



WHEELING
healthright



A PUBLICATION OF WHEELING HEALTH RIGHT, INC.

Fall 2022

3rd Annual *Falling for Health* to be Held October 7th *WHR Annual Health Fair*



Our 3rd annual “Falling for Health” Health Fair will be held on October 7, from 9:00 a.m. to 3:00 p.m. at the Wheeling Health Right parking lot.

We are welcoming over 50 vendors this year who will have an opportunity to discuss the resources they offer to all participants. In the past we have had over 100 guests attend this health fair.

Wheeling Health Right, Inc. will offer various services during the event, including blood pressure checks and COVID vaccines. We will also offer Wheeling Health Right Patient Registration and will have staff available to answer any questions regarding our services. We will have a special Dental table with WVU Dental Students available to answer any dental questions.

We like to make sure all participants have an opportunity to hear what the vendors offer. In order to do this, we will be having a Chinese Auction during our Health Fair. At each vendor table there will be raffle tickets. In order for the participant to obtain a ticket at each vendor table, they must first listen to what the vendor offers. They are assigned a number when they arrive at the Health Fair and they only need to put this number on the back of their ticket to win one or more of the various auction items. We contact the winners via phone. Many vendors supply an item for the auction in addition to what Wheeling Health Right offers, so we have a nice variety of prizes for men, women, and children. We also offer fabulous prizes at each table provided by Wheeling Health Right, Inc. The vendors are each welcome to offer give-aways as well.

Not only do our participants gain a wealth of information from our vendors, but the vendors themselves have an opportunity to meet and greet one another and learn what we all have to offer. It is a wonderful opportunity for all of us to work together for the good of the community.

Many of us enjoy the lunch provided at no charge to all vendors and participants, while listening to live music donated by a local area musician.

Health Right Happenings

Greetings from the Director,



I hope each of you has had a wonderful summer making memories and enjoying the warmer weather. I must say, this spring and summer have been more than memorable for Wheeling Health Right.

Since January 2022 we have dealt with a cyber-attack. We are operational again and have put multiple layers of protection in place, but it has been a very costly and an unexpected expense.

We've added several amazing providers and staff. We are seeing a daily influx of new patients. As I've seen countless times over my thirty-one years as Executive Director, it's truly a shame that free and charitable clinics are necessary but I am so grateful that we are here to continue to provide quality healthcare, dental care, pharmaceuticals, and health education to the underinsured of the Ohio Valley. We are truly grateful to our community for your ongoing support. With the changing of seasons comes new beginnings!

Kathie Brown

Executive Director

Wheeling Health Right, Inc.

A promotional graphic for the Women's Health Fair 2022. The graphic is split into two main sections. The left section has a light pink background with the text 'WOMEN'S HEALTH FAIR 2022' in large, bold, pink letters. Below this is a large pink heart outline containing the cursive text 'Time to Take Care of You?'. At the bottom left of the heart is the logo for 'The Health Plan', which includes a small icon of a person and the text 'Presented by The Health Plan'. The right section has a dark purple background. At the top right, it says 'SAVE THE DATE' in white. Below this is a photograph of five diverse women smiling. At the bottom right, the event details are listed in white text: 'Saturday October 1, 2022', '11 am - 3 pm', 'Wheeling Park Ice Rink', and 'healthplan.org'.

Inaugural Nail City Chefs - *Battle of the Blades* to be Held in November

The Highlands Event Center and the Ohio County Commission proudly present the Inaugural “Nail City Chefs” Event to benefit both Wheeling Health Right and the Soup Kitchen of Greater Wheeling. The event will be held at The Highlands Event Center on Saturday, November 19, at 5:30 p.m. Wheeling Health Right and the Soup Kitchen of Greater Wheeling collaborate in many ways and serve similar populations, so working together on a fundraising event makes perfect sense.

Well-known local area food personalities, Chef Rocco Basil of the

Diocese of Wheeling-Charleston and Chef Adam Luiso of Chef-N-Company, will compete for the title *Best Chef in the Valley* live on stage. For this exciting night, the chefs will prepare dishes with 3 mystery ingredients to be judged by a panel of local celebrities while a pre-prepared delicious dinner will be served to all guests.

All funds from this major fundraiser will be used to provide quality health care, medication, and food security to anyone who is disadvantaged, especially to the low-income, uninsured, and those in need in our community.

Sponsorship opportunities are available, as are tickets to this night of fun and entertainment. For additional information, please contact Susan Hagan, event chair at (914) 582-9005, or via email at susanj4142@gmail.com.



Wheeling Health Right Announces Community Health Worker Program

We are excited to announce that we have recently started a Community Health Worker (CHW) program to assist high-risk patients with the care coordination in their home and community. The role of a Community Health Worker is to interact with patients through weekly home visits and facilitate communication between the patient and Wheeling Health Right. This person provides culturally

appropriate health education, information, and outreach in community-based settings. The CHW will provide services such as advising on access to health and human services, social support, care coordination and health screenings.

We are happy to announce that we have hired Marisa Scott to serve as our first Community Health Worker. Marisa is a 2019 graduate from West Liberty Uni-

versity with a B.A. in Community Education. She previously worked for over 2 years in a position that has helped her gain many connections with local organizations who can help the patients.



Health Right Happenings

New Faces, New Positions

The Wheeling Health Right Board of Directors and Staff welcome our new team members! Below are their names, positions, and a short introduction from each new staff person.

Brenda Barry – *Receptionist*

I am pleased to be part of the Wheeling Health Right team. I had 17 years in the insurance industry working customer service and helping both providers and clients and 7 years in chiropractic doing billing, bookkeeping and reception. I knew Health Right helped the community, but didn't realize how much they actually did until I came on board. I am proud to be part of this team.

Welcome
Brenda!

Jennifer Stern – *Licensed Practical Nurse*

Jen recently moved from our Front Office Assistant position into one of our nursing positions as a Licensed Practical Nurse. In addition to being an LPN, Jen is a Certified Medical Administration Assistant and Certified Behavioral Health Specialist. Previously Jen was employed by Wheeling Hospital as a Phlebotomist for 21 years and a Licensed Practical Nurse for 18 years.



Marisa Scott – *Community Health Worker*

I am a 2019 graduate from West Liberty University with a B.A. in Community Education. I previously worked for over 2 years in a position that has helped me gain many connections with local organizations who can help the patients I will serve with their resources. I love the family environment that Wheeling Health Right offers, and finally feel appreciated for my work and knowledge that I offer.

Welcome
Marisa!

An Easy and Free Way to Support Us

Requesting to receive our communications via email allows us to save money, which results in our ability to assist more patients. This also helps us to do our part to save the planet. To request our future newsletters and other communications via email, please send your request to Gary Mulhern at gmulhern@wheelinghealthright.com. **Thank you!**



EatingWell

Sauteed Pork Chops with Apples

★★★★★

The Sugar and Spice Rub makes extra. So another time, use it to season pork tenderloin or lean burgers before broiling or grilling.

Active: 30 mins
Total: 1 hr 40 mins
Servings: 4



Ingredients

Sugar and Spice Rub

2 tablespoons packed brown sugar
2 teaspoons chili powder
1 ½ teaspoons kosher salt
1 ½ teaspoons garlic powder
1 ½ teaspoons onion powder
1 ½ teaspoons ground cumin
¾ teaspoon cayenne pepper
¾ teaspoon black pepper

Pork Chops

4 (8 ounce) bone-in pork center-cut chops, cut 3/4 inch thick
2 teaspoons canola oil plus 1 tablespoon, divided
¼ cup dry white wine
2 cups thinly sliced Granny Smith apples
½ cup reduced-sodium chicken broth or chicken stock
2 teaspoons Fresh thyme

Directions

To prepare Sugar and Spice Rub: In a small bowl, stir together brown sugar, chili powder, salt, garlic powder, onion powder, ground cumin, cayenne pepper and black pepper.

To prepare chops: Trim fat from chops. Brush 2 teaspoons oil over all sides of chops. Sprinkle chops evenly with 1 tablespoon of the rub (reserve the rest for another use); rub in with your fingers. Cover with plastic wrap; chill in refrigerator 1 hour.

Preheat a large skillet over medium-high heat 2 minutes. Add the remaining 1 tablespoon oil; swirl to lightly coat skillet. Add chops; cook 7 to 10 minutes or until 145 degrees F, turning once. Transfer chops to a warm platter; cover and keep warm.

Remove skillet from heat. Slowly add wine to hot skillet, stirring to scrape up any browned bits from bottom of skillet. Return skillet to heat. Add sliced apples, broth, and 1 thyme sprig. Bring to boiling; reduce heat. Simmer, covered, about 3 minutes or just until apples are tender. Using a slotted spoon, transfer apples to a small bowl; cover and keep warm. Bring broth mixture in skillet to boiling. Boil about 5 minutes or until liquid is reduced by half. Return chops and apples to skillet; heat through. If desired, sprinkle with snipped thyme. Serve immediately.

Tips

To make ahead: Prepare rub (Step 1); store in an airtight container for up to 3 months.

Nutrition Facts

Serving Size: 1 pork chop, 1/4 cup cooked apples and 1 tablespoon sauce

Per Serving: 297 calories; protein 35.1g; carbohydrates 9.4g; dietary fiber 1.5g; sugars 6.8g; fat 11.6g; saturated fat 2.2g; cholesterol 108mg; vitamin a iu 124.8IU; vitamin c 3.7mg; folate 2.4mcg; calcium 38.2mg; iron 1.3mg; magnesium 46.6mg; potassium 649mg; sodium 256mg.

Exchanges: 1/2 fruit, 5 lean meat, 1 fat

Health Right Happenings

Inclusive Outreach and Colorectal Screening Program

Final Event To be Held At Our 3rd annual “Falling for Health” Health Fair

We will be conducting our final education and screening program focusing on adults who are at greater risk for Colorectal Cancer at our 3rd annual “Falling for Health” Health Fair on October 7, from 9:00 a.m. to 3:00 p.m. at the Wheeling Health Right parking lot. This will be the fourth time this program has been held this year, thanks to grant funding provided by The Schenk Charitable Trust and the Helen J. Prince Foundation.

The event will consist of an educational session explaining colon health and function; the risks of colorectal cancer, what it is, and how it is diagnosed and treated; the elevated risk for specific age and ethnic groups; and other information as deemed appropriate and necessary by Wheeling Health Right medical staff pre-

senting this life-saving information. When necessary for a participant, a Cologuard test will be prescribed by a Wheeling Health Right nurse practitioner. Cologuard is intended to screen adults 45 years of age and older who are at average risk for colorectal cancer by detecting certain DNA markers and blood in the stool. For those whose insurance won't cover the expense of the Cologuard test, grant funds are available to cover the cost. Food, refreshments, and prize/gift incentives will be made available.

“We are extremely pleased with the results of this program and grateful to our funders for making this event possible,” said Kathie Brown, executive director of Wheeling Health Right. “Our goal was to reach at least 80 people through these events. I am happy

to report we have reached over 70 people so far,” Kathie continued. The three previous events were held at the YMCA in Elm Grove (in March), the Ohio County Library (in April), and the Wheeling Park Ice Rink (in May). The May event was a part of the Men's Health Fair, sponsored by The Health Plan.

For more information on this event, please contact Anne Ricci, Marketing Director at Wheeling Health Right at 304-233-1135 or aricci@wheelinghealthright.com.



Don't Need Your Required Minimum Distribution This Year?

Consider a Qualified Charitable Distribution from your IRA Today



If you are 70.5 years of age or older, an IRA owner, and charitably inclined, a Qualified Charitable Distribution (QCD) may be of interest to you. The QCD is an IRS rule that allows those who are in the required minimum distribution stage, to redirect the funds to a qualified charity tax free.

Taking a step back- the required minimum distribution (or RMD) is an amount that the IRS requires everyone over the age of 72 who has a qualified plan, to take out each year. The amount varies by account value and the age of the owner. These distributions are considered taxable income and are taxed at the federal and state level. Forgetting to take an RMD results in a penalty of 50%(!!) of the amount that was to be taken- so it is very important to make sure its out before the end of the year. However, IRA owners that are 70.5 or older are allowed to make QCD's before the RMD age.

Not everyone needs the RMD money and in some cases the distribution can push the account owner into a higher tax bracket. The QCD moves the money directly from the IRA to the charity tax free. The owner never "receives" the money, so they are never taxed on the amount. The charity gets the full amount tax free for immediate use. Also, the RMD

can be split among more than one charity, or can be partially given to a charity and partially kept by the owner. The owner is only taxed on the amount they personally receive from the IRA. This rule is extremely flexible but has one limitation- only \$100,000 of the RMD can be used for the QCD annually.

Important notes to consider before doing a QCD;

- The distribution is **NOT** the same as a charitable donation. If you itemize, a QCD is not includable as a deduction. The account owner is not taxed on the distribution only.
- Only IRA owners can make QCDs. i.e. IRA, SEP IRA, SIMPLE IRA, Inherited IRA's and others
- You must be 70.5 to do a QCD
- The QCD amount is excluded from federal, state, Medicare, and social security tax.
- The distribution could lower the taxable estate of the IRA owner
- You should **ALWAYS** seek the professional guidance from a professional tax advisor before doing a QCD.

In order to make a Qualified Charitable Distribution (QCD) to Wheeling Health Right or any other charities, you must contact your IRA custodian. In some cases, you may need to call them, or they may have a QCD instruction form on their website. If you have any questions about making a Qualified Charitable Distribution (QCD) from your IRA to Wheeling Health Right, please contact Gary Mulhern, Director of Development, at 304-233-1135, or via email at gmulhern@wheelinghealthright.com.



Wheeling Health Right, Inc.
61 29th Street
Wheeling, WV 26003

Phone: 304-233-9323

Fax: 304-233-9348

Web: www.wheelinghealthright.com

Find us online:



Ways to Support Us



Scan this QR Code to visit our online giving page and make a gift. To scan, open your phone's camera and aim it at the above QR Code.

One-time Gift

Make a gift online or mail a check to our address.

Join our Health Care Provider Club

(Recurring Gift)

The *Health Care Provider Club* allows you to make and set up a monthly gift to support our mission. To join our Health Care Provider Club, visit our website or contact us.

Gift Planning

In addition to cash and in-kind gifts, you can contribute to the mission and future of Wheeling Health Right by utilizing special gift planning vehicles. These giving tools can vary and include bequests, retirement assets, life insurance, appreciated securities, charitable trusts, and real estate. Planned (Legacy) gifts can mutually benefit you and your family as well as Wheeling Health Right, so

we hope you will consider one of these giving opportunities. For more information, please contact Gary Mulhern, our Director of Development. He can be reached at 304-233-1135, or via email at gmulhern@wheelinghealthright.com.