



# DESERT WEST

## OBSTETRICS & GYNECOLOGY, LTD.

Spring | 2020

NEWSLETTER

### Desert West is Open to Serve Patient Needs

All five locations of Desert West OB/GYN are open to care for new and existing patients. We are asking patients that have a cough, cold or fever to reschedule their appointments to a later date. Obstetrics patients with respiratory symptoms, cough, fever or who have a known exposure to COVID-19 or traveled out of the state, should call the office prior to their appointment.

For the safety of our patients and staff, we have instituted a number of changes within our offices. Please review by going to [desertwestobgyn.com/coronavirus-alert](http://desertwestobgyn.com/coronavirus-alert). As a reminder, visitors – including spouses and children -- are not allowed in the offices.

### June Opening Planned for New Glendale Office

The grand opening of our new Glendale office is scheduled for Tuesday, June 2nd. Located at 6678 W. Thunderbird Road, the 16,000 square foot building will replace the Eugie Avenue office which closes on May 28th at 5 pm.

The new location will offer a more comfortable and welcoming environment, in-office laboratory services, large ultrasound rooms to accommodate family members, private space for nursing moms and separate areas for each physician's care team. Patients and their guests will also have access to iPhone charging stations, free guest Wi-Fi and ample and convenient parking.

### Anthem Office Adds Friday Hours

Beginning in March, the Desert West Anthem office is now open Fridays from 8 am – noon. Located at 41810 North Venture Drive, Building E, Suite 156, the practice welcomes new patients and is staffed by Amy Boots, DO, Winter Dowland, DO, Nina Wilkey, MD and Andrea Corrick, RN, WHNP-C.

### Tips to Get You Through Social Isolation

Minimizing infections during this pandemic is the responsibility of each of us. Every hour of every day that we eliminate contact with others reduces risk to our friends, family and community. Since there is only so much television that anyone can watch, here are some tips to keep your home life running smoothly.

1) Whether you are living solo or with a family, keep some sort of schedule. Pencil in time for stretching, reading, social media, learning (documentaries, TED

Talks, YouTube videos on tasks, learn a new language), etc.

2) Electronically reach out to someone new each day – an old friend from high school, a relative you usually connect with during holidays, an isolated older adult or a new acquaintance.

3) Maintain or improve your fitness by using calorie apps to track your daily intake and online fitness classes that require no equipment.

4) For those of you living with

others, schedule time to be alone. If you have another adult in the house who can watch children, schedule an hour each day for each of you to close the bedroom door and nap, write, read, exercise...do whatever you want to recharge. The same for those living with a roommate or partner.

5) Be kind to yourself and others. Remind yourself and anyone else you're living with that these are challenging times and that you're doing your best.

Glendale \* Arrowhead \* Anthem \* Estrella \* Sonoran

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