



PMF Newsletter

"To Assist and Support the Medical Needs of the Community of Palacios"

Fall Winter 2024

Volume 10.2

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PMF Newsletter is a publication of the Palacios Medical Foundation, a 501 (c)(3) non-profit foundation formed to benefit the Palacios Community by supporting healthcare services throughout the community.

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Editorial staff: Sue Stacy; David King; John Harrison

Thanks to Huyen Jessica Tran, PCMC Administrator, Mashelle Seaman, PCMC Community Outreach, and Teresa Jackson, RN.

Thanks to...

Palacios Area Fund for their support of this Newsletter.

PCMC Renovations Underway!

From painting to restructuring important hospital facilities, work at the Palacios Community Medical Center is ongoing. Renovations include updates to the emergency room, the nurses' station, the X-ray room, medicine area, and plans for installation of a new HVAC system. The community, hospital employees, and our wonderful regional funders have stepped up to make this possible.

PCMC Administrator **Huyen Jessica Tran** expressed her gratitude:

"As someone who was born and raised in this town, I feel an immense sense of pride and humility seeing how the community has come together to support the much-needed renovation efforts at PCMC. The generosity shown by The Trull Foundation, Matagorda County Navigation District #1, The Ed Rachal Foundation and individual local supporters such as Modern Build and W&W Dock is truly overwhelming. It fills me with deep gratitude to witness this outpouring of care for our hospital."

"I also want to thank the staff at Palacios Community Medical Center, El Campo Memorial Hospital, and Palacios Medical Clinic who have played such a pivotal role in these efforts."

"The generosity and commitment shown by everyone involved has been nothing short of inspiring. On behalf of Palacios Community Medical Center, I want to extend my deepest thanks to each of you. Your dedication strengthens our belief in the power of community and reaffirms our mission to provide exceptional healthcare. The impact of these renovations will be profound, creating a better healing environment for all who walk through our doors. I am filled with complete confidence and hope for a bright future for our hospital and community!"



Need for Bluebelle Volunteers

The BlueBelle volunteers for years have welcomed visitors/patients arriving at the local hospital, directed phone calls, and helped with fund raisers. Their contribution to the hospital is needed and greatly appreciated. **Please consider joining this group of dedicated volunteers to serve and help others!**

4 hour shifts available, M-F, 8-5 p.m. Must be at least 18 years old.

Please contact **Mashelle Seaman** at (979) 616-1818 for information. mashelles@midcoasthealthsystem.com

TRUNK R TREAT

Such a fun night at the PCMC Spooktacular Trunk R Treat! The staff loved seeing all of the awesome costumes!



Seaside Holiday 2024



This holiday Christmas event is scheduled for Dec 7. PCMC will be serving up free hot dogs!

The Palacios Community Health Expo in July was a big success with 402 individuals in attendance. PCMC-MidCoast, Palacios ISD, Palacios Community Hub, Texas A&M AgriLife, and TDHHS sponsored the event. Services offered included Health check, blood drive, free haircuts, immunizations, and giveaways. PCMC donated back packs for the students.

Palacios Medical Clinic

Monday-Friday

8am-12pm; 1pm-5pm

361-972-2000

John Pulvino, DO

Family Physician
(all ages, M-F)

Brook Dorotik, MD

Family Physician
(all ages, one Friday/month)

Marissa Hunt, WHNP-BC
Women's Care Provider (M-F)



Palacios Community Medical Center's **Senior Life Solutions** program is designed to help older adults (typically 65+) who are experiencing symptoms of a mental health challenge such as anxiety and depression. Program staff includes a psychiatrist, therapist, registered nurse, and other caring professionals who are passionate about empowering older adults to thrive mentally.

Aging can bring many joys but also challenges such as the loss of loved ones, loss of independence, or the loss of interest in things we once enjoyed. As we age we may become a caregiver of a loved one or friend, experience health concerns, a decrease in energy, changes in sleeping or eating. Sometimes these age-related changes can lead to feelings of hopelessness, isolation, loneliness, sadness, frustration, and fear or anxiety.

Feeling depressed is not a normal part of aging. Senior Life Solutions is here to help. Palacios Community Medical Center has welcomed the Senior Life Solutions program to serve the needs of area residents, right here in Palacios. Our service area extends to Bay City, El Campo, Port Lavaca. Call us today for a confidential assessment at 361-972-0395.

Palacios Medical Clinic

Specialist

(as scheduled)

Cardiologist

Robin Yue, MD

Call 979-578-5228



Laboratory Services

Imaging/Radiology

24 Hour/Emergency Care

Swing/Inpatient Rehab

Physical Therapy

Occupational Therapy



Hometown healthcare that meets your needs.

311 Green Avenue

361-972-2511

<https://palaciosmidcoasthospital.org>

Flu Shots Available

Protect yourself and prevent the flu! Flu shots are available at Palacios Medical Clinic! It is at no cost for those with Medicare. If you have not seen a provider for your Annual Medicare Wellness Visit, call (361) 972-2000 to schedule an appointment and get your flu shot during your no cost visit! Palacios Medical Clinic, 307 Green Ave. (361) 972-2000.

Palacios Medical Foundation

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