

MOUNT GRAHAM MINUTE

December 2021

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NOTE FROM THE CEO



Happy Holidays – Merry Christmas to our Community of friends and family that rely on MGRMC for their healthcare. This time of year brings us together to share good food, fun and perhaps a gift or two. All of us at MGRMC consider all the patients that come to us for care as part of Our Community – Our Family. We truly believe it is our honor to care for those who come to us. We wish you good health!

- Roland Knox, CEO

MERRY CHRISTMAS



Mount Graham Regional Medical Center wants to wish our entire community a Merry and safe Christmas and a Happy New Year. We are grateful for our resilient staff that has helped make this year a triumph despite hardships. Throughout the COVID-19 pandemic, we understand many in our community have experienced tragedy. We hope to be a source of light and comfort for all those who enter our doors, whether that be on your best day or one of your worst.

May your Christmas season be filled with love and your 2022 be blessed with health.

STAY SAFE THIS HOLIDAY SEASON!

As the holiday season is underway, sicknesses like influenza and COVID-19 are back in full swing. COVID-19 can affect all of us differently, so it's best to protect ourselves and our loved ones, especially those most vulnerable, from contracting the virus.

Here are some of MGRMC's tips for staying happy and healthy this Christmas season.

1. Consider Getting Vaccinated

Receiving a vaccine against COVID-19 is one of the best things you can do to prevent severe infection and hospitalization if you get infected with COVID-19. Talk to your doctor to receive more information on which vaccine is right for you. Copper Mountain Clinic, our family medicine, offers the Moderna vaccine every Friday. You can schedule your vaccination appointment by calling 928-348-1600.

2. Wear a mask

Wearing a mask in indoor public places can help us stay healthy. Wearing a well-fitted mask covering both your mouth and nose can help prevent the spread of COVID-19.

3. Wash Your Hands Often

This holiday season be sure to wash your hands often; it can help slow the transmission of COVID-19, noroviruses, influenza, and other viruses that cause common colds. Washing your hands with soap and running water for at least 20 seconds can help remove harmful bacteria and viruses. Properly wash your hands by lathering the palms and backs of your hands, between your fingers, and under your fingernails. Scrub for at least 20 seconds.

4. Maintain a Healthy Diet, Stay Hydrated, and Get Proper Sleep

Maintaining a rich and healthy diet as well as staying hydrated can be highly beneficial for remaining healthy during the colder months. Getting at least 8 hours of sleep allows your body to reset every day and will enable you to fight off sicknesses faster.

5. Social Distance

Staying socially distant ensures that we maintain our health. Stay at least 6 feet away from those outside of your household when you are in public settings.

6. If You're Feeling Sick, Stay Home

One of the very best things we can do to keep our community healthy is to stay home if you feel sick. If you have symptoms such as fever, cough, shortness of breath or difficulty breathing, fatigue, loss of taste or smell, or headaches, be sure to get tested for COVID-19 to prevent the spread to others.

Copper Mountain Clinic provides a completely free drive-up testing located behind Mount Graham Regional Medical Center. They are open Monday through Friday from 1 p.m.-7 p.m. and Saturday 9 a.m.- 1 p.m.

7. Follow Local Recommendations

We always recommend following local recommendations and guidelines for our area. You can find these guidelines for our community here: <https://www.graham.az.gov/CivicAlerts.aspx?AID=181> and here: <https://www.azdhs.gov/covid19/index.php>.

When we work together as a community, we will be able to get through this pandemic, alleviate the stress on our local healthcare system and workers, and get stronger through it.



MGRMC TEAMS UP WITH DOUBLE R COMMUNICATIONS FOR RECORD FOOD DRIVE



MGRMC was proud to partner with Double R Communications for their Annual Thanksgiving Food Drive with the local elementary schools. MGRMC employees also held their 1st annual internal food drive where they collected over 1,000 items of food to go to local food pantries. The food drive as a total collected 23,200 pounds of food, almost double the amount that was raised last year.

We want to give a big thank you to Double R Communications for putting on this great event year after year and thank you to our local elementary school students and parents for being so generous. We are also grateful for the participation of our employees that help our local community keep their bellies full throughout the entire holiday season.

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MEET SOME OF OUR PROVIDERS!



BRANDON WELKER, DO

VICE CHIEF OF STAFF

- Born and raised in the Gila Valley
- A graduate of Safford High School
- Attended Kirksville College of Osteopathic Medicine graduating in 2006
- Completed his Diagnostic residency at Michigan State University in 2011 and a fellowship in Musculoskeletal Radiology in 2012 at Henry Ford Hospital in Michigan.
- Married and has 4 children
- Enjoys being outdoors, hiking, and razor rides

JORDEN MARBLE, MD

- Born and raised in Safford, Arizona
- Proud Safford Bulldog
- Received his bachelor's degree in Biochemistry from Brigham Young University
- Went to medical school and completed his residency at The University of Arizona
- Has 5 children
- Enjoys hiking, camping, and taking vacations to the beach



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