

Genesis Family Health

Quality Care for Everyone

Volume 2, Issue 1]
March 2018

LYFTE Services now offered at GFH!

Genesis Family Health is excited to be a part of a new endeavor within our agency. The LYFTE Program (Lifting Young Families Towards Excellence) is a grant through the Kansas Department of Health and Environment (KDHE) and United States Department of Health and Human Services Office of Adolescent Health. "LYFTE improves the lives of young families, parents and children, through an integrated approach to life-skills development, focusing on health, education, and employment." This program is open to expectant and parenting teens and young adults up to 24 years of age. It also encourages fathers and extended family members to be involved. LYFTE is offered at all four of our locations as our Community Developers will be the Navigators for this program. The Navigators are there to provide support to the young parents and families by helping to build bridges with other agencies/organizations to receive the assistance they may need. This program helps the expecting mother and family members with guidance to become self-sufficient as well as channel them on a path to success.

LYFTE offers a variety of tools, Rocket21, Digital Badging and Love Notes, that can be utilized to help families with achieving personal goals. Rocket21's mission is to give youth the power to discover their futures by exploring their interests and passion through creative collaborations with world-class organizations and leading experts. Rocket21 partners with companies, organizations, educators, and experts to develop competitions, challenges, projects, and experiences that foster big thinking and encourage youth to dream, create, and innovate as they explore paths to make their mark on the world (Rocket21). For more information go to: <https://www.rocket21.com/login/our-story.html>. Digital Badging, from scouting badges to high school diplomas, we are accustomed to collecting physical artifacts that recognize achievement. As more and more learning is offered online, there is a growing movement to use digital badges for motivation, recognition, and/or credentialing (Kansas Digital Badges). For more information go to: <http://ksdigitalbadges.com/>. Love Notes v2.1 was created for this vulnerable and high risk audience. The lessons show them, often for the first time, how to make wise choices about relationships, partners, sex, pregnancy, and more. The lessons integrate relationship skills with pregnancy prevention and other strategies for positive change. Rather than focusing on what to avoid, the course builds assets and appeals to aspirations. It offers new frameworks for decision making, along with untapped sources of motivation Love Notes feature language, activates and a workbook that engage young males as well as females. For more information go to: <http://www.dibbleinstitute.org/magento/index.php/curricula/love-notes-1.html>

For more information regarding the LYFTE Program please contact the Navigator in your community. In Garden City, Carolina Ponce at 620-275-4970; Dodge City, Elva Dominguez at 620-225-0625; Liberal, Nancy Garcia at 620-624-6865; and Ulysses, Andrea Gallegos, 620-424-1580.



Contents

Articles for March Newsletter

LYFTE Program	1
New Providers	2
New Providers	3
Social Work Month	4
Toothbrush Exchange	4
Care Center Update	5
Genesis Information	6
Contact List	7



Meet Our New Providers!

It is our pleasure to announce the following Providers have joined our GFH family.

We are excited to have them on board!



Cassy Horton
Family Nurse Practitioner

Cassandra (Cassy) Horton is a Board Certified Family Nurse Practitioner. She began her career in health care by working as a certified nursing assistant in rural hospital in Eastern, Tennessee in 2006. Since that time, she has logged over ten years of experience in various areas of patient care (Certified Nursing Assistant, Telemetry Tech, Emergency Room Tech, Critical Care Nurse, Pediatric Nursing, and Nurse Practitioner). Her most recent work as a Tiny K nurse for Russell Child Development Center solidified her love for helping the less fortunate and creating a better tomorrow for the underserved population.

In addition to her clinical experience, Cassy also has an outstanding academic background that includes a Bachelor's of Nursing with Magna Cum Laude from Nebraska Methodist College in Omaha, Nebraska and a Master of Science in Nursing from the Family Nurse Practitioner Program at Fort Hays State University in Hays, Kansas.

Over the last several years, Cassy has evolved in to the medical provider she is. She focuses on putting her patients first with a holistic approach that not only considers the physical aspect of her patients' illness, but the emotional and spiritual aspects as well. She is a firm believer that healing and wholeness are matters of body, mind, and spirit. Cassy and her family have lived in Finney County for the last 7 years. She and her husband TJ Horton have a 3 year old son, Westyn. TJ is the Athletic Trainer for Garden City Community College and farms and raises cattle with his Father.



Jill Beymer
Family Nurse Practitioner

Jill Beymer earned her AND with honors from Garden City Community College in 2004. After graduation she worked as an RN on the medical floor for 2 years and in the ICU at St. Catherine Hospital for 13 years when she decided to return to school to broaden her experience and pursue a BSN. During this time working in the ICU she provided vital comprehensive and innovative care during both the critical and palliative stages of illness, and developed technical skills and knowledge in the field of acute care.

She earned her Bachelor's of Science in Nursing in 2013 from the University of Kansas with honors and Master of Science in Nursing in 2017 from Fort Hays State University where she was a member of the Honor Society Phi Kappa Phi. Jill's love of family and experience working in the ICU has inspired her passion for patient and family centered care. Her interests are women's health, chronic disease, obesity, and health disparities.

She is married to Blake Beymer and together they have three children, Lawson (13), Asher (5), and Beck (2). Born and raised in Holcomb, Kansas, she looks forward to serving a community that has given so much to her at Genesis Family Health.

Meet Our New Providers!

Continued...



Kandi Arwine
Family Nurse Practitioner

Kandi Arwine, APRN, FNP-C is a family nurse practitioner, certified by the American Association of Nurse Practitioners (AANP), and licensed by the state of Kansas to provide family-centered healthcare to patients of all ages. She is a lifelong resident of Garden City, Kansas and continues to reside in Garden City with her husband and three children.

She began her nursing career in 2002 when she graduated from Garden City Community College with an associate’s degree in nursing, receiving her registered nursing degree. She continued her education to obtain a bachelor’s degree in nursing from Kaplan University in 2010. She most recently obtained a master’s degree in nursing in May 2017, specializing as a Family Nurse Practitioner.

Her scope of practice encompasses health promotion, disease prevention, diagnosis and management of common and complex health care problems beginning in infancy and continuing throughout the aging process. She also offers women’s health and OB services.



Vanessa Rosas-Cabrera
Registered Dental Hygienist

Vanessa Rosas-Cabrera is the new Registered Dental Hygienist in the Garden City Dental Clinic.

Vanessa is a Garden City native, graduate of Garden City Community College and received her bachelor’s degree in Dental Hygiene from Wichita State University May of 2017.

Her parents also live in Garden City, KS and has two brothers; Tony and Juan Jose. Vanessa enjoys working out, going to Zumba classes and reading. Genesis is delighted to have her as part of the team! Vanessa is a very happy and enthusiastic individual who is always smiling! She works great with children and is excited to provide the best individual care to all of her patients.



Visit our website @
GENESIS FAMILY HEALTH.ORG
& Subscribe to our E-Newsletter

March is Social Work Month!!



SOCIALWORKERS
leaders. advocates. champions.



Genesis Family Health is fortunate to have two clinical social workers on staff with Alex Granados, bilingual mental health counselor serving Dodge City, Liberal, and Ulysses; and Robin Unruh who provides both mental health and substance abuse counseling in the Garden City office.

Clinical social workers provide individual, group, and family therapy; they work with clients to develop strategies to change behavior or cope with difficult situations. They refer clients to other resources or services, such as support groups or other mental health professionals. Clinical social workers can develop treatment plans and may adjust the treatment plan if necessary based on their client's progress and needs. They may work in a variety of specialties all which help provide a strengths based service.

GFH would like to thank Alex Granados and Robin Unruh for their excellent service and willingness to serve the community.

For further information or to schedule an appointment with a Behavioral Health Provider please call any of the GFH Clinics.

GFH had it's 2nd annual Toothbrush Exchange!

Genesis Family Health Lifetime Smiles Program invited the children in the community to their 2nd Annual Toothbrush Exchange. This event took place Thursday March 15th at the Garden City Clinic where the children were able to bring their old toothbrush in exchange for a new one. GFH dental hygienist Vanessa Rosas-Cabrera provided the children with free dental screenings and free fluoride applications. It was a fun evening full of goodies as the Lifetime Smiles program provided games, prizes, face painting and balloons!



Care Center welcomes a new Community Developer

We would like to welcome Nancy Garcia as our new Community Developer for our Liberal area. Nancy has four kids, Marilyn Guzman, Yaira Guzman, Ismael Guzman and Natalie Ramos. She enjoys spending time with her family. Nancy is long time resident of Liberal, Kansas which means is very aware of the resources Liberal has to offer.

Nancy comes to us from our Liberal Medical Clinic, where she works as a receptionist and has been in that position for the lasts 4 years. Nancy is very familiar with the Care Center’s role and expectations. She has assisted in the past, as needed, and is looking forward to stepping into her new role. Nancy will be a great asset to the Care Center and the families that require assistance.



Another Success Story for the Books!

Sometimes we take things for granted and don’t realize how blessed we are. A single mother of three came in to ask for assistance for a hotel. She had recently been kicked out of her current housing and had been staying at a hotel for the meantime. The client needed an additional night as this would allow her to get to her next paycheck. After completing an intake and gathering all the information, we were able to assist with the additional night she was requesting. During her visit, she was referred to our Behavioral Health services due to her prior relationship dilemma. We were able to provide her with some food from our Food Pantry and gave her a list of possible rentals for her to contact for a more permanent housing setting. Our Community Developer Assistant offered spiritual guidance as she took the time to sit and pray with her. A week later this client came back to inform the Community Developer Assistant that she had found a place to live. She was so thankful and excited that she wanted to share this with our staff. A small gesture can go a long way in making a difference is someone’s life.

SERVICES PROVIDED BY THE COMMUNITY CARE CENTERS

- Food
- Clothing
- Emergency Assistance
- Prescription Assistance
- School Supplies
- Children Diapers
- Transportation Assistance
- Personal Hygiene Products
- Diabetes Supplies
- Blankets
- Budgeting
- LYFTE Case Management



Nothing is possible without your generous donations.

Our GFH Care Centers are currently in need for food and hygiene items. Any donations would be greatly appreciated.

For any questions please contact Rosa Evans at 620-275-4970

DONATE:

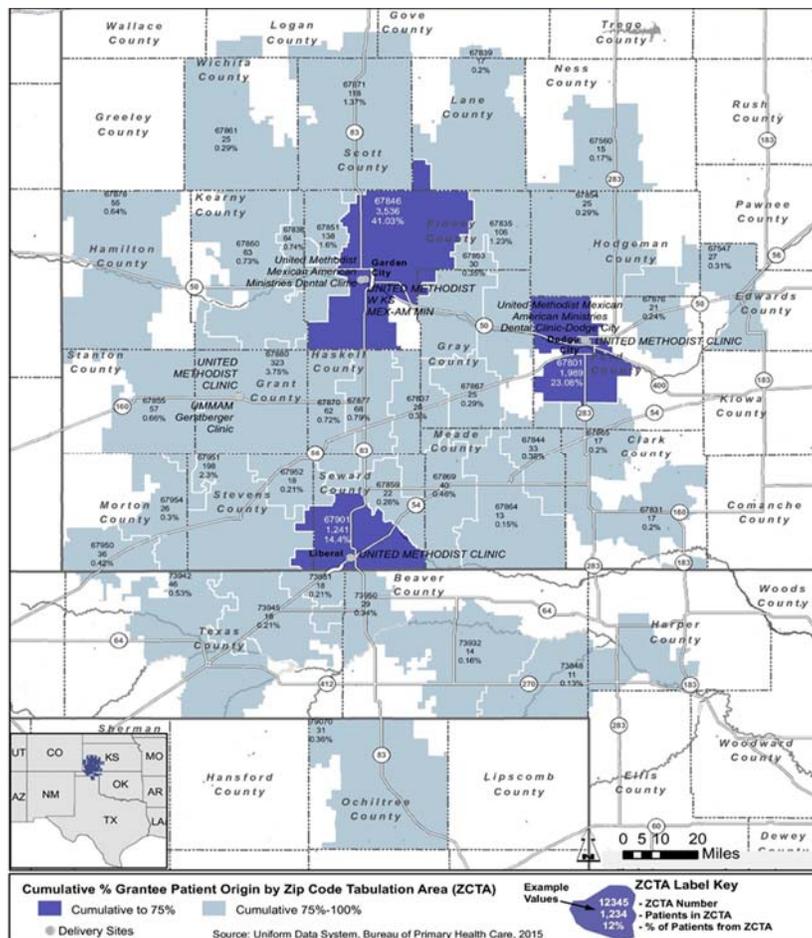
FOOD PANTRY ITEMS

- Boxed Dinners
- Canned Meats
- Cereals
- Peanut Butter
- Canned Vegetables
- Canned Fruits
- Beans and Rice

HYGIENE ITEMS

- Shampoo
- Body Wash
- Toothpaste
- Deodorant

Genesis Family Health Service Area



GFH Service Offerings

- Full Spectrum Primary Health Care
- Preventative/Restorative Dental Care
- Social Services to reduce the Social Determinants of Health Risk Factors through Community Care Centers
- Prescription Assistance Program
- Early Detection Works breast and cervical cancer screening program
- Ryan White HIV Case management services
- Diabetes Education/Intervention Services
- Diabetes Prevention Program
- Chronic Conditions Education
- Medical/Behavioral Health Integration
- Medical Case Management
- Substance Abuse Treatment
- Medically Assisted Treatment for Opioid Addiction
- Therapeutic Intervention
- Psychiatric Services

VISION AND MISSION STATEMENTS:

Vision: Quality Care for Everyone!

Mission: Genesis Family Health is a faith-based ministry strengthening communities by providing high-quality, comprehensive health and wellness services.

If you would like to join the Genesis Family Health mission either by volunteering your talents or by making a monetary or in-kind donation, please contact your local care center listed on the contact page in this issue. You are the greatest gift to others. Your help will make a difference in many peoples lives.

CONTACT US

For additional information about our services across SW Kansas, please visit our website at genesisfamilyhealth.org and click on the contacts link to locate a GFH site nearest you.

You can also call the administration office in Garden City at 620-271-7400 for any inquiries.

Administration**224 Taylor Ave****Garden City, KS 67846****620-271-7400****Clinics/Care Centers/Program****Dodge City Medical/Care Center**

1700 Ave. F

Dodge City, Kansas 67801

Mon-Thurs 8:00 a.m-7:00 p.m

620-225-6821 Clinic

620-225-2422 Fax Clinic

620-225-0625 Care Ctr

Garden City Dental

St Catherine's Medical Building

310 East Walnut, Ste. LL5

Garden City, Kansas 67846

Mon-Thurs 7:00 a.m-6:00 p.m

620-272-05706

Dodge City Dental

2011 Central Avenue

Dodge City, Kansas 67801

Mon-Thurs 7:00 a.m-6:00 p.m

620-227-9797

Liberal Medical

121 West 3rd

Liberal, Kansas 67901

Mon-Fri 8:00 a.m-7:00 p.m

620-624-0463

620-624-7313 Fax

Garden City Medical/Care Center

712 St. John St.

Garden City, Kansas 67846

Mon-Fri 8:00 a.m-7:00 p.m

620-275-1766

620-275-4729 Fax

Liberal Care Center

311 North Grant

Liberal, Kansas 67901

Mon-Fri 8:00 a.m-5:00 p.m

620-624-6865

620-624-7313 Fax

Ulysses Medical

202 West Kansas Ave.

Mon-Fri 8:00 am-5:00 pm

Ulysses, Kansas 67880

620-356-5870

Ulysses Care Center

113 S. Main, Suite D

Ulysses, Kansas 67880

620-424-1580

Ryan White Program

Dorothy Mesa

620-275-1766

dmesa@genesishf.org

Substance Abuse Evaluation and Treatment

Robin Unruh, LCSW, LCAC

runruh@genesishf.org

Early Detection Works

Anna Guillen, RN

aguillen@genesishf.org

Live Well Kansas/ Viva Saludable

Irma Robbins

rrobins@genesishf.org

Diabetes Program

Sam Goetschius, APRN

sgoetschius@genesishf.org

ACA Navigation

Janie Ochoa: jochoa@genesishf.org

Website**Genesishfamilyhealth.org**