



Wheeler

Innovative Care. Positive Change.

NOVEMBER 2019
AMERICAN DIABETES MONTH

Wheeler's Health Spotlight



AMERICAN DIABETES MONTH

Protect your heart and health through screening, diet, and more.

November is American Diabetes Month, a reminder to consider this potentially dangerous condition and how to assess your risk, as well as implement strategies for prevention and management. The Centers for Disease Control and Prevention (CDC) describes diabetes as a chronic health condition that affects how the body converts food into energy. Most of the food we eat is broken down into sugar, also called glucose, and is released into the bloodstream. According to the CDC, when blood sugar rises, it prompts the pancreas to release insulin, which releases blood sugar into the body's cells for use as energy. Diabetes happens when the body either doesn't make enough insulin or cannot effectively use the insulin it makes and causes an excess of blood sugar to remain in the bloodstream. Over time, this

process can lead to serious health problems, such as heart disease, vision loss, and kidney disease.

A [CDC Diabetes Quick Facts](#) page states that more than 30 million adults have diabetes, and 1 in 4 of them don't know they have it. In the last two decades, the number of adults diagnosed with this disease has more than doubled. According to the National Institute of Diabetes and Digestive and Kidney Diseases, there are steps you can take to reduce your risk or manage this condition:

- Stop smoking or using other tobacco products.
- Manage your A1C, blood pressure, and cholesterol levels.
- Develop or maintain healthy lifestyle habits: Be more physically active and learn ways to manage stress.
- Take medicines as prescribed by your doctor.

[Wheeler's Family Health & Wellness Centers](#) in Bristol, New Britain, Hartford, and Waterbury offer diabetes screening, and referrals and linkages to care, as well as [nutritional counseling and education](#), weight control support, intervention, and more.

Diabetes Education Classes Forming

Education classes for Wheeler primary care patients with diabetes and pre-diabetes will be offered at our community health centers in Hartford and New Britain starting in December. Classes are offered on the first Monday of the month, starting **December 2** at [43 Woodland Street, Hartford](#) from 5:30 to 6:30 pm, and on the first Thursday of the month, starting **January 2** at [75 North Mountain Road, New Britain](#) from 5:30 to 6:30 pm. [[More on our website here](#)]

To schedule an appointment, or learn more about our services, call Wheeler's Navigation Center at 860.793.3500.

Sources: Centers for Disease Control and Prevention, National Institute of Diabetes and Digestive and Kidney Diseases

Additional Resources:

[American Diabetes Association](#)
[Centers for Disease Control and Prevention](#)
[Connecticut Children's Medical Center](#)
[Connecticut State Department of Public Health](#)
[JDRF](#)
[Joslin Diabetes Center](#)
[Mayo Clinic](#)
[National Institute of Diabetes and Digestive and Kidney Diseases](#)
[Wheeler Clinic](#)
[Wheeler's Resource Library](#)

NEWS YOU MAY HAVE MISSED

Matching Gift Campaign Honors Susan Walkama, LCSW, Supports Nutrition Programming

A matching gift campaign honors retired Wheeler President and Chief Executive Officer Susan Walkama, LCSW, and is raising support for Wheeler's nutrition programming, which she envisioned and implemented.

The anonymous gift pledge, from a longtime supporter and dedicated former Wheeler



trustee, will match, dollar-for-dollar, gifts made in Walkama's honor for the program, up to \$25,000 in total, through December 31, 2019. Walkama retired on November 1 after nearly 40 years at Wheeler, including more than a dozen as president and CEO. Sabrina Trocchi, PhD, MPA, was appointed president and CEO, effective November 2.

[\[Read more here\]](#)

[\[To contribute to the matching gift campaign, click here\]](#)

Community Health Center in Hartford to be Renamed in Honor of Walkama

The primary five-story building at Wheeler's flagship community health center will be renamed the *Susan Walkama Family Health & Wellness Center* in the spring of 2020, the Board of Trustees announced in late October.



The building at 43 Woodland Street, Hartford, located at the Wheeler Family Health & Wellness Center campus at 43-49 Woodland Street, opened on January 8, 2018, the 50th anniversary of the organization, after a yearlong, \$5-million renovation that dramatically redesigned the interior to match Wheeler's philosophy of truly integrated health care services.

[\[Read more here\]](#)

HEALTH, RECOVERY, AND GROWTH



Wheeler's FY 2019 Annual Report

Wheeler's newest annual report celebrates the many ways that our donors, friends, staff, communities, and consumers fostered and achieved health, recovery, and growth over the past year.

[\[Access your copy here\]](#)

New Television Commercials Highlight Hope and Commitment

Wheeler's new television commercials underscore the importance of hope, and the dedication and commitment of our team to deliver effective, compassionate care. Access the commercials at the links below.



"You've got to start the day with hope." [here](#)

"Everything you need. With everything we've got." [here](#)

"Not just getting healthy. Getting well." [here](#)

Funding for the Wheeler Family Health & Wellness Center is provided by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA). Improvements

to the Family Health & Wellness Center in Hartford are supported in part by the State of Connecticut Nonprofit Grant Program, the Connecticut Health & Educational Facilities Authority, the Maximilian E. and Marion O. Hoffman Foundation, and the Ensworth Charitable Foundation. Additional support is provided by Delta Dental of New Jersey Foundation. Added support for the Family Health & Wellness Center in Bristol is provided by the United Way of West Central Connecticut. Wheeler is a Health Center Program grantee under 42 U.S.C. 254b and a deemed Public Health Service employee under 42 U.S.C. 233(g)-(n).

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