



# N.E.W. Community Clinic Newsletter

## Caring & Sharing

622 Bodart St Green Bay WI 54301 Phone (920) 437-9773 Fax (920) 437-0984 [www.newcommunityclinic.org](http://www.newcommunityclinic.org)

**Our Mission:**  
**To provide access to quality, comprehensive and compassionate healthcare to the underserved in our community.**

Advisory Board /Board of Directors

Dr. Rolfe White  
 Sharon Apple  
 Todd Bartels  
 Heidi Selberg  
 Jacquelyn Jahnke  
 Dr. Cindy Lasecki  
 Dr. Jeremy Green  
 Dr. Jeffrey Ryther  
 Terry Bouressa  
 Debbie Koval  
 Dr. James Gibson  
 Laura Hieb  
 Tom Bayer  
 Chris Brabant  
 Sandra Ewald  
 Shari Chappell  
 Gary Coullard  
 Debra Allen  
 Wilbert Velasco  
 Norma Zapien

CEO/Executive Director  
 Bonnie Kuhr

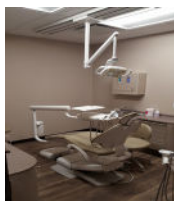
N.E.W. Community Clinic has recently expanded and added a second Dental Clinic on the East side of Green Bay. This second site titled the NEW East Dental Clinic and is located at 424 South Monroe Ave. It is in the same building (Madison Monroe Building) as Literacy Green Bay and is located across the street from St. John's Homeless Shelter.

Due to the number of Homeless patients we serve as well as uninsured patients that are at/below poverty level, finding a patient accessible location for the NEW East Dental Clinic was a top priority. Our Mission: "To provide quality, comprehensive and compassionate health care to the underserved in our community", made this new location ideal. Given that the N.E.W. Community Medical Clinic is 2 blocks away on Bodart Street, we are able to deliver Continuity of Care for our patients.



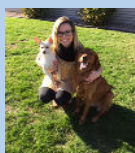
NEW East Dental is fully staffed with a licensed Dentist and a support staff. We also have some staff that are bilingual. The clinic is a state of the art 6 chair dental clinic with digital radiographs, panoramic machine, wheelchair accessibility and 2 private operatories. NEW East Dental Clinic provides fundamental dental services to adults such as extractions, restorative (fillings) and cleanings.

NEW East Dental began seeing patients in late November 2016 with a formal Grand Opening in May 2017. The first patient to walk through the doors of the NEW East Dental Clinic was a homeless patient in pain and required 16 extractions. Dr. Cameron Wygle DDS completed the extractions of the severely infected teeth and the patient was relieved of his pain. Most patients return for comprehensive and restorative care.



The recent expansion of the NEW East Dental Clinic allows us to now schedule "Same Day Appointments" for patients in pain. Also, this has allowed the clinic to double the number of homeless and uninsured patients the clinic is able to treat. We continue to work with the local Hospitals and their Emergency Departments to facilitate a "Dental Home" for patients as well treat the patients recently seen in the Emergency Department. NEW Dental clinics serve Medicaid and Homeless Adult Patients as well as the underserved in Brown County.

**OUTREACH HEALTHCARE WELCOMES NEW CASE MANAGER**



My name is Amanda Karbon. I am originally from Green Bay, and I received my Bachelor's degree in Human Development and Gender Studies from the University of Wisconsin-Green Bay. Since then, I have enjoyed my early career working for Family Services Residential Treatment Center and a psychiatric facility, here in Green Bay. Additionally, I have previously worked for a local veterinary clinic, for many years, and I enjoy much of my free time with my own dogs.

I started as a Medical Case Manager, at Outreach Healthcare, in May. I really enjoy the daily interactions with patients and helping form connections with healthcare providers. Specifically, I am very passionate about working with individuals to address their mental health and making sure those services are available. I am really looking forward to starting my career here, in such a rewarding position.

N.E.W. Community Clinic  
622 Bodart St.  
Green Bay, WI 54301



*We are a Brown County  
United Way Agency*

NONPROFIT ORG  
US POSTAGE PAID  
GREEN BAY WI  
PERMIT NO. 420

### ***What's the Buzz about Probiotics?***

Probiotics are turning up everywhere, in vitamin aisles, infant formula, beverages, and more! The word probiotic actually means 'pro life' as they are helpful to human life. These "good bacteria" are also naturally found in breastmilk, yogurt, kefir (Fermented yogurt beverage), kombucha (Fermented tea), sauerkraut (German fermented cabbage), miso (Japanese fermented soybean), buttermilk and kimchi (Korean pickled and fermented cabbage). The thought of consuming bacteria may be hard to swallow but the research suggests that probiotics could be helpful with digestion, nutrient absorption and boosting immunity.



We know that there are trillions of microorganisms in our digestive tract! Most of the microorganisms are "good" bacteria that aid in digestion, however sometimes "bad" bacteria can enter the body. If the body cannot fight off these bacteria an infection can occur and antibiotics are typically prescribed. Antibiotics kill the bad bacteria but they also kill the good bacteria. Many health care providers will recommend taking probiotics to replenish the good bacteria that are lost.

If you are thinking about taking a supplement consider taking a supplement that has a couple strains of probiotics because each type of probiotic has different benefits and each person's body may respond differently. For most healthy people probiotics are considered safe but check with your doctor to make sure they are right for you. Since supplements are not tested by the FDA they do not undergo testing like drugs do.

#### ***Easy Chicken Gyros & Tzatziki Sauce***

Quick Greek-style chicken gyros you can whip up on busy nights in just 20 minutes, these are a family favorite!

Serves: 4

Ingredients:

- 4 chicken breasts, pounded to ½ inch thickness
- 1 tablespoon Mediterranean seasoning (you can substitute Italian seasoning in a pinch)
- 1 red pepper, thinly sliced
- ½ red onion, thinly sliced
- 4 pitas (Use tortillas in a pinch)
- optional: feta cheese crumbles, lettuce, Tzatziki sauce
- ½ Cucumber, peeled and diced
- 2 cups cold plain Greek yogurt
- 4 teaspoons minced garlic
- ½ cup chopped dill, fresh or frozen (may sub 2 tablespoons dried dill)
- 1½ Tbsp freshly squeezed lemon juice (juice of ½ medium lemon)
- ½ tsp salt, or to taste
- ¼ tsp black pepper

Instructions

1. Puree all sauce ingredients in a blender or food processor (see note below recipe first!). Cover and chill until ready to serve. (If you have time, make this a few hours in advance or the night before so that the flavors can marinate)
  2. Season chicken breasts with Mediterranean seasoning. Cook in a large skillet or pan over medium heat 5-6 minutes on each side until cooked through. Cut into strips.
  3. Lay pitas on a clean surface. Add lettuce (if desired), chicken, red pepper strips, and onions. Top with tzatziki sauce and feta (if desired). Fold pita over like a sandwich, or roll it into a "tunnel shape".
- Recipe by Creme De La Crumb at <http://www.lecremedelacrumb.com/easy-chicken-gyros-tzatziki-sauce/>

#### ***N. E. W. Clinic at NWTC***

On July 10, 2017 the N.E.W. Clinic celebrated 11th years as a teaching, Medical Clinic at NWTC. During those 11 years there have been more than 32,000 patient visits serving low income, uninsured underinsured, and Medicaid patients, while enhancing the education of tomorrow's health care providers. Patients are seen on a 24-hour appointment schedule Monday through Thursday 7:30am - 12:00 noon and 1:00 - 6:00pm. Providers are a full-time Physician Assistant (P.A.) and a part-time Physician (M.D.) Some same-day appointments are available.

Many of the clinic patients are assisted during their clinic visit by NWTC Health Science Program students, who work with the Clinic Team as part of their clinical training and Service Learning.

#### ***"Patient Impact"***

In our most recent Patient Satisfaction Survey:

- 65% of all patients reported they would have gone to a hospital Emergency Center had we not been here.
- 94% of all patients reported their immediate health care needs were met during their visit here.
- 60-65% of the patient visits require an English/Spanish Interpreter.
- On-site services include: on-site lab testing, assistance of a Health Benefits Coordinator, Mental Health Counselor N.P., and Dual Certified AODA/Mental Health Counselor.