



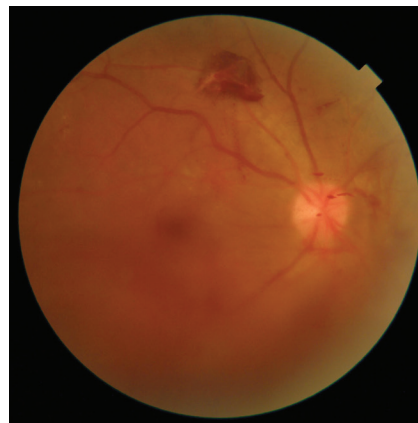
GUADALUPE TIMES

FALL 2023

A Standard Eye Exam is Life Changing for Maria

We knew the addition of a Vision Clinic would benefit our patients quality of life, because most have trouble seeing at a distance or up close, and in turn need a new set of eyeglasses. However, we hadn't anticipated the significance a standard eye exam could make in a person's life.

During the vision exam, we examine the health of their eyes and look for changes due to disease, aging, or trauma. Fortunately, many conditions can be identified during eye exams including diabetes, heart disease, high blood pressure, and thyroid disease among others. In such instances, the patient is scheduled for further evaluation by one of our primary care doctors, and specialty services as available. The Vision Clinic also accepts same-day appointments for eye emergencies, which in Maria's case, proved to be life-changing.



Example of a retinal vessel that breaks and causes bleeding into the Vitreous (a gel inside the eye).

Maria visited Guadalupe as a walk-in, expressing concern for her right eye. Already legally blind in her left eye, seeing floaters and a dark flap in her right was alarming. She shared with our staff that these were the same symptoms she experienced before losing sight in her left eye.

Dr. Emily Johnson diagnosed a tear in Maria's right retina, along with bleeding and a retinal tumor. She was immediately scheduled with a retinal specialist, since tumors like this can cause severe complications including the growth of additional tumors in the kidneys, pancreas, or other parts of the body. One finding led to another, and in the case of Maria, she now has proper management of care for her condition.

See *VISION*, page 3



Mission

As missionary disciples of Christ, and with other people of good will, Guadalupe Clinic works to provide access to quality health care for people in need.

Locations

South St. Francis
940 S. St. Francis
Wichita, KS 67211
(316) 264-6464

South Hillside
2825 S. Hillside
Wichita, KS 67216
(316) 201-1986

Guadalupe Clinic Board

Tom Sanders, Chairman
Dave Sanford, Vice Chairman
Debra Sikes, Secretary
Brad Yaeger, Treasurer
Lamont Anderson
Michelle Becker
Sean Brennan
Jody Elson, MD
Nelson Escalante
Monique Garcia
Ed Hett, MD
Sam Melendez
Russ Meyer III
Sr. Fran Schumer, ASC
John Sponsel
Paul Wagle
Debbie Winter
Rev. Patrick York
Daniel Tatpati, MD,
Medical Director Emeritus

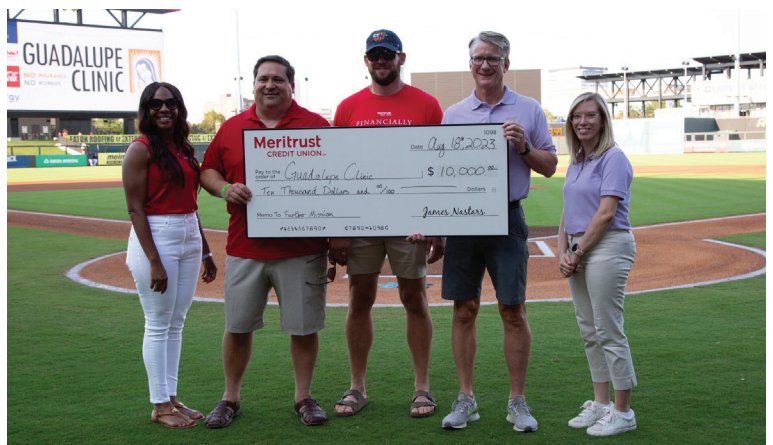
Guadalupe Night Scored a Home Run!

Thank you everyone who supported our Annual Baseball Fundraiser with the Wichita Wind Surge, and thank you to our presenting sponsor Meritrust Credit Union. We had record numbers this year, selling over 1,500 tickets and raising close to \$25,000. While the baseball game is a longstanding tradition, the heightened interest this year was unexpected. We so appreciate your help volunteering, purchasing tickets, and making a donation if you were unable to attend.



As you know, ticket sales for this event are mostly conducted at masses the month leading up to the game. The overwhelming support we receive from our local parishes and parishioners is astounding. Seventeen parishes participated this year including: Christ the King, Church of the Blessed Sacrament, Church of the Holy Savior, Church of the Holy Spirit, Church of the Magdalen, Church of the Resurrection, St. Anne, St. Anthony, St. Catherine of Siena, St. Elizabeth Ann Seton, St. Francis of Assisi, St. Jude, St. Mary Derby, St. Michael the Archangel Mulvane, St. Peter the Apostle, St. Thomas Aquinas, and St. Vincent de Paul.

Thank you for supporting our mission and we look forward to seeing you again next year!



Joan Stadler is Eager to Give Back

Guadalupe Clinic is thrilled to have Joan Stadler, Registered Dietitian Nutritionist, as part of our growing group of volunteers. She began consulting with patients in June of this year, and has a passion for serving her community and giving back to the underserved. Below is a letter Joan wrote to introduce herself, along with a photo of she and Elly in action. Join us in welcoming Joan!

Hello, my name is Joan Stadler! I am a blessed wife, mother of 6 adult children, grandma of 14 grandchildren, and an active parishioner at the Church of the Blessed Sacrament. I am a Registered Dietitian Nutritionist (RDN) and retired two years ago from the Veterans Administration where I served as Chief of Nutrition and Dietetics. I knew I wanted to give back to the community in my retirement and – in addition to Meals on Wheels – I felt called to volunteer at Guadalupe Clinic. I believe in the mission of Guadalupe and wanted to assist the primary and specialty care providers in meeting the nutritional needs of the clients served.



With the help of Elizabeth Stewart, Volunteer Coordinator, and the Academy of Nutrition and Dietetics, we began offering nutrition education and counseling sessions in June. Practical, healthy eating options and understanding how food affects our bodies can help individuals improve their health and well-being. Ideally, I invite my clients to explore social, cultural, and family influences on their food choices and assist them in setting SMART goals to help them be successful in lifestyle changes and health management.

Nutrition information can be confusing to many and it is often challenging to find evidence-based nutrition information. Evidence-based nutrition information is critical and necessary to achieve the desired outcomes and benefits in health and well-being. My role is to support the

client and providers care plan with practical, sustainable, evidence-based nutrition education and counseling.

In my short time at the Clinic, I have enjoyed working alongside Elly Pieterick, a volunteer Spanish interpreter. She bridges the language barrier and helps me deliver nutrition education and counseling. She has translated the diet history assessment form and SMART goal worksheets I use with clients, both of which have been very helpful. Another one of my interests in retirement was to become conversational in Spanish, and Elly and the Clinic's patients are helping me practice so I can meet this goal!

I am blessed to work alongside quality, compassionate caregivers and collaborative healthcare partners in meeting the needs of the Wichita community through Guadalupe Clinic.

VISION *Continued from page 1*

Fortunately, for patients like Maria, our clinic has an extensive network of specialists who accept our patients on short notice. Partnerships with these specialists, Rochester Lab, and CAIRN Health, allow them to receive

their vision exam, additional services as available, and prescription eyeglasses at no cost. Thanks to these wonderful organizations, Guadalupe's Vision Clinic manages many eye issues and is ready for anyone who might walk in with an emergency.

A Letter from Executive Director J.V. Johnston

As you know, Guadalupe Clinic's mission is unique and fills a niche spot below your regular health care providers (the doctor you or I would see) and federally qualified health centers (such as GraceMed). Most of our patients work one or two jobs to care for their families and some even run their own small businesses.

I'm pleased to share that we are serving more patients than ever, with the best continuity of care Guadalupe has ever been able to offer. I've received a number of compliments on this recently, where others agree that we are not the same clinic they visited several years ago, and that the quality of care we provide has improved. You've heard me say time again we have a great team of volunteer providers, nurses, and staff that believe in our mission and greatly care for our patients, as well as a wide base of support across our community. This includes individual donors like you, foundations, and businesses of all sizes.

As we enter a new fiscal year, I'm reminded that next year at this time, we will be developing the strategic plan for years 2025 through 2027. As you may remember, our strategic planning process identified three immediate areas to expand upon and address: same day/walk-in visits, promotora/health advocate, and the Vision Clinic. I am confident that with the right committee, we will be able to explore additional services to help improve our patients' quality of life, at no cost to them.

Thank you for all you do to support our mission. As a donation-based organization, we could not do it without you.

Sincerely,



J.V. Johnston

LYFT Help Needed for Guadalupe Patients

Transportation is a significant challenge for our patients. Many share one car across their family, have no transportation whatsoever, or struggle to keep up with repairs on their 20+ year old car that just isn't so reliable any more.

This year we began using LYFT to help transport our patients to and from appointments at our clinic, specialist appointments, and LabCorp. LYFT has proven much more reliable than local cab companies, and it allows us to be in total control of what stops the patient does (or doesn't) make on their trip. Patients also

appreciate the service and know we can help them take control of their health by showing up for appointments.

Unfortunately, LYFT rides can be expensive, and our monthly bill averages over \$500. While we have budgeted for the increase this year, any help you provide in terms of LYFT gift cards for us to use, help make sure other dollars donated go directly to patient care over transportation.

If you would like to help, we are accepting LYFT gift cards. Thank you for all you do to support our mission!

Bikes & Breakfast Kicks off September 23rd

The 4th Annual Bikes and Breakfast for Guadalupe Clinic is scheduled for Saturday, September 23rd at Guadalupe Clinic's South St. Francis campus. An awareness event, the goal of Bikes and Breakfast is to expand the reach of clinic's mission, while offering participants a chance to safely ride through the neighborhoods in Wichita we serve.



Registration is only \$5, and includes an 8- or 37-mile bike ride, breakfast from Molino's Mexican cuisine, and a 24 oz Camelbak bike water bottle, courtesy of our sponsors Davis-Moore Auto Group. The 8-mile ride is very leisurely, and sees riders biking four miles on bike path to our clinic on South Hillside, stopping for tours of the facility, and then biking back to the St. Francis clinic for breakfast. Maps and cue sheets can be found on our website under the events tab. To register, visit: www.bit.ly/BikeforGC or scan the QR code on the back of this issue.



Bikes and Breakfast is a lot of fun—we hope you can join us. We expect at least 100 riders this year but would love to grow this event!



OTHER WAYS TO GIVE

MATCHING GIFTS

You can increase the impact of your donation with a corporate matching gift from your employer!

DILLONS COMMUNITY REWARDS

Without losing your reward points, give back every time you shop at Dillons!

LEAVE A LEGACY

Remember Guadalupe Clinic in your will to leave a legacy and help sustain our mission for many years to come.



Non Profit Org
U.S. Postage
PAID
Permit #662
Wichita, KS

**Return Service
Requested**

If you would like to change your
contact preferences, contact:
guadalupe@guadalupeclinic.com



Bikes & Breakfast for Guadalupe Clinic

SATURDAY, SEPTEMBER 23, 2023



\$5 registration fee includes:
Your ride, breakfast,
and a 24oz. Camelbak water bottle

Register by scanning the QR code or
visiting www.bit.ly/BikeforGC

37 mile ride 7:00 am

8 mile ride 8:00 am

Breakfast 9:00 am

PRESENTING SPONSOR

DAVIS & MOORE