

Like

Tweet



MAKE A DONATION

Click here to make a donation

May 2015

The Health Wagon's mission is to provide compassionate, quality health care to the medically underserved people in the Mountains of Appalachia. Our values are inclusiveness, community outreach, collaboration, spirituality and empowerment.



Let us tell you The Health Wagon story. Our average patient is 38 years old. Ninety-eight percent of our patients are uninsured. Seventy percent of them have an income of less than \$20,000 annually, despite working multiple jobs. This means they make too much money to qualify for Medicaid, but not enough to afford private insurance. Our patients live in desperately poverty-stricken rural Appalachia, where they can't afford to go to the doctor but can't afford not to. The mobility of our health clinic means we are able to fill the gap, whether they are inline at the food bank or at their job, we bring healthcare to them.

Upcoming Events

May 1-3: Bristol RAM event

May 4th: 1st dental clinic

May 13: Free Chest X-rays

May 25th: Closed for Memorial Day

Please call 276-328-8850 for more information.

Mobile Unit Schedule

May 5th- Coeburn
May 8th- St. Paul
May 11th- Pound
May 12th- Lee Co & Oakwood
May 15th- Appalachia
May 21st- Binns Counts

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

Focus on Health

The Health Wagon has seen many successes throughout the years resulting in major changes in health outcomes for patients across Southwest Virginia. This month two sisters, twins, have demonstrated what quality health care, health education, and will power can do. Having lost a combined weight of over 100 pounds, the dynamic duo have cut their prescribed medications in half, and have slowed the progression of diabetes, of which both are diagnosed. In fact, they no longer have to give injections of insulin. They utilized knowledge gained from the Health Wagon's practitioners to decrease caloric intake and increase physical activity. One sister noted "setting small goals seemed to work best for us ... when we surpassed those goals each time it made it all worth it."

Recent Developments



The Health Wagon's annual Health Fair was held on April 15, 2015 and April 16, 2015. Approximately 300 were able to take advantage of the following free health care services provided: cholesterol checks, cardiovascular risk assessments, blood sugar checks, physical exams, PAP smears, mammogram registration, hearing exams, blood pressure readings, vital sign readings, vision screenings, prostate exams, breathing tests, chiropractor services, ankle brachial tests, bone density screenings, height & weight measuring, diabetic foot clinic, pulmonology consults, dental cleaning, and free eye glasses.

Please help fund the Health Wagon a SUV

The Health Wagon is a mobile health clinic that serves the poverty stricken people of rural Appalachia for little to no cost to the clients. In 1980, Sister Bernie Kenny began the program with nothing more than her Volkswagen Beetle and the passion to make a difference through service. The Health Wagon has grown exponentially since it started 35 years ago. The organization now has one brick and mortar clinic in Wise, Virginia, and a second one in Clintwood, Virginia, as well as a state of the art mobile health clinic. In 2013, The Health Wagon served 11,000 patients and provided over \$1 million in health care costs.

To continue its efforts in serving the people of Appalachia, The Health Wagon needs donations and community support. This GoFundMe campaign is dedicated to purchasing a SUV due to the current need of The Health Wagon for a vehicle dedicated to carrying medical supplies. Our fundraising goal is \$34,000 because (prospectively) this will cover the cost of purchasing an SUV. This monetary goal was determined by researching car makes, models, safety ratings, miles per gallon, reliability and size. We have used Kelly Blue Book, Carfacts and similar sites to decide upon the best choice in SUV for The Health Wagon. We have decided upon purchasing a vehicle similar to a 2014 Ford Explorer. Additionally, we are searching for a car dealership that is willing to provide a discount or match the funds raised for the SUV. Please click [here](#) to make a donation!

Remote Area Medical Wise, Virginia 2015

The Health Wagon is seeking donations for the Remote Area Medical Event in Wise, VA on July 17-20. This is a three day event that provides free medical, dental and vision services to the medically under served in southwest Virginia, totaling over 2 million dollars in free care each year. The event typically costs \$95,000.00 per year to operate. The Health Wagon needs to raise \$65,000.00 to ensure this year's event. Please make donations payable to RAM-Wise. Mailing address is P.O. Box 7070 Wise, VA 24293. For more information please call 276-328-8850.



Health Awareness for May

This month, we are recognizing:

- American Stroke Awareness Month
 - Arthritis Awareness Month
 - National Asthma and Allergy Awareness Month
 - Better Hearing and Speech Month
 - National Celiac Disease Awareness Month
 - Children's Mental Health Week
 - Healthy Vision Month
 - Hepatitis Awareness Month
 - Lupus Awareness Month
 - Melanoma/Skin Cancer Detection and Prevention Month
 - Mental Health Month
 - National High Blood Pressure Education Month
 - National Osteoporosis Awareness and Prevention Month
 - Preeclampsia Awareness Month
-

Target Illness Spotlight

STROKE is an Emergency. Every minute counts. **ACT F.A.S.T!**

	F ACE	Does one side of the face droop? Ask the person to smile.
	A RMS	Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
	S PEECH	Is speech slurred? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?
	T IME	If the person shows any of these symptoms, Call 911 or get to the hospital immediately.

Things to know about STROKE

F.A.S.T. is an easy way to remember the sudden signs of stroke. When you can spot the signs, you'll know that you need to call 9-1-1 for help right away.

F.A.S.T. is

Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty – Is speech slurred? Is the person unable to speak or hard to understand?

Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

Time to call 9-1-1 – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared

Other Symptoms You Should Know

- Sudden numbness or weakness of the leg, arm or face
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

If someone shows any of these symptoms, immediately call 9-1-1 or emergency medical services.

F.A.S.T. is an easy way to remember the sudden signs and symptoms of stroke

http://www.strokeassociation.org/STROKEORG/WarningSigns/Learn-More-Stroke-Warning-Signs-and-Symptoms_UCM_451207_Article.jsp

Donate to The Health Wagon

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

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, O2 Cannulas, Exam gloves, Suture removal kits

Medications

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

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, cleaning supplies, White out, 3 whole punch, Scotch tape, Stapler remover, Mail envelopes, Gift cards

Items to give to patients

Shampoo, Conditioner, Deodorant, Razors, Diapers, Wipes, Lotions, Soaps, Can foods

Contact Us

Visit us at: www.thehealthwagon.org

Call us at: (276)-328-8850

Our offices are located at: 5626 Patriot Dr • Wise, VA 24293

P.O.Box 7070 Wise, VA 24293

233 Chase St, Suite 100 • Clintwood, VA 24228

P.O.Box 709 Clintwood, VA 24228



©2015 The Health Wagon | Wise, VA

[Web Version](#)

[Forward](#)

[Unsubscribe](#)

Powered by [Mad Mimi®](#)

A GoDaddy® company