

NEWSLETTER

Diabetes Awareness with your local Hospital

Across the globe, the month of November brings a tremendous amount of awareness to those diagnosed with Diabetes. On a global scale, some 425 million adults and 2.5 million children/adolescents have been diagnosed. International Diabetes Foundation, has amazing resources available which can be found at idf.org. The effects of Diabetes do play a big role in your daily life, but that's not to say you can't live healthy and fulfilling lives, because you CAN! Your local hospital will aid you in diagnosing, caring, and treating your needs in dealing with Diabetes; we have just the team for you.

Care Management is one of the newer services offered through WCDH/C. There are many hats worn while developing the program which includes post ER and Hospital follow-ups, patient reminders for preventive care measures, developing long term care plan for chronic illness patients, Medicare Annual Wellness visits, tracking clinic quality improvement goals, aiding with patient assistance and updating EHR just to list a few.

Our Care management team is comprised of three very skilled individuals and we would like to introduce you to them:



Karla Saffer RN, CDE graduated from the University of Northern Colorado in 1994. Born and raised in Colorado Springs, CO and transplanted to Wray in 1998, she is married to Gary with two children, Derek and Dori. Wray has been "home" for a long time and she loves all that Wray

has to offer personally and professionally. She has worked at WCDH and Clinic since 2008. Her background in nursing includes ten years in emergency room nursing, eight years in the operating room, three years in health promotion and two and a half in her current role as Certified Diabetes

Educator and Care Manager. She loves assisting the providers in the care of people with Diabetes. It is a passion that requires continuous learning and is a dynamic, ever changing specialty. She is ever grateful for the opportunities presented to develop the Care Management and Diabetes programs at Wray Clinic.

Lori Smith, RD has worked in the field of nutrition for over 20 years. She graduated with her Bachelor of Science in Dietetics from the University of Northern Iowa and completed her Dietetic Internship with the Texas Department of Public Health. Her work experience



includes working with women, infants, and children through the Texas WIC program and older adults through her consulting at Hillcrest Care Center. Her current work at the Wray Hospital and Clinic includes nutrition education and care management. She loves being a mom to her three active children ages 17, 15, and 12.

Julie Roundtree RN, from Parks, NE, graduated from University of Nebraska Medical Center in Omaha/Lincoln, NE in 1980. Married to Tom, her children are Rory, Kiley/Caitlin Roundtree, Shalee/Ben Peters and Marnee

Roundtree/Quinton Granger. Grammy to Charlie, Will, Walt and Henry Peters. Her nursing career began at the Dundy Co. Hospital in Benkelman, NE. In 1988 she became the Dundy County/Stratton school



nurse for 26 years. Looking for a new challenge, she began employment at Wray Clinic Oct. 2009 as a part time clinic nurse, became full time June of 2015 and accepted a Care Management position, March of 2016.

In the works

The newest program Julie is helping implement is the Chronic Pain Management Program along with a Behavioral Health Service that will soon be available. The clinic will monitor and assist those on chronic pain medications and offer alternative medication and treatment choices. The clinic hopes to offer pain management classes in the future. Julie is looking forward to working with the community of patients and assisting them with their chronic pain and behavioral health needs.

8th Annual Thanksgiving Turkey Trot!

Dig out your cold weather gear and some Turkey/Thanksgiving flare. You can Run, Walk or Trot in this Festive 5k, in recognition of Diabetes and COPD month. All levels and abilities are invited to come join us in this fun run to benefit local food banks in Wray. The registration fee is a canned food item the day of the race. The course will go around the hospital and down the path where it will end back at the North entrance of the Hospital. Rain or snow we still trot!

Where: Registration/Start will be at WCDH Cardio/Pulmonary Dept.

When: Friday, Nov. 23rd at 8:00 am

How: Call 970-332-2245 for registration/questions

Prizes will be awarded to top Men's, Women's, 12 & under.

Adults:

1st Place: A TURKEY! "Gobble Gobble"

2nd Place: A PIE! "Pass the cool-whip"

12 & Under:

1st Place: Ear Bud Headphones. "JAM CITY!"

2nd Place: A Water Bottle. Stay Hydrated!

We are also handing out participation gifts consisting of gloves or a device holder. BUT WAIT, THERES MORE! A drawing will be held for some sweet prizes, in recognition of Diabetes and COPD month.

Our first drawing will detail an:
UnderArmor Sports bag, a Yoga Mat, a 5lb dumbbell set, and a Fit Track.



Following that will be an: Insulated Food Travel Bag, A Slow Cooker Cook Book, 7 Stainless Steel Measuring Cups, and a food scale.



Finally, a chance to win a Traveling Blanket, and a Small Backpack.



Good luck to all our Trotters, who come to participate!

2nd Annual Chili Cook-Off & Halloween

We had an amazing turnout for our Chili Cook-Off and dressing up for Halloween. For Halloween the departments all had fun dressing up as groups, there were M&M's, Average Joes from "Dodgeball", Lifeguards on Duty, The Big Bang Theory, and many individual costumes.

We had over 14 different entrees into the Chili Cook-off, with some sizzling prizes to win. Participants had the choices of Pepper Salt 'n Pepper Shakers, a Hot Plate decorated with Chili's and Pepper Napkin Holder with Pepper Salt 'n Pepper Shakers.

Our Winners:

(Center) Mary Castillo: Spicy, Saucy & Sassy

(Left) Lisa Meredith & Brisa Mendoza: A blonde & A Brunette

(Right) Jacque Jones: Green Goddess

