

Summer 2014

N.E.W. Community Clinic Newsletter

Caring & Sharing

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Our Mission:

To provide access to quality, comprehensive and compassionate health care to the underserved in our community.

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PROVIDING EXCEPTIONAL CARE TO THOSE IN NEED

Access to medical care is a benefit that many individuals take for granted but for low-income, uninsured individuals obtaining most types of health care such as preventative, emergency and non-emergency services is a challenge. Paying for these services is also a major obstacle for low-income, uninsured adults. Joyce Clark understands very well what it is like to be in need of medical care and medications and not be able to afford the expense of a doctor visit. Since having Thyroid Cancer Joyce is required to take a daily thyroid medication but because she did not have health insurance she could not afford the out of pocket cost of a doctor visit which resulted in her not being able to get her needed prescriptions.

Working full-time as a waitress and later as a security guard made it impossible for Joyce to afford the high cost of health insurance premiums. When she found out about N.E.W. Community Clinic and being able to receive the medical care she was in need of, it was a great relief to Joyce. In 1996 Joyce became a patient at N.E.W. Community Clinic. For 18 years Joyce has been receiving the medical care she requires at N.E.W. Community Clinic. Since being diagnosed with diabetes and hypertension, Joyce struggled to afford the monthly costs of prescriptions. The staff at the clinic was able to assist her in getting the medications she needed through the prescription assistance program at no cost to her. With regular health care visits at the clinic Joyce's medications are monitored through med checks and she is able to get regular blood work done and work on self-management goals for overall better health. Being a part of the Wisconsin Well Woman Program gave Joyce the opportunity for regular mammograms and check-ups.

Joyce turned 65 in July and will begin to receive her health coverage through Medicare. Joyce is extremely grateful for everything the staff at N.E.W. Community Clinic has done to help her. Joyce praised the clinic and its staff stating she is extremely grateful for the exceptional care she has been given over the years. "Everyone at the clinic is friendly, helpful, knowledgeable and will bend over backwards to help you". She is extremely thankful for the excellent care that she received from Dr. Tibbetts. She is thankful to have the N.E.W. Community Clinic available for her health care and for all it does to help those in need in the community.



Brown County United Way
***We are a Brown County
United Way Agency***

MANAGING DIABETES FOR A HEALTHY LIFE

According to the American Diabetes Association, in 2012, at least 9.3% of Americans, or 29.1 million Americans were living with diabetes. Diabetes is a condition in which too little insulin is being produced in the body; the insulin receptors in the body have become resistant to insulin, or both. There are two types of diabetes, Type 1 and Type 2. Type 1 Diabetes, which was previously known as juvenile diabetes, is most often diagnosed in children and young adults. Type 2 Diabetes, which is the more common type of diabetes and most often occurs in adulthood. With increased obesity rates, teens and young adults are now being diagnosed with Type 2 Diabetes. The N.E.W. Community Clinic is aware that the number of individuals diagnosed with diabetes is a growing national problem. N.E.W. Community Clinic uses evidence based outcome measures to monitor medical care for its patients.

Diabetes is a disease that does not just affect blood sugar levels but it can affect the whole body. Oral health, eye and foot problems are just a few areas that diabetics need to monitor on a regular basis. Diabetics are at a higher risk for gum disease due to hard to control blood sugar levels. The higher the sugar levels the more bacterial growth leading to increased risk for oral disease. It is extremely important to have regular cleanings and dental checks to avoid increased risk. Foot care is also extremely important. Diabetes can lead to nerve damage and may result in lost feeling in your feet therefore not knowing you have sores or other injuries to them. Checking your feet daily for signs of infection and having your doctor do a full foot exam at least once a year can lead to early detection of serious foot problems. Diabetic retinopathy is another serious condition that diabetics face. High blood sugar levels cause damage to the walls of the small blood vessels in the eye, altering their structure and function. Annual eye exams by an ophthalmologist lead to early detection of retinopathy and better overall vision.



A healthy diet and exercise are important factors for diabetes management. Portion size, counting carbohydrates and a well-balanced meal are key factors in maintaining blood sugar levels. Having a regular exercise schedule is also a key factor in managing diabetes. When an individual exercises your muscles use sugar for energy and regular physical activity helps your body use insulin more efficiently. These factors work together to lower your blood sugar level and assist in maintaining a healthy life. The N.E.W. Community Clinic works together with its patients to develop self-management goals and healthy lifestyles for overall better health.

<http://www.diabetes.org/diabetes-basics/?loc=db-slabnav>

http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002194/#adam_001214.disease.causes

<http://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-management/art-20047963>

<http://www.webmd.com/diabetes/dental-health-dental-care-diabetes>

<http://www.webmd.com/diabetes/h2t-managing-diabetes-11/default.htm?article=091e9c5e80854aef&promo=1#nav>

Southwest Stuffed Red Peppers

Filling:

½ lb lean ground turkey
1 can black beans, rinsed & drained
1 can sweet corn, rinsed & drained
1 large tomato, diced
1 clove garlic, minced
4 Tbsp. onion, chopped
3 Tbsp. taco seasoning
1 Tbsp. Cumin
Salt

For Peppers:

3 red bell peppers, cut in 1/2, lengthwise and remove seeds & stems
1/3 cup reduced sodium, fat free chicken broth
9 Tbsp. reduced-fat shredded cheddar cheese
1 Tbsp. green onion, chopped



Brown turkey, season with salt. When turkey starts to brown, add taco seasoning, onion and garlic. When turkey is cooked through add black beans, corn, tomato and cumin. Mix all together and simmer for 10 minutes, covered. Remove lid and cook for 5-10 minutes until most of liquid is gone.

Preheat oven to 350 degrees. Fill each pepper with ½ cup of the turkey mixture and place in 9X13 pan. Pour chicken broth in bottom of pan. Cover tight with foil and bake for 45 minutes or until peppers become soft.

Remove foil, top each pepper with cheese and bake for 5 minutes, uncovered. Top with green onions and serve with reduced fat sour cream and salsa. www.sixsistersstuff.com

Reaching Out To Make A Difference

The N.E.W. Community Clinic currently has two Outreach Case Managers that are available to assess and help individuals apply for various health benefit and public assistance programs. Often times the process of filling out applications for assistance can be very confusing for individuals in need and the case workers are there to guide them through the process. Their knowledge of the programs makes the process much less stressful for the applicant. Through their experience they have found that many of the people they have assisted in applying for medical assistance have chronic medical conditions, numerous prescriptions and have gone without medical care because they are unable to afford the cost. For these individuals obtaining and having access to medical assistance is life changing.

Outside of appointments at the office, the case managers reach out at the libraries, local shelters, food pantries, Salvation Army, St. Vincent de Paul, NWTC, and the Brown County Mental Health Center. The case managers are also very knowledgeable with other agencies within the community and can assist with referrals and other programs. There have been multiple cases where a client came in for just healthcare application assistance, but left with the knowledge of where the food pantries are located, what programs are available for their children, and FoodShare (Food Stamps). N.E.W. Community Clinic's case managers strive to assist the "whole" person, and refer them to the appropriate agency.

Volunteers Give From The Heart

The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others
De Ann Hollis

The N.E.W. Community Clinic would like to acknowledge 2 special volunteers, Noreen Woodward and Sandra "Sandie" Schultz who passed away this year. Both individuals shared their time and talents with The N.E.W. Community Clinic in order to make a difference in the lives of those less fortunate in our community. Their dedication ensures the clinic's ability to attain its mission to provide access to quality, comprehensive and compassionate health care to the underserved in our community. **A special thank you to the family of Noreen Woodward for designing the memorial fund to The N.E.W. Community Clinic.**