

# Memorial Minute



February 19, 2021

## MMC Recognizes February As American Heart Month With Way To Keep You Healthy

February is American Heart Month, and Memorial is helping the community become more aware of their heart health. Some of our providers are featured in several videos answering common questions about early heart attack signs and screening tests that can identify life-threatening conditions. Please join us for our drive-thru Heart Expo at the HealthPlex on Saturday, February 27<sup>th</sup> from 9 am until noon. Each attendee will receive free Heart Month related giveaways including early heart attack warning sign magnets and heart healthy recipes from our registered dietician, Michael Mendoza. Free coffee and hot chocolate will also be served. Additionally, we are offering ways for our staff to participate in Heart Month. Wellness Wednesdays in February feature heart healthy snacks for all staff. There is a heart health-themed employee children's art contest with prizes for the top three entries in three age categories. We are also recognizing the Cardiac Rehab team as well as all our Cardiovascular Professionals. I encourage you to learn more about your heart health, take a health risk assessment, or meet our cardiovascular teams at [MMCLC.org](http://MMCLC.org).



**Did you know nearly 80% of Memorial staff and providers are vaccinated against COVID-19? Our staff, providers and facilities are safe and ready to see you. Don't delay the care you need.**

**Do you want to pre-register for you COVID-19 Vaccine?**

Visit [cvvaccine.nmhealth.org](http://cvvaccine.nmhealth.org) to register today with NMDOH.

## Extraordinary Memorial Medical Center Nurses Recognized With DAISY Awards

Ellen Carson, RN and Jonna Brown, RN were honored with The DAISY Award for Extraordinary Nurses<sup>®</sup> for fall 2020. The award is part of the DAISY Foundation's mission to recognize the extraordinary, compassionate nursing care they provide patients and families every day. Patients they cared for at MMC nominated Ellen and Jonna. Thank you, Ellen and Jonna, for your dedication to our patients and community.

"I had to come to the hospital every three weeks for five days to get chemo and I always looked forward to the days Ellen was my nurse. Don't get me wrong, all the nurses that helped me during this time are great, but Ellen always went above my expectations and just felt like I was going to make it. Now I am almost done with my sessions and I am almost sad because I won't see her anymore."

- Patient's remarks



"Jonna woke me up very concerned that I was OK. My heartbeat had dropped very low. They performed an EKG and everything checked OK. Jonna stuck around and we spoke for a while. She asked me several times how I was feeling. Jonna stayed for a while longer until I assured her that I was OK. I cannot thank Jonna enough for her devotion to her duty. May God (bless) her and the rest of her team."

- Patient's remarks

Memorial Medical Center [www.MMCLC.org](http://www.MMCLC.org)  
Memorial Physician Practices [www.MemorialPhysicianPractices.com](http://www.MemorialPhysicianPractices.com)

### Mission

Making  
Communities  
Healthier

### Vision

To be a place where: People choose to come  
for healthcare; Physicians want to practice;  
and Employees want to work.

Sincerely,

John Harris, CEO  
Memorial Medical Center

