

The EMO Outreach

Summer 2009

In This Issue

Fundraising



From the Executive Director

Fundraising is an integral part of a non-profit organization. It's not always the most glamorous thing to talk about, but it is the most necessary. Without the support of our generous donors we wouldn't be able to do what we do. Fundraising has become even more important in light of the current economic state with more and more people losing their jobs.

The State of West Virginia has imposed new regulations on us which will necessitate the hiring of a pharmacist in order for us to expand the number of patients we see. Because of these new regulations and the influx of patients, we have found it necessary to increase our operating budget. This leaves us with a need to raise more money. Not money to pad our salaries, but to provide needed services to our patients. Last year we started our Healthy Lifestyle Healthy Life Program that focuses on prevention and management of diabetes. As you know, our patients are low income and uninsured. It is vitally important not only to our patients, but also to the healthcare system that they properly manage their disease or take steps to prevent it. When one of our patients ends up in the hospital due to complications related to diabetes they have no money to pay the hospital. The hospital in turn has to write off that cost. In order to recoup some of that cost, the hospital raises their fees. Thus that uninsured patient has ended up costing you. Would it not be better to put the money into Ebenezer Medical Outreach? There is an old proverb that states, "An ounce of prevention is worth a pound of cure." Giving to Ebenezer is an ounce of prevention. Paying the increased fees is the pound of cure. Let's begin to invest in prevention.



Yvonne L. Jones



Do not throw away —Give Away
We are reusing and recycling internally.

Please help us by passing this on so you can be eco-friendly and EMO-friendly!



HAVING FUN

Fundraising remains an essential part of our mission here at Ebenezer Medical Outreach. Due to changes in the economy and our state legislation, EMO is busier than ever. More and more people are finding themselves with no insurance and so they turn to EMO for healthcare. This requires us to have more nurse practitioners and doctors on hand to treat them. Most of our medical professionals are volunteers, however to meet the needs of all our new patients and many established patients we need full-time nurse practitioners. This is a large expense. Due to new state regulations requiring all prescriptions to be checked by a pharmacist, nurse practitioner or doctor, we are hoping to hire a pharmacist. This would cut down on the wait time for prescriptions allowing our patients to get their medication quicker. These added expenses would exceed our current budget, but through fundraising and our generous donors, we will be able to hire these much needed personnel.

In order to meet the needs of this expanded budget, Ebenezer Medical Outreach is going full throttle on fundraising this fall. There are so many things happening at EMO that it will be hard to contain it all in the pages of this newsletter. We are very excited about getting our message out to the community about the various opportunities for everyone to get involved.



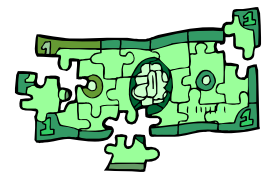
Dancing With the Tri-State Stars

After weeks of coordinating with dancers, musicians, city officials, committee members and our staff, we have confirmed the date for our largest fundraiser ever. This event truly puts the "fun" back in fundraising. What would you pay to see the leaders and "stars" of the tri-state region dance for a good cause? Well here is your chance. On November 7, 2009 at 7:00 PM at the Big Sandy Arena, the stars are coming out to dance. You can even help choose who dances. Be listening to local radio and TV stations for more information on how you can cast your vote and see your favorite tri-state star put on his/her dancing shoes. Then head out to the Big Sandy Arena on November 7

to watch the dancing competition! This will be an evening of family entertainment for all of Huntington and the surrounding area to enjoy. We are currently working on ticket sales information and will release this information as quickly as we can. Our corporate tables on the main floor will be limited but will include a pass to the VIP Room and cocktails with the stars. Be sure to reserve your corporate table early. Corporate and individual sponsorships are still being accepted for this event. If you would like to be a sponsor, contact Andrea Leffingwell at 304-529-0753 ext 142 or andieleffingwell@emohealth.org. This is an event you won't want to miss!

\$100,000 Campaign

This is a great way to support EMO. If 1,000 people would give \$100, we would allow us to add to our scaled down budget and



help those in need. The nation's current economic issues have increased the demand for services at EMO, but there is no additional funding to operate and meet that need. This campaign has become more and more a need to meet budget requirements than it is extra monies for additional services. By raising \$100,000 for our operating budget it will be possible to meet the needs of our current and new patients. We are currently seeing about 10 new patients a week. Thanks to our dedicated staff and volunteers we are still able to meet the demand. However, if the demand continues to grow, we will need additional resources to meet the healthcare needs of all our patients.

Don't have a \$100 to give? No problem. Just give what you have. If just 10 people give \$10 each, that is a fast \$100. Through your gifts, small or large, the needs are met. When you stop to think about all the money we spend on things we could do without, it's easy to come up with extra money to help those in need. For instance, giving up a tall mocha from Starbucks once a week will free up about \$12.00 a month. That \$12 could pay for medicine for someone in need. Have you written your check yet?

WITH FUNDRAISING



Yvonne L. Jones, Executive Director and Ashley Thompson, Program Coordinator for Healthy Lifestyle, Healthy Life welcome everyone to the EMO Fresh Market.

Fresh Market

The Healthy Lifestyle Healthy Life Program developed the Fresh Market Project as a way to sustain the programming that is so important to the quality of life for our patients. We are working hard to provide the exercise, education, support and healthy eating options to our patients as well as our community.



In order to do this, we are writing grants and fundraising to build-out the old gym facility right here in the Douglass Centre. This will give us the space we need to meet the needs of our patients and reduce their health care needs, as well as allowing us to work toward Huntington's goals of a healthy lifestyle.

Every Friday at Ebenezer Medical Outreach we bring fresh fruits and vegetables to our front door and make it possible for everyone in the area to have healthy

food to purchase. The patients work to earn "healthy bucks" so they can eat healthy too. The support of the people in the community and the surrounding area will sustain this program, causing it to be a long term



EMO's Dancing Vegetables

project. If you stop by every week and purchase your green beans, potatoes, tomatoes, peppers, onions, melons, and other healthy fruits and vegetables, you build volume into our market. When we can expect 50 regular customers buying their vegetables every week, we can buy in bulk and save money. Instead of going to the store every week to purchase your produce, come by the Douglass Centre to shop. It's a quick and easy way to get your fresh veggies and support a great cause at the same time. If you would like to have the fresh market list emailed to you each week, please send an email request to andreaeffingwell@emohealth.org. Advance orders are accepted. We have a great mission here at EMO and we are honored to serve our community. Won't you be that one who will stand up and support this community and your own family at the same time? It is people who care about this community and our healthcare options that will make a difference for so many people.

We have a little saying at the Fresh Market . . .

Buy a Tomato at the Store for \$1.00

YOU FEEL GOOD

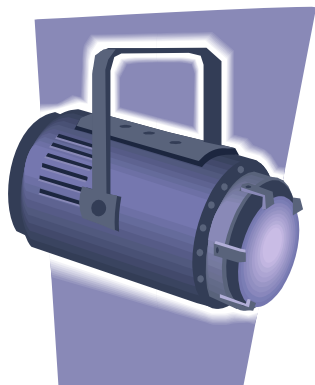
Buy a Tomato at EMO for \$.50

YOU FEEL GREAT

Support our cause *and* get the tomato

PRICELESS!



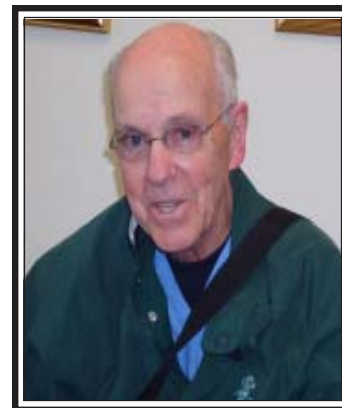


Volunteer Spotlight

Dr. Leo Fleckenstein began volunteering at Ebenezer Medical Outreach in 2002 before we had a dental clinic. When we moved to the Douglass Centre, Dr. Fleckenstein made the dental clinic a reality. We located an unused space on the third floor. He had someone come out and draw up floor plans. He then went to 84 Lumber to get the necessary materials to build out the space. We had been given some dental equipment from a dentist who was going out of business.

Dr. Fleckenstein said no one would want to work with that equipment so he contacted ADEC, a dental manufacturer, and got all new equipment. He got a panoramic x-ray machine donated also. Ebenezer now has a fully furnished dental clinic. To make the enterprise complete Dr. Fleckenstein recruited dentists to volunteer. He continues his volunteer efforts as Dental Director and by seeing patients once a week in our dental clinic.

Dr. Leo Fleckenstein



Why Become a Volunteer Dentist?

- ✕ You see helping others as a personal or spiritual calling. It's doing the right thing.
- ✕ You believe community service is a professional responsibility.
- ✕ You are concerned about the lack of attention given to oral health in the healthcare environment.
- ✕ You want to make a difference in you community.
- ✕ You like the challenge of restoring unhealthy teeth.
- ✕ You enjoy practicing your profession and want to share your skills beyond the traditional office setting.
- ✕ You want to keep using clinical skills that you might otherwise not be in a position to use.

If you see yourself in any of these examples then Ebenezer Medical Outreach's dental clinic is the place for you. The need is so great. Volunteering at EMO is a two prong blessing; one for the patient and one for you. Ask your dentist if he/she volunteers at EMO.

Volunteer Picnic

Every year a picnic is held in honor of all our volunteers. This year board member, Ostie Mathisen and his wife Julia, graciously hosted the event at their farm. Everyone had a very relaxed, enjoyable evening. The setting was absolutely beautiful. The menu consisted of pulled pork, potato salad, baked beans and some nice ripe, juicy watermelon. Between good food, good friends and a beautiful setting, the picnic was a great success. Thanks to the Mathisen's for hosting the party.



Yvonne Jones presents a gift to hosts Ostie and Julia Mathisen



Welcome New Staff



Cheri Cantere

Dental Clinic Coordinator

For several weeks our dental clinic was closed as we searched for a new dental clinic coordinator. We are delighted to welcome Cheri Cantere to fill this position.

Cheri received her dental assistant training while serving in the U.S. Army at Fort Polk, Louisiana. She has worked for several dentists in the area and brings a wealth of experience with her.

"I want to encourage more dentists to volunteer at Ebenezer," Cheri said. "I believe we can increase our patient numbers when we have more doctors."

Cantere started her new position July 1 after receiving her Dental Assistant certification from Huntington Junior College in June of this year. She plans to teach patients how to take better care of their teeth. "Good dental care is so important," she said, "and I look forward to great things for Ebenezer's dental program."

If you would like to volunteer or if you are a patient of EMO and need dental care, call Cheri at 304-529-0753 ext. 110.



Dan Bias

Licensed Practical Nurse

Ebenezer is delighted that Dan Bias has chosen to join our staff. Dan serves in the clinic as an LPN and sees patients daily. He moved to Huntington last August after living in Florida for 20 years. He worked at River

Park Hospital for seven months before joining us at EMO. "I really like this job," he said. "The patients and staff are helpful and friendly and it is a really good place to work." We are very glad to welcome Dan to the Ebenezer family.

Certified Family Nurse Practitioner

After many months of searching, Ebenezer finally has a full-time nurse practitioner. Stephanie Hightower, joined our family March 17 after spending several months at the Northeast Kentucky Urology Center and



Stephanie Hightower, C-FNP

seven years at King's Daughters Hospital in Ashland. "I really enjoy this job," she said. "I have a chance to spend time with each patient." The addition of a full-time nurse-practitioner to our staff has allowed for more patients to be seen on a regular basis.

Certified Family Nurse Practitioner

In November of 2008 Hannah Driggers became a vital part of the Ebenezer family when she accepted the position of part-time nurse practitioner. Hannah works with our new patients as well as conducting follow-up.

Hannah's goal is to see as many patients as possible. "I want to serve as many patients as I can who have no health insurance," says Hannah. A graduate of Vanderbilt University's nurse practitioner program, she has worked for the outpatient department of King's Daughters hospital both in the Kentucky and Ohio clinics. Prior to coming to Huntington, she and her husband lived in South Carolina and Charlotte, North Carolina. They came to Huntington in 2006 when her husband became a Campus Minister at Marshall University. Ebenezer is delighted to have this energetic nurse practitioner as part of its.



Hannah Driggers, C-FNP

News from the Clinic

The clinic is really picking up. We have been averaging 10 new patients a week plus all of our established patients. Considering the wait for an appointment used to be 4 – 6 weeks, you would think the wait time would be even longer. However, thanks to a part-time and a full-time nurse practitioner, plus our many dedicated volunteers, we are down to about a one and a half week wait time. Our nurse practitioners, Hannah Driggers, RN, C-FNP and Stephanie Hightower, RN, C-FNP have been a huge asset to the clinic. Their hard work and dedication to our patients has allowed more patients to be seen on a regular basis.

A big project that has been ongoing in the clinic since the beginning of the year is converting to electronic medical records. Thanks to the generosity of Health-e WV, the clinic and pharmacy have been set up with electronic medical records. To date, about 50% of our records have been completely converted. This is a wonderful system because it allows for faster, easier access to patients' records. It also increases accuracy and cuts down on paper waste.

Clinic

Patient Testimonial

Up until two months ago Huntington resident John David Jones had no medical insurance and no prescription coverage. "I went to Valley Health a couple of times" Jones said, "but I had to stop going there because I couldn't afford it." Jones said there were times he had to decide whether to eat or go to the doctor. He went to the Department of Health and Human Services for some assistance and finally got some food stamps. But, he made too much money as a janitor at the Huntington Mall to be eligible for Medicaid.



A friend who lives nearby suggested that he come to Ebenezer.

"Since I have been a patient at Ebenezer I feel better because at least they are trying to find out what my problem is," Jones said. "The staff and volunteers are friendly and helpful and I feel that they really care about me." Jones especially gives credit to Nurse Practitioner Stephanie Hightower for making him feel that his health is important and that he will receive appropriate treatment for his headaches and high blood pressure.

Mr. Jones works as a night janitor at the Huntington Mall where he has been employed since February of this year. He is eager to tell others about Ebenezer and the excellent services he is receiving. He says it really scares him to think about what his medication would cost if he had to pay full price. "Right now I'm only taking one medicine," he said, "but I feel sure I'll be given more when the doctors find out what is causing me to feel so bad sometimes." Mr. Jones is especially excited because he has scheduled a dental appointment for sometime in August.

Healthy Lifestyle, Healthy Life

Patient Testimonial



Mrs. Connie Talbert began the HLHL education portion this past winter. Connie has been a diabetic for 12 years but realizes she must take care of herself first she is going to be able to truly take care of others. Connie was very faithful to attend every education class and began making lifestyle changes over the course of the seven weeks of classes.

Connie has worked hard to change her lifestyle. When she first started the exercise portion of the program she could only walk a couple of minutes on the treadmill without holding on. Now Ms. Talbert is attending weekly Weighted Workout class and has added 25-35 minutes of cardio plus weights to her workout.

Her lab work has come back great and her Hemoglobin A1C [blood sugar testing with a normal range of 6.0 - 7.0] has dropped from 13.0 to 7.4. Connie has also lost inches as well as pounds. She feels much better and has much more energy.

"I am so proud of Ms. Talbert, she has worked very hard. She has a great support system and really stepped up her game. She is very faithful to come and work out as well as attend cooking schools. She uses her Healthy Bucks to provide healthy meals for her family," said Program Coordinator Ashley Thompson.

Ms. Talbert stays very busy being a full-time hair stylist, wife and mother, as well as helping to care for other family members. Even with her busy schedule she knows that it is very important to find time to take care of herself. "I am very excited to see what Connie's future holds," says Thompson.

To maintain a healthy lifestyle, one must believe in a healthy lifestyle.

EMO Updates

Clinic West Virginia Wise Woman is a heart-healthy program for women between the ages of 40 and 65. Currently there are about 95 women enrolled in this program through Ebenezer Medical Outreach. Women have their cholesterol tested and then receive a lifestyle intervention. Healthy recipes are given out to assist the ladies in making better choices for themselves as well as their families.

Healthy Lifestyle - Healthy Life We have started a smoking cessation program to assist our patients in taking another step toward a healthier lifestyle. The program consists of a weekly one-hour educational class that runs for four weeks, followed by a weekly support group. Classes began July 9, 2009. If you are interested in kicking the habit, please call Ashley at 304-529-0753 ext. 118 for more information.

Dental Clinic We are very excited about the reopening of our Dental Clinic. Our new Dental Coordinator, Cheri Cantere, started work July 1, 2009. She immediately began cleaning and preparing the clinic for patients. Once again EMO patients are being seen by our volunteer dentists and are having their dental needs met. If you are a patient at EMO and need dental care, please call Cheri at 304-529-0753 ext. 110.

Pharmacy The new rules for free clinic pharmacies went into effect July 1, 2009. This entails all prescriptions to be checked by a pharmacist, nurse practitioner, or doctor. Since we don't have a pharmacist on staff, this may cause a longer wait for patients waiting on prescriptions. The new rules also cut back on volunteers. With the recent increase in unemployment, we have seen an increase in people who are seeking our services. We average qualifying 10 people per week.

Outreach Each One Reach One, an event sponsored by Save Our Sisters, encourages women of all ages to visit a doctor and be screened for breast cancer. This event is held in May so the women can give a Mother's Day gift to themselves as well as their families—the gift of health.

CRUSAIDS, Concerned Residents United to Stop AIDS, has had a wonderful 2009 so far with several individuals getting tested. Numerous street outreach sessions and events have been held. Testing and educational material was available at the annual Juneteenth celebration on June 20 and the National AIDS Holiday on June 27. The second half of 2009 looks to be as promising as the first half with several street outreach sessions and events planned throughout the community. Two special events that will be held at the end of the year are "Scared Straight" in October and "Talkin' Dirty After Dark" World AIDS Day Poetry Competition in December. For more information contact Nichole Miller at (304)529-0753 extension 120 or nicholemiller@emohealth.org.

EMO has instituted a recycling program. Staff members are encouraged to reuse and recycle as much as possible. By passing things on and repurposing, we cut down on waste. If you would like to join with us, please bring plastic bags, paper bags, coffee grounds and eggshells. These will all be used in conjunction with our Fresh Food Project / Fresh Market. 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.





July – October

Every Friday from 9-5 Fresh Market

August

National Minority Donor Month

September

Prostate and Ovarian Cancer Awareness Month

September 5th

My Brother's Keeper Prostate Cancer Awareness Breakfast

October 9th

Celebration of Hope

November 7th

Dancing with the Tri-State's Stars

Patient Demographics

There is a major misconception about who Ebenezer Medical Outreach serves. In an effort to clear up these erroneous ideas we decided to publish patient demographics for each quarter. Following is the data for the 2nd quarter of 2009

- 1,499 patient visits
- 885 white patients
- 85 black patients
- 659 females
- 311 males
- 970 total patients
- 10,511 prescriptions filled



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