

# The EMO *Outreach*

Winter 2010

In This Issue

## Cooking Healthy and Living a Healthy Life

### JAMIE'S KITCHEN OF HUNTINGTON COMES TO EBENEZER!

Ebenezer Medical Outreach is so excited to be running Jamie's Kitchen @ Huntington. With the end of filming, the Kitchen has been officially turned over to EMO. On February 3, 2010, the Kitchen will reopen following renovations to turn it from a filming stage into a working community kitchen. The new Kitchen Manager, Jill Moore, and Healthy Lifestyle, Healthy Life Coordinator, Ashley Thompson, were flown to London on January 11 by Jamie Oliver for training. They will be trained in all things pertaining to Jamie's vision of healthy, delicious cooking to pass on to the people of Huntington and the Tri-State region. Jamie believes "the time is right for people to rediscover the sense of pride, satisfaction and fun you can get from cooking for the people you love." He also says that "turning around the epidemic of obesity and bad health doesn't have to be boring or dull in the slightest." Here at EMO we completely agree. Healthy eating and living doesn't have to be tasteless or boring.

Jamie Oliver came to Huntington to film *Jamie Oliver's Food Revolution*, a reality TV show that helps people of the Tri-State region learn how to eat better. The show premieres on Friday, March 26 on ABC at 9:00 EDT. For those who would like a sneak peek, stay tuned. We are currently in negotiations with ABC to host a red carpet premiere fundraiser at the Jeslyn Performing Arts Center. We will post details on our website and Face Book page as they become available. If you would like more information, please call 304-529-0753 ext. 3.



*Chef Jamie Oliver  
in front of  
Huntington's Kitchen*



*Yvonne L. Jones, Executive Director  
receives a check from  
Cabell Huntington Hospital*

Running the Kitchen is a major undertaking and we are very grateful for a \$50,000 donation from Cabell Huntington Hospital to get the Kitchen started. This is seed money for the reopening of the Kitchen. The cost of running the Kitchen is estimated at over \$120,000 a year. Through the generous donations of Tri-State residents and grants that are currently being written and applied for, we feel confident the funding will be there to keep the Kitchen open for many years to come.

Already plans are under way for classes. Basic cooking classes will be taught. Cabell Huntington Hospital will be hosting classes on healthy cooking for diabetics. Other classes will also be available. For more information contact the Kitchen Manager, Jill Moore at [jamieskitchenwv@gmail.com](mailto:jamieskitchenwv@gmail.com) or call 304-522-0887 or visit

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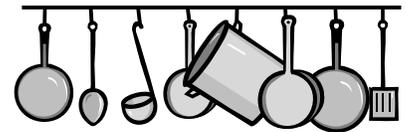


L - R: Yvonne L. Jones, Ex. Dir.  
Kim Wolfe, Mayor of Huntington  
Chef Jamie Oliver

our Facebook page, *Jamie's Kitchen West Virginia*. You can also request to be added to an email newsletter list that will keep you up-to-date on everything happening at the Kitchen.

On January 16, Organizing for America, a grassroots movement, came to the Kitchen to do some work and help get the kitchen up to code. Thanks to their efforts a platform was built to aid in refrigeration, plus electrical work was done as well as painting. We appreciate all their time and hard work.

Changing the way people think about food and health can happen. And here at Ebenezer we are working, one person, one household at a time for a healthier West Virginia.



Wow! What an amazing year 2009 was. This year is looking even brighter and more exciting! There is so much on the horizon for Ebenezer Medical Outreach (EMO) for 2010. We are excited about the re-opening of Jamie's Kitchen @ Huntington, better known as Huntington's Kitchen, on February 3rd. This is a major undertaking for EMO but we believe the Tri-State community will pull together with us to support this venture. The show that started it all, *Jamie Oliver's Food Revolution*, will premiere on March 26 on ABC. EMO is planning to host a red carpet premiere fundraiser at the Jeslyn Performing Arts Center for those who want an early viewing. We are still in negotiations with ABC to see if this event can be worked out. Because of plans for this Red Carpet premiere and

the reopening of Jamie's Kitchen, there will be no Sweetheart Dinner this year. We appreciate those who support us through our fundraising efforts and we do not want to over burden our supporters with two fundraisers in two months. The funds raised from the premiere will not only help the Kitchen but will assist with general operating expenses for EMO. The Kitchen, after all, is just a part of what we do.

The Kitchen has brought to Huntington a wonderful opportunity. The Centers for Disease Control labeled Huntington the most obese city in the nation. We have an opportunity through the kitchen to change that. EMO has taken on the responsibility to lead that change. We are looking for individuals who are also interested in changing Huntington from the most obese city to the healthiest. If you are that person please contact me. We will be meeting in the coming weeks to map out our plan. I look forward to hearing from you.

*Yvonne L. Jones*



*Yvonne Jones at the Kitchen*

# Healthy Lifestyle, Healthy Life

Living a healthy lifestyle is all the rage these days, but what does it really mean? Here at Ebenezer, we have been asking that question for a while. Because so many patients come through our clinic with chronic diseases and little idea of how to manage them, we started the Healthy Lifestyle, Healthy Life program. This program teaches patients how to exercise, eat right and take better care of their bodies. Through education classes, exercise routines and cooking classes they are beginning to learn what can be done to control and prevent chronic diseases. Unfortunately, chronic disease and not taking care of our bodies is not limited to EMO patients. It is an epidemic sweeping the country. Even though Ebenezer is a small organization, we want to do what we can to reach the community with the idea of healthy living.

With the acquisition of Jamie's Kitchen, we will be able to offer healthy cooking classes to the community. The new Kitchen Manager, Jill Moore, will be available to answer questions and show you how to have delicious, healthy meals. Ms. Moore studied to be a lawyer, but has become a staunch supporter of Ebenezer's mission to reach those in need of medical care and to teach the importance of a healthy lifestyle. She comes from a family who loves to cook, but now she has been trained in England by Jamie Oliver and his staff on how to make very healthy, delicious meals. Ms. Moore says going to England to train with Jamie and his staff is an experience of a lifetime. She looks forward to bringing Jamie's way of cooking from scratch back to the U.S. She is hoping this effort will improve not only our community but our state as a whole. She believes that if individuals and groups throughout our community participate in healthy cooking activities that we can be leaders in living a healthy lifestyle. By making a change that can be difficult we will find great rewards in the end. Ms. Moore will work to teach everyone coming through the door of the Kitchen how to make tasty and healthy meals. Through cooking classes at the Kitchen, people will learn how to break away from processed and fast foods and get back to quick and simple, but delicious home cooking. By going back to basic cooking, we have the opportunity to strengthen our bodies and help prevent chronic diseases.



*Jill Moore*  
*Kitchen Manager*  
*Jamie's Kitchen of Huntington*

More and more scientists and doctors are finding links to what we put in our bodies and various diseases. Studies are showing that fresh fruits and vegetables help to combat many diseases and health issues such as high blood pressure and cancer. This premise is something we believe in very strongly at EMO. Last year, we began a Fresh Market program that allowed people of the Fairfield West area to have fruits and vegetables at a low price and close to home. This year the Market will be expanded to help us reach even more of the community. Besides having a market at the Douglass Centre, there will also be a Market at the Kitchen. When you purchase your produce from Ebenezer's Fresh Market, you are getting high quality produce, grown as close to home as we can get it, for a very low price. You are also giving back to the community. The money spent at the Market is put back into Ebenezer to help fund the Healthy Lifestyle program and provide quality healthcare to our patients. When you buy from the EMO market, you can feel good knowing that you are not only providing your family with healthy food but you are also reaching out to those in need. Many people who purchased produce last year have been asking when the Market is reopening. Plans are set for the Market to reopen in April. We can't wait to see you there!



## Volunteer Spotlight

## Glenn Smith and Thomas Kincaid

In this issue we are delighted to feature not one but two of our outstanding volunteers. Mr. Kincaid and Mr. Smith work so closely together for EMO that we couldn't spotlight one without the other.

McDowell County native Thomas Kincaid has been a Huntington resident since 1955. "My dad told me that if I didn't plan to go to college, I'd better find a job so I decided that Huntington would be a good place to look for one," he said. Glenn Smith is a native of Huntington, having graduated from Huntington High School. He attended Marshall University where he played on the freshman football team. Both men served in the armed forces before returning to Huntington and working until retirement. Mr. Kincaid worked as a substation supervisor for Appalachian Power for 34 years, retiring in 1997 and Mr. Smith spent 30 years as an accounting supervisor at the South Charleston plant of Union Carbide, retiring in 1999.



*Glenn Smith (l) and Thomas Kincaid (r)*

Both men stay very active in their community. Mr. Kincaid serves on the Unsafe Buildings Committee for the Fairfield West community. He is also actively involved in an effort to identify and make the police department aware of crime in the area. He spent 11 years reading to elementary school children as part of the "Read Aloud" Program and has been involved with Ebenezer for 12 years in various capacities. Mr. Kincaid started volunteering at EMO because the exercise program really appealed to him as a diabetic and he knew he needed to stay healthy and learn all he could about this disease. He also believed his work at Ebenezer was a good way to contribute to his community. Last spring he actively worked with the Fresh Market project selling fresh fruits and vegetables and spreading the word about the quality of the food being sold by Ebenezer.

Mr. Smith has been volunteering his time at EMO for the last six years. "I became an Ebenezer volunteer because I wanted to make a contribution to the community in which I live," he said. He is an active member of Young's Chapel church where he serves on the Ushers board and the Board of Trustees. In addition he serves as president of the Operations Board of the Marie Redd Senior Center and the Fairfield West Improvement Council. Mr. Smith is also a member of the Ebenezer Board of Directors and feels that Ebenezer is growing. He wants to do all he can to help the community and the area to learn more about and support EMO and its programs. When Mr. Smith isn't serving his community and his church, he spends time with his three grandchildren.

Before Ebenezer found someone to supervise the Healthy Lifestyle program, these Gentlemen worked to keep the exercise program going. They also continue to supervise the workout room whenever Ashley Thompson, program coordinator, has to be out. Mr. Smith and Mr. Kincaid are dedicated to keeping themselves healthy and exercise at least three days a week in the Healthy Lifestyle workout room. Both of these outstanding volunteers said they find the work here at Ebenezer rewarding and successful. When asked what they like best about their work they said, "The people, the friendly environment and the contribution to our community."

Thank you Thomas Kincaid and Glenn Smith for your dedication to Ebenezer.

# 2009 Fundraising Report

*My Dad once told me that whatever the “experience” is, if you learn something from it, it was valuable.*

Reporting on **Fundraising 2009** I realized just how much each experience of the past year has taught us and just how valuable each experience was—the Value being much more than money. In early 2009 we had a Development Meeting and Executive Director, Yvonne Jones, talked about Ebenezer Medical Outreach, Inc. being the *Best Kept Secret in Huntington*. We decided that in 2009 we would use our fundraising efforts to change that. We had no idea how many opportunities would arise to help us do just that.

Our **Sweetheart Dinner and Dance** kicked off the year with a beautiful evening of music, dancing and camaraderie with our friends. It warms our hearts to see so many people come out in support of our mission. As Easter approached we kicked-off our **Fresh Market Project** to sell Easter Lilies, Tulips and all the fresh produce we could find. The Fresh Market experience that occurred every Friday until October opened our hearts and our minds at EMO. We realized the impact that promoting a healthy lifestyle to the entire community could have on all of us. All summer we worked on our 1<sup>st</sup> Annual **Dancing with the Tri-State’s Stars** event. Our community leaders gave us their time, their energy and their spirit by competition dancing at the Big Sandy Superstore Arena on Nov. 7<sup>th</sup> and the value of that night and the support that the community showed us was overwhelming. We can’t wait for DWTTSS 2010! Every year it is our tradition that December brings us to our **Holiday Mail Campaign**. The heart is full of giving at the holidays and we feel blessed that many of the people who know what we do at Ebenezer Medical Outreach send us their holiday gifts. From fundraising events in 2009 we raised over \$49,000!

We have an **Individual Donor** who sends \$10 every month from a fixed income. This donor shall remain nameless to protect privacy, but over the past 14 months of faithful giving, over \$100 has been given. That \$100 will pay for medications for one patient for almost an entire year.

What is the value of an individual donor? This is surprising to many, but someone who is only able to afford \$25.00 four times a year pays for more than you can imagine. To someone who is sick and without the resources that many of us take for granted. A \$100 an annual gift may fund lifesaving services. Whether it is \$5, \$10, or a \$500, donation it makes it possible for every patient at EMO to have quality health care regardless of their financial situation. If you have not made an individual donation in the past, think about what you can do monthly, quarterly or annually that would make a difference.

To explain the importance of fundraising we can use this example. We get a standard amount of money to provide care in the clinic. The state provides these dollars state wide to the Free Clinics. This money is restricted to specific expenditures. We could not afford to have adequate staff to provide dental and other preventative care, the supplies and materials we need to operate without unrestricted funds. Your donations and our fundraising efforts are the source of our unrestricted dollars come from.

We cannot put into words what it means to the people we serve to have the generosity of so many individuals in order for them to get health care. On behalf of the patients and our staff, we want to thank each and every one of you for your help in 2009 and in the future. **Thank You!**

## New EMO Employees

Ebenezer is happy to welcome its two newest employees.

### Heather Tate

Heather Tate is our new Medical Assistant. She began working at Ebenezer January 11 upon completing her studies at Huntington Junior College.



*Heather Tate  
Medical Assistant*

Heather is a 2004 graduate of Huntington High School. She said that after attending Marshall University for nearly two years she transferred to Huntington Junior College because it was smaller and more personal.

Heather wanted to work at EMO because it is close to her home and she believes in the good work we do in the community. She is busy learning the system in the clinic. She looks forward to a long career at Ebenezer.

A former patient is now an EMO employee. Diana Swain joined the EMO staff on January 19. She is working in the front office.

### Diana Swain

Diana brings a wealth of experience to her position. She graduated from Huntington Junior College and spent the next 20 years working in the medical records department of HIMG. From there she went to University Physicians. She spent the next seven years working at the Forsythe Medical Center in Winston Salem, NC. She returned to the Huntington area to be close to her family. She lives in Proctorville where she spends lots of time with her four-year-old grandson as well as other family members.



*Diana Swain  
Clinic Office Manager*

Diana said she wanted to work for EMO because of the compassion and kindness with which staff treated EMO

patients. "When I was a patient I remembered how kind everyone was to me as well as to all of the patients. Staff members take a personal interest in patients.

We welcome Diana and hope she has a long and successful career as a member of the Ebenezer family.

## New Board Members

Our Board of Directors at EMO has seen some changes in the last few months. As old members step down, we are pleased to welcome new members. Dr. Hoyt Burdick, former chairman of the board, has resigned after ten plus years of service. We would like to thank Dr. Burdick for his years of faithful service to Ebenezer Medical Outreach. Dr. Burdick's seat on the Board will be replaced by Doug Sheils, Director of Marketing for Cabell Huntington Hospital. Dr. Tyson Smith has also stepped down after 2 ½ years. We would like to thank Dr. Smith for his support of EMO. Dr. Smith is being replaced by Elizabeth Bosley, Vice President of Services and Chief Nursing Office at St. Mary's Medical Center. Rev. Thomasina Stewart has replaced Rev. Jeremiah Jasper as a representative of Ebenezer United Methodist Church. We appreciate Rev. Jasper's contributions to EMO. With sincere gratitude for our new members' willingness to serve we welcome them to the Board of Directors of Ebenezer Medical Outreach.

## New EMO Volunteers

Ebenezer would not be able to function without an army of dedicated volunteers. We are always happy to welcome new volunteers to our family.

Penelope Daniels, RN, C-FNP - Ms. Daniels is a nurse practitioner who has returned to the Ebenezer family. She specializes in mental health and is doing a great job with our patients. We are very thankful to have Ms. Daniels back working with us.

Jack Cappellari - Mr. Cappellari decided to spend his retirement years giving back to the community. He comes into EMO once a week and works in the administrative offices. He's been a great addition to our team and we are glad to have him here.

# EMO Updates



**Clinic** A lot has been happening in our Clinic. We are sad to see three of our volunteers leaving. Dr. Scott and Ruth McClung will be ending their service to EMO. Ruth McClung is retiring and moving to Hawaii to be near her daughter. We will all miss her and look forward to postcards from paradise. Dr. Scott will also be missed. We appreciate all the years of service these volunteers have given. We will also be saying goodbye to Sandra Coleman. Sandy has been a huge part of EMO for two years and we hate to see her go we wish her the best of luck in her new job at King's Daughters Medical Center. MU Orthopedics is an exciting addition to our clinic. Doctors from MU Ortho will begin volunteering January 29.



## Healthy Lifestyle - Healthy Life

The Healthy Lifestyle, Healthy Life program is growing by leaps and bounds. With the addition of Jamie's Kitchen @ Huntington to the program, we are busier than we've ever been. The possibilities for this program continue to amaze us and we look forward to seeing all that we are able to accomplish in the years to come.



**Dental Clinic** The Dental Clinic has great news! Two more dentists have agreed to donate their talented services to help our patients. Thanks to Dr. Howerton and Dr. Beldon and our other dental volunteers, we are slowly making a dent in our dental waiting list. Just a reminder to all of our patients, don't give up! You haven't been forgotten. We are still here to help you smile.



**Pharmacy** The pharmacy is looking to hire a part time pharmacist. We're looking forward to working with the board of pharmacy to make sure we are in compliance with their rules and regulations.



**Outreach** Ebenezer has once again received the AVON grant. We are very excited about this and the opportunity to continue getting the word out about breast cancer awareness and screenings.

Friday, February 5 is the Go Red for Women at 5:30 PM. This event will be held in the fellowship hall of Sixteenth Street Baptist Church with a reception immediately following. Go Red for Women is the American Heart Association's call to increase awareness of heart disease—the #1 killer of women.

Saturday, March 6 is AFYA. Registration begins at 8:30 in BE5 in the Student Center. The event runs from 9:00 - 12:00.



*If you plant a row of green peppers for you this spring, plant a row for EMO.  
We can feed more and more fresh produce to the community with your help.*

Winter 2010



**February 3** Re-Opening of Jamie's Kitchen of Huntington

**March 26** TV premiere of *Jamie Oliver's Food Revolution*  
ABC 9:00 PM

**Toastmasters** meets the 2nd and 4th Tuesday of the month in room 303 of the Douglass Centre at 12:00 noon. Everyone is welcome.



Please remember the people of Haiti and give as you are able. When you give make sure you are giving to a responsible organization who will account for where the money goes and how it is used. Thank you for your continued generosity and support to those in need.

## Ebenezer Medical Outreach, Inc.

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