

CovenantHealthSM SeniorCare

March 2021



Hello and welcome new members!

I would like to take a moment to introduce myself. My name is Roxana and I, alongside my manager, Lauren Orta, work under Covenant Health Foundation. We oversee our SeniorCare program at Covenant Health. We dedicate our mission toward partnering with the senior population to ease and facilitate lifestyle changes and transitions. SeniorCare provides a variety of different educational, wellness, and social programs, that engage and expand the well-being of our seniors. Our benefits include membership discounts in the hospital and with preferred partners in the community.



Roxana Rashid



Lauren Orta

Our team is proud of building strong personal relationships with seniors in our community. We looked forward to attending every SeniorCare event because it was a chance for us to meet potential new members and allowed us to connect with current members. In today's society, I believe it is difficult to find a position in which one can say their work is truly "fun," or "fulfilling," but Lauren and I have been blessed with the

opportunity to be part of a program that allows us to touch so many lives in Lubbock and the surrounding region.

With the ongoing pandemic, we have made the ultimate decision that it is best for us to continue postponing our SeniorCare events and services until further notice. Throughout the nation, health systems are fighting to combat the growing number of COVID-19 cases. Our frontline workers and staff at Covenant have shown a tremendous amount of vigor and sacrifice as they continue to persevere through the hardships due to this crisis, while serving our patients with the best care possible. We want encourage you to continue to honor our frontline workers by washing our hands, wearing our masks, practicing social distancing, and avoiding gathering in large groups.

It has placed a heavy toll on our hearts to be away from our SeniorCare members for so long, but we will continue to provide you with resources and care. We will send out a bi-weekly (I recommend monthly. If a newsletter goes out too often people will unsubscribe or not read) newsletter with community information, health articles, and ways to connect with us until we can resume our normal programming.



In the meantime, we would love to hear from you! How have you stayed busy and taken care of yourself during this strange year? Did you pick up a new hobby? Join a volunteer group? We may even showcase some of these stories on our pages! Once again, our main goal is to simply keep everyone as safe as possible by avoiding any type of large event. In the meantime, please do not hesitate to reach out to us for anything that you may need or want to see in this program. Thank you for your patience and understanding.

With Much Love,
Roxana Rashid

Covenant Health In The News

[Why People Will Still Wear Masks After Pandemic is Over -KAMC](#)

[Hospital Cases Manageable During Cold Weather Event - KCBD](#)

[Covenant Children's Achieves Highest Level of Designation -KAMC](#)

Missing Your Membership Card?

It has come to our attention that many members have signed-up within the past few months and have yet to receive a physical copy of their membership card.

If you still have not received your new SeniorCare membership card in the mail or in person (that has the word MEMBER in green in the front), or if you are simply needing a replacement card, please give us a call at (806) 725-0094 or email Roxana.rashid@stjoe.org for a new one.

Stay in touch with us!

Have you moved, or gotten a new phone number? Please let us know of any changes that you have made within the past two years so that we can update our SeniorCare records and continue to keep in contact with you in the future!

More About Covenant Health Foundation



Covenant Health Foundation is dedicated to supporting the mission and vision of Covenant Health. If you are interested in making a gift of time or treasure, please visit our website and connect with us on social media!



[Visit our website!](#)

Contact SeniorCare

For more information, please call us at (806) 725-0094 or email Roxana.rashid@stjoe.org

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