



Save a Life with an Important Donation

Until blood is needed in a crisis situation, it is an undervalued life force. The Community Blood Center describes the urgency for blood donation all year long.

They state blood is needed every two seconds. One in seven patients entering a hospital requires blood. Since blood cannot be manufactured, the supply must come from donations. However, Only 37 percent of our country's population is eligible to give blood, and less than 10 percent of those who can donate actually do donate annually.

Blood banks like the American Red Cross and The Community Blood Center operate in an every day as needed basis, but they are also there when the worst tragedy strikes. Blood donations are also a necessity during wars, and natural disasters.

The Red Cross' History began with seeing a need during wartime. In 1859, Henry Dunant came across the Franco-Sardinian and Austrian forces near the small village of Solferino. The brutality left on the battlefield caused Dunant to begin the process in forming a nationalized relief program. Today, The Red Cross focuses their attention on relief along with striving to increase blood donations worldwide.

Currently according to Red Cross statistics, "Nearly 16 million blood components are transfused each year in the U.S. The average red blood cell transfusion is approximately 3 units. An average car victim can require up to 100 units of blood."

According to the May Clinic, the eligibility requirements to donate blood are:

- In good health.
- At least 16 or 17 years old, depending on the law in your state. Some states allow legal minors to donate with parent permission. While there's no legal upper age limit, policies may vary between individual donor centers.
- At least 110 pounds (about 50 kilograms).

1448 10th Avenue Suite 100
Huntington, WV 25701
304-529-0753
www.emohealth.org

January is:

- Glaucoma Awareness Month
- Cervical Health Awareness
- Blood Donor Month

PROGRAM NEWS AND HIGHLIGHTS:

- Save A Life
- Go Red for Women
- Garden Planning
- Highlights and Program Info for January in Outreach





Not everyone is able to give blood. Requirements given by the Mayo Clinic specify blood donations are not accepted if:

- Anyone who has used injected drugs, steroids or another substance not prescribed by a health care provider in the past three months.
- Anyone who has a congenital coagulation factor deficiency
- Anyone who has had a positive test for HIV
- Anyone who has engaged in sex for money or drugs in the past three months
- Anyone who, in the past 12 months, has had close contact with — lived with or had sexual contact with — a person who has viral hepatitis
- Anyone who has had babesiosis, a rare and severe tick-borne disease, or the parasitic infection Chagas' disease

Any person wishing to donate blood is required to undergo a physical exam.

The Huntington Alumnae Chapter of
Delta Sigma Theta Sorority, Inc. Presents



Go Red for Women

Feb 3, 2023 | 5:00 PM

Sixteenth Street Baptist Church Fellowship Hall
1647 9th Ave. Huntington, WV 25701

Sponsored by Marshall Cardiology

- Heart Health Talk
- Blood Pressure
- Annual Fashion Show
- Gift Basket Raffle

Co-Host: Huntington (WV) Chapter of The Links, Inc.
Co-Host: Ebenezer Medical Outreach

GO RED FOR WOMEN

Friday, Feb. 3, The Huntington Alumnae Chapter of Delta Sigma Theta Sorority Inc. along with Ebenezer Medical Outreach Inc and Huntington (WV) Chapter of the Links Inc. as co-hosts is hosting their annual "Go Red for Women."

This event is scheduled to begin at 5 p.m. at Sixteenth Street Baptist Church, 1647 9th Avenue in Huntington, West Virginia. This event focuses on heart health for women.

Along with hosting an informative and educational heart talk is an annual fashion show and gift basket giveaway. Blood pressure monitoring will also be available.

According to the CDC, heart disease is the number one cause of death to women attributed to 1 in every 5 female deaths.



PROGRAM NEWS AND HIGHLIGHTS:

Community Garden: Unlimited Future Inc. and Ebenezer Medical Outreach Inc. began planning the crops to go into their Fairfield eco-system. This year will see an expansion as more gardens begins to spring up into the community. Unlimited Future Inc. will feature a community store. Be on the lookout as the community markets make a comeback for Spring 2023.

NIP Credits: EMO has Neighborhood Investment Program credits available. These tax credits are fifty percent dollar for dollar match deduction which can be used on your state taxes.

EMO Eye Clinic: Ebenezer Medical Outreach Inc. is hosting their spring 2023 Eye Clinic Thursday, Feb. 24. This event is held twice yearly and partners EMO with WVU Eye Institute. Anyone from the community needing an eye exam can call 304-529-0753 to make an appointment. Eye exams are on a low cost sliding scale, and glasses along with updated lenses are free. Call EMO today to reserve your space for the 2023 Spring Eye Clinic.

EBENEZER MEDICAL OUTREACH INC.
AND WVU EYE INSTITUTE

2023 SPRING EYE CLINIC

CALL 304-529-0753
AND RESERVE YOUR APPOINTMENT
EYE EXAM CLINIC SCHEDULED FOR
THURSDAY, FEB. 23 AT EMO
1448 10th Avenue Huntington, WV