



Community Health Highlights June 2017 – July 2017

Wade Family Medical 7118 Main St. Wade, NC 28395 (910) 483-6694	Wade Family Medical DT 2409 Murchison Rd. Suite B Fayetteville, NC 28301 (910) 488-4525	Stedman Family Dental 6540 Clinton Rd. Stedman, NC 28391 (910) 483-3150
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In the Community

All Community Events advertised here are free and open to the public.

June 2nd

Operation Ceasefire Movie Night

Rivers of Living Waters Church
 1764 Bingham, Fayetteville, NC
 7:30 pm – 10:30 pm

June 3rd

Wade Founders Day

Wade Community Park
 4060 Church St, Wade, NC
 10:00 am – 4:00 pm

Seabrook Community Yard Sale

Smith Recreation Center
 1520 Slater Ave, Fayetteville, NC
 10:00 am – 2:00 pm

June 7th

Murchison Road Famers Market

Bronco Square
 1047 Murchison Rd, Fayetteville, NC
 10:00 am – 2:00 pm

June 16th

Summer Splash

College Lakes Pool
 4945 Rosehill Rd, Fayetteville, NC
 2:00 pm – 5:00 pm

June 17th

Father's Day Family Kickback

Seventy-First High School
 6764 Raeford Rd, Fayetteville, NC
 2:00 pm – 6:00 pm

July 1st

Seabrook Community Yard Sale

Smith Recreation Center
 1520 Slater Ave, Fayetteville, NC
 10:00 am – 2:00 pm

The North Carolina Community Health Center Association Honors Shaunna Perez as the 2017 Outstanding Provider Award Recipient

The Outstanding Provider Award recognizes a provider who has worked in a North Carolina Community Health Center and has exemplified commitment, compassion and superior contributions embodying the Community Health Center mission.



Mrs. Perez began her work in the medical field as a US Army medic and she is a Gulf War Veteran. She completed a Bachelor's of Science in Microbiology at Methodist University in 2000. In 2003, she graduated from East Carolina University with a Bachelor's of Science in Physician Assistant Studies and from Duke University with a Master of Health Sciences. That same year, Mrs. Perez began her work at Wade Family Medical Center as a front desk receptionist. Six months later, she became the organization's first Performance Improvement Coordinator, developing the program in preparation for our first Joint Commission survey.

After taking a hiatus to complete her Physician Assistant studies, Mrs. Perez returned to Wade Family Medical Center to begin her career as a Physician Assistant. In 2014, she earned a Community Health Center Administration Certification at East Carolina University.

She has been married to her husband, Wilton, for 25 years. Together, they have five children, five grandchildren and two more grandchildren on the way!

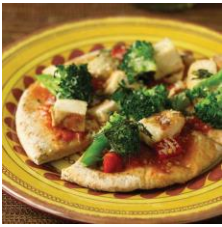
Family and community are at the heart and center of Mrs. Perez's professional and personal life. Her persistence, consistency, and passion are the driving force behind Stedman Wade Health Services' dedication to providing quality medical, dental, and behavioral health care to our patient population. She is a vital asset to our community and to the people who have had the pleasure of knowing her.



Since 2002

Healthy Inspirations

Pita Pizzas



Ingredients

- 1 C tomato or pizza sauce
- 1 C grilled boneless skinless chick breast, diced (about 2 small breasts)
- 1 C broccoli, rinsed, chopped, and cooked
- 2 Tbsp. grated parmesan cheese
- 1 Tbsp. fresh basil, rinsed, dried, and chopped (or 1 tsp dried)
- 24 (6^{1/2} inch) whole wheat pitas

Directions

1. Preheat oven to 450 F.
2. For each pizza, spread 1/4 cup tomato sauce on a pita and top with 1/4 cup broccoli, 1/2 tablespoon parmesan cheese, and 1/4 tablespoon chopped basil.
3. Place pitas on a nonstick baking sheet and bake for about 5-8 minutes until golden brown and chicken is heated through. Serve immediately.

For more recipes, please visit:
www.nhlbi.nih.gov

Journey for Control: A Diabetes Management Program

June Curriculum

Week One: Overview of Diabetes

Week Two: Healthy Eating

Week Three: Monitoring Your Blood Glucose

Class Dates

Wade Family Medical Center

Wade Family Medical Center Downtown

June 1st- 5:00 pm – 6:00 pm

June 8th – 6:00 pm – 7:00 pm

June 15th- 6:00 pm – 7:00 pm

June 5th – 1:00 pm – 2:00 pm

June 12th – 1:00 pm – 2:00 pm

June 19th – 1:00 pm – 2:00 pm



Celebrating Wade Founders Day

Come see our float in the parade and visit our tables at the Annual Wade Founders Day Celebration!

Stedman-Wade Health Services will be providing free blood sugar and blood pressure checks, patient education materials, and dental hygiene products.

Wade Community Park
4060 Church St, Wade, NC
10:00 am – 4:00 pm

Community Health Walks! We Invite You to Walk with Us!

Every Tuesday evening, Wade Family Medical Center staff will meet at Wade Community Park for a community health walk. Walk with us to promote an active lifestyle, get energized, and make new friends!

Every Tuesday
6:00 pm – 7:00 pm

Wade Community Park
4060 Church St, Wade, NC

