



**January 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**

**January 6:** Dr. Todd Carter will be at the Smiddy Clinic doing free ABI from 10:00 a.m. to 2:00 p.m.

**January 12:** We will have a colonoscopy clinic with UVA via Telehealth.

**January 15:** Dr. Smiddy will be doing Free Chest X-Rays 10:00 a.m.-2:00 p.m.

Please call 276-328-8850 for more information.



*Dr. Smiddy, Dr. Osborn, and Chris Hall in front on the new trailer to be utilized by RAM and The Health Wagon.*

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## **Recent Developments**

### **Five Health Wagon Employees Honored as Kentucky Colonels**

Dr. Teresa Gardner DNP, Dr. Paula Meade DNP, David Meade MBA, Marcus Adkins LPN, and Anna Baker LPN were nominated and honored as Kentucky Colonels. A reception was held on Friday December 12, 2014 to recognize their achievement. Kentucky Colonels are unwavering in devotion to faith, family, fellowman and country. Proud, yet humble, leaders, who are not ashamed to follow, gentle but strong in will and commitment. The Honorable Order of Kentucky Colonels reaches out to care for their children, support those in need and preserve their rich heritage.

### **Virginia Tech Ribbon Cutting for New Health Wagon Mobile Unit**

On November 19, Virginia Tech held a ribbon cutting ceremony for The Health Wagon's new mobile unit. Dr. Teresa Gardner DNP, Dr. Paula Meade DNP, David Meade MBA, and Haley Cantrell RN, BSN attended the event along with several others from the Virginia Tech Community.

### **Virginia Tech Visits The Health Wagon**

Dr. McBride's Public Relations Campaigns class from Virginia Tech visited The Health Wagon's Wise clinic on October 9 to conduct primary research on the staff members and patients. Jim Conrad from news channel WCYB 5 covered the event. Click on the photo to the left to watch the video story.



Help For The Health Wagon Video

## The Health Wagon Welcomes Dr. Crystal Kilgore

Dr. Crystal Kilgore is an Instructor of Pharmacy Practice at the Appalachian College of Pharmacy and is currently providing Clinical Pharmacy Services at The Health Wagon. Dr. Kilgore will be providing multiple services for the patients of the Health Wagon including: management of chronic disease states (including diabetes, hypertension, dyslipidemia, COPD and asthma), medication therapy management, anticoagulation management, immunizations, medication reconciliation, as well as hormone replacement counseling. Dr. Kilgore will be working with The Health Wagon to continue and expand outreach opportunities at events such as local health fairs and RAM.

Dr. Kilgore is an active member of the American Society of Health Systems Pharmacists (ASHP), American Pharmacists Association (APhA), and National Community Pharmacists Association (NCPA). Her professional interests include preventative healthcare, medication therapy management, ambulatory care, and diabetes management. She has a passion for serving the underserved people of rural regions.

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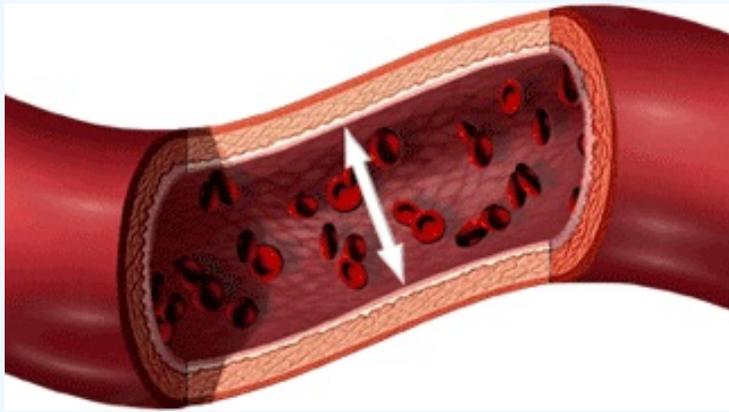
## Health Awareness for January

**This month, we are recognizing:**

- \* Cervical Health Awareness Month
- \* National Glaucoma Awareness Month
- \* Thyroid Awareness Month

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## Target Illness Spotlight



Blood arteries | Photo by: Cornell University

**Hypertension**, or high blood pressure, is one of the top diagnoses made by The Health Wagon in the Wise area.

\* **What is hypertension?** The heart pumps blood around the body through arteries. Blood pressure is the force of the blood pushing against the walls of the

arteries. When the pressure is too high for too long, it can cause damage to the body.

- \* Hypertension usually has no symptoms
- \* It can cause damage to the heart, brain, kidneys and eyes
- \* Men and women who smoke, do not exercise, eat too much fat and salt, and drink too much alcohol are more likely to get it

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## Donate to The Health Wagon



*Click here to make a donation*

 <p>www.healthwagon.org</p>	<p>TEXT 41444 TO <b>DONATE</b> TO OUR CAUSE</p>
	<p><b>To Donate \$10.00</b> Text WAGON10 to 41444</p>
	<p><b>To Donate \$25.00</b> Text WAGON to 41444</p>
	<p><b>To Donate over \$25.00</b> 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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