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**February 2015**

## About Us



The Health Wagon is a non-profit organization dedicated to providing health services to the medically under-served and poverty-stricken population of southwest Virginia and rural Appalachia through a mobile health unit and two other stationary clinics. Sister Bernie Kenny

founded The Health Wagon in 1980. At the programs origins, Kenny began dispensing health care from her Volkswagen Beetle with the partnership of St. Mary's Hospital, which went on to sponsor the program for over 25 years. Today, the mobile health unit visits 11 sites throughout southwest Virginia including Buchanan, Dickenson, Lee, Russell, Scott, and Wise counties and provides a variety of health services that are essentially free of charge.

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## Upcoming Events

**Every Tuesday:** Free ABI at the Wise office.

**February 10:** The mobile unit will be at Lee County Airport .

Please call 276-328-8850 for more information.

## Recent Developments



*Dr. Smiddy, Dr. Meade, and Dr. Gardner*

Dr. Joseph Smiddy MD, Dr. Paula Hill Meade DNP, and Dr. Teresa Garder DNP attended the State of the State Address at the Capital Building on January 14, 2014. Following the State Address, Drs. Smiddy, Meade, and Gardner were invited to the reception at the Governor's Mansion.

## **Healthcare Safety Net Legislative Day 2015**



*David Meade, Terry Kilgore, Haley Cantrell, and Marcus Adkins*

Director of Operations David Meade MBA, Director of Development Marcus Adkins BA, and Register Nurse Haley Cantrell RN-BSN attended Healthcare Safety Net Legislative Day on January 21, 2015 in Richmond, Virginia. The Health Wagon staff were informed that Terry Kilgore put in an item to be voted on to increase the annual amount per fiscal year by \$126,000 to address the needs of uninsured and under insured patients and make up for lost local resources in the previous years.

## **Health Wagon Hosted Free Cardiology Clinic**



On Saturday January 10, 2015 Cardiologist Dr. Turner and Registered Nurse Haley Cantrell hosted a free cardiology clinic at the Smiddy Clinic at Wise. Several patients with cardiac health issues were able to have an extensive cardiology consult free of charge. Labs and EKGs were available for the patients free of charge. For more information on our cardiology clinics please call 276-328-8850

## **The Health Wagon Staff visits Richmond University**

David Meade, Marcus Adkins, and Haley Cantrell visit Richmond University on January 22, 2015 to discuss future partnerships with the facility and students. In the summer 2015, the health wagon will serve as an inter site for 2-3 Richmond University students who are preparing to go into the healthcare field, nonprofit organizations, grant writing, etc.

## **The Health Wagon Welcomes FNP Students**

Family Nurse Practitioner students from Vanderbilt University Jacob Read, RN and Nikita Read, RN will be completing 350 clinical hours through out the Spring 2015 semester. The Read's earned their Associate and Bachelor's degree in Science of Nursing from Western Kentucky University. They were born and raised in Glasgow, Kentucky, but call a small cabin in Gatlinburg, Tennessee home. Jacob and Nikita are currently staying in an RV in Big Stone Gap while completing clinical hours at the Health Wagon. They enjoy camping, fishing, thrifting, and traveling. Their long term goal is to buy a sailboat and travel the world treating patients in impoverished communities.

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## **Health Awareness for February**

**This month, we are recognizing:**

American Heart Month

AD/Low Vision Awareness Month

National Children's Dental Health Month

African Heritage & Health Week (first week of February)

Congenital Heart Defect Awareness Week (February 7-14)

Eating Disorders Awareness Week (last week of February)

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## Target Illness Spotlight



### Flu Signs and Symptoms


- \* A 100oF or higher fever or feeling feverish (not everyone with the flu has a fever)
- \* A cough and/or sore throat
- \* A runny or stuffy nose
- \* Headaches and/or body aches
- \* Chills
- \* Fatigue
- \* Nausea, vomiting, and/or diarrhea (common in children)

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## Donate to The Health Wagon



*Click here to make a donation*

|   |   |
|---|---|
|  <p>Health Wagon<br/>Central Appalachia</p> <p>www.healthwagon.org</p> | <p><b>TEXT 41444 TO<br/>DONATE<br/>TO OUR CAUSE</b></p> <p><b>To Donate \$10.00</b><br/>Text WAGON10 to 41444</p> |
|   | <p><b>To Donate \$25.00</b><br/>Text WAGON to 41444</p>   |
|   | <p><b>To Donate over \$25.00</b><br/>Text WAGON (insert amount) to 41444</p>                                      |

If you would like to donate to The Health Wagon, we would greatly appreciate it if you would contribute online at: <https://donatenow.networkforgood.org/thehealthwagon/>

Or you can mail donation checks to:

The Health Wagon, P.O. Box 7070, Wise, VA 24293

As a nonprofit organization, volunteers are welcome and tax deductible donations are accepted.

**State Employees** - Give through the CVC Campaign (#03588)

**Federal Employees**- CFC Code 33986

You may also text your donation...**Text WAGON amount to 41444 to make a donation.** (I.E. WAGON 20 to 41444 to make a \$20 donation.)

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## Contact Us

Visit us at: [www.thehealthwagon.org](http://www.thehealthwagon.org)

Call us at: (276)-328-8850

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