

Like



March 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 program's 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.



Upcoming Events

Every Tuesday: Free ABI (Ankle-Brachial Index) at the Smiddy Clinic at Wise

March 5: Dr. Smiddy Chest X Ray Clinic

March 10: Dr. Rhinehart Diabetic Clinic

Please call 276-328-8850 for more information.

March Mobile Unit Schedule

Tuesday March 3: Coeburn at the Train Depot

Monday March 9: Pound at the Town Hall

Tuesday March 10: Lee County at the Airport

Friday March 13: Appalachia

Tuesday March 17: Oakwood

Thursday March 19: Binns Counts

Mobile unit schedule is subject to change please call 276-328-8850 for more information.

Recent Developments

AstraZeneca HealthCare Foundation
**Connections for
Cardiovascular HealthSM**

The Health Wagon received a \$250,000 grant from the AstraZeneca Foundation for the second year in a row! The grant will assist in funding a Heart Health program.

The Health Wagon attended a local event at the Historic Inn at Wise. Several local vendors were in attendance to support casting for a documentary of Southwest Virginia.



*David Meade Director of
Operations*



Health Wagon dental room

The Health Wagon's Dental Room is 95% complete. We are in need of a dental chair and an assistant chair. We are also looking for dentists and dental assistants to volunteer their professional time. Please help us spread the word about our new dental facility!

The Health Wagon's Heart Healthy Week

Whereas, since 1980, The Health Wagon, a non-profit medical clinic based in Wise, Virginia, has been providing services to the medically under served and indigent in poverty-stricken areas of Appalachia

Whereas, the Health Wagon uses an innovative mobile health unit to open the health care doors to many needy individuals, families, and communities as it visits eleven sites in Buchanan, Dickenson, Lee, Russell, Scott, and Wise counties

Whereas, The Health Wagon is committed to providing comprehensive and quality care to patients who have already been diagnosed with heart disease or diabetes, in addition to developing expanded outreach efforts which partner with local schools, churches, and other organizations to provide much needed education, exercise, and treatment for high-risk, uninsured individuals

Whereas, The Health Wagon's Central Appalachia location has positively improved to health care for one of the most under served counties in the state of Virginia

Whereas, as a direct result of the care being provided by The Health Wagon, participants have improved their cardiovascular health, developed healthier lifestyle equating to lower future medical expenses, increased their confidence in managing their illness, and have a greater understanding of cardiovascular disease

Whereas, many patients have learned how to live healthier, improving health outcomes and decreasing morbidity and mortality rates

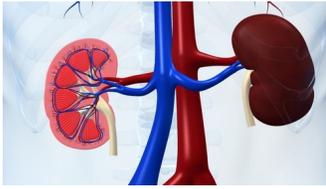
Now, therefore, I, Terence R. McAuliffe, do hereby recognize February 24-28, 2015, as The Health Wagon's Heart Healthy Week in our Commonwealth of Virginia, and I call this observance to the attention of all our citizens.

Health Awareness for March

This month, we are recognizing:

- National Colorectal Cancer Awareness Month
 - National Endometriosis Awareness Month
 - National Kidney Month
 - Multiple Sclerosis Education Month
 - National Nutrition Month
 - Sleep Awareness Month
 - Trisomy Awareness Month
-

Target Illness Spotlight



Tips to Help Keep Your Kidneys Healthy

- Keep your blood pressure at the target set by your health care provider. For most people, the blood pressure target is less than 140/90 mm Hg. This can delay or prevent kidney failure.
- If you have diabetes, control your blood glucose level.
- Keep your cholesterol levels in the target range.
- Take medicines the way your provider tells you to. (Important: Certain blood pressure medicines called ACE inhibitors and ARBs may protect your kidneys. Ask your health care provider for more information.)
- Cut back on salt. Aim for less than 2,300 milligrams of sodium each day.
- Choose foods that are healthy for your heart: fresh fruits, fresh or frozen vegetables, whole grains, and low-fat dairy foods.
- Limit your alcohol intake.
- Be more physically active.
- Lose weight if you are overweight.
- If you smoke, take steps to quit. Cigarette smoking can make kidney damage worse.

Donate to The Health Wagon

The Health Wagon Wish List

Medical Supplies

Alcohol wipes, Insulin syringes, Scalpels, Sutures, UA dip sticks, Band aids, Safety needles, Exam table paper, Butterflies, Gauze, Syringes, Blood pressure cuffs, Medical tape, Dentist/assistant chairs, O2 Cannulas, Exam gloves, Dressings

Medications

Ibuprofen, Iron Supplements, Antacids, Decongestants, Dandruff Shampoo, Sterile Saline, Aspirin, Nutritional drink supplements, Anti-diarrheas, Zantac, Nexium, Allergy Medication, Antibacterial ointment, Prilosec, Foot/skin cream/lotion, Anti-Fungal cream

Office Supplies

Copy paper, paper clips, K-cups (any variety), Toilet paper, Pens, Paper towels, 3 Ring Binders (all sizes), Post-it notes, First class stamps, Coffee cups, Letter size manila folders, Sharpies, Disinfecting wipes, Highlighters, binder dividers, 33 gallon garbage bags, Batteries, Stapler and staples, White out, 3 whole punch, Scotch tape, Stapler remover, Mail envelopes, Gift cards

[MAKE A DONATION](#)

Click here to make a donation

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

Contact Us

Visit us at: www.thehealthwagon.org

Call us at: (276)-328-8850

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