



A Fresh Prescription!

In 2014, an idea began in Wheeling, West Virginia. This idea has grown into a fresh food movement across the state. Farmacy began as a way to introduce fruits and vegetables into regions commonly referred to as 'food deserts.' The idea allows for hospitals, clinics, and local community resource centers to combat lifelong illnesses. This is done in two ways. First, the program helps alleviate food insecurity. Secondly, it teaches patients how to prepare easy recipes using fresh produce.

The long term commitment is to yield a healthier overall community. From the one clinic which began 8 years ago, Farmacy is planting roots across West Virginia. In 2020, thirty-three communities began their prescription to wellness. This has led to Farmacy distributing 20,864 pounds of food.

Food insecurity across the state is determined by available access to enough food. A 2021 article by WOWK news outlet ranks West Virginia at forty-seven out of fifty states across the nation for food insecurity. They state how this "means almost 250,000 West Virginians either lack access to nutritional food or they don't have food altogether."

Farmacy brings together the resources of local agriculture growers and regional farmers' markets to benefit agencies and residents. From farm to table is realized as WVU Extensions services offer nutritional guidance and cooking demonstrations. Meal planning is completed by visiting a Farmer's market style table and picking out fresh produce for the week.

Food insecurity is not the only component combatted with Farmacy's introduction. Long term disease reduction is also a primary focus. Through providing the availability to fresh food and combining it with food preparation knowledge, over the past two years patients have seen reduction in several key number targets.

EMO JULY NEWS

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JULY IS:

- **Cord Blood Awareness Month**
- **Juvenile Arthritis Month**
- **UV Safety Month**

PROGRAM NEWS AND HIGHLIGHTS:

- **Farmacy Kick-Off**
- **Fun in the Sun Safety**
- **Upcoming Events**

EMO appreciates your donations. If you would like to discuss donating today, call us at 304-529-0753.

You can donate at emohealth.org by clicking the donate button!

As this is Ebenezer Medical Outreach's third year participating in Farmacy, they have seen positive results over the first two years. Patients, who have completed the program, have seen weight loss, lower H1C numbers as well as lower blood pressure readings. Creating a prescription to wellness through having the access and knowledge to healthy food is growing rapidly across West Virginia.



SUMMERTIME SAFETY

As the temperatures reach summertime peaks, it's always a good to remember basic hot weather advisories.

- 1) **Drink plenty of water and Stay Hydrated.** Soaring temperatures means more sweat is expelled from the body. It is important to drink plenty of water, and replenish fluids lost.
- 2) **Sunscreen:** Protect against UV rays while remembering sunscreen when playing or working outdoors. Burns can leave lasting spots and damage to the skin. Protect any exposed skin with layers, hats, and sunscreen.
- 3) **Rest, and listen to your body.** When working outside, it is important to take breaks and cool down. Your body can and will overheat if exposed to the sun for extended time periods.
- 4) **Wear mosquito repellent and long sleeves when hiking.** Ticks, mosquitos, and other insects can carry diseases. Always remember to check long hair after being outside.

NEWS AND HIGHLIGHTS:

planting Success: EMO's UNITY Garden received their first plants in July. Unlimited Future INC. started the plants from seeds. Gardeners helped move the plants to their new raise beds. These plants are part of Huntington's new community garden ecosystem. They will help provide fresh produce to the area. Through changing lifestyle and eating habits, an overall goal is lowering diseases such as a hypertension and diabetes. EMO is currently looking for garden volunteers to help manage and upkeep the growing success in the Unity Community Garden. To volunteer, please call 304-519-0753.

Medically Indicated Food Boxes: Every third Friday of the Month, EMO distributes medically indicated food boxes to their patients through a partnership with Facing Hunger Foodbank. The last two food drives have seen EMO and Facing Hunger Foodbank reach upwards of 40 patients. If you are an EMO patient, and would like to be enrolled to participate in the medically indicated food box, please call 304-529-0753.





Thank-You to Stella Fuller Settlement: Last week, Ebenezer Medical Outreach received both a blood drawing chair and new exam table. These items were purchased with the generosity from the Stella Fuller Settlement. Stella Fuller originally ministered to the needy of Huntington, West Virginia, through the Salvation Army. She would later go on to head her own outreach settlement house in Huntington's West End. EMO appreciates Stella Fuller Settlement's support, and the items purchased will benefit EMO's patients.

Dental and Pharmacy: Ebenezer Medical Outreach Inc. is not only a medical provider. They also house an on-site fully equipped dentist office and Pharmacy. To schedule your appointment or to inquire about low cost prescriptions, call 304-529-0753.

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