

# Texas Health Care Newsletter

a Privia Medical Group North Texas



Texas Health Care was founded to allow doctors to be doctors.  
Our priority is simple: provide quality care to our patients.

March 31, 2017

(Volume XIV, Edition 07)



## Employee April Birthdays

Staff	day	Staff	day	Staff	day	Staff	day
Dianna Chappell	1	Hailey Moss	11	Jordan Hockemeyer	19	Myra Delgadillo	26
Amanda Rodriguez	2	Kayla Prestridge	11	Jennifer Beasley	20	Cordel Harriman	27
Carol Freeman	3	Guadalupe Suarez	11	Tyna Flintroy	20	Alexis Luera-Rodriguez	27
Christin Wilkins	4	Noree Crawford Phillips	12	Christina Frausto	20	Wendy Ross	27
Kerri Cloud	5	Whitney Dickerson	13	Victoria Garza	20	John Jensen	28
Cindy Littlehale	6	Lori Farneti	13	Lourdes Jimenez	20	Erica Ramos	28
Kassandra Ramirez	6	Kimberley Russell	13	Antoinette Jones	21	Ana Saucedo	28
Amber Ross	7	Amy Barber	15	Kathleen Burnett	22	Stephanie Webster	29
Ilse Valencia	7	Robin Moore	16	Lisa Hood	22	Abigail Mota-Lindero	30
Beverly Cook	8	Ashley Pena	16	Kelsie Pruett	23		
Melania Hernandez	8	Yasaira Zamora	16	Miriam Munoz	24		
Jana Henderson	9	Brenda Caughron	17	Laura Dodds	25		
Maria Rodriguez	9	Brenda Maxwell	18	Michael McFadden	25		
Courtney Boedeker	10	Gabriela Rosales	18	Drew Thompson	25		

The month of April is associated with the **Daisy or Sweet Pea** which bloom in a wide range of soft colors as well as two tone colors. These April flowers convey innocence and symbolize pleasure. In fact, in the Victorian Era, these flowers formed a part of the bouquet sent to someone to convey gratefulness.

THE  
HEALTHY  
CHOICE

TEXAS HEALTH CARE  
WELLNESS PROGRAM  
for THC Employees



### How Flu Spreads -courtesy of CDC

#### Person to Person

People with flu can spread it to others up to about 6 feet away. Most experts think that flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose. To avoid this, people should stay away from sick people and stay home if sick. It also is important to wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Linens, eating utensils, and dishes belonging to those who are sick should not be shared without washing thoroughly first. Eating utensils can be washed either in a dishwasher or by hand with water and soap and do not need to be cleaned separately. Further, frequently touched

surfaces should be cleaned and disinfected at home, work and school, especially if someone is ill.

#### The Flu Is Contagious

Most healthy adults may be able to infect other people beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Children may pass the virus for longer than 7 days. Symptoms start 1 to 4 days after the virus enters the body. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Some people can be infected with the flu virus but have no symptoms. During this time, those persons may still spread the virus to others.

401K –Today is the last day to login to the website or call



Transamerica Customer Service for April  
Deferral changes.

Unless deferral is elected at a different percentage rate or the employee chooses to opt out of the automatic enrollment feature prior to **March 31<sup>st</sup>** employees below will be added to the plan for an automatic percentage rate of 4% on the first payroll check in April. For additional assistance, contact a Transamerica Representative at 800/755-5801 or our Lawing Financial Consultant -Dion Nickel at 469/264-1187.

Employee	Office	Employee	Office	Employee	Office
Victoria Barriga	Sathyamoorthy	Ariel Garcia	Hammonds	LaToya Pierce	Sathamoorthy
Ema Borrás	P/T	Laura Garcia Perea	OB Baylor #330	Eva Rangel	Wigginton
Deborah Bruce-Duncan	Southwest Ob	Donna Godsey	Sathyamoorthy	Monica Ridenour	T/M
Kathleen Burnett	Southwest Ob	Travoya Johnson	McLaughlin	Layla Valles	Fewins
Jessica Cantu	OB Baylor #440	Michael McFadden	H/V/M/K	Paige Wheaton	B & J
Magdalena Cardenas	OB Baylor #320	Kelley Menefee	Bone & Joint		
Jana Cline	Senter/Allen	Kasandra Montes	H/V/M/K		
Tammy Cress	JPS SX	Audrey Nelson	Anthony/Dean		
Dominique Davila	Rosenthal	Antay Parker	OB Baylor #445		

**IRS Federal Tax Return –Deadline Date?**

Taxpayers will get a few extra days to get their tax returns to the IRS in 2017. The filing deadline to submit 2016 tax returns is Tuesday, April 18, 2017. That's because April 15, 2017, falls on a Saturday. That would normally result in a move to the following Monday (April 17, 2017). However, Emancipation Day falls on Monday, April 17 this year.

Since that's a legal holiday in the District of Columbia, **the tax filing deadline will be pushed ahead for all individual taxpayers to Tuesday, April 18, 2017.**



Have you noticed our new Company Logo Shirts? The new shirts have the updated name "Texas Health Care Privia Medical Group North Texas" Shirts can be ordered by office to save on shipping or you can order and pick up at the vendor's sales room.

**As previously announced, we now have the ability to make online purchases for new shirts!**



Order your official t-shirt at the following web address:

<https://stores.inksoft.com/texashealth>

Cost: \$12.00 each

Choose to pick up at the Fort Worth Screen

Printing location at 200 Carroll (Close to the Hospital District) 9:00 am

– 5:30 pm Monday through Friday

For a small fee, your purchase can be shipped at your expense via UPS.

