



HUNTER  
HEALTH

# CareConnection

## HEALTHY RELATIONSHIPS FOR TEENS WORKSHOP AIMS TO EDUCATE

In honor of Teen Dating Violence Awareness Month, MMIW (Missing and Murdered Indigenous Women) - Wichita, KS chapter, in partnership with Hunter Health, Wichita Area Sexual Assault Center, Kansas Children's Service League, ICT SOS, and the Child Advocacy Center of Sedgwick County, is proud to present "Healthy Relationships for Teens," a free educational workshop on February 22nd, from 10 a.m. to 2 p.m.

**Miss Kansas Alexis Smith** is confirmed to attend the workshop. A graduate of Newman University with a Bachelor of Science in Nursing, Smith is a dedicated cardiothoracic intensive care nurse and a second-generation healthcare professional. As Miss Kansas, she brings her passion for service to her community initiative, Respect Reclaimed: Advocating for Healthy Relationships, which raises awareness about unhealthy and abusive relationships.

The workshop will take place at the **Child Advocacy Center of Sedgwick County** at **1211 S. Emporia in Wichita**. Parents, guardians, and supportive adults are encouraged to attend alongside teens to learn about fostering healthy, respectful relationships.

Tickets are free and available now. Register today at: <https://bit.ly/3WhBygJ>. The workshop is supported by the IMA Foundation.



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# NATIONAL GIVING MONTH A TIME OF GENEROSITY



**At Hunter Health, our mission is to improve the health and wellbeing of *everyone* in our community. Through our work as a community health center, we accomplish that every day.**

In 2024, we were able to serve more than 18,600 unique patients with access to high-quality, compassionate healthcare. These services ranged from medical and dental services to diabetes case management and free HIV testing. Not only did we provide services to patients in one of our four clinics locations but also in the community, at events, and in our schools.

December is often celebrated as the Month of Giving, a time when generosity and kindness shine brightly in communities around the world. Rooted in traditions of various holidays such as Christmas, Hanukkah, and Kwanzaa, the spirit of giving transcends religious and cultural boundaries. People exchange thoughtful gifts, donate to charities, and volunteer their time to help those in need. Whether through small gestures or grand contributions, December served as a poignant reminder that giving enriches both the giver and the receiver, fostering a sense of unity and gratitude.

**We invite you to partner in our mission to improve the health and wellbeing of everyone in our community by donating today. A donation to Hunter Health is not just a one-time solution. It allows us to provide care, build facilities, and support programs that impact our community now and well into the future.**



**DONATE TODAY** at <https://hunterhealth.org/about/donate/> or scan this QR code:

## STAFF SPOTLIGHT



### MEET HUNTER HEALTH'S Director of Clinical Quality and Engagement, Callie Wentling, PA-C

#### Who I Am:

"I was born in Quinter, KS, and grew up in McPherson. My passion for healthcare began early in life. My grandfather was a physician in a small town, and among several family members working in medicine. He taught me what it meant to care for those in your community. I have always enjoyed caring for others and developing relationships with my patients to help them set goals and improve their quality of life."

#### Why Hunter Health?

"Hunter Health provides an integrated care environment allowing our care teams to provide holistic treatment to our patients. I value the services and community resources we offer our patients. Hunter Health is an innovative environment, and we work to meet the challenges our patients face to improve the health in our community."



## BOARD of DIRECTORS

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## DONATE TODAY

**JOIN US** in providing quality care to those who need it the most.  
**Care That Creates a Healthier Community**

Our passion—and our purpose—is about caring for the community. When people have access to the healthcare they need, they can truly thrive. And when they thrive, our entire community follows.

- We provide high-quality healthcare to all patients, insured and uninsured.
- We work with patients to provide individualized care and support that works for them.
- With your support, we can reach more patients and empower them to take control of their wellbeing.

**Your donation isn't just a one-time solution. It allows us to provide care, build facilities, and support programs that impact our community now and well into the future.**



**Follow us.** Did you know we are also on TikTok and Instagram? These pages are a great way for us to connect with our community and share more about the work we do at Hunter Health.

# PLEASE WELCOME OUR NEW BOARD MEMBER MIKE FLORES

**Michael Flores, CPA CGMA, has been a faculty member at Wichita State University since 1998. He is the AGH Faculty Fellow in Accounting, Master of Accountancy Program Coordinator, and teaches accounting courses across undergraduate, Master of Accountancy, Executive MBA, and professional development programs.**

He says, “I grew up and began my professional career in healthcare finance and administration in El Paso, TX. Living and working in a border community could be at once deeply enriching, and terribly painful. We moved here in 1998 when I began teaching accounting at Wichita State University. Sometime later I started volunteering at Ascension Via Christi, ultimately joining their hospital Board in 2016. I became Chairman of their Health System Board in 2021.”



“I also serve as Audit Committee Chair for the Kansas Health Foundation. I previously served as Chairman of the Heartspring Board. I am deeply committed to giving back to the community that I have come to call home. With my background, I bring a unique perspective and expertise in financial management that I hope can benefit Hunter Health. I’m honored to be given the opportunity to serve your wonderful, impactful organization!”

## OUT *and* ABOUT

Here are some recent events Hunter Health participated in:

We teamed up with Positive Directions, Inc., KU Medical Center, and Sweet Emergency Fund for **ICT Rock the Ribbon** to commemorate World AIDS Day and raise awareness about HIV. The event featured local artists, door prizes, and resources such as condoms and HIV/STI testing info. A big shout-out to M-Care, Safe Streets, Mask Up, and Cure Violence for their support!

We also joined Project Access and Salud + Bienestar at a **Spanish-language resource fair** focused on flu, COVID prevention, and community resources, including Hunter Health services.

Lastly, we partnered with the Native American Community Resource Coalition for the **Emergency Food Assistance Program**, distributing groceries to low-income families, with a focus on the Native American community. Huge thanks to the volunteers who made it all possible!



# SCHEELS SPREADS GOOD WILL

We are honored to have received a \$5,000 donation from Scheels as a part of their Days of Giving Campaign for our planned Community Wellness Center.

We look forward to the day when our patients and neighbors can use the Community Wellness Center to attend wellness classes, learn about healthy cooking, and meet with community partners who can assist them on a path to greater wellness.

**LEARN MORE** about Hunter Health's plans for the Community Wellness Center here: <https://hunterhealth.org/about/donate/> or scan this QR code:



## STAY HYDRATED *in* COOLER MONTHS

When the temperatures drop, it's easy to forget the importance of staying hydrated. In cooler months, we often don't feel as thirsty, but our bodies still need plenty of water to function at their best. Dehydration can happen in winter too, leading to fatigue, dry skin, and weakened immunity.

### HERE ARE SOME GENERAL TIPS TO STAY HYDRATED:

- **Don't wait until you're thirsty:** Thirst is a late sign of dehydration. Aim for 8 glasses of water daily, or more if you're active.
- **Warm it up:** If cold water isn't appealing, try sipping warm water, herbal teas, or broths to stay hydrated.
- **Eat your water:** Include hydrating foods like oranges, cucumbers, and soups in your meals.
- **Monitor your skin and lips:** Dryness can signal a need for more water, especially in dry winter air.
- **Limit caffeine and alcohol:** These can dehydrate your body, so balance them with extra water.

Hydration isn't just for hot summer days — it's key to staying healthy and feeling your best all year long. Stay ahead of winter dehydration, and your body will thank you!



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**JANUARY 2025**



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## CHECK OUT OUR VIDEOS

From patient testimonials to meeting our new staff members, all our videos are on Facebook in one place. **Just scan this QR code:**



## GET CARE CONNECTION ONLINE

Now you can read our Care Connection newsletter or download it as a handy digital flipbook. **Just scan this QR code:**



## SEE OUR NEW CALENDAR

Welcome to our new Hunter Health Community Calendar! Each month, we will update it with community events you won't want to miss, and we'll let you know when we'll be attending. **Just scan this QR code:**



Please visit our website at [hunterhealth.org](http://hunterhealth.org) and check out everything it has to offer. We look forward to hearing your thoughts and working with you to make a difference in the community.