

The EMO *Outreach*

Fall 2009

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Dancing With the Tri-State's Stars

We are counting down the days!!!! The Event of the Year - **"Dancing With the Tri-State's Stars"** on November 7th should be in ink on your calendar now.

This is a *'not to be missed'* evening of family fun and entertainment. The focus is on our community and helping those in need. The stars will be out Saturday, November 7, 2009 at 7:00 PM at the Big Sandy Superstore Arena. Sixteen stars from the Tri-State region will put on their dancing shoes and dance with a professional for a good cause—and your applause.



Thanks to the City of Huntington for partnering with us on the event and also in supporting the mission of Ebenezer Medical Outreach. This is an event that everyone can be a part of. Even if you are not able to attend (and we certainly hope to see you there) you can still support this effort. How? First, by spreading the word. Let all your friends and

family know what is going on and encourage them to attend. Second, make a donation. Your tax deductible gift will help support the

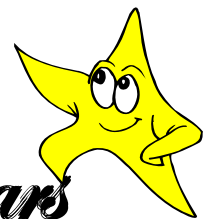
work of Ebenezer Medical Outreach and allow us to continue meeting the medical needs of the uninsured and under insured in the area. A contribution of \$500 or more will qualify you for NIP credits.

So often we think of fitness and exercise as something that is stressful or boring but it doesn't have to be. We all like to dance, whether we can hold a beat or not. It's fun and gets the heart rate up.

It's all about the music, the inner attitude and the attitude in what we are doing and how we are doing it. Dancing combines exercise with having fun! Find something you like to do, the salsa, the cha-cha, the jive or just street dance. Have fun and get fit!



It's almost here!!!!
The event of the year!



Dancing With the Tri-State's Stars



It has been an eventful summer with lots of activities and programs. We are very excited about all that has been happening here at Ebenezer Medical Outreach (EMO). And we know that none of this is possible without you, our faithful supporters and donors.

Thank you to everyone who supported our Fresh Market. This was a new venture for us in uncharted territory. We learned a great deal and are looking forward to next year. Sadly, the season is coming to an end. The staff and so many of our customers have gotten into the habit of eating fresh fruits and vegetables. We are all wondering what we are

going to do over the winter months without the fresh produce so accessible. The market closed for the season on October 9th, but will reopen in the spring bigger and better than ever.

The next BIG event is Dancing With the Tri-State's Stars. Everyone is so excited about this project. On November 7th the stars of the tri-state will be at the Big Sandy Arena in Huntington. This will be an evening of wonderful entertainment with an even greater purpose, raising funds for and awareness of Ebenezer Medical Outreach. Bring the whole family and watch the stars shine!

Ebenezer serves the tri-state area of West Virginia, Ohio, and Kentucky. We know that many people are affected in a negative way by the economy. So many people have experienced layoffs or the need to cut corners wherever possible and that often means letting health insurance go. If you know someone who has lost their insurance and is uninsured tell them about Ebenezer. EMO is a full service medical center that provides office visits, medicine, and dental care.

Ebenezer would be nothing without your support: support in giving: support of our fresh market; support in spreading the word about our services. We now need your support for Dancing with the Tri-State Stars. I hope to see you there.

Yvonne L. Jones

Fresh Market Project

From April until October 9th, we provided our community and our patients with a Fresh Market every Friday. This project is a part of our Healthy Lifestyle Healthy Life Program. The fresh fruit and vegetables were sold at a reduced cost and made available right here at the Douglass Centre. Patients earned "Healthy Bucks" to purchase produce at the market and enjoyed the healthy lifestyle it offered.

Without the help of volunteers and staff time, the market could not have been available every Friday. Thanks to everyone who helped with this project.

Our goal for 2010 is to continue the market here at Ebenezer Medical Outreach to provide our community and our patients with fresh produce each week. We plan to partner with others in the Tri-State to bring at least four more locations

providing this opportunity to those who want to have a healthy lifestyle. With this expansion, we will be able to purchase at a lower cost and offer even more savings on fresh food.

If you are interested in being a part of this project, please let us know. You can volunteer to work the Fresh Market Project, you can make a donation to cover transportation costs and the "Healthy Bucks" process, you can help by spreading the word. If you and several of your friends and family make the commitment to purchase your fresh fruits and vegetables at the Market each week, it builds a base of regular sales that help us sustain our program. Your church groups, your neighborhoods, and your friends can make a difference in the lives of many just by making your purchase here at the market to feed your family with healthy food choices.

Governor Manchin Tours EMO Facility and Supports Dancing With the Tri-State's Stars

Earlier this year, Governor Joe Manchin was in Huntington and took a tour of the Ebenezer facilities. Governor Manchin was very impressed by the facilities and programs we have here at EMO. He has sent a letter of support for Dancing With the Tri-State's Stars. Thank you Governor Manchin for your encouraging words and support. We are very honored to serve our community.



Your Friend!
Joe Manchin III



State of West Virginia
Joe Manchin III
Governor

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As Governor of West Virginia, I extend my sincerest appreciation to Ebenezer Medical Outreach, Inc. (EMO) for your efforts to bring quality health care to all citizens of the tri-state area.

Recently, our country's need for health care reform was brought to the forefront and has since been weighing heavily on the minds of citizens across our nation. Now, we are all aware of the importance of this issue, but EMO is one of few organizations that recognized a need for quality care in this area long ago and has been working to provide it ever since. I commend the health care professionals and volunteers who offer their time and expertise to ensure that every individual in the tri-state has access to the medical services they deserve.

I also want to wish you the best of luck at the First Annual Dancing with the Tri-State's Stars fundraising event. As you may know, Gayle and I love being on the dance floor, and regret that we cannot join you for the event. I am a strong advocate of healthy living, as well as community involvement, and encourage those of you from the Huntington area to take advantage of this opportunity to be active and support a very worthy cause.

Once again, I thank you for all that you do for Huntington, and wish EMO a long and successful relationship with the entire tri-state area.

With warmest regards,

Joe Manchin III
Governor

Dancing With

Dr. Eric Arnold - Dr. Arnold is the Chair of the Kinesiology Department at Marshall University. Dr. Arnold works with our Healthy Lifestyle Healthy Life program at Ebenezer. Dr. Arnold is dancing the Salsa with Nicole Riedel from the American Dance Conservatory.

The Honorable Rich Blankenship - Mayor Blankenship from Ironton, Ohio will be representing the city of Ironton Ohio. It has been mentioned that he is perfecting his "Patrick Swayze moves." Mayor Blankenship will be dancing the Salsa with Erin Smith from the American Dance Conservatory.

Dr. Rick Booth - Dr. Booth is an OB-GYN with Valley Health Care Systems. Dr. Booth will be dancing the Cha Cha with Christina Daniels of the American Dance Conservatory.

Sabrina Conley - Ms. Conley is the Health and Wellness Director at the Huntington YMCA. The YMCA is a great supporter of the Healthy Lifestyle Healthy Life program at Ebenezer. She will be dancing the Jive with McCain Strickland from Jill's Tumble World.

Dee Delancey - Mr. Delancey has over 30 years experience in TV and radio. He is a reporter with WOWK Channel 13. He will be dancing the Jive with Melony Wheeler of the American Dance Conservatory.

Sean Hornbuckle - Mr. Hornbuckle is the President of the Student Body at Marshall. He currently holds the title of Mr. Marshall and he is one our biggest community supporters. He will be dancing the Jive with Summer Ogg of the Jeslyn Performing Arts Center.

Brandi Jacob-Jones - Ms. Jacobs-Jones is the Director of Administration and Finance for the City of Huntington. She holds a place in the heart of this community. Ms. Jacobs-Jones will be dancing the Jive with Shawn Colbert from Charleston, WV.

JB Miller - Mr. Miller is the morning personality at Magic 97.9. He had Yvonne Jones, our Executive Director as a guest DJ on his show, he has been very supportive of our mission. Mr. Miller will be dancing the Salsa with Noel Kelly of the American Dance Conservatory.

Britanni Mills - Ms. Mills is the reigning Miss West Virginia USA. She recently rode on our float at the Marshall Homecoming Parade. Ms. Mills will be dancing the Tango with Jack Austin, a local legend of ballroom dancing.

Coach Bobby Pruett - Coach Pruett needs no introduction! He has graciously donated his time and his muscles to his dance practices! Coach Pruett will be dancing the Cha Cha with Pam Carden from Nancy's School of Dance.

Marshall Reynolds - Mr. Reynolds is the Chairman and CEO of Champion Industries. He is a great community supporter and a great sport for taking on this dance competition for us. Mr. Reynolds will be dancing the Cha Cha with Courtney Jane May with the Jeslyn Performing Arts Center.

William Smith - Mr. Smith is the Superintendent of Cabell County Schools and is proving that he will do anything for his community! Mr. Smith will be dancing the Tango with Bette

the Tri-State's Stars

Vickers from Gayle Riggs Team of Ballroom Dancers.

Kelli Sobonya - Ms. Sobonya is a member of the House of Delegates, District 16 and serves our community. She likes to dance and will be dancing the Cha Cha with Steve Galligher who is known as the Dance Doctor.

Carol Templeton - Ms. Templeton is the Principal of St. Joseph Elementary School here in Huntington. She is gathering support from all her students for the big night. Ms. Templeton will be dancing the Tango with Steve Profer.

The Honorable Kim Wolfe - Mayor Wolfe is Huntington's mayor and has some music and dance experts in his family. We are betting he is getting some coaching from his wife and children on this one. Mayor Wolfe will be dancing the Salsa with Erin Mace from Nancy's School of Dance.

Randy Yohe - Mr. Yohe is with WSAZ Channel 3 in Huntington. He is a great spokesperson for Healthy Lifestyles in our community. Mr. Yohe will be dancing the Tango with Jeannine Shelton from Gayle Riggs Team of Ballroom Dancers.

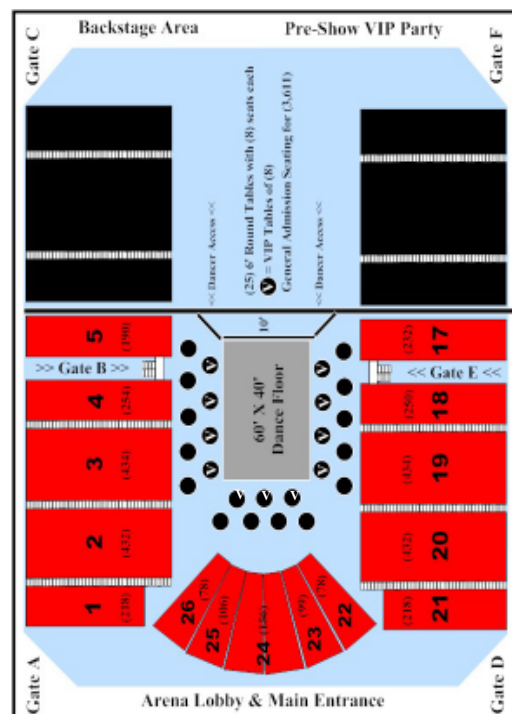
This night of entertainment with a purpose is sure to be a hit with everyone. We would like to give a special thanks to the City of Huntington and the Big Sandy Superstore Arena for believing in our mission and partnering with us to bring healthcare to those in need.

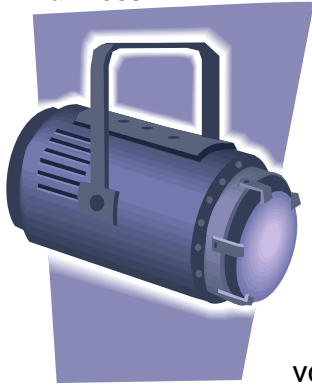
Tickets - \$10 for open student seating in the stands
 \$20 for open seating general admission
 \$500 for a corporate table that seats eight and cocktails with the stars
 \$1,000 for a VIP corporate table for eight adjacent to the dance floor and cocktails with the stars and an ad in the souvenir program

There are so many ways you can be a part of this event.

1. Attend
2. Tell your friends and family
3. Contribute to EMO
4. Buy an ad in the program
5. Donate product or service

NIP credits are available for a donation or purchase of \$500 or more which yields a tax credit of 50% of





Volunteer Spotlight

Jane Fotos, RN, Ed.D

Jane Fotos is our volunteer in the spotlight this quarter. Ms. Fotos has been volunteering at EMO for the last 10 years. She was a nursing professor until her retirement in 1999. Ms. Fotos wanted to volunteer her time as nurse. There were nursing students coming here to volunteer and gain experience and she felt Ebenezer would be a good place to offer her services as well. By volunteering at EMO, Ms. Fotos is not only able to keep her clinical skills up-to-date but she is also able to feel useful and give back to her community. She is also able to take these skills around the world on medical mission trips. She is currently preparing to go to Nicaragua. Ms. Fotos feels the impact Ebenezer has on the community is too big even to find words for. She says the clinic is well-run and organized and the volunteers are pleasant to be around and work with. Most importantly, the clinic fills a vital need in the community for those falling through the cracks of health care. Ms. Fotos is on the front line with our patients. She checks them in during our Marshall University Family Practice Clinic on Wednesday afternoons. This includes taking vitals and spending time talking with the patients to learn any current health issues and the reason for that particular visit. Ms. Fotos is a vital part of the EMO family and we are so thankful for the many hours she has given to the people of this community and the mission of Ebenezer.



Jane Fotos, RN, Ed.D.

Welcome to New Staff

Medical Assistant

Stephane Hesson comes to us from Huntington Junior College. She is a 2009 graduate. Originally from Glenwood, WV, she now lives in the Westmoreland area. She did her internship at the VA Medical Center. Stephane joined the EMO family in August as a medical assistant. Stephane says she loves her job and is very happy to be working here. We're very happy to have her.



Stephane Hesson
Medical Assistant

Medical Assistant

Karey Fugate joined the EMO team in September as a medical assistant. She is a 2009 graduate of Huntington Junior College with a degree as a Medical Assistant. She provides initial triage for our patients. Karey has had 12 years experience as a CNA. Karey is excited about her work here at EMO and we are excited to have her.



Karey Fugate
Medical Assistant

Welcome to New Volunteers

Kristie Ruiz, RN has been volunteering about twice a week in the clinic. Her expertise and skills have been a tremendous help to the patients and staff.

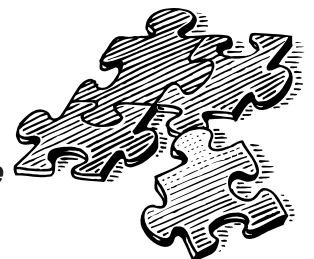
Sara Lewis is retired from Prestera and has graciously offered her time and talents in the Administrative offices of EMO.

Whitney St. Clair and **Andrew Blaine** are Marshall University graduate students who have begun volunteering in the Healthy Lifestyle Healthy Life program overseeing fit tests.


Dr. Eric Arnold of the Marshall Kinesiology Department is volunteering his time in doing research for EMO.

We are very excited and thankful for all our new volunteers!

Volunteers
A vital piece of our puzzle




EMO Updates

 **Clinic** It's flu season. Follow the recommendation of your physician and the local health department for information on flu shots.


October is Breast Cancer Awareness month, there will be a breast cancer screening at Edwards Comprehensive Cancer Center October 16 from 9am - 3pm. St. Mary's Medical Center will have a breast cancer screening on October 21 from 1pm - 4pm. Call for an appointment.


Approximately 85% of patient records have been switched to electronic record keeping through Healthe WV. This provides greater accuracy with prescriptions and diagnoses as well as cutting down on paper usage. Healthe WV continues to improve and upgrade its programming. Our staff continues with trainings on the upgrades.


 **Healthy Lifestyle - Healthy Life** HLHL has recently partnered with the MU Kinesiology Department. We have several volunteers monitoring the fitness area, as well as performing the fit tests. We are very excited about this partnership and know that with their expertise we will move forward with our exercise component.

We will also be forming a research board to conduct different research throughout our community and most importantly our patients.

I encourage every patient whether you have a chronic disease or not to get involved in our HLHL. This is a great educational tool as well as a stress reliever and a preventative program.

 **Dental Clinic** The Dental Clinic has stayed very busy since it reopened in July. The clinic is currently open three days a week with volunteer dentists in the office at least two of those days. Since reopening in July, 108 patients have been treated. As the cooler weather rolls around, more dentists will be volunteering their time. If you are a patient at EMO and need dental care, call 304-529-0753 ext. 110. Ask your dentist if he/she volunteers at EMO.

 **Pharmacy** The addition to the pharmacy is now complete. The space is wonderful and functional. The new computer system will be installed in October. This will give us the ability to scan paper prescriptions into the computer. This will save space from storing prescriptions.

 **Outreach** October is National Breast Cancer Awareness month. The top ten things you can do to bring awareness are:

10. Donate to the cause and call a breast cancer survivor
9. Participate in the Walk for Women . . . Take a step against breast cancer
8. Tie pink ribbons around trees in your neighborhood
7. Paint your nails pink
6. Wear pink every Monday
5. Attend Celebration of Hope
4. Remind a friend to get a mammogram
3. Get your annual clinical breast exam (CBE) from a local health care provider
2. Get your annual mammogram
1. Do your monthly self-breast exam

Fall 2009



- 📍 **November 7, 2009** Dancing With the Tri-State's Stars
- 📍 **November 26 - 27, 2009** Closed for Thanksgiving
- 📍 **December 25, 2009** Closed for Christmas
- 📍 **February 13, 2010** Sweetheart Dinner and Dance

📍 **NIP (Neighborhood Investment Program) credits are in.** For a donation of \$500 or more you can receive a voucher for half the amount off your state taxes.

Congratulations to Rebecca Glass

EMO is proud to congratulate Rebecca Glass. Ms. Glass has been honored in the Herald Dispatch as a vital member of the Huntington community. She is known as positive force in her community. Her energy is boundless as she works to improve the Fairfield community and the lives of those who live there. She is president of the Fairfield West Improvement Council, on the steering committee for the Huntington Weed and Seed program, works with the Carter G. Woodson Memorial Foundation, and organizes the annual Juneteenth celebration. Ms. Glass also helps those around her as a part of the Piecemakers quilting group. We are honored to have Ms. Glass as a member of the EMO family. Her vision and drive to make the world around her a better place are a vital part of our outreach and mission.

Ebenezer Medical Outreach, Inc.

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