

## Volunteer Newsletter – November 2020

### Jean B Purvis Community Health Center

103 Bonnie Drive, Butler, PA 16002

T: 724-841-0980 | F: 724-841-0984 ■ [www.butlerhealthclinic.org](http://www.butlerhealthclinic.org)

One of our top five diagnoses at the Center is diabetes. This disease is an on-going struggle for our patients.

Recently, the Center received a \$20,000 grant from PNC Charitable Trust to help our diabetic patients. The goal of the project is to help individuals with diabetes work toward continual improvement of reaching and maintaining a stable glycemic target, blood pressure, and cholesterol. Targeted participants for the pilot will be patients with a blood glucose level of 100+ and A1C of 5.7 to 6.4 (prediabetes) or a blood glucose level of 126+ and A1C of 6.5 or higher (diabetes).

This project proposes to address diabetes by providing education, training, and disease management to individuals to enable them to prevent the disease and/or the long term health complications from diabetes. According to the Centers for Disease Control and Prevention, diabetes was the seventh leading cause of death in the United States in 2017. Based upon data by the American Diabetes Association, in 2018, 34.2 million Americans (10.5% of the population) had diabetes with 1.5 million new cases a year. The total cost of diagnosed diabetes in 2017 was estimated at \$327 billion.

(<https://www.diabetes.org/resources/statistics/statistics-about-diabetes>)

When looking at the most effective methods to help individuals with diabetes improve their health outcomes and quality of life, self-management education or training is key. The American Diabetes Association indicates that on-going diabetes self-management education and support are critical to preventing acute complications and reducing the risk of long-term complications. This includes emphasizing self-care behaviors, including healthy eating, physical activity, and monitoring blood sugar.

This new grant will enable us to offer new monitors to our patients that will give the patient continuous glucose monitoring, helping the patient to see how their daily choices affect their glucose levels.

So far, we're working with two patients who are having great success; patients that thought they were "doing all the right things". These patients were surprised with what they're learning. This constant education is steering the patient to better choices, making better habits and leading to better health.

We're excited that we're able to offer this new monitoring to our patients - improving their health - creating strength and stability in the lives of our patients, their families, their work places and our community.



## Upcoming Events

### November 6

Stand Down @ Tanglewood

CHC will be providing flu shots to our Veterans

**Thank you** Sue Switzer, Ruth McMillan and George Farrington for volunteering your time to serve those who have served us!

### November 26

*Happy Thanksgiving*  
(CHC will be closed)



**Jean B. Purvis Community  
Cornerstone Event  
April 23, 2021**

**Signature Sensations  
November 6, 2021**



The Community Health Center wishes all of our volunteers and friends a very Happy Thanksgiving!



November 1, 2020

**"Never think you don't have an impact, your fingerprints can't be wiped away from the little marks of kindness that you've left behind."**  
~Anonymous



**CELEBRATING SENIORS AND MAKING DREAMS COME TRUE**

*Thank you*

Twilight Wish, Butler County Chapter  
for helping our patient!

A CHC patient needed to have a tooth surgically removed. Twilight Wish paid the \$485 for the procedure that our patient could not afford. Our patient is very grateful! She called crying when she received the flowers and the note letting her know that her wish was being granted.

If you'd like more information about Twilight Wish, please visit their website: <https://twilightwish.org/>

### **New Phone System @ CHC**

We are fortunate to have gotten a new phone system - yay!!! Our old system was outdated and towards the end, we had to reboot several times a day just to make a call.

While our new phones look fancy, they work like any other phone. Pick up the handset and dial the number.

We did add labels to the front of each phone:

### **Butler Ambulance Service BAS Dispatch 724-283-4385**

If needed, use this number to call an ambulance for a patient. Using this number insures that the neither the patient nor the clinic will be billed for the ambulance service.

### **Crisis 1-800-292-3866**

Crisis services are available 24 / 7 / 365 providing intervention, assessment, screening and referrals.

### **911 Emergency Services Alert**

The new phones are connected to a Voice-over-Internet Protocol (VOIP) service. Emergency 911 service may not be available from this phone during power outages. When dialing 911 from our phones, you **must** confirm the phone number and address of our location at the Center.

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