

Winter 2011



March Madness: TBA



March 5
AFYA @ Marshall University



April 2
Healthy Day in Huntington

Ebenezer Medical Outreach, Inc.

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The EMO Outreach

Winter 2011



Cabell Huntington Hospital Comes Through Again

Huntington's Kitchen was a gift to Ebenezer Medical Outreach, Inc. and the Huntington area. If you have not been by you need to do so. Cooking classes are offered there several times a day. However, this wonderful space and the fantastic classes would not be able to continue if not for the continued support of Cabell Huntington Hospital. We have been blessed to receive \$50,000 for this year that will enable us to continue to help the residents of the tri-state area of West Virginia, Ohio, and Kentucky learn how to cook healthy meals for their families.

We believe that it is very proactive on the part of Cabell Huntington Hospital. Good nutrition is the foundation for good health. If you look at risk factors for many of the chronic diseases such as diabetes, cardiovascular disease, and cancer, a poor diet is at the top of the list. If we learn to prepare and eat the proper foods, we can reduce significantly the number of people affected by these diseases. The administrators at Cabell Huntington Hospital realize that and how important it is that we provide a venue such as Huntington's Kitchen for the residents of our area to learn how to prepare nutritious foods. They are to be commended for their foresight and generosity.



Happy New Year from Huntington's Kitchen! There are lots of exciting things happening at the Kitchen. We have regular courses going on, which are 8-week courses that focus on getting away from processed food and making simple, delicious meals using raw ingredients. Our children's cultural program is back, offering a 5-week course that includes two weeks of Italian, two weeks of Mexican and one week of Chinese. New to us this year is a second round of classes for adults that focus on pairing a meat and vegetable dish.

Cooking Matters™ formerly known as Operation Frontline has taken off at Huntington's Kitchen. We completed five Cooking Matters courses last year and hope to complete twenty-five courses this year. We are currently working with agencies who serve the community to recruit participants for these courses. Cooking Matters has been a wonderful addition to the Kitchen and we look forward to providing these courses in the new year!



Happy New Year! I pray God's greatest blessings upon you and your family this New Year. Ebenezer Medical Outreach, Inc. (EMO) operates on a fiscal year. So often that is how I think about a year at EMO. However, this is the beginning of a new calendar year. I cannot help but look back over the past 12 months in awe of what we have been able to accomplish with the grace of God.

This time a year ago we had just taken over Huntington's Kitchen. That was a major leap of faith. We had a TV set that needed to be turned into a kitchen that could pass the Health Department inspection. With the help of local electricians and plumbers we were able to transform the Kitchen from a set for a television show into a working kitchen. Cabell Huntington Hospital has been generous by providing funding for the first year and continuation funding for this year. Huntington's Kitchen has proven to be a tremendous asset to the Huntington community by providing cooking classes that help get people back into the kitchen preparing nutritious meals for their families.

The Huntington Health Revolution was born. Jamie Oliver started the Food Revolution and we decided it was time to start a health revolution. With the latest statistics from the Center for Disease Control touting the Huntington/Ashland area as the second most obese in the nation, this revolution is right on time. A core group of Huntington's finest are working to help make our area healthier with the second 90 Day Challenge. Lifestyle changes are much easier if we take little steps at a time.

The year 2010 was tough economically. However, I am pleased to announce that the level of giving to EMO has not declined. I would like to take this opportunity to thank all the generous people who donated. Without your donations we would not be able to provide the needed services to our patients and community.

Happy New Year,

Yvonne L. Jones

GoodSearch

What if Ebenezer Medical Outreach- EMO earned a donation every time you searched the Internet? Or how about if a percentage of every purchase you made online went to support our cause? Well, now it can!

GoodSearch.com is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up!

GoodShop.com is a new online shopping mall which donates up to 30 percent of each purchase to your favorite cause! Hundreds of great stores including Amazon, Target, Gap, Best Buy, eBay, Macy's and Barnes and Noble have teamed up with GoodShop and every time you place an order, you'll be supporting Ebenezer.

And if you download the GoodSearch- Ebenezer Medical Outreach- EMO toolbar, our cause will earn money every time you shop and search online-even if you forget to go to Goodshop or GoodSearch first! Add the Ebenezer Medical Outreach- EMO toolbar at <http://www.goodsearch.com/toolbar/ebenezer-medical-outreach-emo>

EMO UPDATES



Help Yourself

A Chronic Disease Self-Management Program

Many of our patients have a chronic disease, diabetes being number one. In an effort to help them better manage their disease we offer a self management program developed by Stanford University. It is a skill building program for people with one or more chronic conditions and consists of 6 sessions that meet once a week. The purpose is two-fold: (1) To help people take day-to-day responsibility for their care; (2) To increase the skills necessary to manage their diseases and work effectively with their health care professionals. The program is facilitated by two trained leaders, one or both of whom have a chronic condition.



The Dental Clinic is very pleased that Dr. Joseph Nelson, Oral Surgeon will be helping us this year in his office.

We would like to thank all of our volunteers. The efforts of our volunteers continue to allow us to help the patients of Ebenezer Medical Outreach.



The medical clinic has started Wisewoman which is a component of the West Virginia Breast and Cervical Cancer Screening Program. Wisewoman is a heart healthy program that focuses on lifestyle change counseling, testing for cholesterol and blood glucose, and access to Cooking up Health, a computer access program. This program is available to all women age 40 to 64 when they come in for their women's clinic appointment.



The pharmacy department would like to remind all patients that recertification starts at the first of the year. This means we will need verification of 2011 income and one piece of postmarked mail to verify current mailing address. Please bring these items with you when you pick up your prescriptions at the first of the year so that we may continue to provide uninterrupted services. Also, we recently learned of a program through Abbott that will provide diabetic testing strips for our patients. The cost of the strips was getting completely out of control. By making this change, we will save the clinic thousands of dollars.



Judy Sortet, RN, EdD

Volunteer Spotlight



Judith Sortet, RN, EdD, affectionately known as Judy, is a retired faculty member of the Marshall University School of Nursing. She is married to Joseph Sortet and they have two children. Upon retiring she wanted to contribute to the community while utilizing her nursing skills. Ebenezer Medical Outreach, Inc. (EMO) fit the bill. Judy has volunteered at Ebenezer for over 10 years as the tracking nurse for our Breast and Cervical Cancer Screening Program. This job is extremely important because it insures that patients who are referred out for additional screenings are not lost for follow up. Ebenezer prides itself in providing quality care to its patients. It is our goal that all of our patients receive close personal attention. Dr. Sortet's role and her dedication to it helps to fulfill that goal. She said of her work at Ebenezer, "Working with such dedicated people has been very rewarding."

When EMO was looking to renovate the Douglass Centre a Capital Fund Campaign chair was needed. We were looking for someone who was known and well respected in the community. The Executive Director, Yvonne Jones, approached Judy about taking on this awesome responsibility. True to form Judy came through and did everything she could to make the campaign a success.

Nancy Doll, Clinic Coordinator said of Dr. Sortet, "Judy has been such a great asset to our program. Words cannot express my gratitude for her many years of service." Yvonne Jones said, "We have had many volunteers come and go. It really speaks volumes of Judy's character and dedication to continue to volunteer for such a long time. She is a wonderful part of our EMO family."



Employee Spotlight



Norma Frazier

Norma Frazier has worked as a pharmacy technician since 1973. For the past nine years, she has held this position in the pharmacy at Ebenezer Medical Outreach. Five years ago Norma was offered the role of Patient Assistance Advocate in addition to her Pharmacy Technician position. She says that even though these two jobs keep her very busy she is happy providing these services. She orders medications from the drug companies, and qualifies patients for their medications by taking applications and securing signatures on applications from doctors. "A doctor has to prescribe the medicines before I can order them," she said. "Sometimes when doctors are not available it takes four to six weeks from the time the medicine is prescribed until the patient receives it."

"I have worked in this community for 31 years," she said. "Many of the patients who knew me when I worked at other pharmacies are now Ebenezer's patients and some of our patients went to school with me; many of them remember me." Prior to coming to Ebenezer, Norma worked for Saver-X pharmacy, Valley Health and Cabell Huntington Hospital as a pharmacy technician. Norma has one daughter who is a nurse at Saint Mary's Hospital.

She says she will probably never retire. However, she admitted that she hopes to one day be able to do more volunteer work at Trinity Church of God where she has been a member for most of her life. Norma says that the most rewarding aspect of her job is just being able to get to know the patients and to be helpful in making their lives easier. She says that everyday patients tell her how much they appreciate her and how much they value the care received at Ebenezer. Many patients tell her that if it were not for Ebenezer they wouldn't be able to afford to see a doctor or receive their medicine.

PATIENT TESTIMONIALS

Last year Mr. Washington's employer was forced to drop medical coverage for his employees. While Mr. Washington, a disabled veteran is able to get medical care at the VA hospital, and the Washington children have medical cards, Mrs. Washington was left without medical coverage of any kind. Needing continued treatment for depression and frequent, severe migraine headaches, Mrs., Washington said, "I had nowhere to turn". At the suggestion of her mother, a former patient at Ebenezer Medical Outreach, came to EMO and filled out the paperwork to become a client.

A patient at Ebenezer for eight months now, Mrs. Washington has been seen for routine health maintenance visits, treated for depression and migraine headaches, had laboratory tests, and been treated for an acute illness, at no cost. With the prescription program she is able to afford medication that would have cost her close to \$300 a month for treatment and prevention of migraine headaches. Now the frequency of her migraine headaches is cut in half, and when she does have one, she has medication that will treat them. When asked about her experience at Ebenezer, Mrs. Washington said, "While I had to wait a little to get an appointment, it was worth the wait. The people at Ebenezer are very thorough and take time to listen to me and inform me. I have been to several free clinics when I lived in Ohio; this (Ebenezer) is the cleanest and most friendly."

Mr. Adams is your average middle class man, in good health, and visited his physician regularly for treatment of high blood pressure. His life was sent off course when a motor vehicle accident left him with significant neck and back pain. Unable to return to work in his profession, Mr. Adams eventually lost his medical insurance. Unemployed and uninsured, Mr. Adams wasn't able to afford to see his physician, or his medications. Shortly after running out of medication for high blood pressure, Mr. Adams began to feel bad. "My head hurt, it felt like it was bursting, my heart was coming out of my chest". He was rushed to the emergency room. There his blood pressure was found to be very high. He was told that he was lucky that he didn't have a stroke. His blood pressure was stabilized. The doctor wrote a prescription for three months worth of medication for high blood pressure and suggested he come to Ebenezer Medical Outreach.

Now a patient at Ebenezer for 6 years, Mr. Adams is able to see a nurse practitioner for health maintenance visits, a cardiologist, and a dentist. He has regular lab tests, and has had an x ray, stress test, echocardiogram, and neurologic testing for a seizure disorder. Mr. Adams also is able to receive his prescriptions, which would cost \$1,200 a month, for a \$12.00 donation. When asked about his experience with Ebenezer Medical Outreach, Mr. Adams said, "The paper work was pretty simple. I was approved and got an appointment in a short time. The clinic and service is really good. Everybody is friendly. If Ebenezer wasn't here, I don't know if I could get the treatment and medications I need."

Ms. Madison, a single mother of 4 and a diabetic, has been a patient at Ebenezer Medical Outreach for 6 years. She came to EMO at the suggestion of her doctor, after losing medical coverage when she became unemployed. At EMO she is seen regularly for treatment of diabetes and hypothyroidism, has lab testing, and has been provided a blood glucose monitor, all free of charge. Ms. Madison receives her prescriptions for a \$2.00 donation/prescription each month, saving her 92%.

When asked about her experience at Ebenezer Medical Outreach, Ms. Madison shared an incident that happened several months ago. Fearing that she was going to have to go to the emergency room for a painful abscessed tooth, she came into the waiting room at EMO to see if we could help. To her joy and surprise she was seen and treated that day, saving a costly trip to the emergency room which she could not afford. Ms. Madison said, "This (EMO) is for low income people, and usually places like that look down on you. Here they make you feel like you are equal. I love everyone there (at EMO)."

90 Day Challenge

The Steering Committee of the Huntington Health Revolution has called for another 90 Day Challenge. The Huntington-Ashland metropolitan area is once again in the news because it has one of the highest obesity rates in the nation. Only one area is higher, Houma-Bayou Cane-Thibodaux, Louisiana. This data comes from the Centers for Disease Control Behavioral Risk Factor Survey for 2009. The obesity rate is 39%. That rate of obesity is close to four out of every ten people. This is an epidemic that not only has health consequences, but economic consequences.

In 2006 we were number one with a rate of 45.3%. So the reduction to 39% indicates improvement. However, four out of every ten people being obese should not be considered acceptable. A person is classified as obese if their body mass index is over 30.

The 90 Day Challenge began on January 2nd. A plan has already been laid out for individuals who want to take the challenge. This plan was developed by Ross Baker and Rachel Sofie of the Marshall University Recreation Center. We have included a copy of the plan for the Challenge. As you can see these are small suggestions to a healthier lifestyle. It is never too late to start. The 90 Day Challenge will end on Saturday, April 2nd with a 5K walk/race and healthy food festival to celebrate. The 5K will begin at 9:00 a.m. You can register online at <http://tristateracer.com>. The food festival and activities will be held between 10:00 a.m. and 2:00 p.m. We are calling it a Healthy Day in Huntington. We hope to see you downtown on April 2nd. Net proceeds will go toward the Paul Ambrose Trail for Health. Join us on the Huntington Health Revolution Facebook page, http://www.facebook.com/#!/home.php?sk=group_135815403138808.



Local Organization Recognized With Support From National Program

Huntington, West Virginia January 28, 2011– The Avon Breast Health Outreach Program has awarded a \$35,000 one-year grant to Ebenezer Medical Outreach, Inc. to increase awareness of the life-saving benefits of early detection of breast cancer. It is the fourth year that the program has received funding from the [Avon Foundation for Women](#) to support its work on this important health issue and in recognition of the program's excellence.

The breast health program S. O. S., Save Our Sisters at Ebenezer Medical Outreach, Inc. will educate Huntington area women and refer them for low-cost or free mammograms and clinical breast exams in their own communities. The vital program will also do community outreach in an effort to meet women where they live. It is often difficult to get women to come in for education. Therefore the outreach efforts will be extremely important in reaching hard to reach women.

Since January of 2007, the S. O. S., Save Our Sisters at Ebenezer Medical Outreach, Inc. has reached more than 2,385 women with information about the importance of early detection of breast cancer and has referred almost 1,531 women for mammograms and clinical breast exams. The annual Celebration of Hope has become a signature event for breast cancer awareness.

For more information on, Save Our Sisters at Ebenezer Medical Outreach, Inc. please call Rebecca Glass at 304-529-0753 ext 117. For more information about breast cancer, contact the American Cancer Society at 1-800-ACS-2345 or www.cancer.org, or the National Cancer Institute at 1-800-4-CANCER or www.cancer.gov.

