



WHEELING  
healthright

# Health Right Happenings

A PUBLICATION OF WHEELING HEALTH RIGHT, INC.

Summer 2022

## In Loving Memory of Donald H. Hofreuter, M.D.

*A tribute from our executive director*

In December, 2021, Wheeling Health Right lost one of its staunchest supporters, Dr. Donald H. Hofreuter. He was a man among men, a great healer and truly dedicated to the underserved. His commitment to the poor started as a little boy and continued throughout his life.

Dr. Hofreuter has touched my professional career for over 45 years. As a young graduate of Alderson-Broadus College with my BSN, I was assigned the Elm Grove portion of Wheeling while working with VNA. Since many of Dr H's patients were from that area of Wheeling, we talked multiple times daily about his patients. I can honestly say he helped me to gain valuable knowledge that has continued to follow me through my career.

As the CEO of Wheeling Health Right, I frequently met with Dr. Hofreuter about the needs of our clinic. Being the Administrator of Wheeling Hospital, he was solely responsible for donating the *Sacred Heart Church* site to Wheeling Health Right to allow us to expand our services. He encouraged his vendors to donate equipment and supplies and asked **Project Best** to use apprentices to complete our clinic. With over 2500 volunteer hours, he ensured the uninsured of our community had a beautiful and

well equipped new clinic to meet their needs and charged \$1/year for rent.

Fast forward to 2004 when our clinic was forced to find a new home due to the sale of the Sacred Heart Church. The Board made an offer to purchase the State Farm Building. Totally prepared to make an offer for much needed physician office space, Dr. Hofreuter withdrew his offer to allow our clinic to purchase our current site. So very consistent with his compassionate heart and respect for our uninsured patients.

Dr. Hofreuter served as Board President for two years, then as Past Board President until the time of his death as he was made Ex Officio at the end of his six years on the board. He attended every board meeting until the pandemic struck in 2020, then still called in for every meeting until one month before his passing. He visited the clinic weekly to meet with our providers and helped them navigate difficult cases, helped find a specialist for patients in need and challenged them to continue to learn as much as possible, even providing them with medical journal articles every month.

To say he has been my mentor and dear friend doesn't begin to express



**Kathie Brown, Executive Director (left), and Dee Phillips, Assistant Director (right), visit with Dr. Hofreuter in his home during this past holiday season.**

the impact he has had on my professional life. He always encouraged me to grow, to be stronger and bolder and to make the clinic and myself the best we could be every day. I will forever be grateful to him for all that he taught me, especially for the confidence he had in me.

We deeply miss his undying support, his love of our staff and patients and his friendship. He will forever hold a special place in the hearts of staff, board members, and me. He was indeed a very special man who will never be forgotten at Wheeling Health Right.

*Kathie Brown*  
Executive Director  
Wheeling Health Right, Inc.

# Health Right Happenings

## Building Capacity for Increased Safety and Demand

### *Construction project update*

Thanks to the critical and generous support from several funders, Wheeling Health Right is redesigning and expanding the Clinic space to provide increased safety and to meet growing demand. The primary focus of this project is to add a drive-through pharmacy, and expand the Dental Clinic by adding two additional dental operatories. Construction began in January and the majority of the project is anticipated to be completed by July. The Marshall County Commission; the Ohio County Commission; U.S. Representative David McKinley, through the Congressional Appropriations process; and several private funders all made restricted gifts just for this project.

The addition of a drive-through pharmacy will allow Wheeling Health Right to take additional safety precautions against COVID-19 and other viruses by reducing the number of patients required to be in the Clinic, especially in the waiting area where many patients can congregate. The drive-through will also allow mobility challenged patients to more conveniently and safely pick up their medications. As a part of the expansion of the Dental

Clinic, Wheeling Health Right will be able to address increased demand for care and expand services to include periodontal treatments. Such treatments consist of cleaning the pockets around teeth to prevent damage to the surrounding bone. Advanced cases may require surgical procedures which Wheeling Health Right will be able to perform. The Dental Clinic expansion will double the operatory capacity.

This project makes it necessary to relocate the conference room, reconfigure the executive director's office, relocate storage space, include a bathroom in the addition, as well as make modifications and improvements to plumbing, electrical systems, and HVAC. The project also includes the purchase and installation of a new, higher-capacity generator; paving; lighting; and the addition of a 12-station bike rack, as many patients depend on bicycles as their primary source of transportation. The new generator will protect COVID-19 vac-

cines and medications that require storage at precise temperatures during times of power outages, and will allow the Clinic to remain open during such events.



**Above: Expanded Dental Clinic space. Below: Exterior addition.**



### FARMacy Program Set to Begin 7<sup>th</sup> Year

*Program makes a positive impact through fresh produce and education*

Wheeling Health Right will kick off its seventh year of “FARMacy” from 9:00 am – 11:00 am on Wednesday, June 29, on the Clinic’s grounds at 61-29<sup>th</sup> Street in Wheeling. The “prescriptions for produce” program has yielded positive health outcomes for patients living with chronic illness. Studies show a diet high in less expensive, calorie laden fatty meats and processed foods, and low in fresh fruits and vegetables, contribute to obesity, diabetes, and heart disease, among other health problems. Wheeling Health Right launched FARMacy to introduce fresh produce as the mainstay of a healthy diet and lifestyle. WV has an obesity rate of 35.7%; a diabetes rate of 14.1% and a hypertension rate of 41%. The clinic

has conducted pre-diabetes and diabetes education groups featuring lifestyle factors that help manage the disease, or in some cases, stop its progression.

Wheeling Health Right has partnered with Jebbia’s Market in Wheeling to offer patients who cannot otherwise afford fresh, organic produce in an effort to improve their overall health and help manage their chronic diseases. The WVU Extension Office will continue to provide onsite cooking tips and recipes to help patients learn diverse ways to prepare their produce.

This delicious program is brought, in part by, The Women’s Giving

Circle of the Community Foundation for the Ohio Valley.



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### Blackberry Muffin Recipe

*How to Make Blackberry Muffins in Five Easy Steps:*

1. Combine flour, sugar, salt and baking powder in a large bowl.
2. Combine oil and egg in a mixing cup. Add milk to measure 1 cup. Whisk in vanilla & almond extract.
3. Combine dry ingredients and wet ingredients until just combined, then fold in blackberries.
4. Make streusel topping by combining sugar, flour, butter, cinnamon & cardamom.
5. Sprinkle muffins with streusel topping & bake.

#### Ingredients

- 1 1/2 cups all-purpose flour
- 3/4 cup sugar
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/3 cup vegetable oil
- 1 egg
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract (optional)
- ⅓ – ½ cup milk
- 1 cup fresh frozen blackberries (or fresh)



Compliments of:  
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## Health Right Happenings

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### New Faces

#### *Four new people join WHR staff*

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



**Susie Brookover** – *Pharmacy Tech*

I'm happy to be a part of this organization. Coming from 12 years of retail pharmacy and seeing the difference in cost, savings, and actual care at Wheeling Health Right - I feel so blessed to be here. I will never have to tell a patient their medicine is \$800 again!



**Jodi Miller** – *Nurse Practitioner*

I have 27 years of nursing experience. The past few years have been in family practice as a certified family nurse practitioner. I have served in many roles over the years. Most recently, I served as a medical director for a 72 bed facility addressing addiction, co-occurring disorders, and physical ailments. This experience has been invaluable when working at the clinic to help an at-risk population with chronic disease, mental health, and addiction issues. I hope to make a positive impact in our community by having a deeper understanding of the challenges each individual faces.



**Amanda Richards** – *Nurse Practitioner*

I am a board certified family nurse practitioner, credentialed by the ANCC. I started my nursing career in 2009 at Wheeling Hospital as a cardiac nurse. I then worked at an LTAC, while working on my Master's Degree from Franciscan University. I started practicing as a nurse practitioner in 2016, specializing in Internal Medicine working at Weirton Hospital. I now work as a hospitalist for WVU at Wheeling Hospital, in addition to working here at Wheeling Health Right.

### ***New Faces cont.***

#### **Jennifer Stern- Front Office Assistant**

I have been a Phlebotomist for 21 years and a Licensed Practical Nurse for 18 years, employed by Wheeling Hospital. I was pretty much raised in a foster care system. Having no roots, I had to trust and rely on a chosen family of helpers who saw more potential in me than I could feel in myself. They encouraged me when doubt was an ever-present shadow in my life. Because of their perseverance with me, confidence overcame doubt, independence was no longer a frightening prospect, and learning to love myself opened my heart to others. Back in 1992, I was asked by the family that raised me to join a Human Rights Committee whose purpose was to ensure that the rights of children were upheld and adhered to. Initially, I questioned my qualifications, but was told that my lived experience gave me better insight and my voice was more authentic than most others who did not live what I lived. I was and still am grateful for the opportunity and believe my contributions made and still make a difference.



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### **Inclusive Outreach and Colorectal Screening Program Continues** *Three events held; one remaining event planned*

Wheeling Health Right has begun conducting an inclusive outreach and colorectal cancer screening program in order to address the greater risk of this form of cancer for African American populations. Although there is a main focus on this specific segment of our population, these outreach events are fully inclusive, meaning anyone is welcome to participate. We have successfully conducted three out of the four grant funded colorectal events, and 75 people have participated to date. Grant funding from the Schenk Charitable Trust and the Helen J. Prince Foundation

has made this program possible.

Each event consists of an educational session explaining colon health and function, the risks of colorectal cancer, what it is, and how it can be treated. Time is allocated for questions and answers. If there is an issue that can be either corrected



or treated, the sooner that it is detected, the better the prognosis. Experts say when it comes to cancer, detecting it early gives you more options when it comes to treatment and the possibility of a better outcome. If our nurse practitioners determine a participant can benefit from a colorectal screening, one will be prescribed using the Cologuard test kit. For those whose insurance will not cover the expense of the Cologuard test, grant funds are available to cover the cost. The event is free and includes food and refreshments and prizes. The last

event is scheduled for December 8, 2022, at a location yet to be determined. For more information on our December event, please call Anne Ricci, Director of Marketing, at (304) 233-1135 or via email at [aricci@wheelinghealthright.com](mailto:aricci@wheelinghealthright.com).



## Health Right Happenings

### Covid-19 Testing and Vaccines

Effective June 2, 2022, the cost of the rapid test at Wheeling Health Right will be \$20. PCR Testing has been suspended, until further notice per the Governor and WV DHHR. Rapid testing is offered Monday – Friday from 8:30 am- 3:00 pm. Vaccinations are offered Monday – Friday from 9:00 am — 3:00 pm. Walk-ins are welcome.



*You do not have to be a patient of Wheeling Health Right to receive these services.*

## Why You Should Stay Up to Date with Your COVID-19 Vaccines



Getting vaccinated and boosted **greatly reduces** your risk of severe illness, hospitalization, and death.



COVID-19 vaccines, including boosters, are **effective against known variants**, including Omicron.



All COVID-19 vaccines currently approved or authorized in the U.S. are **proven to be safe**.



**FIND A VACCINE NEAR YOU: [WWW.VACCINES.GOV](http://WWW.VACCINES.GOV)**

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### **WHR Receives Funding to Serve the Most Vulnerable and Rural Populations** *Grant provides vaccinations and testing for major health concerns*

On March 3, the Community Education Group (CEG) announced that Wheeling Health Right was one of sixteen organizations to receive a grant from their Appalachian Partnership Fund to provide testing for COVID-19, HIV, Viral Hepatitis, and Substance Use Disorder. The Appalachian Partnership Fund is earmarked for local groups serving West Virginia's most vulnerable and rural populations.

This grant program is focused on COVID-19 testing and vaccination, influenza vaccination, HIV testing, obtaining PPE, COVID-19 and HIV test kits, or wellness edu-

cation. Wheeling Health Right specifically applied for and received funding to hire two health care professionals to dedicate 100% of their time to provide testing and vaccinations, to purchase additional COVID-19 tests and supplies, and to purchase PPE equipment for all staff.

In the first month of funding, Wheeling Health Right provided 192 COVID tests, 19 COVID vaccinations, 34 HCV (Hepatitis C) tests, 31 HIV tests, and 6 influenza vaccinations. Wheeling Health Right is providing these services at the Clinic location on 29<sup>th</sup> Street in Wheeling, as

well as at the Wheeling Soup Kitchen.

"We are grateful to the Community Education Group for this funding," stated Kathie Brown, Executive Director. "It is our plan to provide these tests and vaccinations for every patient that comes to us for care," she added.

The Wheeling Health Right grant is part of a \$1 million partnership fund made possible due to a Centers for Disease Control and Prevention (CDC) agreement with CEG to build the evidence base of effective interventions to improve vaccination coverage and

identify and implement strategies to reduce disparities in vaccination coverage in rural and at-risk populations throughout West Virginia.



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### **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](mailto:gmulhern@wheelinghealthright.com). **Thank you!**



## Wheeling Health Right, Inc.

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Find us online:



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## 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](mailto:gmulhern@wheelinghealthright.com).