

OGH HEALTH FAIR - LABS EXPLAINED

OGH's Annual Health Fair is October 7th from 7 AM to 1 PM. In addition to many exhibitors and important resources, our Hospital District is offering Free Lab Testing at the Perryton EXPO. The free lab tests being offered are a powerful tool to give you a snapshot of what's happening inside your body. Understanding these tests and what they mean can help you and your provider make informed decisions about your well-being. Here's a simple breakdown of the tests and why they are so beneficial:

Lipid Panel (Cholesterol, Triglycerides, HDL, LDL): This panel measures the fats and fatty substances in your blood. These are a key indicator of your risk for heart disease and stroke.

Total Cholesterol: This is the overall amount of cholesterol in your blood. **Triglycerides:** A type of fat that your body uses for energy. High levels can increase your risk of heart disease.

HDL ("Good" Cholesterol): This type of cholesterol helps remove excess cholesterol from your body, acting as a "clean-up crew." Higher levels are better.

LDL ("Bad" Cholesterol): This cholesterol can build up in your arteries, leading to blockages. Lower levels are better.

Why it's beneficial: The lipid panel provides a comprehensive view of your heart health. Knowing these numbers allows you to make lifestyle changes—like improving your diet and increasing exercise—to manage your risk.

TSH (Thyroid Stimulating Hormone)

This test measures how well your thyroid gland is working. The thyroid is a small, butterfly-shaped gland in your neck that produces hormones essential for regulating your metabolism, energy levels, mood, and body temperature.

Why it's beneficial: An abnormal TSH level can indicate a thyroid disorder, such as an overactive thyroid (hyperthyroidism) or an underactive thyroid (hypothyroidism). These conditions are very common and can be effectively managed once diagnosed.

Glycohemoglobin A1c

This blood test provides an average of your blood sugar levels over the past two to three months. It's a crucial test for diagnosing and monitoring diabetes.

Why it's beneficial: Unlike a simple blood sugar test that gives a single moment's reading, the A1c test offers a long-term view. It's an excellent way to determine your risk for diabetes or to see how well your current diabetes management plan is working.

PSA (Prostate-Specific Antigen)

This test is a simple blood test primarily used as a screening tool for prostate cancer in men. The PSA is a protein produced by the prostate gland.

Why it's beneficial: A high PSA level can sometimes be an early warning sign of prostate issues, including prostate cancer. While a high PSA level doesn't always mean cancer, it does signal that further evaluation with a doctor may be necessary.

These free screenings are a valuable opportunity. We encourage you to take advantage of them and use the results as a starting point for a conversation with your healthcare provider. For more information about our Health Fair call Amie Marrufo at 806-648-7402.

LUNCH & LEARN- STOP THE BLEED

OGH EMS team recently hosted a well-received Lunch & Learn event at the Senior Citizens Center, which attendees called one of the best to date. The session focused on the "Stop the Bleed" course, a critical training that teaches basic life-saving techniques to control severe bleeding in an emergency.

Jeff Mincy, LP MSHA, led the training, demonstrating skills that can be used to help save lives before professional help arrives. He showed how to apply pressure, pack a wound, and use a tourniquet—simple actions that can make a profound difference.

The OGH EMS team is dedicated to providing this vital training to our community. If you or your organization, school, or business would like to learn more or schedule a "Stop the Bleed" course, please contact EMS Director Jonathan Sell.



Pictured: Jeff Mincy, OGH Staff in Attendance, and Lunch & Learn Participants

GIVING BACK TO OUR COMMUNITY



OGH is more than just a hospital; we are a dedicated part of the community we serve. This was on full display this past weekend as our incredible OGH volunteers gave their time and energy at a variety of Wheatheart of the Nation events. From making fresh popcorn and cotton candy at the parade to building and decorating floats and vehicles, our team was everywhere! They also lent a hand at the BBQ and the Demolition Derby and helped with the clean-up. The goal of our volunteering is simple: to give back to the community that supports us every single day. We are so proud of our volunteers' hard work and dedication. Thank you for everything you do!

EMPLOYEE OF THE MONTH

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



OGH HOSPICE 5K/FUN RUN



Registration is now open for our annual 5K/Fun Run! We encourage everyone to join us for this event, which raises vital funds for our dedicated OGH Hospice Volunteers and helps us purchase new equipment for the hospital district. To guarantee a t-shirt, please register by September 26th!

We want to give a huge thank you to our incredible t-shirt sponsors for their generous support: Panhandle Pro Cleaning, LLC, A&A Gonzalez Trucking, LLC, CC&CO Boutique, High Rise Irrigation and Landscaping, and AGT Cuts. We also want to give a special shout-out to Myranda Lamm Photography for providing photography for the event, and to Game On Graphics for always designing awesome promotional items for OGH. We have more sponsors to announce soon, so stay tuned!

Your participation and support mean the world to us. Let's make this year's run a huge success! For more information contact Carrie Olivarez at 806-435-3606.

Employee Spotlight

OGH BIRTHDAYS

- Ma Guzman- Sep 1
- Jennifer Ocon- Sep 1
- Bivianna Ontiveros- Sep 1
- Jammy Savage- Sep 4
- Holly Petrick- Sep 4
- Maria Miranda- Sep 8
- Megan Arellano- Sep 9
- Janelly Morelos- Sep 13
- Deisy Chairez- Sep 16
- Janet Montoya- Sep 20
- Fabiola Chico- Sep 21
- Esther Leyva- Sep 21
- Vanessa Najera- Sep 21
- Haley Hunter- Sep 22
- Sheila Lee- Sep 22
- Carmen Ortega- Sep 22
- Sandra Frias- Sep 23
- Anaihy Trejo- Sep 24
- Dr. DeWitt- Sep 25
- Eva Hargues- Sep 25
- Dr. McGaughy- Sep 27
- Brecklyn Stump- Sep 27
- Brenda Armendariz- Sep 28
- Gretchen Good- Sep 28
- Casey Money- Sep 28
- Lexi Pshigoda- Sep 28
- Reyna Mendoza- Sep 29
- Whitney Price- Sep 29

OGH ANNIVERSARIES

- Stephany Hernandez- 1 Year
- Bianca Castaneda- 1 Year
- Dennise Gutierrez- 1 Year
- Karime Sigala- 1 Year
- Brianna Romero- 2 Years
- Kenia Quezada- 3 Years
- Jessica Mendoza- 4 Years
- Brian Chavez- 5 Years
- Marisela Frias- 5 Years
- Mariela Monarrez Salas- 5 Yr
- Dr. Blasingame- 5 Years
- Esmeralda Mendoza- 6 Years
- Connie Beltran- 7 Years
- Rosie Tudon- 7 Years
- Rachel Herrington- 8 Years
- Justin Parish- 12 Years

OGH NEW ROCKSTARS

- Lali Anaya- Lab
- Maria Miranda- Housekeeping
- Katrina Thompson- Nursing
- Laura Araujo- Nursing
- Deb Aylor- PHC
- Daniel Rangel- HR Assistant

KELLY'S CORNER:

As we continue to invest in our team through new training and team-building classes, I want to express my excitement for what lies ahead. These opportunities are not just about learning new skills; they are about strengthening the bonds that make our Hospital District a true community.

My hope is that these sessions will provide a space for connection, collaboration, and renewed purpose. By working together in new ways, we will not only grow as individuals but also enhance the compassionate care we provide to every patient.

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.
Emergency Room Physician
806-435-3606
3101 Garrett Dr., Perryton, TX



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



David Potter, M.D.
Orthopedic Surgeon
806-435-7224
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



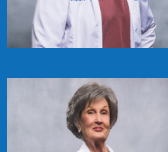
Susan Childers, APRN
Advanced Nurse Practitioner
806-435-7224
3101 Garrett Dr., Perryton, TX



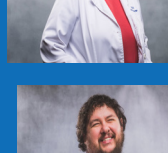
Deirdre Floyd, APRN
Advanced Nurse Practitioner
806-435-7224
3101 Garrett Dr., Perryton, TX



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:
SEPTEMBER 16: LUNCH & LEARN
ASSISTED LIVING & SEASONS TOUR

OCTOBER 7: HEALTH FAIR 7AM-1PM

OCTOBER 11: 5K FOR HOSPICE

OCTOBER 16: LUNCH & LEARN
WOMEN'S HEALTH- DR. MCGAUGHY