



CareConnection

SNIFF, SNIFF:

Surviving Spring Allergies

Spring is here — and so is allergy season. While the blooms are beautiful, Wichita tops the charts as the worst city in the U.S. for seasonal allergies (thanks, Asthma and Allergy Foundation of America).

Allergies don't just cause sneezing — they can impact your energy, focus, vision, oral health, and overall wellbeing. But don't worry — we've got your back.

Dr. Caitlin Chiles, Hunter Health's Director of Primary Care, shares her top advice:

“Avoid triggers when you can — especially when pollen counts are high.

Try over-the-counter options first, and if you're still struggling, don't hesitate to see your doctor.”

Your Allergy Survival Checklist:

- ✔ Get medical help if symptoms take over.
- ✔ Prioritize sleep and stress management.
- ✔ Use eye drops and avoid rubbing your eyes.
- ✔ Stay hydrated, brush and floss regularly, visit your dentist.
- ✔ Limit outdoor time when pollen is high.
- ✔ See your provider if symptoms stick around

At Hunter Health, we're here to help you breathe easier and feel better all season long.

Need support? Give us a call at 316-262-2415 to schedule your appointment.

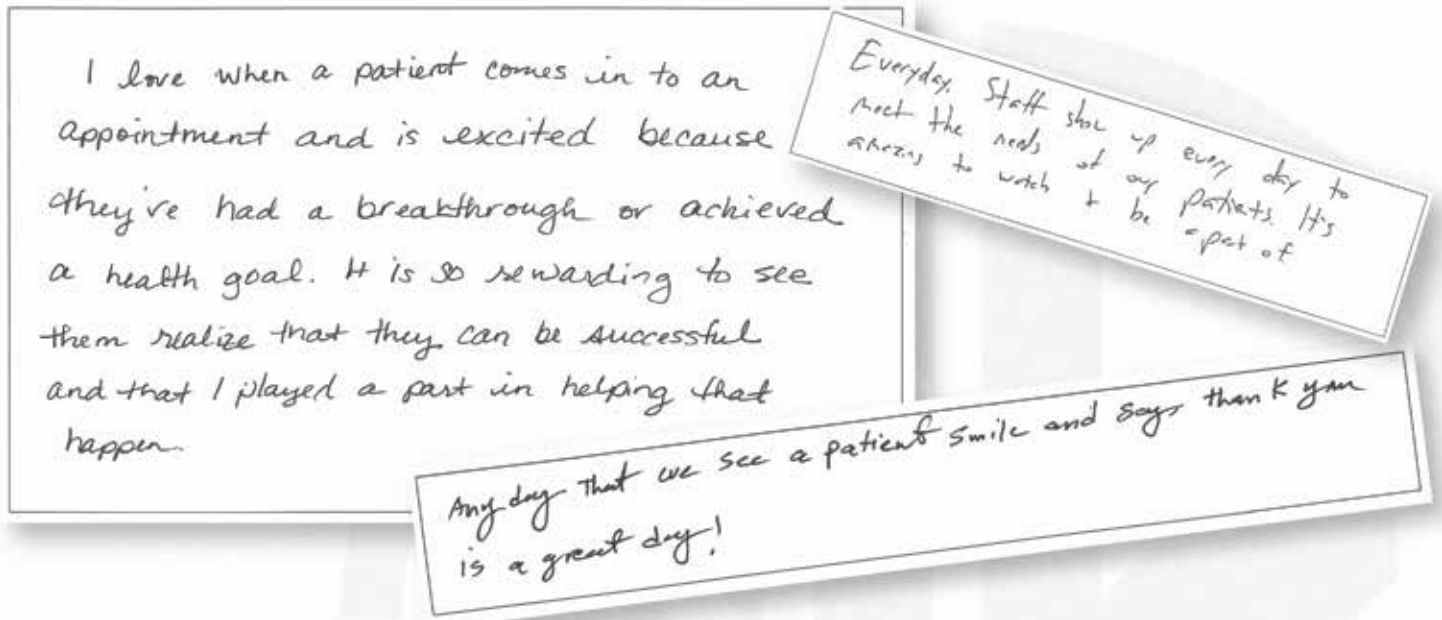
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OUR TEAM'S BEST DAY AT HUNTER HEALTH

At our last all-staff quarterly meeting, we asked our team members to share one of their favorite memories of working at Hunter Health. Here are some more:



STAFF SPOTLIGHT



MEET HUNTER HEALTH'S Cynthia Martinez, RDH, BSDH, ECP III, Integrated Registered Dental Hygienist

Who I Am:

"I am from San Benito, Texas, and chose dentistry because it allows me to engage with patients by helping them feel more comfortable in a setting that usually causes discomfort or concern. I find it rewarding to offer support and resources that allow patients to feel better while improving their oral health."

Why did you choose Hunter Health?

"I have always had a passion for public health, as it allows us to bridge the gap concerning medical and dental integration. There are endless programs here at Hunter Health that allow us to serve and educate patients toward improving their oral and overall health."



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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 *everyone* in 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.

WELCOME TO THE BREAKFAST CLUB

Hunter Health recently hosted our first annual Breakfast Club, honoring team members who have dedicated 10 years or more to our mission of providing compassionate, quality care.

Please join us in recognizing these remarkable individuals for their years of commitment and service:

- Kim Vuu – 25 years
- Newman Washington – 24 years
- Tabatha Miller – 19 years
- Liz Robledo – 16 years
- Cristina Cruzeiro – 14 years
- Robert Gass – 14 years
- Rubi Lopez – 12 years
- Callie Wentling – 12 years
- Christine Reed – 10 years
- Ginny Smith – 10 years
- Tai Schmotzer – 10 years



Your dedication, heart, and hard work make a lasting difference in the lives of our patients and the community we serve. Thank you for being the heart of Hunter Health.

SMILE! BOARD MEMBERS DIG IN FOR DENTAL KITS

Thank you to Hunter Health board members Chantal Nez Dominguez, Susan Breeden, and Amber Williams for volunteering with us recently to assemble Delta Dental dental kits for our dental outreach team!

Thanks to their hard work, over 500 dental kits were prepared.

This volunteer work directly supports our dedicated dental hygienists, who serve more than 14,000 children each year by providing free dental screenings.

#HunterHealth @deltadentalks



Hunter Health OUT *and* ABOUT

Here are some of our recent community outreach highlights:

Hunter Health partnered with the Native American Community Resource Coalition for another **Emergency Food Assistance Program**, distributing free groceries to low-income families, with a focus on the Native American community. Despite the brisk weather, the spirit of giving warmed the day — thank you, volunteers!

The **Mobile Mammo** is rolling! In partnership with Ascension Via Christi, we're making breast cancer screenings more accessible with monthly services at our Central Clinic. The first event on March 12 was a success!

We also joined **College Hill Community Night**, sharing Hunter Health resources while students enjoyed painting, free books, and delicious chili. We love connecting with our community!



CELEBRATING OUR INCREDIBLE TEAM

March 2nd-8th was National Dental Assistants Recognition week, where we celebrated the contributions of our dental assistants, Anna Sanchez, Liz Villalobos, Ruby Gonzalez, Anthony Herмосillo, Sarah Gomez, Andrew Phelps, Tabitha Rivera Cardenas, Dulce Lira-Rodriguez, and Karyme Holguin.

March 10th-14th was Healthcare HR Week. We honored Gay Kimble, Airele Campbell, and Erin Palnau for their dedication to supporting our staff and ensuring top-quality patient care. Thank you for all you do!

March was also **National Social Work Month**, recognizing our amazing Integrated Care Consultants. Their dedication to mental health and patient support makes a lasting impact. We are so grateful for their work!

March 21st was World Optometry Day, where we recognized Dr. Wiggins' hard work and commitment to advancing eye care for our community and patients.

Lastly, **March 30th was National Doctors' Day.** We honored our doctors' dedication, compassion, and hard work — they make a difference in people's lives every day.

Thank you!





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APRIL 2025



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WHY SHOULD YOU HAVE HEALTH INSURANCE?

Understanding health insurance can be overwhelming, but having coverage is essential for accessing the care you need. In this video, we break down why health insurance matters, how it helps protect your health and finances, and how we can guide you in finding the right coverage. **Scan this QR code to watch:**



GET INVOLVED IN OUR CENTRAL TO WELLNESS CAMPAIGN

Our Central to Wellness campaign is in full swing! See how we're dramatically changing the future of Central and Grove in innovative ways to serve our community. **Scan this QR code to watch:**



Please visit our website at 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.