



April is:

- ◆ Stress Awareness Month
- ◆ National Volunteer Month
- ◆ Sexual Assault Awareness
- ◆ National Month of Hope

#### PROGRAM NEWS AND HIGHLIGHTS:

- Volunteering
- Enrolling for Pharmacy
- Stinkfest 2023
- NIP Credits Available
- "Together We Grow":  
Unity Community Garden

EMO appreciates your donations. If you would like to discuss donating today, call us at 304-529-0753. You can donate at [atemohealth.org](http://atemohealth.org) by clicking the donate button!

Ebenezer Medical Outreach Inc.  
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### The Health Benefits to Volunteering

Volunteering is a choice to donate personal time to a charitable group. Today, people have many options to choose from when deciding where to volunteer. These options include local animal shelters, youth sports, or a local organization impacting change into the community.

Ebenezer Medical Outreach Inc. has their long history in the Fairfield community due to their volunteer's efforts. EMO began as a charitable organization in the Ebenezer United Methodist Church. The original community center formed were to address the concerns residing in the Fairfield Community. Many of these concerns were centered on accessing healthcare.

In 1986, a free clinic was established and ran completely on a volunteer basis. Almost 40 years later, Ebenezer Medical Outreach Inc. continues to grow through the generosity from their volunteers.

During April 16-22, EMO celebrated the many volunteers who help our patients access healthcare. The volunteer efforts by our residents, specialists, and many other trained professionals assist in keeping Ebenezer Medical Outreach Inc. functioning day to day.

The time put into helping others is never time wasted. Over the past three years as COVID made its way into our society, the opportunities to volunteer increased. This was evident in testing and vaccine drives. The census bureau states, "Nearly 51% of the U.S. population age 16 and over, or 124.7 million people, informally helped their neighbors between September 2020 and 2021 at the height of the pandemic."

Due to the need to become involved in local neighborhood events, a trend to relying on our community led to creations such as community gardens. EMO partnered with Unlimited Future Inc. to help create an eco-system for the Fairfield Community. This partnership has created a sustainable way to grow together and provide a long-term approach to food insecurity.





## Health Benefits From Volunteering

Volunteering is not only good for a community, but it has personal benefits as well. Physical and mental health can be improved through volunteering by:

1. Creates a social support system.
2. Keeps body and mind active.
3. Improves self-esteem.
4. Can teach new skills.
5. Helps to combat depression.

### PROGRAM HIGHLIGHTS:

**Stinkfest 2023:** Ebenezer Medical Outreach Inc. would like to thank The Wild Ramp in allowing us to be a part of their Stinkfest 2023. EMO spent the day providing outreach to almost 200 people where they educated local residents about their clinic's services.

**NIP CREDITS AVAILABLE:** EMO has a limited amount of available Neighborhood Investment Program credits. These are a fifty percent dollar for dollar tax credit match for any donation over \$500 received from a West Virginia resident.

**FARMACY ENROLLING:** Beginning in June 2023, Farmacy is scheduled to start its fourth year for EMO patients. Patient enrollment has begun and will continue throughout May 2023.



**UNITY COMMUNITY GARDEN:** The EMO Unity Garden has been undergoing preparations for spring planting. Although, some planting has already taken place. The last month, a potato bed along with potato planted grow bags were added. Beets, onions, spinach, and cabbage have also been planted. To accompany the vegetables, EMO Unity Garden has added 6 fruit trees this year.



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