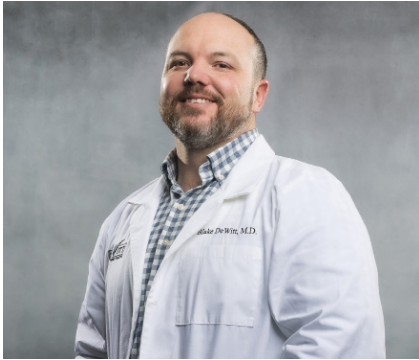


# The Heart of a Healthy Community

## LUNCH & LEARN RECAP BY DR. BLAKE DEWITT



**Dr. DeWitt**



**Lunch & Learn Group at Senior Citizen Center**

As we look to the future, for the first time our current generation will have a longer life expectancy than the next generation. This is a shocking statement, but the fact remains true. Our children will be less healthy than we are because of the severe effects nutrition has on our overall health. This is no more evidently shown than with a recent study which notes an increase in life expectancy by up to 8 years when a diet was optimized at 60 years old. The proverbial fountain of youth is at our fingertips we simply must reach out and grab it.

Nutrition has again become in the forefront of many Americans minds with the new administration. Make America Healthy Again (MAHA) is a phrase adopted by Robert F Kennedy upon his appointment to head of the Department of Health and Human Services. This movement has 4 main goals: to eliminate food dyes, promote unprocessed foods, educate the population of healthier alternatives and make policy changes within the food industry. Food dyes have been an item of debate around the world for years. In fact, as early as 1987 a study was performed that showed increase in cancer rate among Male rats. Despite this, the FDA has refused to ban or even place a warning label on foods containing such dyes (as they do in European countries). This is likely related to the often-contradictory purposes that the FDA holds of both promoting the food industry while also regulating the ingredients to ensure population health. Let's face it kids love bright colors, and American cereals are tailored to this population. European cereals are nearly pastel in their color palate while American cereal can be best described as vibrant neon colors. MAHA has recently begun to take action against these harmful dyes by finally banning Red Food Dye #3 in January of 2025, nearly 40 years after that first study that showed their detrimental effects. Another major goal for the MAHA movement is the avoidance of highly processed foods. Often these foods are significantly more calories dense than fresh foods, leading to increased weight gain.

Weight loss is likely one of the most asked questions I tackle in clinic. Rightfully so because obesity is the most significant health problem facing the US population. This has spurred on the advent of medications such as GLP-1s which have led to incredible profits for the pharmaceutical companies. These medications, although effective, are expensive and do not come without their own set of side effects which are becoming more evident each day. The long and short of it is that there is no magic bullet for weight loss and there is no substitute for hard work. Diet and exercise remain the cornerstone of true long term weight loss. The key to dieting is finding a diet that is not so restrictive that it cannot be followed on long term basis. I often recommend viewing it as a lifestyle change not a short-term diet. I have found in my personal life that making simple daily changes such as substituting breakfast for a protein shake or changing the things I drink to make them as low calorie as possible have shown tangible effects for me. When looking at specific diets, the secret lies in a study that was published in 2009 which showed that when comparing diets and their overall weight loss; they were all similar for those that were able to maintain the diet itself. In other words, it doesn't matter which diet you pick if you are committed to it and can sustain it long term. Technology has also made strides to help with weight loss with the advent of apps such as Noom which help to not only give you a way to calorie count but help to educate individuals on the psychology behind cravings and why we eat the way we do. The addition of such accountability apps has been shown to further promote weight loss overall.

Hippocrates said it best when he said, "Let food be thy medicine and medicine thy food." In the US, more than ever we face an epidemic of our own making. If we don't take actions now, for the first time our children's future will be bleaker than our own. Although not easy, we have the key to making lasting and effective changes by combating obesity with common sense changes and will power.

# UPCOMING OGH HEALTHCARE EVENT INFORMATION

Mark your calendars for an unforgettable evening of entertainment and community support! The OGH Healthcare Foundation is thrilled to invite you to our highly anticipated fundraising event on Saturday, April 26th. Join us as we raise crucial funds for the much-needed expansion of our Emergency Room Services Wing.

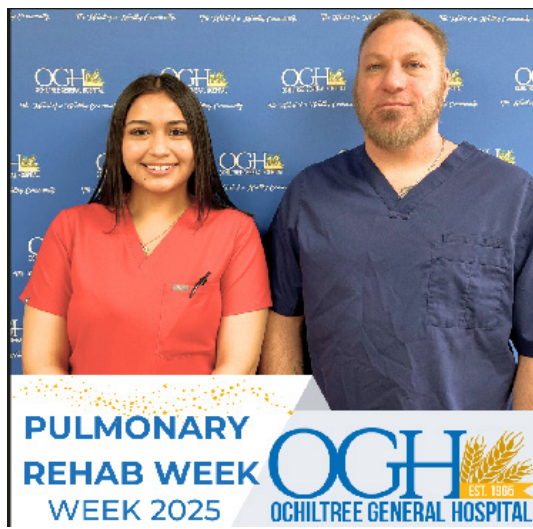
Doors will open at 6:00 PM, and the evening will kick off with a delicious buffet-style Italian dinner, served from 6:00 PM to 7:00 PM. Dr. Blasingame will welcome everyone with a few words. Get ready to be entertained by the electrifying sounds of live dueling pianos from 7:00 PM to 10:00 PM. During a brief intermission, Dr. Childers will share firsthand the urgent need for expanding our Emergency Room to better serve our community.

This special evening would not be possible without the generous support of our local business sponsors. We extend our heartfelt gratitude to our sponsors and their commitment to our community's healthcare is truly commendable. We will feature them in the next month's newsletter. We are also incredibly thankful for the overwhelming generosity of those who donated items for our exciting silent auction. Additionally, we are delighted to announce that our VIP tables have completely sold out! Thank you to everyone who has already shown their support.

There's still a chance to be part of this impactful event! Tickets are still available for purchase on our website: [www.ochiltreehospital.com](http://www.ochiltreehospital.com). Don't miss this opportunity to enjoy an evening of fantastic food, lively music, and meaningful community connection, all while supporting a vital cause. Join us on April 26th for an evening dedicated to building a healthier future for Perryton. We look forward to seeing you there!



## HEALTHCARE CELEBRATIONS AT OGH



OGH believes in celebrating the people who make our hospital a place of healing and hope. This March, we had the privilege of recognizing numerous national healthcare observances, each highlighting the unique contributions of our dedicated staff. We are grateful for their commitment to providing exceptional care and fostering a strong sense of community at OGH.



# EMPLOYEE OF THE MONTH

Each month OGH recognizes one outstanding staff member for their dedication to providing quality healthcare in our community. Connie was chosen as Employee of the Month for March. Connie is a member of the Nursing Team at OGH.



# Employee Spotlight

## OGH BIRTHDAYS

- |                           |                          |
|---------------------------|--------------------------|
| Norma Hermosillo- Apr 2   | Scarlett Coombs- Apr 12  |
| Kim McCune- Apr 2         | Shawna Merriman- Apr 15  |
| Pam McWorter- Apr 5       | Della Ledezma- Apr 16    |
| Pearl Garcia- Apr 7       | Lyuda Battin- Apr 18     |
| Mike Mitchell- Apr 7      | Lucinda Herrera- Apr 19  |
| Lacey Tyk- Apr 7          | Dyan Harrison- Apr 20    |
| Juanita Ortega- Apr 7     | Jontra Cator- Apr 26     |
| Vanessa Navarrete- Apr 10 | Jody Anderson- Apr 27    |
| Suzanna Jarrell- Apr 11   | Virginia Chairez- Apr 27 |

## OGH ANNIVERSARIES

- |                           |                            |
|---------------------------|----------------------------|
| Giovanni Garcia- 1 Year   | Shelby Pond- 3 Years       |
| Rio Judice- 1 Year        | Casey Zapien- 3 Years      |
| Payton Leffew- 1 Year     | Jamie Williams- 6 Years    |
| Dennise Rincon- 1 Year    | Faviana Laredo- 7 Years    |
| Janet Montoya- 1 Year     | Jammy Savage- 8 Years      |
| Olivia Hobson- 2 Years    | Sandra Burton- 8 Years     |
| Hannah Kroeker- 2 Years   | Sheila Lee- 9 Years        |
| Marisela Marquez- 2 Years | Norma Hermosillo- 20 Years |
| Chad McCartney- 3 Years   | Dyan Harrison- 30 Years    |

## OGH NEW ROCKSTARS

- Whitney Price- Home Health  
Laura Navarette- Finance

# KELLY'S CORNER:

Thank you, Perryton, for your incredible support of our fundraising event "Dueling for Dollars!" The OGH Healthcare Foundation's upcoming fundraiser on April 26th is a testament to their dedication to our hospital district. We're also deeply grateful to our OGH staff who have generously pledged donations. Join us for a night of music and community, and help us build an expanded ER by purchasing tickets via the QR code below, or our website [www.ochiltreehospital.com](http://www.ochiltreehospital.com). We are all working together to improve healthcare for our community, see you there!



OGH is fortunate to have a team of highly skilled and compassionate physicians. Their hard work ensures that our patients receive the best possible care, right here in our community. We celebrate their unwavering commitment to patient well-being and their dedication to providing exceptional medical services. Thank you for your outstanding contributions to our Hospital District.

## HOMETOWN HEALTHCARE PROVIDERS



Jay Blasingame, M.D.  
General Surgeon  
806-648-4288  
3101 Garrett Dr., Perryton, TX



Manon E. Childers, III, M.D.  
Emergency Room Physician  
806-435-3606  
3101 Garrett Dr., Perryton, TX



Blake DeWitt, M.D.  
Family Practice/Obstetrics/Endoscopy  
806-648-9355  
3101 Garrett Dr., Perryton, TX



Jennifer McGaughy, D.O.  
Family Practice/Obstetrics  
806-435-7224  
3101 Garrett Dr., Perryton, TX



Rachel O'Beirne, D.O.  
Family Practice/Obstetrics  
806-435-7224  
3101 Garrett Dr., Perryton, TX



Rick Siewert, D.O.  
Family Practice/Sports Medicine  
806-435-9626  
3006 Garrett Dr., Perryton, TX



James R. Parker, M.D.  
Orthopedic Surgeon  
806-350-2663  
3101 Garrett Dr., Perryton, TX



Kyle Anderson, CRNA, NSPM-C  
Certified Registered Nurse Anesthetist  
806-435-3606  
3101 Garrett Dr., Perryton, TX



Megan Blasingame, DNP, CRNA  
Certified Registered Nurse Anesthetist  
806-435-3606  
3101 Garrett Dr., Perryton, TX



Josh Stevenson, CRNA  
Certified Registered Nurse Anesthetist  
806-435-3606  
3101 Garrett Dr., Perryton, TX



Lyudmyla Battin, APRN  
Advanced Nurse Practitioner  
806-435-3606  
3101 Garrett Dr., Perryton, TX



Lisa Brown, APRN  
Advanced Nurse Practitioner  
806-658-4531  
146 Pioneer Dr., Booker, TX



Susan Childers, APRN  
Advanced Nurse Practitioner  
806-435-7224  
3101 Garrett Dr., Perryton, TX



Deirdre Floyd, APRN  
Advanced Nurse Practitioner  
806-435-7224  
3101 Garrett Dr., Perryton, TX



Suzanna Jarrell, APRN  
Advanced Nurse Practitioner  
806-435-3606  
3101 Garrett Dr., Perryton, TX



Alyce Morton, APRN  
Advanced Nurse Practitioner  
806-435-7224  
3101 Garrett Dr., Perryton, TX



Casey McGarraugh, PA-C  
Certified Physician Assistant  
806-435-7224  
3101 Garrett Dr., Perryton, TX

## UPCOMING EVENTS:

**APRIL 17TH: LUNCH & LEARN  
PULMONARY REHAB**

**APRIL 26: DUELING FOR DOLLARS**

**APRIL 28: AUTISM PARENT  
SUPPORT & RESOURCE MEETING**