

# The EMO Outreach

Spring 2009



## From the Executive Director

A friend's two year old daughter was struggling to put together a puzzle. She could pick up the pieces, but she didn't know how to make them fit. But when her mom came along to help her, suddenly it all came together. Ebenezer is a puzzle made up of many different pieces. We started out with the piece that was the medical clinic. Our patients needed medicine so we added another piece, the prescription assistance program. We then added the outreach piece to reach those who are disproportionately affected by disease. Our patients could not access dental care so we added the dental piece. When they come along side each other, suddenly the pieces come together to form a complete picture, Ebenezer Medical Outreach, Inc.

We are very excited about a new piece to our puzzle. Along with the medical clinic, pharmacy, dental clinic and outreach departments, we have added the Healthy Lifestyle - Healthy Life program. This is geared to helping all our patients live healthier lives. Ebenezer has evolved based upon patients' needs. We were treating our diabetic patients medically; however, they were not experiencing good health outcomes. We realized that medical treatment was only half of the equation for good health. Teaching our patients how to better manage their disease through a healthy lifestyle was the other half, thus the birth of the latest piece of our puzzle, Healthy Lifestyle – Healthy Life.

Any piece we add to our puzzle becomes a permanent part of EMO. Grants may help us start the program however, fundraising is necessary to maintain all the vital services we offer. There are several fundraising events this year that are worth noting. The Sweetheart Dinner and Dance in February was a great success in spite of a last minute change of venue. Juneteenth, Hoopin' for Health, and the Fresh Market project are just a few of the activities planned to support our puzzle.

You, the supporters, are a big part of this picture of EMO. Without you, there would be no Ebenezer Medical Outreach puzzle. Your generous support allows us to provide needed services to the uninsured and underinsured. Thank you for your continued support of Ebenezer.

**Yvonne L. Jones**



## Volunteer Spotlight

A very special welcome to some new volunteers that have joined our family. We are very excited to have these people working with us.

### Clinic -

Dr Tariq Rehman,  
*Nephrologist*  
Pastor Dwight Mays,  
*Counselor*  
Barbara Shields,  
*Women's Clinic*

### Administration -

Jack Cappellari

### Healthy Lifestyle - Healthy Life

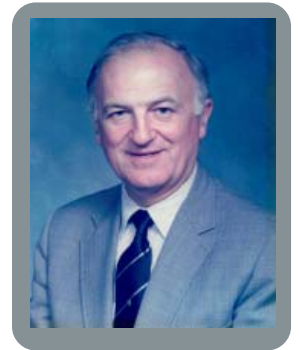
Nathan Bexfield  
Elise Henning

## 2008 Karen B. Mulloy Volunteer of the Year Award

This year's recipient of the Karen B. Mulloy Volunteer of the Year award is Dr. Robert Marshall. Dr. Marshall began volunteering at Ebenezer in 2001. He is one of our volunteers with the longest tenure. That speaks to the character of the man. His commitment to caring for the uninsured is made evident by the length of time he has been volunteering. The patients appreciate his quiet demeanor and compassionate attitude.

*Dr. Marshall has been invaluable to the clinic. Even though he specializes in Cardiology, he does not consider it beneath himself to practice general medicine. We have had difficulty keeping up with the number of individuals in need of medical care. Dr. Marshall has volunteered to see new patients so that they can get in the system. We are so fortunate to have a physician of his caliber and compassion to be a part of the EMO health team.* Yvonne L. Jones Executive Director

*Dr. Marshall has gone above and beyond in helping Ebenezer's patients. It has been my honor and pleasure to work with him.* Nancy Doll, Clinic Coordinator



## CoverThe Uninsured Week

March 22-28 is "Cover the Uninsured" Week. Every year EMO finds a way to acknowledge this time to call attention to the plight of the uninsured and underinsured.

This year we will focus on marketing Ebenezer's programs internally and this is how it works. All of our patients will be given fliers which promote and explain each of our services. Patients are encouraged to tell their families, co-workers, friends and neighbors about Ebenezer and its high quality medical care. For every referral a patient makes to EMO resulting in a person becoming an EMO patient, the referring patient will receive a healthy buck. These healthy bucks can be used to buy produce from our fresh market.

If successful, this project will not only bring more patients into our facility where they will receive quality medical care; it will also enable many more patients to feed their families quality fresh garden produce.

On Saturday, April 18th Ebenezer will hold its annual Healthfair from 1:00 p.m. - 5:00 p.m.



# Healthy Lifestyle - Healthy Life Education and Exercise Program

This is a lifestyle management program for patients with chronic disease, primarily diabetes. It is composed of a seven week education class, cooking schools, support groups, and exercise. Upon completion of the class, patients are given the Bulke Fitness Test to determine their fitness level before they begin the exercise program. Patients are encouraged to exercise a minimum of three times per week. Quarterly cooking schools are available as well as support groups.

We are here for our patients, not only to support them on their lifestyle change, but to encourage them as well. In today's world everyone is busy. But to keep ourselves going we must take care of our bodies. By making time for a 20 -30 minute walk or bike ride three times a week they will see several positive changes within their health and overall self.

We are wanting to give every patient the same opportunities as others. The environment here at EMO is very welcoming and supportive. We look forward to working with our patients to make this important lifestyle change. Remember to maintain a healthy lifestyle, one must believe in a healthy lifestyle.

We are encouraging community participation by offering our lifestyle management program to the community. Please contact Ashley Thompson, Program Coordinator for more information. 304-529-0753 ext 118 or email [ashleythompson@emohealth.org](mailto:ashleythompson@emohealth.org)

Our plans for the immediate future include, lunchtime fitness groups, Zumba Classes, cooking classes and Fresh Market produce available to the community as well as the patients. April 17<sup>th</sup> at 4:00 p.m. we will be having an outdoor event to celebrate the Healthy Lifestyle – Healthy Life programming and to provide the community with a look at the incredible work being done here at Ebenezer Medical Outreach. If you haven't stopped by to see our facility here at the Douglass Centre, please do.



*As long as we've been working with the chronic disease management program, it has always been a goal of Ebenezer to provide a continuum of care—that the patients would learn about exercise, eating right and have the education they need to help themselves. We are working with our patients to make lifestyle changes.*

Yvonne L. Jones, Executive Director

## Exercise Schedule

### Monday

9:00 a.m. - 12:00 p.m.  
1:00 p.m. - 2:30 p.m.  
3:30 p.m. - 6:30 p.m.

### Tuesday

9:00 a.m. - 12:00 p.m.  
1:00 p.m. - 4:30 p.m.  
6:30 p.m. - 7:30 p.m.

### Wednesday

9:00 a.m. - 12:00 p.m.  
1:00 p.m. - 2:30 p.m.  
3:30 p.m. - 6:30 p.m.

### Thursday

9:00 a.m. - 12:00 p.m.  
1:00 p.m. - 2:30 p.m.  
6:30 p.m. - 7:30 p.m.

### Friday

9:00 a.m. - 12:00 p.m.

# FRESH FOOD PROJECT/ FRESH MARKET



*Healthy Lifestyle – Healthy Life* programming will improve the quality of life of those who participate. This program began as an opportunity for diabetic patients to become educated about their disease and the importance of the exercise and healthy eating required to control it. The program provides education, support groups and cooking schools. These are initiatives designed to assist the patient in better managing their disease. Patients who have chronic diseases are eligible to participate in the lifestyle management program. They are referred by their physician or nurse practitioner to enroll in the *Healthy Lifestyle – Healthy Life* program.

Beginning in April the *Fresh Food Project* will bring gardening opportunities to the patients. All patients who make a request can have a garden spot prepared and earn the vegetable plants to plant their own garden. (A coupon is on the back for patients to return to the clinic) Cooking classes will be offered quarterly to show patients how to cook the vegetables that are grown in a healthy manner.

If you do not want to garden and grow it yourself, every week the program will offer a *Fresh Market* in front of the Douglass Centre to purchase plants and vegetables at a reasonable cost. Patients participating in the program can earn Healthy Bucks to spend at the market.

The *Fresh Market* will be open to the community each week. The money earned from sales will be used to support the *Healthy Lifestyle – Healthy Life* programming. For more information, call Ashley Thomson at 304-529-0753 ext 118 or Andrea Leffingwell at 304-529-0753 ext 142.

Please stop by on **April 10<sup>th</sup> from 9-6 and on April 11<sup>th</sup> from 9-2** for your Easter Weekend Flower Specials. In front of the Douglass Centre, you can't miss the large tent and the beautiful flowers. On **April 17<sup>th</sup> at 4:00 p.m.**, join us out front for our Grand Kick-Off of the Fresh Food Project. John Marra from WSAZ will be here. We will have some “dancing vegetables” to entertain you and some Fresh Market items on sale. Please support the program here and enjoy the plants and produce for your family. This project is part of our outreach for a Healthy Tri-State.



## Third Annual Sweetheart Dinner and Dance February 14, 2009



The 3<sup>rd</sup> Annual Sweetheart Dinner and Dance was held on February 14<sup>th</sup> at the Pullman Plaza Hotel in downtown Huntington. It was a beautiful evening with music by the Bob Thompson Unit and Laura Evans. The evening was a great success both in ticket sales, the silent auction and the good time had by all. We would like to thank everyone who attended and who helped with the planning of this event. We hope to see you all next year on February 13<sup>th</sup> for the 4<sup>th</sup> Annual Sweetheart Dinner and Dance.



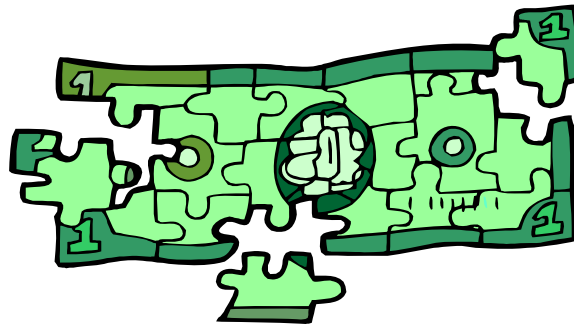
Juneteenth is one of the oldest African American celebrations in the country. It started in Texas shortly after the end of the Civil War. It is a family-oriented celebration that focuses on community as well as recounting the stories of the past and commemorating the 1865 freeing of the slaves.

The Juneteenth celebration for Huntington will be held on Saturday, June 20<sup>th</sup> along with the fourth annual Hoopin' for Health. This event will be held at the A.D. Lewis Center from noon until 4:00 p.m. This year's event will include basketball, a Hula Hoopin' for Health contest and other family activities. Vendors will provide excellent food for sale and everyone in the community is being encouraged to bring their families and come out for a fun-filled afternoon.



# \$100,000 Campaign

Last year we sent out thousands of letters in an attempt to have 1000 people donate \$100 for our programming. We raised over \$10,000 and we are pleased to report that we can provide needed healthcare to over 200 patients with that money. This year we are going to repeat the campaign on April 15<sup>th</sup> and hope that families can help us by giving \$100 of their tax refunds each year knowing that health care is something everyone should have, regardless of their circumstances. Please think about joining our campaign and send your \$100 check today with \$100,000.00 Campaign written in the memo line. With people out of work and losing their benefits, our patients are growing in number each week.



## **OUTREACH COORDINATOR HONORED AS HISTORY HERO**

On March 5, 2009, Rebecca Glass, EMO's Outreach Coordinator, was honored by the state of West Virginia as a history hero. She was nominated by the Carter G. Woodson Memorial Foundation, Inc. Ms. Glass is involved in all of the Carter G. Woodson Memorial Foundation, Inc., activities dedicated to preserving African American history and heritage as well as to promoting education. As a member of the Board of Directors for more than ten years, she has participated in the Woodson Black History Contest, annual banquets, fundraising, and grant writing; and she now co-chairs the historic Memphis Tennessee Garrison Site restoration. Without her efforts to save the Garrison site, the foundation would not own it today and be restoring it so that future generations can hear its story and other stories of Huntington African Americans.



Rebecca Glass receives her History Hero award from Delegate Dale Stephens, Archives & History Commission Chairman, Robert Conte, Secretary of Education & Arts, Kay Goodwin, and Delegate Carol Miller.

# EMO Updates



**Clinic** Our clinic has been a busy place during the last several months. Hannah Driggers joined our clinic staff in November. She is a part-time nurse practitioner who works on Mondays and Thursdays seeing new patients. Soon the clinic will employ a full-time nurse practitioner. The clinic averages around 25 volunteers per week. On March 1, 2009 Dr Rehman joined the clinic staff working Monday evenings as our Nephrologist. Monday evening clinic is open from 4:00 p.m. until 8:00 p.m.

The clinic staff is mailing between 30 and 40 applications daily and new applications are accepted the first, second and third Mondays of every month from 8:00 a.m. till 10:00 a.m.



**Healthy Lifestyle - HealthyLife** This is a lifestyle management program for patients with chronic diseases, primarily diabetes. It is composed of a seven week education class, exercise, cooking schools, and support groups. Upon completion of the class, patients are given the Bulke Fitness Test to determine their fitness level before they begin the exercise program. Patients are encouraged to exercise a minimum of three times per week. Quarterly cooking schools are available as well as support groups.



**Dental Clinic** Well spring has sprung and so have our dentists! Through the holidays things were very slow, but now that the snow is gone doctors are coming in more. I hope that we can get even more dentists to volunteer in the months to come. Patients are able to be seen much quicker. We have seen more hygienists in the past month than we have in almost a year. Unfortunately the waiting list for cleanings will never shrink, but we are working on recruiting more hygienists. If you know of any hygienists that are willing to donate their time, please inform them we are in desperate need of their skills.



**Pharmacy** The pharmacy is preparing for the new rules under the Board of Pharmacy. Four pharmacists have contacted us about volunteering. One pharmacist came in for a Monday night clinic and will continue to volunteer as she is able. We will be implementing new procedures and changing others, over the next couple of months.



**Outreach** My Brother's Keeper will sponsor a Sweet Sixteen event on March 26th from 11:00 a.m. till 3:00 p.m. at the Marie Redd Center. A guest speaker will address prostate and colorectal cancer. Lunch will be served at no charge to those who attend and door prizes will be available.

Each One Reach One is scheduled for May 8th from 1:00 p.m. until 4:00 p.m. at the Edwards Cancer Center where clinical breast exams and mammograms will be offered. In addition participants will be pampered. This event is sponsored by Ebenezer in connection with the West Virginia University Research Corporation. All women, especially those with risk factors, should receive these screenings by age 40.

Our HIV Testing program continues to grow. Nichole Miller recently spoke at a dorm program at Marshall University where she addressed HIV and AIDS related issues, distributed safer sex kits and conducted HIV testing. On March 7 she attended Afya at Marshall University's student center where she conducted testing and distributed safer sex kits. She has several community outreach events planned for the spring and summer.

EMO has instituted a recycling program. Staff members and patients have been asked to save plastic jugs and bags, paper bags, coffee grounds and eggshells, also flat boxes that can be used for transporting plants. These will all be used in conjunction with our Fresh Food Project / Fresh Market. The jugs will be used for seed starters. The bags will be used to bag up veggies from the market and the coffee grounds and eggshells will be used as mulch. If you would like to contribute to this project, please call Andie at 304-529-0753, ext. 142 or e-mail her at [andieeffingwell@emohealth.org](mailto:andieeffingwell@emohealth.org).



Spring 2009



**WE ARE EXCITED ABOUT THE FUTURE AT EMO!**  
**WE ARE ALWAYS FOCUSED ON OUR BELIEF THAT HEALTH CARE IS A BASIC RIGHT TO WHICH WE ARE ALL ENTITLED.**

- 👁️ **March 26<sup>th</sup>** – March Madness – My Brothers Keeper.
- 👁️ **April 17<sup>th</sup>** – the Fresh Market Kick-Off at 4:00 p.m.
- 👁️ **April 18<sup>th</sup>** the Community Health Fair from 1-5.
- 👁️ **June 20<sup>th</sup>** we celebrate Juneteenth....with Hoopin for Health – this year we are also Hula-Hoopin for Health. Don't miss it.
- 👁️ **Friday May 8<sup>th</sup>** – Each One Reach One 1-4.
- 👁️ **March 22<sup>nd</sup> – March 28<sup>th</sup>** is Cover the Uninsured week. If you know someone that needs health care and has no insurance, please refer them to us.

👁️ We are having a fundraising event on **October 17<sup>th</sup> 2009** that will excite the entire community! Dancing with the Tri-State's Stars is something you won't want to miss...mark your calendar.



**GARDEN SPOT COUPON**

Name \_\_\_\_\_

Phone \_\_\_\_\_

I'm interested in  a garden spot (plowed and planted)  veggie plants  earning fresh produce



**Ebenezer Medical Outreach, Inc.**

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