



# Health Waggon

**2013 Annual Report**

## Health Wagon Staff

**Dr. Teresa Gardner**  
Executive Director

**Dr. Paula Hill-Meade**  
Clinical Director

**Dr. Joseph Smiddy**  
Medical Director

**David Meade**  
Director of Operations

**Marcus Adkins**  
Director of Development

**Andrew Bledsoe**  
Administrative Assistant

**Heather Mays**  
Pharmacy Connect Coordinator  
Licensed Practical Nurse

**Anna Baker**  
Licensed Practical Nurse

**Tracey Geiger**  
Licensed Practical Nurse

**Adam Horne**  
IT Analyst  
Data Systems Administrator

**Matthew Christian**  
IT Assistant  
Graphics Designer

## From the Executive Director

This annual report is a wonderful and exciting opportunity to highlight the special activities and exceptional accomplishments that we can all be extremely proud of. The Health Wagon has experienced continued growth that can be attributed to kindness of our donors, to whom we offer our appreciation for allowing us to be stewards of their generosity. Some of the many highlights include:



- The RAM Wise County project provided over 5,000 patient encounters and \$2.2 Million in free care during our recent 2013 three day event.
- Our involvement in Remote Area Medical in 2013 yielded an ABC interview and continued local, national, and international press coverage.
- Thousands of patients received comprehensive health care services during our regular clinics and expansion of new clinic sites in Wise County (Coeburn, Norton, and Clintwood) and Scott County (Duffield) and Russell County (St. Paul) due to increased demand.
- Specialty clinics such as pulmonology, radiology, cardiology, endocrinology, ostomy, nephrology, ear nose and throat, women's health (colposcopy), mental health, and dermatology clinics for patients offered in the region specifically for those without insurance.

As you look through this annual report, please reflect upon the extraordinary work that is being performed within our community and the profound unmet health care needs that we must continue to rise to the challenge to meet. We salute our entire family of benefactors: our dedicated staff, exceptional volunteers, Board of Trustees, the business community, community partners, foundations, elected officials, and individual donors.

Teresa Gardner, DNP, FNP-BC, FAANP  
Executive Director

# 2013 Statistics

**7,451**

total patient encounters



**\$2.2 million**

provided in free care

# History



In 1980, the Health Wagon was **founded by Sr. Bernie Kenny** with the order of Medical Missionaries of Mary. She started the program when she began dispensing health care and a kind touch from her Volkswagen Beetle. St. Mary's Hospital provided a valuable partnership and sponsored the program for over 25 years.

In December 2005, Sr. Bernie **turned over the reigns** of the organization **to Teresa Gardner** who has been with the Health Wagon for nearly 20 years.



The Health Wagon **continues to strive to meet the unique challenges** of health care delivery to the medically underserved and indigent **in rural Appalachia**. Through the use of innovative mobile health units, health care doors are opened to many needy individuals, families, and communities; doors that would have otherwise remained closed.



# Remote Area Medical



The Remote Area Medical® (RAM) Volunteer Corps is a non-profit, volunteer, air-borne relief corps dedicated to serving mankind by providing free health care, dental care, eye care, veterinary services, and technical and educational assistance to people in remote areas of the United States and the rest of the world.

Founded in 1985, RAM is a publicly supported all-volunteer charitable organization. Volunteer doctors, nurses, pilots, veterinarians and support workers participate in expeditions (at their own expense) in some of the world's most exciting places. Medical supplies, medicines, facilities and vehicles are donated.

## 2013 RAM Statistics

**Total Patients**  
4,955

**Total Patient Encounters**  
9,998

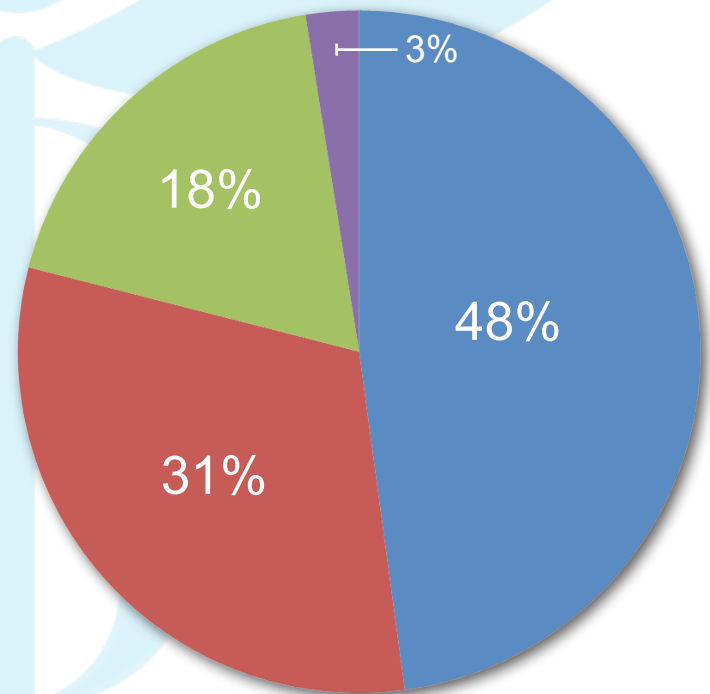
**General Medical Checks**  
1,901

**Dental Patients**  
1,236

**Eye Care Patients**  
735

**Mammograms**  
100

**Total Value of Care**  
\$2,285,968



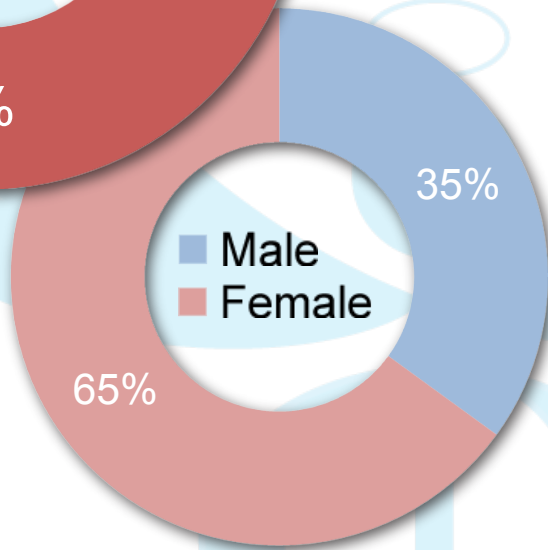
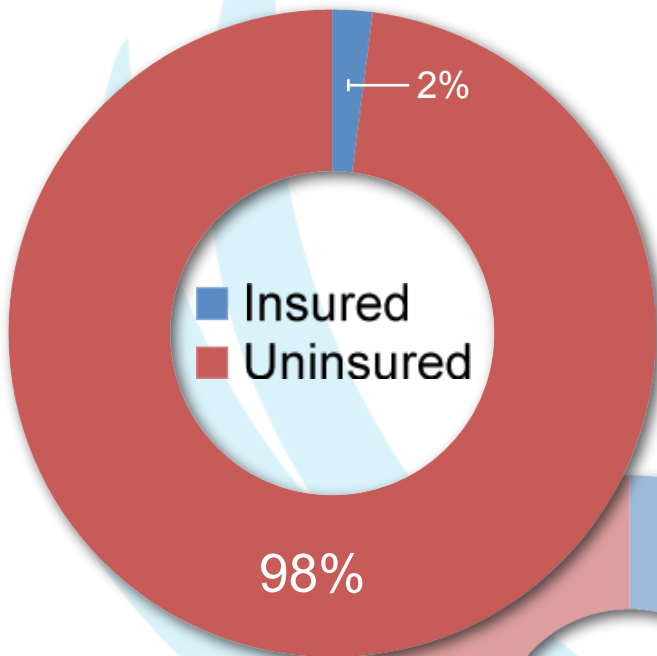
■ General Medical Checks    ■ Eye Care Patients  
■ Dental Patients            ■ Mammograms

# How You Can Help

- Become a **volunteer**
- Contribute hours as a group to **clean**
- **Donate an item or service** to a silent auction for a fundraising event
- **Donate gifts-in-kind** (personal hygiene items, computers/printers, cleaning supplies, etc.)
- **Give a gift** in honor or memory of a person or event
- **Attend a fundraising event**
- **Hold your own fundraising event** to support the Health Wagon
- **Invite a Health Wagon speaker** for your church, school, or social group
- **Schedule a tour** of the Health Wagon for yourself and a friend by calling the office
- **Make a financial donation** (any amount makes a difference)



# Patient Demographics



**215**  
Clinics

**2,410**  
Active Patients

**4,591**  
Encounters

**212**  
Telemedicine Consults

**38**  
Average Age

## Top Diagnoses

Hypertension

Diabetes

Major Depressive Disorder

Dyslipidemia  
(High Cholesterol)

Obesity

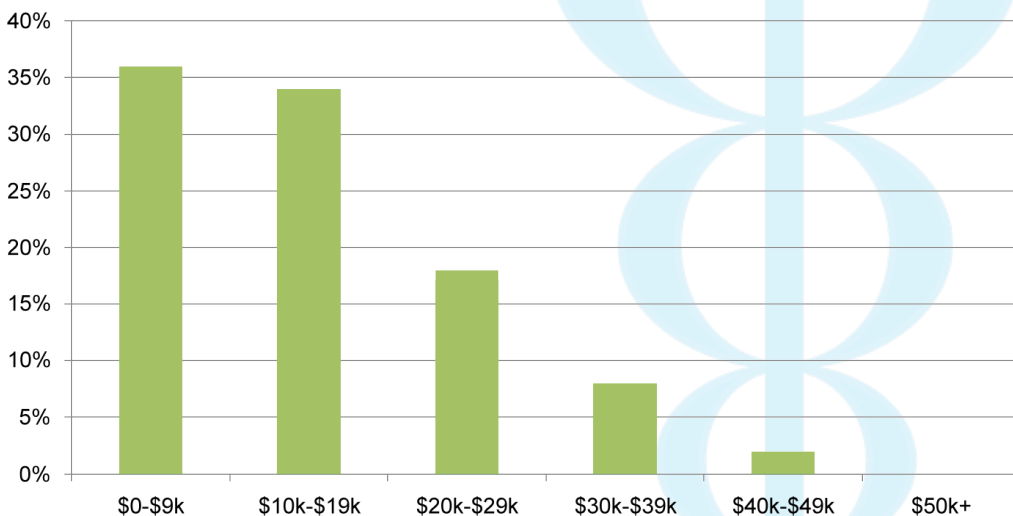
COPD

Hypothyroidism

Gastro Esophageal  
Reflux Disease

Acute Illnesses  
(Cold, Strep Throat)

## Income Levels



# Services & Initiatives

## Services

Acute Disease Management  
Chronic Disease Management  
Medical Therapy Management  
Low-Cost Lab &  
Diagnostic Services  
Medication Assistance &  
Pharmacy Connect  
State-of-the-Art  
Telemedicine Capabilities  
Physical Assessments  
Immunization Programs  
Wellness Classes &  
Health Teaching Components  
Referrals &  
Follow-up Systems  
Cardiac Specialty Clinics  
Nephrology Specialty Clinics  
Ostomy Clinics  
Lung Cancer Early  
Detection Program  
Women's Health  
Cardiovascular Disease  
Outreach Screening Programs  
Community Health Fairs  
Diabetes Outreach Program  
Transportation Assistance

## Initiatives

Loan Closet Program  
Every Woman's  
Life Program  
American Breast  
Cancer Foundation  
Sr. Bernie Kenny  
Scholarship  
Community Health Fairs  
Influenza Vaccine &  
H1N1 Outreach Sites





# In the News

“The 2012 Domestic Humanitarian Award recipient went to Dr. Teresa Gardner for her long term work serving the vulnerable patient population in the rural Appalachian Mountains of Southwestern Virginia. [. . .] It is estimated that [the Health Wagon] has provided nearly \$14 million in free care with the support of over 13,000 volunteers over the last 12 years.”

(8/14/13) Dr Gardner Honored With 2012 Domestic Humanitarian Award



“Over the course of three days in Wise, RAM helped 1,200 dental patients, pulled 4,000 teeth, grinded lenses for 900 pairs of glasses and in total provided more than \$2 million dollars worth of health care. All free of charge.”

(8/22/13) Mobile Free Clinic Brings Health Care to US's Most Underserved Areas | By Ely Brown



“Health outcomes in the six-county area served by the Health Wagon [...] are abysmal compared to the 132 other counties and municipalities in Virginia, [Louis Markwith, Advisor] said. [...] The Health Wagon service area's average rank is 121 of 132.”

(9/22/13) After 33 Years, Health Wagon More Necessary Than Ever | By Stephen Igo





“Officials at the Health Wagon said they think many will opt out [of signing up for insurance] and pay the penalty next year, and that means they could see an increase in patients.”

(9/28/13) Many May Opt Out of ACA and Pay a Penalty | By Allie Robinson Gibson

“The Health Wagon will distribute 140 twin-size and 10 full-size mattresses, [Andrew Bledsoe, Director of Operations Assistant] said.”



(10/18/13) Health Wagon Holding Mattress Giveaway Saturday | By Stephen Igo



“[ETSU’s Quillen College of Medicine Medical Library’s] Dr. Rick Wallace and Dr. Nakia Woodward presented the Health Wagon’s staff with much needed computer equipment to help prepare patients for the Affordable Care Act and provide them with health education.”

(10/19/13) Press Release



“The AMA Foundation will be providing \$10,000 from January to December 2014 for the [Get Up, Get Out, and Get Fit] program which will focus on individuals who are overweight, at risk for diabetes, and already have diabetes to develop weight loss strategies using proven weight loss methods.”

(10/22/13) Press Release

“[Dr. Joe 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.”



(11/5/13) Smiddy Gets Hospital Service Award



“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.”

(11/6/13) News Release

# Board of Trustees

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