

Fall 2010



**November 20**  
Dancing with the Tri-state Stars



**November 12**  
Thanksgiving Luncheon



**December 9**  
EMO Board Meeting



**December 17**  
Christmas Luncheon

**Ebenezer Medical Outreach, Inc.**

1448 10th Avenue, Suite 100  
Huntington, WV 25701

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# The EMO Outreach

Fall 2010

In This Issue

## FALL FESTIVITIES



## EBENEZER MEDICAL OUTREACH PRESENTS: THE 2<sup>ND</sup> ANNUAL DANCING WITH THE TRI-STATE'S STARS

Turn on your television and watch a *Dancing with the Stars* show on WCHS Channel 8 on Monday nights at 8:00 p.m. Then picture the local stars of our community in competition live at the Big Sandy Superstore Arena. It is one show you won't want to miss.

Please join us at the Big Sandy Superstore Arena on Saturday, November 20<sup>th</sup> at 7:00 p.m. Last year's event proved to be one of the most entertaining evenings in Huntington's fundraising history. This year the local "stars" of the community are Larry Perry, MCTC; Dr. Gerald McKinney, University Physicians and Surgeons; Chris Miller, Dutch Miller – Kia; Tim White, City of Huntington; Jason Shepherd, United Bank; Lou Akers, VP of Champion Industries; George Kotalic, community business owner; Ann Yon, real estate agent; Laura Evans, local vocalist; Carrie Cline-WSAZ; Dominique Elmore, Marshall University student; and Elizabeth Ayers, Cabell Huntington Health Department. They will be paired up with dance professionals from across the tri-state. This night of family entertainment is for a great cause. Your presence is a way of supporting the great work of Ebenezer Medical Outreach, Inc. If you have a question, please call 304-529-0753 extension 142 today. Leave a message if we miss you or email [andieleffingwell@emohealth.org](mailto:andieleffingwell@emohealth.org).

Ebenezer Medical Outreach, Inc. is promoting a healthy lifestyle for those we serve and our community. Please don't miss this event.

Tickets will be on sale October 6, 2010 at Huntington's Kitchen, The Pottery Place, the Big Sandy Superstore Arena Box Office and at Ebenezer Medical Outreach, 1448 10<sup>th</sup> Avenue.

Tickets are \$20 for adults, \$10 for Children age 12 and under and MU students. Corporate tables on the floor are available. Call for more information.





Fall is such a special season of the year. It can be a mixture of all the seasons in one. One day it can be warm and sunny and the next it can be cold and rainy. That is much like it can be here at Ebenezer Medical Outreach, Inc. Each day is different from the previous. It is one of the things I like about working here. You never know what new opportunity is going to present itself. However, we look at these opportunities as gifts from God to further help those in need.

With new opportunities and programs comes additional expense. A couple of years ago we started the \$100,000 Campaign with the expectation of getting 1,000 people to give \$100 per year. That is broken down to \$8.33 per month. But if you cannot afford that amount any amount will help. It is one thing to treat a patient with medical visits and medicine. It is another thing entirely to teach a patient how to manage their disease or prevent it in the first place. The money raised from the \$100,000 Campaign goes to fund our Healthy Lifestyle – Healthy Life Program. We believe management and prevention of disease is equally as important as treating it medically. That is why we are committed to the continued funding of this project. Management and prevention is even more critical when you are working with people who do not have any insurance.

The lead story in this issue is the 2<sup>nd</sup> Annual Ebenezer Medical Outreach's Dancing with the Tri-State Stars. Last year's event was more than we ever imagined it to be. We are extremely excited to present this year's show. It should prove to be even better than last year. For several months after the event people were talking about it. Please plan to join us for this entertaining event.

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## SAVE OUR SISTERS QUILT RAFFLE



### QUILTS OF HOPE

**Breast Cancer Awareness Quilt Project**  
**Quilt made and donated by the Piece Makers**  
**group and Karen Saunders in Huntington**  
**WV**

Donations benefit the WV Breast and Cervical Cancer  
Diagnostic and Treatment Fund

### Drawing

October 29 2010



Make checks payable to: **Greater Kanawha Valley Foundation**  
Sponsored by Mountains of Hope: WV Comprehensive Cancer Control Coalition  
**Donation: \$1.00 each or 6 for \$5.00**

For more information call Rebecca Glass 304-529-0753 ext 117

# EMO UPDATES

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## Clinic

Volunteer Update: 12 medical students recently completed orientation and will be placed as needed throughout the organization. 2 Nurse volunteers will begin in the clinic this month.

Medical Home status: Jamie Stoner, RN, FNP has been working toward this certification, it is an on going process.

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## Dental Clinic

The Dental Clinic remains open, part-time, 3 days a week. Our volunteer Dentists continue to provide excellent service to our patients. We want to take this opportunity to thank all our volunteers, including our outside dental providers: Valley Endodontics, Dr. Khanna, Dr. Eller, Dr. Opimo, Dr. Wilkinson and Affordable Dentures. Thank you all for your continued support and help with our patients.

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## Healthy Lifestyle - Healthy Life

Ashley Thompson, Coordinator of Healthy Lifestyle- Healthy Life has been on maternity leave. We have a student from Marshall University, Jess Prater monitoring the exercise room in her absence. The education classes will resume later this month.

### **Monday - Friday**

Exercise from 9-12

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## Pharmacy

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.

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## Outreach

Exciting things are happening at Huntington's Kitchen! We have officially wrapped up our first Operation Frontline course, which was a huge success. Ebenezer patients participated in the program and we had a 100% graduation rate. Operation Frontline classes are proving to be very popular and we look forward to offering lots more in the new year!

We've also been working hard on some fun holiday things coming up at the Kitchen. There will be a Thanksgiving demo, a pumpkin pie from scratch class, holiday cookies with kids and lots more during the holiday season!



## Volunteer Spotlight



**Joyce Spencer**

Joyce Spencer has been a volunteer at Ebenezer since 2001. She is married to Dick Spencer and they have 4 daughters and 11 grandchildren. She is a retired school teacher with 36 years of service at Barboursville High and Cabell-Midland High where she taught Business Education and English. She enjoys writing a weekly Community News column for the Herald Dispatch, golfing, reading and attending MU football and basketball games. She attends Barboursville First United Methodist Church and she sings in the choir and teaches adult Sunday School.

Joyce made the decision to volunteer at Ebenezer when a couple from church mentioned that help was needed. She volunteers once a week and her responsibilities include sending out reminder letters and logging pap smear and mammograms for the Breast and Cervical Cancer Screening Program. She feels her work is important because it “keeps the nurse’s free from having to log.” She likes the “friendliness of staff and meeting people” here at Ebenezer. She reports Ebenezer is a “well-organized place to work.”

Nancy Doll, Clinic Coordinator, states, “I can rely on Joyce to be here. She does a wonderful job.” Rebecca Glass, Women’s Health Coordinator, states, “she keeps us sweet.”



## Employee Spotlight



**Brecka Hamlin**

Brecka Hamlin, CPhT, has been with Ebenezer Medical Outreach since May 2001. She was hired to organize the first pharmacy services offered by the clinic. Under Brecka’s direction the clinic went from a room of collected physician samples, to a functioning pharmacy filling at least 100 prescriptions a week. Over the years as Ebenezer has grown, the Prescription Assistance Program has grown with it. Through grant monies and over 15 pharmaceutical company’s charitable programs, the Ebenezer pharmacy now fills over 1000 prescriptions a week. Mrs. Hamlin, now Prescription Assistance Manager, has been the key to this program’s success. She is responsible for ensuring all required paperwork is filled out and maintained, as well as all correspondence and reordering from the program’s suppliers. A familiar face to all Ebenezer patients, Brecka states “It has been such a joy to see our program and clinic grow over the past decade, and all the people we have been able to help.” From a few half days a week in the beginning, to daily pharmacy services providing thousands of prescriptions a year, Mrs. Hamlin has personally insured Ebenezer’s patients have the best pharmaceutical care possible. “Brecka is able to answer every question about any topic related to the pharmacy department and knows all the patients by name. Without her dedication and expertise we would not be able to provide our patients the same quality of care. She is truly irreplaceable,” states Amy Floyd, Pharmacy Services Coordinator. “Brecka is one of the most dependable people I know. Her work ethic surpasses that of most and her attention to detail is outstanding. We are fortunate to have Brecka as a member of our team,” says Yvonne Jones, Executive Director.

## THE FRESH MARKET PROJECT REPORT

EMO has provided our community and patients with a Fresh Market every Friday since April 2009. In 2010 we added a market on Thursday at Huntington's

Kitchen as part of our Healthy Lifestyle Healthy Life Program. The Fresh Market provided fresh fruit and vegetables that were sold at a reduced cost and made available to the community. Patients were provided the opportunity to earn "Healthy Bucks" to purchase produce at the market and enjoy the benefits of eating healthier produce.



The purpose of the Fresh Market was two-fold. First we wanted to provide access to fresh produce to our patients and the community. Secondly, it was a way of raising funds for our Healthy Lifestyle Healthy Life program. We would like to thank everyone who helped with this project. We understand that without the help of volunteers and staff the market would not have been available.

The market ended on October 8<sup>th</sup>. It was our goal to expand this project and provide more local fresh produce to our community and our patients each week. However, we have exhausted our resources this year and without additional resources, we will be unable to provide these markets next year. If you think this is a valuable asset to our community and should be continued, there are four opportunities for you to help. You can volunteer your time to work the Fresh Market Project. You can make a donation to cover transportation costs and the "Healthy Bucks". You can help by spreading the word. You can purchase your fresh fruit and vegetables at the market each week and encourage several of your friends and family members to make the commitment to do the same. This will build a base of regular sales that helps us sustain our efforts. Your church groups, your neighbors, and your friends can make a difference in the lives of many just by making your purchase here at the market. We need your support to keep this healthy market project in our community. We would love to have you on our team. If you are interested in being a part of this project to keep the Fresh Market open for 2011, please contact Andie at 304-529-0753 ext. 142 and/or [andieleffingwell@emohealth.org](mailto:andieleffingwell@emohealth.org).

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## HUNTINGTON HEALTH REVOLUTION

The Huntington Health Revolution is continuing to move toward the goal of a healthy Huntington. The 90 Day Challenge ended with a joint walk with the Cabell – Wayne Coalition for the Blind on Saturday, August 28<sup>th</sup> in Ritter Park. Another 90 Day Challenge is being planned for the first of the year.

The focus for the next three months will be a "Healthy Holiday Revolution." Between October and December we have Halloween, Thanksgiving, Hanukah, and Christmas. More food is probably consumed during those three months than any other time of the year. We will be providing tips on how to make healthier food choices for these special occasions that will be published in the Herald Dispatch.

Our health is something we take for granted until we are diagnosed with some type of disease. Then we begin to ask ourselves, "What happened?" Most disease is preventable; it is a by-product of our lifestyle. When we modify our diet and add physical activity to our schedule, we can prevent many diseases. Our region is known as the 'diabetes belt' because of the prevalence of the disease. We can do something about that one person at a time by eating healthier and being physically active. We are not talking about making major changes in your behavior all at once. It is all about 'baby steps.' Find one thing that you want to change in the way you eat. Once you have accomplished that goal make another goal. Before you know it you will have completely and easily overhauled your eating habits. The same goes for physical activity. Small changes really do make for a better healthier life.

## **\$100,000 CAMPAIGN**

We started the \$100,000 Campaign to help fund our Healthy Lifestyle – Healthy Life Program for patients with diabetes here at Ebenezer Medical Outreach. We thought if 1000 people would send us \$100 we could change the lives of our patients with chronic disease by working with them to eat right, exercise and give them the support they need to improve their quality of life.

We have received \$100 checks from several people over the past 24 months and every contribution helps. We need to focus this campaign to raise \$100,000 on-going. More and more people need health care and are without the resources to pay for it. Uninsured individuals with chronic diseases such as diabetes cost the healthcare system. We at Ebenezer are trying to reduce that transfer of cost by helping our patients better manage their disease. We cannot do that without your help.

We mail our newsletter out to you (4) times each year. If you can contribute \$25.00 every time you receive a newsletter, your \$100 for the year will fight the chronic disease epidemic we face in this region of the country. By helping people control and even prevent chronic disease, you are changing their quality of life and the future of health care costs in this country. Please consider making this contribution. If you need more information about what this campaign funds, call 304-529-0753 and choose option 3. Make your check out to Ebenezer Medical Outreach and on the memo line: \$100,000 Campaign.

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## **HUNTINGTON'S KITCHEN**

Jamie Oliver came to Huntington, West Virginia and opened a kitchen where individuals could learn to cook nutritious meals. His Reality TV Show won an Emmy! Ebenezer Medical Outreach, Inc. is continuing this project because it is consistent with the mission of preventative care. The goal of Huntington's Kitchen is to get people; men, women, boys and girls cooking. This will re-connect people with food and change the way they eat. A person must eat well to be well. As a result of better nutrition chronic diseases related to obesity will be reduced along with the cost of healthcare.

Huntington's Kitchen is a community food center, where people can come and learn to cook. Teaching is done through hands-on cooking, giving people the chance to learn about handling raw ingredients, portion size, and choosing and using equipment. The Kitchen not only provides classes to adults, but also for youth between the ages of 5 and 14. The Kitchen is available as a meeting space. Local organizations can rent the space. Catering is also available for events held at the Kitchen. At Huntington's Kitchen people are learning how to eat to live rather than live to eat.

People ask constantly what is going on at that Kitchen now that Jamie Oliver isn't here. This Kitchen has transitioned from a TV set to a community resource meeting the needs of Huntington and the surrounding area. If you have not stopped by the Kitchen and asked about the cooking classes, the programs to help manage chronic disease, the programs that supply groceries for the participants to take home, then you should do that as soon as possible.

We need your support to keep this Kitchen making progress with our fight against obesity and chronic disease. If you go down to the Kitchen and see what a great facility it is, how many people are changing their lives by participating, and how you can be a part of this mission, we think you'll get involved.

Call or stop by today and talk with Jillian or Chef Joe. The Kitchen is located at 911 3rd Avenue, across from Pullman Square. Phone 304-522-0887.

# PATIENT TESTIMONIALS

Rita is a 45 year old female that has a full-time job, and still can't afford health insurance. She heard about Ebenezer Medical Outreach through a friend, who also receives our service, and decided to give us a try. She comes to Ebenezer for allergies and colon issues. She states, "I am very blessed that the clinic is here to help people. Without the clinic, there would be a lot of sick people. I am very happy that our town has a clinic that cares for the people."

Rita would like to thank the doctors, nurses and dentists that work for EMO. She states, "You are an angel from heaven. Without you, I don't know how I would get my healthcare. Thank you for taking the time to help us who can't afford doctors."

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Kathryn is a 43 year old female without health insurance. She comes to Ebenezer Medical Outreach as a walk-in patient. She is seen by the doctors for her diabetes. She doesn't know what she would do or where she would go without Ebenezer Medical Outreach. She states, "I would like to thank Ebenezer for being here to help us in need."

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Kristin reports that she could not afford to buy medicine if services were not provided by Ebenezer. She states, "I don't know what I would do. I know my health would decline. Ebenezer means the world to me!"

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Tresa reports many medical issues that require daily medication in order to continue living. She states, "Due to not having insurance, I stopped (ran out) my medicine and the end result was me ending up in the ER with congestive heart failure. Basically, I was drowning in my own body fluid." At that time, she was told that her medicine would always be a daily requirement and without it she would "most likely not survive another episode." She states, "This program is a prayer come true for me, life saving, life sustaining."

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