



News and Updates



We hope you will honor the season with caution in mind this year!

Ebenezer Medical Outreach, Inc.

April 2021

EMO participates in Volunteer Appreciation week April 18-24th.

April is National Minority Health Month. EMO strives to reduce disparities in minority health through outreach programs and everyday patient care.

April is also Alcohol Awareness month and Parkinson's Awareness Month.

Happy Earth Day April 22nd!

EMO has VERY limited Neighborhood Investment Program tax credits available. We are seeking a gift of \$700 to receive \$350 of our final tax credits. Have you considered making a gift for good health?

Call us at 304-529-0753 or email Lara Lawson at laralawson@emohealth.org

It's a Volunteer Celebration!

Here at Ebenezer, we would not function without our dedicated volunteers serving patients every day. The week of April 18-24th is Volunteer appreciation week, and we will be honoring our volunteers with some great food and gifts. Did you know about **27 medical volunteers provide over 300 hours of healthcare in our clinic each month?** We are always seeking new providers who want to serve their community and help our patients. If this could be you, please reach out to us!



Jacob Valentine, one of our Pharmacy Volunteers, celebrated his last day with us last month.

Program News

We are gearing up to start two exciting health promotion campaigns for our patients this summer! A new program providing **YMCA memberships to 150 Ebenezer Medical Outreach patients will kick off starting in June**, and we are recruiting our patients interested in improving their health through this year-long membership program. Step it up and get active for your health! Regular exercise helps prevent or manage many health problems and concerns, including:

- Stroke
- Metabolic syndrome
- High blood pressure
- Type 2 diabetes
- Depression and Anxiety
- Many types of cancer
- Arthritis
- Falls



minorityhealth.hhs.gov/nmhm



#VaccineReady

The focus of **Minority Health Month** will be to empower communities to:

- **Get the facts** about COVID-19 vaccines.
- Share accurate vaccine information.
- Participate in clinical trials.
- **Get vaccinated** when the time comes.
- Practice COVID-19 safety measures.
- **Wear a mask** to protect yourself and others and stop the spread of COVID-19.
- **Wash your hands** often with soap and water for at least 20 seconds.
- Stay at least 6 feet (about 2 arm lengths) from others who don't live with you.
- **Avoid crowds.**

**Call your local health department to
schedule your COVID-19 Vaccine!
All West Virginians over 16 are now eligible!**

