OneWorld patient learns to manage diabetes, loses 67 pounds
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Show your support on May 22!

It’s evident that OneWorld matters to our community. In 2018, 46,292 unique patients from 78 ZIP codes received care during 168,228 visits to our clinics. Of those patients,

- 93% of those with a known income lived at or below 200% of poverty ($50,200 for a family of four in 2018)
- 65% were racial and ethnic minorities
- 49% were uninsured
- 40% were children under age 19

All of us who work at OneWorld know that we are a vital resource for everyone who walks through our doors in search of quality, affordable health care. We welcome and care for everyone, regardless of race, religion, color, national origin, sexual orientation, age, gender identity, immigration status or ability to pay.

With our mission in mind, we ask that you choose OneWorld as an organization to support during Omaha Gives! this year. Omaha Gives! is a 24-hour, online fundraising event organized by the Omaha Community Foundation. The event takes place on Wednesday, May 22.

The funds we raise through Omaha Gives! will directly benefit our patients and make a difference in the health of underserved members of our community. No matter what amount you are able to give, your donation matters.

Donating to OneWorld through Omaha Gives! is easy—just visit www.OmahaGives.org/OneWorld on May 22 and click “donate now.” If you choose to give through our Omaha Gives! page anytime between May 1 and May 22, your donation will count toward our May 22 total. If you are able to give between 8 a.m. and 4 p.m. on May 22, your gift could have a bigger impact—last year, we were able to secure an additional $1,000 for our patients for having the highest number of donors during that timeframe.

Thank you in advance! We are grateful for your generosity and for your continued support of our mission.

Sincerely,

Andrea Skolkin, Chief Executive Officer of OneWorld

We asked our staff: Why does OneWorld matter?

“OneWorld matters because we serve the underserved, uninsured patients who might not have any other places to go. We also offer most of our services in multiple languages (Spanish, English, etc.), which makes our patients feel more welcome and listened to.”
- Cesia Marino, behavioral health therapist

“OneWorld matters because there is never a day when a patient leaves the clinic without getting the care, needs, support, etc. they need to thrive in life.”
- Salana Lamkins, Medical Assistant

To read more #OneWorldMatters quotes from our staff and to receive updates about Omaha Gives! 2019, please follow OneWorld on Facebook, Twitter, Instagram and LinkedIn.
Save the date 2019

Omaha Gives!  
May 22, 2019

¡Vive tu vida! Get Up! Get Moving!  
June 1, 2019

Teen and Young Adult Health Center grand opening  
July 9, 2019

Back-to-School Bash  
August 9, 2019

New dental mobile opening  
Fall 2019

Milagro Dinner  
November 14, 2019

did you know?

In 2018 OneWorld cared for:
• 4,651 uninsured children
• 1,590 homeless patients
• 4,143 patients diagnosed with diabetes
• 3,613 patients diagnosed with depression

OneWorld snapshot

Six volunteers from Creighton University helped out around our Livestock Exchange Building campus during their spring break this year. We were especially grateful for their help with packing buckets of supplies for patients who are recovering from flooding.

If you have a group looking for volunteer opportunities (or if you’re interested in volunteering as an individual), please visit bit.ly/OneWorldVolunteer to fill out an application.
On September 27, 2018, Aurora Barragan realized she needed medical attention. After an episode of feeling faint and stumbling when she walked, she decided to check her blood sugar with her aunt’s help. Her blood sugar level was 283 mg/dL, and since several of her family members have diabetes, she knew that was high (a fasting blood sugar less than 100 mg/dL is normal).

“Right away, I started crying, because that was my main fear—to get diabetes,” she said. “I saw the result, and literally, I just burst into tears. I did not know what to do. I was afraid because now I was going to have to poke my finger for the rest of my life … I even kind of felt like I got depressed for a couple of days. I just couldn’t believe it. I’m so young.”

Afraid of what could happen as a result of uncontrolled diabetes, Barragan came to OneWorld. She had visited several OneWorld clinics before, even back when it was known as the Indian-Chicano Health Center. Since she has been to OneWorld clinics before for services varying from women’s health to dental care, she knew that she could turn to the clinic for help.

“Afraid of what could happen as a result of uncontrolled diabetes, Barragan came to OneWorld. She had visited several OneWorld clinics before, even back when it was known as the Indian-Chicano Health Center. Since she has been to OneWorld clinics before for services varying from women’s health to dental care, she knew that she could turn to the clinic for help.

“Growing up, my family went to ‘Chicano,’” she said. “It was affordable for me at the time because I didn’t have insurance … thankfully, OneWorld does have the sliding fee scale, which helps a lot, especially when you’re sick.”

She didn’t have an appointment, but she explained her situation to a staff member, and after just a few minutes, she was told that she could see Mark Huber, APRN, at the Livestock Exchange Building campus right away.

“That’s the day I met Mark Huber, and he’s been my health care provider since then,” Barragan said. “He encourages me. He’s not the type of person who is hard on you ... He’s just a really good doctor. He’s given me a lot of motivation ... I’m happy that he’s there, because it’s hard to lose weight. I weigh a lot, and thankfully, he’s been able to be there. He’s a great provider. He’s very supportive and encouraging, and I honestly appreciate it. Even though it’s just little talks, those talks have motivated me.”

Barragan was diagnosed with type 2 diabetes during that appointment with Huber, and while she was there, she also began discussing her weight loss goals with him. Huber recommended that Barragan enroll in diabetes classes with Karen McClelland, a Certified Diabetes Educator at OneWorld.

“I decided to take action and take the first class that was available for me,” she said. “I’m bilingual, so I was able to get into the next class the Saturday following my appointment. The class taught me a lot about what I can eat and how to read labels. When I got diabetes, I thought, ‘Oh, I’m not going to be able to eat anymore. I’m going to be on a diet for the rest of my life.’ But it’s not even that. There’s so much you can eat—it’s just all in moderation and portions. It didn’t make me feel like I was an outsider because I had diabetes.”

Barragan has regularly attended classes since September, and she’s been bringing her family members to classes, too.

For more information about OneWorld’s diabetes classes, please visit bit.ly/owclasses.
After learning about what a balanced meal should look like during a class, Barragan immediately began altering her meals to reflect the model: half a plate of vegetables, smaller amounts of protein and carbohydrates and fruit for dessert.

She also completely eliminated soda from her diet, and she began attending a Zumba class. In just six months, Barragan lost 67 pounds, and she was able to lower her A1C (blood sugar) level from 8.7 percent to 5.4 percent.

According to Barragan, the positive changes she’s making in her own life are starting to affect her 8-year-old son, too.

“I’m not going to lie, we ate really bad [before],” she said. “My son now, he sees me eating salad, and he wants to eat a little bit of salad, too. I still let him eat [unhealthy] stuff here and there, but he eats what I eat, too.”

Barragan says the lifestyle changes she’s made and the weight she’s lost as a result have improved her overall health.

“I have so much energy,” she said. “It’s only 67 pounds, but I could feel it. I used to just sleep a little bit during the day to get through my day, but now I’m up, and I’m up all day until 9 or 10 at night. It honestly makes a difference. You’re not having these headaches because your blood sugar is too high. That’s where I was, and I’m no longer there, so I’m happy about that.”

The next step for Barragan, she thinks, will be bariatric surgery.

“I’m doing it mainly because I want to feel better,” she said. “I’m not doing it to look good. A lot of people think it’s because of that, but it’s not. I’m doing it so I can live a healthier and happier life.

I have an 8-year-old son who depends on me. My goal is to get down to those 200 pounds that I want to weigh. Only I can get myself there, but thankfully, Mark’s been able to support me these last six months.”

Barragan says her ultimate goal, aside from achieving her goal weight, is to be able to maintain her lifestyle changes and, maybe eventually, to be able to manage her diabetes without medication.

“You can definitely control diabetes,” she said. “It’s about taking care of yourself and loving yourself… One day, my goal is to manage a little dance group. I don’t feel comfortable at this point just because of my weight, but I’m working on it by going to Zumba. Hopefully, one day, I can be that Zumba instructor. Where I go, the instructor lets you go up on stage, but I’m not to that point yet. I will be one day!”
OneWorld to open second Teen and Young Adult Health Center in West Omaha

Building upon the success of our Teen and Young Adult Health Center in South Omaha, this summer, OneWorld will open a second clinic for teens and young adults in West Omaha. The new Teen and Young Adult Health Center will offer the same services as our adolescent clinic in South Omaha to meet the unique health needs of young people. The new clinic will be located at 2520 S. 130th Ave.

OneWorld’s innovative Teen and Young Adult Health Center on South 24th St. is currently the only comprehensive health center in the Omaha metro area that is dedicated to teens and young adults. The clinic was intentionally designed to be warm and welcoming, and it provides critical primary and behavioral health care for our young patients. The clinic’s extended night and weekend hours make health care more accessible for teens and young adults.

At the existing Teen and Young Adult Health Center, all young people have access to confidential testing for sexually transmitted diseases and pregnancy, STD treatment, educational materials, condoms and birth control — all at no cost to them, whether they have health insurance or not.

The new clinic will open this summer. Please email Development Specialist Rachel Schure (rschure@oneworldomaha.org) if you would like to attend the clinic’s grand opening and ribbon cutting ceremony on July 9. You can also email development@oneworldomaha.org if you would like to arrange a private tour of the new space.

Clinic address: 2520 S. 130th Ave. Omaha, NE 68144
Clinic phone number: (402) 769-7077
Website: www.TYAHC.org

Clinic hours:
Monday: 9 a.m. – 6 p.m.
Tuesday – Thursday: 10 a.m. – 7 p.m.
Friday: 9 a.m. – 6 p.m.
Every other Saturday: 9 a.m. – 1 p.m.

Opening in July!
Each November, we invite our supporters to OneWorld’s annual Milagro Dinner, which honors individuals and organizations who make milagros (“miracles” in Spanish) happen for the most vulnerable children and families we serve.

This year’s Milagro Dinner will take place on Thursday, November 14, 2019. The event will feature guest speaker Mary Pipher, New York Times bestselling author of 10 books, including Reviving Ophelia: Saving the Selves of Adolescent Girls (now celebrating its 25th anniversary) and her latest publication, Women Rowing North: Navigating Life’s Currents and Flourishing As We Age. Pipher will speak about resilience, and her talk will be followed by a book signing.

For more information about the Milagro Dinner, please contact Development Specialist Rachel Schure at (402) 502-8940 or at rschure@oneworldomaha.org.

Right here in Omaha, thousands of hardworking families cannot afford health care. Though OneWorld helps people enroll in Medicaid and the health insurance marketplace, we are finding that many of our patients do not qualify or cannot afford the premium. Our sliding fee scale ensures that all patients receive care regardless of insurance status. We offer our patients a trusted place to come when they need medical, dental, behavioral health or pharmacy services, and we can connect them with community resources. We also educate our patients about the importance of prevention and encourage them to take time for their health. Being here for our patients makes a big difference in their lives, but we need your help so we can continue to care for those who need us.
OUR mission

OneWorld Community Health Centers, in partnership with the community, provides culturally respectful, quality health care with special attention to the underserved.

September Symens-Lacroix
Community Relations Specialist
(402) 502-8871
ssymens@oneworldomaha.org

If you no longer wish to receive information about OneWorld Community Health Centers, Inc., please call (402) 502-8871 or email ssymens@oneworldomaha.org.

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Behavioral Health (402) 734-4110
Dental (402) 932-7204
WIC (402) 734-2028
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DONATE ONLINE!
oneworldomaha.org

OneWorld Community Health Centers complies with applicable Federal civil rights laws and does not discriminate on the basis of race, religion, color, national origin, sexual orientation, national origin, age, gender identity, disability, immigration status or ability to pay.