General eList.