

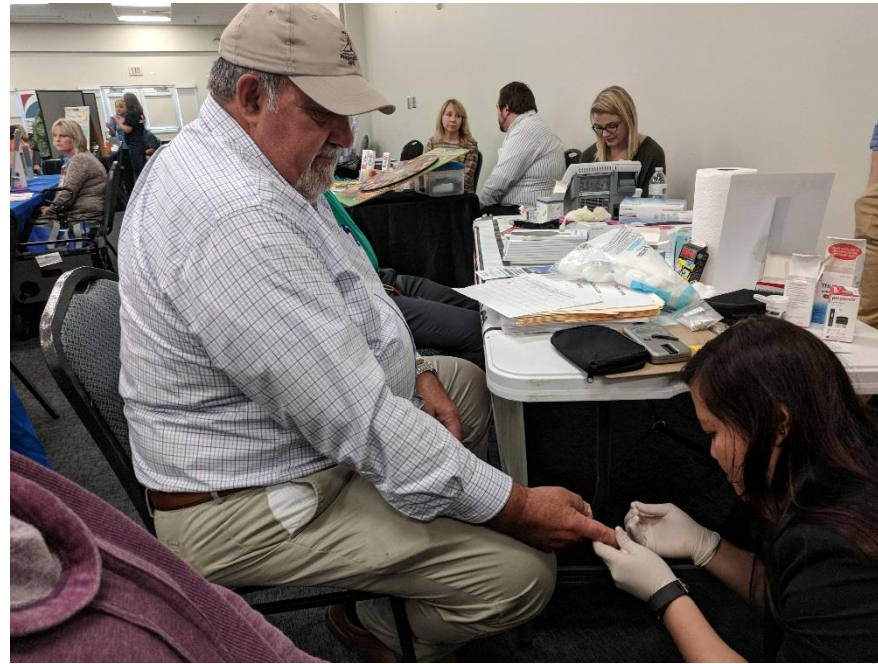


Welcome To The Third Annual
Russell County Family Health Expo

Remembering Previous Expo's...



Some Exhibitors With Health Screenings And Prizes



Registration & Door Prize



More Exhibitors....



Mother Goose Was A Hit And More Health Screenings



2018 Farm To Table Dinner

Let The Fundraising Begin!



Farm To Table Dinner Fundraiser For RC Health Coalition

A Special thank you to
all our sponsors
for the Farm to Table
Dinner



RCMC And Town Of Lebanon Recognized



Farm To Table On Main Street, Lebanon



Fresh Local Produce Being Plated



Farm To Table Chef Charlie Howard



Lebanon Town Mayor Tony Dodi With RC Health Coalition Chairperson Donna Meade



RC Schools Culinary Art Students Assist In Serving Food For Farm To Table With Director Jill Edmonds And Prepared Food For The



Farm To Table Sponsors, Volunteers And Farmers Made This Possible



Thank you to all the volunteers that helped set up for the event and to all the farmers that help provide the fresh local produce and meat.

Community Garden At Elk Garden School Community Ministry



RC Health Coalition Impacting The Community....

- ▶ The RC Health Coalition formed in 2014 as an offspring of the Diabetes Support Groups and incorporated in 2017.
- ▶ Mission: To implement sustainable programs that improve access and opportunities for better overall health of all generations of Southwest Virginians.

Most Recent Projects

- ▶ Continued support for the two Russell County Diabetes Groups (Lebanon & Drill)
- ▶ Community Garden in Russell County
- ▶ Healthy Bucks at the Farmers Markets
- ▶ Balanced Living with Diabetes
- ▶ Annual Russell County Family Health Exposition
- ▶ National Diabetes Prevention Program in Russell County
- ▶ Annual Kids Wellness Camp
- ▶ Proposed installation of a community disc golf course at Lebanon Primary School

Russell County Family Health Expo

Exhibitor Information



**Quality healthcare,
close to home.**

For more than 40 years, Russell County Medical Center has served the healthcare needs of our community. Today, we are better prepared than ever to care for you and your family through illness and injury. We are proud to be your choice for quality care close to home.

OUR SERVICES INCLUDE:

- 24-hour emergency care
- Behavioral health
- Cancer & Infusion services
- Cardiopulmonary/respiratory
- Laboratory services
- Mammography
- MRI and CT
- Orthopedics
- Rehabilitation
- Surgical services



People. Trust. Experience.

58 Carroll St. | Lebanon, VA
276-883-8000 | MountainStatesHealth.com/rcmc



Russell County Family Health Expo Exhibitor Information



Russell County Family Health Expo

Exhibitor Information

Infant & Toddler Connection of Cumberland Mountain

Contact: 276-964-6702 Melinda Vandyke or Mary Lou Hutton

A child and family may receive early intervention supports and services if the child is: up to three years old and has certain levels of **developmental delay, differences in development** and/or a **diagnosed condition**.

To find out more about Early Intervention in Virginia go to www.infantva.org.

Russell County Family Health Expo

Exhibitor Information



Cumberland Plateau Health District

Project Connect

Far Southwest Virginia's FAMIS Programs Outreach

We Can Help!

Community Outreach and **Education**

Application **Assistance** for Children and Pregnant Women

Support in the Application Process

Contact: Pat McGlothlin @ 2876-415-3337

Pat.McGlothlin@vdh.Virginia.gov



Russell County Family Health Expo Exhibitor Information



The mission of the Russell County Prevention Coalition is to reduce the use and abuse of drugs among youth in our community in a comprehensive and long-term manner, improving the quality of life in Russell County, Virginia, by promoting wellness through awareness and collaborative efforts.

www.facebook.com/RussellCountyPreventionCoalition



Parents, DON'T BE PART OF THE PROBLEM!

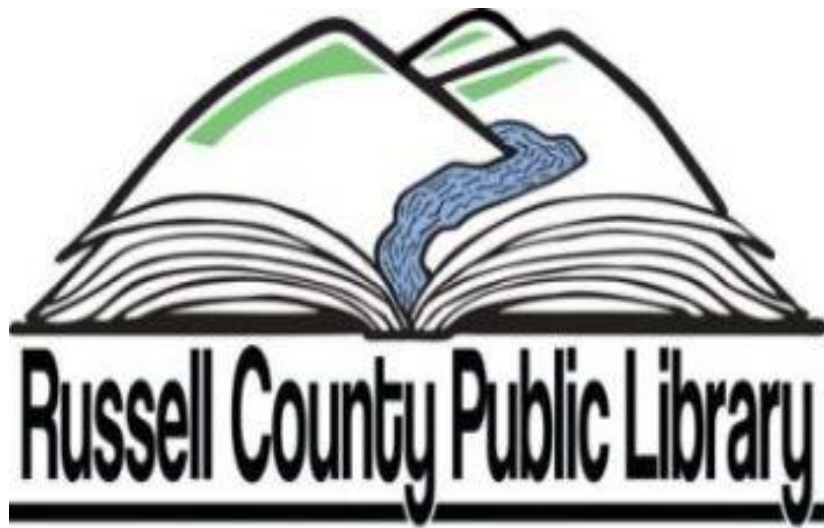
- Communicate with other parents to ensure social events are alcohol and drug-free and are chaperoned by responsible adults
- Refuse to supply alcohol/drugs to youth
- Lock up alcohol and prescription medications
- Ensure alcohol/drugs are not brought on your property
- Have an honest conversation with your children and set clear rules about alcohol and drug use

Russell County Family Health Expo Exhibitor Information

Clearview Psychiatric Center is a Behavioral Health Services at RCMC

- ▶ 20-bed adult behavioral health unit housed in Russell County Medical Center (RCMC) in Lebanon, Va.
- ▶ The Clearview unit opened its doors in August 1987 and has been providing behavioral health services to the residents of Russell County and surrounding areas ever since. The unique setting of a behavioral health unit housed in an acute care facility provides patients with access to medical and diagnostic resources and a team of highly trained and compassionate health care providers who may be needed during the course of treatment.
- ▶ Our physician specializes in psychiatry and behavioral health and is board certified in psychiatry by the American Board of Psychiatry.
- ▶ Contains a large multi-purpose treatment room, a group therapy room, a recreational therapy room, a kitchen, a laundry area, offices and work areas.
- ▶ Is exclusively designed to provide short-term stabilization and treatment.
- ▶ Accepts referrals and admissions 24 hours a day.
- ▶ *Referrals may come from:* Self-referral, Family members, Physicians, therapists or counselors and Court system

Russell County Family Health Expo Exhibitor Information



Our Mission

Russell County Public Library cultivates a community of lifelong learners through reading, digital connectivity, access to information resources, and programming.

Russell County Family Health Expo

Exhibitor Information

Russell County Home Health & Hospice

116 Flanagan Ave. Suite C Lebanon, VA 24266
276-883-8484

-Hospice care is about quality of life, regardless of the time that remains. It affirms quality of life and provides comfort, spiritual and emotional care while maintaining patient dignity.

-Hospice services offer- Skilled nursing, home health aides, hospice physician (medical director), social workers, skilled therapists, the patient's personal physician and trained volunteers.

Russell County Family Health Expo

Exhibitor Information

TASK - Taking Action for Special Kids

Patti Cettin, Director



Email: taskforkids@hotmail.com

Office: 276-979-0408

Website: www.taskforkids.org

PO Box 877

Office Located in Tazewell Sheriff Dept. Bldg.

North Tazewell, VA 24630

TASK is a non-profit agency serving families and professionals in southwest Virginia. Special education and disability services information are our specialty! All calls to our office are FREE and CONFIDENTIAL. We provide workshops on special education topics, phone & in person consultations, Facebook and Twitter notifications of reliable, up to date information. We also provide a four week summer program for special needs children in Tazewell County. Anyone can call our office for information and assistance. All services are FREE and Confidential!

Russell County Family Health Expo Exhibitor Information



Home visiting program serving families with pregnant women or children birth - 6 years in: Russell, Dickenson, Buchanan and Washington Counties and the City of Bristol.

Providing education on: parenting, child health/development, community resources and much more!

Contact: CHIP at People Inc at 276-623.9000
www.peopleinc.net



Russell County Family Health Expo

Exhibitor Information

- ▶ The primary mission of Project Lifesaver is to provide a timely response to save lives and reduce potential injury for adults and children who wander due to Alzheimer's, Autism and other related conditions or disorders.
- ▶ Searching for individuals with wandering tendencies is a growing and serious responsibility. Every minute lost increases the risk of a tragic outcome. Working with trained public safety agencies and Project Lifesaver International will help save time, money and most importantly, your loved one.
- ▶ Project Lifesaver was started in Chesapeake, VA and is now throughout the United States and Canada. Additionally, Project Lifesaver has over 2,900 successful searches conducted.
- ▶ The Russell County Sheriff's Office is proud to partner with Project Lifesaver. Project Lifesaver provides a strong addition to our county resources that meets the needs of our senior population.
- ▶ **Contact Us:** Phone: (276) 889-8033 Address: P.O. Box 338 Lebanon, VA



Russell County Family Health Expo Exhibitor Information

Appalachian College of Pharmacy

**Students from Appalachian College of
Pharmacy**

Available to provide education and services

Russell County Family Health Expo

Additional Exhibitors

- ▶ The Health Wagon
- ▶ The Russell County Salvation Army
- ▶ Anthem Health Keepers
- ▶ Home Nursing Company, Inc.
- ▶ United Way SWVA-Smart Beginnings
- ▶ Lebanon Physical Therapy
- ▶ Schumacher Chiropractic

Russell County Family Health Expo

Additional Exhibitors

- ▶ Virginia Premier Health MCO
- ▶ Divine Home Care
- ▶ Russell County Health Department
- ▶ Appalachian Agency for Senior Citizens
- ▶ United Health Care
- ▶ People Inc. Head Start and VITA

Today's Exercise Demos...



JULIA

ROCKOUT. WORKOUT.

Pound *with* Jenny Mae Curry

Today's Entertainment

Karaoke in the
Big Tent
Today
With Dan



Russell County's Own Dan Curry



Thank you to all that made this event possible and we look forward to next year's
Russell County Family Health Expo!