



Wichita Falls-Wichita County

PUBLIC HEALTH
ADVOCATE



BEST. TEAM. EVER.

Your

PUBLIC HEALTH CLINIC

Immunizations, STI Clinics combine to offer better service to community

On November 17, the Wichita Falls-Wichita County Public Health District reached an exciting milestone with the opening of the Public Health Clinic, a newly combined service location that brings Immunizations and STI/TB services together under one roof. This merger marks a major step forward in making public health services more coordinated, accessible, and patient-centered for the Wichita County community.

For many years, Immunizations operated as a walk-in clinic while STI/TB services functioned separately inside the main building. As needs grew, so did the opportunity to reimagine how the Health District could streamline services and create a more welcoming, efficient patient

experience. After months of planning, construction, and staff collaboration, both clinics have officially transitioned into a single, modernized space located at the south entry of the Health District, under the green awning.

The new Public Health Clinic was designed with the community in mind. The remodeled space features improved flow, enhanced privacy, and a more comfortable environment for patients of all ages. Consolidating these services also allows clinical teams to work more closely together, strengthening communication and creating a cohesive approach to patient care.

Walk-in services are still available, but clients are encouraged to take

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Public Health Clinic

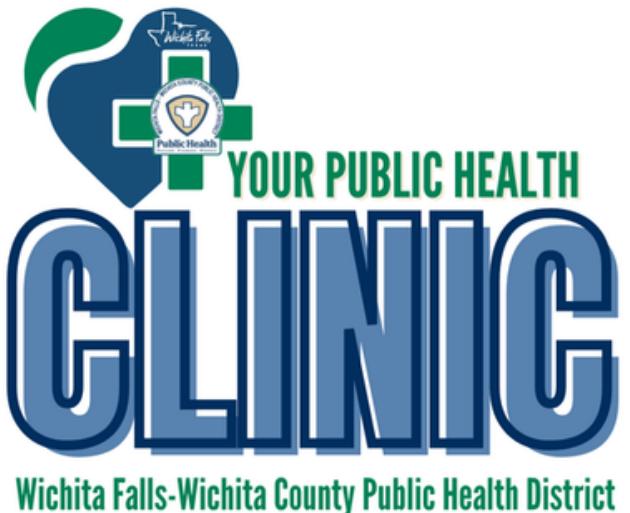
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advantage of our new appointment system. This shift to accepting appointments ensures shorter wait times, a smoother experience, and the ability to better prepare for each patient's needs—particularly during high-demand seasons like back-to-school and flu season. Appointments can be scheduled by calling 940-761-6841.

The Public Health Clinic now offers a full slate of services, including:

- Childhood and adult immunizations
- Flu, recommended vaccines, and travel vaccines
- Lab services
- Pregnancy testing
- TB skin tests
- STD and HIV testing
- Tuberculosis management and care

The merge also reflects the Health District's broader commitment to delivering services in ways that are more connected, streamlined, and responsive to community needs. Staff across both former clinics helped shape the new workflow, crafted a welcoming environment, and ensured that the transition was as smooth as possible for patients and families.



As the doors open to this new chapter, the Health District extends heartfelt appreciation to the community for its patience during the temporary closure and renovation. The team is excited to welcome new and returning patients into a space that reflects our mission: to protect health, prevent disease, and promote the well-being of every person in Wichita County.

The Public Health Clinic is now open Monday through Thursday from 8 a.m. to 4:30 p.m.; and Friday, 8 a.m.-1 p.m., with hours varying by service.



In November, City leaders joined Wichita Falls-Wichita County Public Health District staff for a "Fall Friday" celebration in the Health District kitchen. Pictured with staff are Mayor Tim Short, City Manager Jeff Jenkins, Deputy City Attorney James McKechnie, and City Attorney Kinley Hegglund.



Monica GilGarcia selected as new Wellness Program Administrator

The Wichita Falls-Wichita County Public Health District is proud to introduce our new Wellness Program Administrator, Monica GilGarcia, whose journey into public health is a story of resilience, growth, and a deep commitment to service.

Monica joined the Health District four years ago—at a time when she never expected to work in public health, or even to find herself back in Wichita Falls. But as life often does, it led her exactly where she was meant to be. Through each role she stepped into, Monica discovered not just a career path, but a true calling: helping people.

Her public health service began during the pandemic as a COVID-19 Contact Tracer, before transitioning into a Public Health Specialist, supporting the COVID hotline and conducting case investigations. When an opportunity opened to become a Health Educator, she admits she wasn't entirely sure what the role entailed. What she did know was that she was eager to learn, eager to serve, and eager to grow. She applied, was promoted—and everything changed.

As a Health Educator, Monica found her passion. She worked hands-on with the community, providing diabetes education, nicotine-cessation support, nutrition classes, physical activity programs, and more. She built meaningful relationships with residents and local partners, discovering that this work—meeting people where they are and walking with them toward healthier lives—fulfilled her in a way she hadn't anticipated. Having recently returned to Wichita Falls after major life changes and a move from Hawaii, she found the role grounding, restorative, and purpose-driven.



Her dedication and leadership led to another promotion, this time to Program Manager for the Health Promotions Team. In that role, Monica not only managed programs but learned what it meant to lead. She describes guiding a team that shares her passion for public health as "a beautiful experience"—one where she witnessed her staff step outside their comfort zones, grow in confidence, and elevate their impact in the community. That, she says, has been one of the most rewarding parts of her career.

During her time with the Health District, Monica was inspired to

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The Wellness Team

Monica GilGarcia

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complete her bachelor's degree—switching from Radiologic Technology to Healthcare Administration after discovering her passion for public health. She graduated Summa Cum Laude from Midwestern State University this May, a milestone she achieved while balancing full-time work and motherhood.

Outside of work, Monica is mom to her energetic and animal-loving five-year-old son, Mateo, a familiar face to many in Animal Services.

Mateo, who is on the autism spectrum, has taught her patience, perseverance, and purpose. Being his mom fuels her advocacy—both at home and in the community—and motivates her daily to uplift families

who may face similar challenges.

Monica says she is deeply grateful for the path God has placed her on. Her journey at the Health District has helped her grow spiritually, emotionally, and professionally. She credits her supervisors, peers, and the District's family-centered culture for creating an environment where she feels supported, valued, and inspired.

"Every day is a new opportunity to learn, to grow, and to serve our community," she says—and that passion shines through in everything she does.

Please join us in welcoming Monica GilGarcia, our Wellness Program Administrator. We are excited for the leadership and heart she brings to our Health District and to the community we serve.



UNITED IN BLUE

Health District Forms Human Blue Ribbon for Diabetes Awareness



Health District staff formed a large blue ribbon — the global symbol of diabetes awareness — to honor those affected and highlight our commitment to prevention, education, and support on World Diabetes Day, Nov. 14.

Along with raising awareness, the Health District Wellness Team regularly participates in internal physical activity events to model healthy habits and emphasize the importance of movement in diabetes management.

The Health District's Diabetes Empowerment Education Program (DEEP) provides practical tools for managing diabetes, including meal planning, blood sugar monitoring, medication guidance, and incorporating daily activity. Register through our LiveWell website: <https://livewellwichitacounty.com/.../diabetes-education.../>

The Clinical Services Division transformed the new Public Health Clinic into the movie set of "Beetlejuice" for Halloween in October.





OUTREACH

August through December was busy for the Wichita Falls-Wichita County Public Health District Outreach Teams, with staff truly covering every corner of the county. Team members representing the Wellness Division, WIC, Immunizations, Alzheimer's Disease and Related Dementias, LiveWell, EatWell, Emergency Preparedness, and Cycle Smart were out in the community connecting with residents, sharing resources, and promoting healthy choices. From educational events to hands-on engagement, our employees showed up where it mattered most—meeting people where they are and strengthening community connections through public health in action..





OUTREACH





FREE Classes offered at the Health District

The Wichita Falls-Wichita County Public Health District offers a variety free classes to the public. Clements Classes and HD Classes are held at the Health District, 1700 Third St., Wichita Falls.

- **January 15 -- Basic Nutrition | 12:00 PM – 1:00 PM** in Clements
- **January 15 -- Nicotine Cessation | 5:30 PM – 6:30 PM** in Clements
- **January 20 -- Physical Activity | 12:00 PM – 1:00 PM** in Clements
- **February 10 -- Physical Activity | 12:00 PM – 1:00 PM** in Clements
- **February 12 -- Nicotine Cessation | 5:30 PM – 6:30 PM** in Clements
- **February 19 -- Basic Nutrition | 5:30 PM – 6:30 PM** in Clements
- **March 19 -- Nicotine Cessation | 5:30 PM – 6:30 PM** in Clements
- **March 23 -- Basic Nutrition | 12:00 PM – 1:00 PM** in Clements
- **March 30 -- Physical Activity | 5:30 PM – 6:30 PM** in Clements

Classes are for the public and for City Employees!



Wichita Falls City staff and City Council members rolled out some official "Mayor merch," gifting Mayor Tim Short matching T-shirts with his caricature and the phrase "I Love This City." during the December 16 council meeting. The moment was made even more memorable as the Mayor arrived dressed in his Christmas best for the regular meeting. Director of Health Amy Fagan (top picture, left) joined other city employees with the surprise.





Employees of the Month



Kami Martinez

WIC

August

Employee of the Month

Adrian Gonzalez
Animal Services
October
Employee of the Month



Scott Parker
Environmental Services
November
Employee of the Month



MERRY and BRIGHT

Wishing
Wichita Falls
&
Wichita County
a joyful,
healthy
holiday season
from our
Health District
family
to yours

