

## The Health Wagon Expands on Social Media



As social media websites continue to explode in popularity, the Health Wagon seeks to develop a presence on as many of them as possible in order to connect with as many people as possible. The most recent developments include the creation of Health Wagon pages on YouTube and Pinterest.

YouTube, a streaming video service that is undoubtedly one of the most popular websites on the Internet today, is a perfect home for Health Wagon commercials, presentations, television specials, and more. As of this newsletter, the Health Wagon's YouTube channel features two videos: a short commercial and an hour-long presentation from the Community Impact Event held at the Wise clinic back in September.

The Health Wagon's YouTube channel is located at [www.youtube.com/healthwagonwise](http://www.youtube.com/healthwagonwise).

Pinterest, a bulletin board-style website with an emphasis on photos, launched just a few years ago but has since gained a huge following, most likely because its layout lends itself so well to Apple's popular iPhone and iPad devices.

The Health Wagon's Pinterest page is located at [www.pinterest.com/thehealthwagon](http://www.pinterest.com/thehealthwagon).

Also be sure to "Like" the Health Wagon on Facebook and "Follow" the Health Wagon on Twitter if you haven't already done so!

The Health Wagon's Facebook and Twitter pages can be accessed via the links below.

[www.facebook.com/thehealthwagon](http://www.facebook.com/thehealthwagon)

[www.twitter.com/health\\_wagon](http://www.twitter.com/health_wagon)

## Upcoming Events



Saturday, December 7  
Zion Ministries in Wise

## Thank You!

To the following volunteers  
who assisted us in October:

Meagan Owens

Dr. Lori Shockett

Dr. Neil Shockett

Haley Thacker

Bob Woodward

Shirley Woodward



## The Health Wagon Takes Multifaceted Approach to Improve Cardiovascular Health in the Community



Clintwood, VA – November 6, 2013 – St. Mary's Health Wagon screened more than 4,800 patients through the cardiovascular risk assessment as part of their Appalachian Healthy Heart Initiative. The Appalachian Healthy Heart Initiative received three consecutive years of funding from the AstraZeneca HealthCare Foundation's *Connections for Cardiovascular Health*<sup>SM</sup> program for a total of \$545,562. The Appalachian Healthy Heart Initiative seeks to improve quality of care through prevention, detection and treatment of heart disease and reduce cardiovascular health disparities for those who are uninsured and underinsured in the Appalachian Mountains of southwest Virginia.

After two years of program funding, more than 500 of those 4,800 individuals screened were tracked long-term through the cardiovascular risk assessment and more than 54 percent of those tracked participants experienced 10 pounds or more of weight loss. Overall, the program saw improvements in average blood pressure, cholesterol, HDL and LDL levels.

The Appalachian region faces the unfortunate reality that residents of southwest Virginia are 21 percent more likely to die of heart disease and women's life expectancy has decreased over the last few years. Appalachian Healthy Heart Initiative uses preventive care initiatives, outreach programs, culturally appropriate risk factor reduction education and more to reduce these disparities.

"This program has allowed the Health Wagon to screen thousands of individuals for risk of developing cardiovascular disease, perform diagnostic testing and treat those diagnosed and at-risk for cardiovascular disease," said Dr. Teresa Gardner, Executive Director, St. Mary's Health Wagon. "Ultimately, the program has allowed the Health Wagon to decrease blood pressure readings, improve overall health outcomes and create therapeutic lifestyle changes that have led to healthier individuals."

The Appalachian Healthy Heart Initiative has become an intricate part of the health care delivery system at the Health Wagon and the organization plans to sustain all program activities into the future. Through partnerships and donations, the Health Wagon will continue to change and save lives through this initiative.

"These grants help the organizations to give their community members the tools and education necessary to make appropriate lifestyle changes – and they are making a significant impact to improve cardiovascular health in their communities," said James W. Blasetto, M.D., MPH, FACC, chairman of the AstraZeneca HealthCare Foundation.

The *Connections for Cardiovascular Health*<sup>SM</sup> program awards grants of \$150,000 and up to US-based non-profit organizations that are doing innovative work in the field of cardiovascular health. This year, the Foundation has awarded more than \$4.4 million in grants to 22 organizations. Since its inception, the Foundation has awarded nearly \$11 million across the United States to help improve cardiovascular health.

For more information about the AstraZeneca HealthCare Foundation, please visit [www.astrazeneca-us.com/responsibility/astrazeneca-healthcare-foundation](http://www.astrazeneca-us.com/responsibility/astrazeneca-healthcare-foundation).

## The Health Wagon Holds Tempur-Pedic Mattress Giveaway



On October 19 the Health Wagon held a free mattress giveaway at the former Buster Brown building in Norton, Virginia in which 150 Tempur-Pedic mattresses — 140 twin-size and 10 full-size — were provided to those in need.

The mattresses were originally donated by Tempur-Pedic to the United Breast Cancer Foundation which then forwarded them to the Health Wagon.

Several members of the University of Virginia's College at Wise women's softball team graciously volunteered to help distribute the mattresses.

## Health Wagon Directors Visit St. Thomas Aquinas Church in Charlottesville



(L to R) Dr. Paula Hill Meade, Fr. Luke Clark, Dr. Teresa Gardner

Health Wagon Executive Director Dr. Teresa Gardner and Clinical Director Dr. Paula Hill Meade both traveled to Charlottesville, Virginia in mid-November to attend the Saint Thomas Aquinas Catholic Church as well as raise awareness of the Health Wagon and its mission.

For more information about the St. Thomas Aquinas Catholic Church, please visit [www.stauva.org](http://www.stauva.org).

## Long-Time Health Wagon Supporter, Volunteer Receives Hospital Service Award



Dr. Joe Smiddy

**The Coalfield Progress — November 5, 2013 —** Dr. Joe Smiddy recently received the Tennessee Hospital Association's Meritorious Service Award.

Smiddy is a pulmonologist with Wellmont Medical Associates Pulmonology & Sleep, and is the son of University of Virginia's College at Wise Chancellor Emeritus Joe Smiddy.

Smiddy was recognized for his community service, which includes his volunteer leadership with Remote Area Medical clinics and the Health Wagon and his work with patients at Lonesome Pine Hospital and other Wellmont facilities.

He has worked year-round with the Health Wagon to provide primary and preventive care to the area, as well as education on the dangers of smoking and other tobacco use. He also travels with an army of volunteers and family to foreign countries, most notably with his Body and Soul of Belize program, for which he serves as medical director.

"My father always told me, 'Go where the need is greatest. Do the things no one else wants to do,'" Smiddy said. "That's the guiding philosophy for some of our missions, when we're in the most remote areas imaginable — and with the people who need our help the most."

## California Doctors Neil and Lori Shocket Visit the Health Wagon



Drs. Neil & Lori Shockett

The Health Wagon was pleased to host Drs. Neil and Lori Shockett as they visited Southwest Virginia from California. The two internal medicine physicians volunteered their advanced medical services at the Health Wagon the week of their visit, while actively participating in cultural events around the area.

The Shocketts practice a simply philosophy of the "human element" and promote this notion by actively volunteering their medical expertise across the world. Their medical experience, particularly in a fast paced emergency room, aided in their ability to provide exceptional care to the underserved individuals of this region.

During their visit, the Shocketts were able to meet the residents of Southwest Virginia, tour local underground mines, learn about Mountain Top Removal, and tour the beautiful natural resources of the local area. After seeing the beauty of the Appalachia Mountains, Lori Shockett, a former marketing vice president for O.P.I., began helping the Health Wagon develop a "medical tourism" program. This program will help entice other physicians like the Shocketts to volunteer their time at the Health Wagon and experience the culture of Southwest Virginia. The Health Wagon and the patients they helped will forever be thankful for the services provided by Drs. Neil and Lori Shockett.

The Health Wagon was founded in 1980 by Sr. Bernie Kenny with the order of Medical Missionaries of Mary. In December 2005, Sr. Bernie turned over the reins of the organization to Dr. Teresa Gardner who has been with The Health Wagon for over 20 years.

The Health Wagon helps to meet the unique challenges of health care delivery to the medically underserved and indigent in poverty-stricken areas of rural Appalachia. Through a combination of innovative mobile health units and permanent facilities, health care doors are opened to many needy individuals, families, and communities. Private support is the lifeblood of the Health Wagon's ability to change lives in our six county service area.