



## Mental Health is Health.



Mental Health matters. It affects our bodies and minds, and it's so important to take care of your mental health just as you do your physical health. **May is Mental Health Awareness Month.** Research shows taking up a meditation and mindfulness practice

has a positive impact on mental health and physical health. Simply taking the time to focus on the present moment, take some deep breaths, and focus on acceptance of emotions through mindfulness-based stress reduction has been clinically shown to reduce stress, anxiety, and depression. We treat mental health seriously here at the clinic. We refer our patients in need of counseling services to our partners at Goodwill KYOWVA, and our doctors in the clinic can help you manage common psychiatric medications as needed, with some available through our pharmacy program. We want our patients to be mentally and physically well and consider both aspects of health to be equally important. If you've been dealing with symptoms of anxiety like nervousness, panic and fear, or sweating and a rapid heartbeat, or symptoms of depression like sadness, loss of interest in normal activities, low energy levels, or difficulty concentrating, it might be time to give us a call for some help managing these symptoms.

### Ebenezer Medical Outreach, Inc.

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### May 2021

May is

- Mental Health Awareness Month,
- Stroke Awareness Month,
- Hepatitis Awareness Month,
- Physical Fitness Month,
- Healthy Vision Month, and
- National Women's Health Week.

**Happy Mother's Day!**

**EMO appreciates your donations. If you would like to discuss donating today, call us at 304-529-0753 or email Lara Lawson at [laralawson@emohealth.org](mailto:laralawson@emohealth.org)**



**Women's Health Week** is sponsored by the Office on Women's Health from May 10<sup>th</sup> to the 16<sup>th</sup> to encourage women and girls to take charge of their health. Click here to learn more about women's health exams:

<https://health.gov/myhealthfinder/topics/everyday-healthy-living/sexual-health/get-your-well-woman-visit-every-year>



## Program News



We are currently in the process of completing the purchase of a nearby vacant lot that **we will transform into a producing community garden this summer**. We are working with Unlimited Future on this project and Cabell County WVU Extension Services, and we are grateful to The Pallotine Foundation for providing funding to begin this project. This garden is intended to serve as a model for healthy living for our patients and will provide food to anyone in the neighborhood in need of fresh produce. **We will need volunteers to work in**

**the garden** and help us clear it to begin growing. Please **contact us if you like to garden and want to help the Fairfield community!**

We are pleased to announce that we were selected by the Marshall Minority Health Institute's mini grant program to take our outreach programs virtual! We are working to create two podcasts representing our Save Our Sisters group and My Brothers Keeper group. These podcasts are planned to air monthly and focus on the health needs of the Black community. We will be working on developing some cover art, purchasing some equipment, recruiting some volunteer talent, and getting this podcast going! We hope you will tune in and spread the word about this exciting project!



We are still gearing up to start two exciting health promotion campaigns for our patients this summer! A new program, **FIT on 10<sup>th</sup>**, providing **YMCA memberships to 150 Ebenezer Medical Outreach patients will kick off starting in June**, and **we are recruiting patients interested in improving their health** through this year-long membership program. 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



We are grateful to our partners at **WVU Office of Health Services** and the **Huntington YMCA** for this amazing opportunity for our patients!



We will also be bringing back the **Farmacy Program** this June, in partnership with WVU Extension services, the Supplemental Nutrition Assistance Program, and the Wal-Mart Foundation. Thanks to the FARMacy program, **we can provide 30 patients diagnosed with high blood pressure, diabetes, and obesity weekly prescriptions of fresh produce** to help fight those chronic illnesses. **This program will kick off on June 11<sup>th</sup>!**

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**REMINDER: Ages 16 and older can receive a life-saving COVID-19 vaccine! Call your local health department to schedule your vaccine!**

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**We wish all the best to the Mothers celebrating this Mother's Day!**

**Please use caution to prevent COVID-19 as you celebrate with your family.**

