

FREE CLINIC OF THE NRV

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Free Clinic of the New River Valley

SARAH KILBOURNE

MAY 2010

Mental Health Month

May is Mental Health Month, sponsored by Mental Health America (MHA). This year's theme is 'Live Your Life Well,' which challenges Americans to promote health and wellness in homes, communities, and schools, and to "inform those who don't believe it's attainable," according to the MHA website.

The website states that Americans are affected by the daily stresses and demands of their lives and can seek help in responding to them. The 'Live Your Life Well' campaign is a "public education campaign dedicated to helping people better cope with stress and enhancing their well-being." MHA acknowledges that stress takes a huge

toll on a person's mood, productivity and relationships.

Mental Health America created the campaign in hopes of increasing the number of people that take action to protect their mental health in times of great stress and



personal challenge.

One major problem among many Americans that deal with mental health issues

is stress. Although small levels of stress can be good for you to keep your mind alert, chronic stress, or stress that continues over a long period of time, can sometimes lead to depression.

If you are feeling particularly stressed, think you may have depression, or face other mental health problems, get help. The Free Clinic offers referrals for mental health services. Another free service is the Pro Bono Counseling Program offered by the Mental Health Association of the New River Valley, located at 303 Church Street in Blacksburg.

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Hokie Idol Benefits Free Clinic

On April 13, the Beta Theta Pi Fraternity at Virginia Tech presented the second annual Hokie Idol competition. Held in Burruss Auditorium on Virginia Tech's campus, the event brought out about 400 attendees and raised over \$2,000, some of

which will be donated to the Free Clinic of the New River Valley. This is the second year Hokie Idol has benefited the Free Clinic. According to Bradley de Wet, a Beta brother, the Chapter wanted to choose a local recipient where they could "see the

impact of the fundraising dollars that we made as opposed to sending funds to a large charity."

Marc Becker, another Beta brother and Hokie Idol director, said he was delighted with the outcome of this

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Quit Smoking on May 31



The death rate for smokers is 2 to 3 times higher than non-smokers

If you smoke cigarettes and you haven't already quit, use May 31, 2010 as an excuse. May 31 is World No Tobacco Day, sponsored by the World Health Organization (WHO). WHO uses this day to point out the health risks associated with tobacco use and to advocate for policies to reduce consumption.

Tobacco use is the second cause of death globally and is responsible for killing one in 10 adults worldwide, according to the WHO website.

Not only are you hurting yourself, you are hurting others around you. Second-hand smoke puts those who don't smoke at risk by being exposed to tobacco smoke. According to the International Labour Organization, 200,000 workers die every year due to second-hand tobacco exposure at work. WHO believes that about 700 million children, which is almost half of the world's children, breathe air that is polluted by tobacco smoke.

Second-hand smoke can also cause breathing-related issues in pets and many animals die from eating discarded cigarette butts.

The Centers for Disease Control and Prevention sets a guideline of five key tips to quit smoking. The first is to set a start date: use May 31, World No Tobacco Day.

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Hokie Idol, continued

“Although I just took a job in D.C., I wouldn't mind 'taking some time off' to sing in American Idol!”

year's competition. “The event itself was very well done and I think everyone who attended or participated was rather pleased.”

Anchoring the judge's table was Virginia Tech Head Basketball Coach Seth Greenberg, whom the hosts, Beta brothers Robert Dingus and Anthony Malizia, described as a “man of all men.” On either side of Greenberg

sat Virginia Tech Assistant Professor of Music Travis Cross and Editor of the Collegiate Times, Sara Mitchell.

The competition featured 10 student finalists who each performed one song. The audience then voted and narrowed the competition to

three final competitors. Senior Communications major Alexandra Joachim won the competition singing her versions of Alicia Keys' “If I Ain't Got You” in the first round and then Christina Aguilera's “Hurt” for the final round. When asked how she felt about winning the competition, Joachim described herself as ‘floored.’ Daniel Gonzales and Dale Mina gave worthy performances in the final round but were runner-ups to Joachim in the end. “I know Daniel...and he is phenomenal,” said Joachim, commenting on her competitor. “I was also so impressed with Dale and couldn't believe he was just a freshman!”

The brothers of Beta Theta Pi will be sending Joachim to the next American Idol auditions held in Atlanta, however, dates for the next American Idol

auditions have yet to be posted. “What is a better group to represent than the Hokie community? I'll definitely give it my all,” said Joachim, excited to be representing Tech at the next auditions. Although she has already accepted a job in D.C., Joachim said she wouldn't mind ‘taking some time off’ to sing in American Idol.

In regards to future Hokie Idol competitions, Becker said he would like to see Hokie Idol continue grow. “I want to get in touch with Fox and American Idol to see if we can get this event sponsored by them,” said Becker in hopes of starting a College American Idol. “Who wouldn't want to watch and root for their college representative?”



Joachim performs at Hokie Idol

Physical Fitness & Sports Month



Get out there and exercise! May is National Physical Fitness and Sports Month, sponsored by the President's Council on Physical Fitness, a committee of volunteer citizens who advise the President through the Secretary of Health and Human Services

about physical activity, fitness and sports in America.

Getting regular exercise is important for all human beings. According to a report by the Surgeon General in 1996, scientific evidence "shows that physical activity done at a moderate-intensity level can produce health benefits."

During the month of May, the President's Council encourages all Americans to take the President's Challenge, a program that urges people to make being active a part of their everyday lives. The President's Challenge organized the program according to different age groups: kids, teens, adults and seniors. National Physical Activity and

Sports Month was started in 1983 by the President's Council to encourage Americans of all ages to incorporate more movement into their daily lives. To stay in shape, adults need at least 30 minutes of activity five days each week, according to the Council. This can be as simple as talking a walk around the neighborhood, taking the stairs instead of the elevator, riding a bike or walking instead of driving.

According to Melissa Johnson, executive director of the Council, the 30-minute exercise doesn't need to be all at once. The 30 minutes can greatly improve your health and can even be "broken up into shorter increments of ten or fifteen minutes," says Johnson. Visit www.fitness.gov for more info.

Mental Health, continued

The program provides free mental health services to uninsured, low-to-moderate income residents of the New River Valley. For a free phone consultation please call the Mental Health Association at (540) 951-4990 or toll free (800) 559-2800.

The Raft Crisis Hotline, a program of New River Valley Community Services, is also avail-

able as a resource. The service provides suicide intervention, empathy and support and information and referral to residents of the New River Valley. Raft is available 4 p.m.- 8 a.m. Monday through Friday and 24 hours a day on the weekends. Phone operators in Access will take calls from 8 a.m.- 4 p.m. on weekdays. If you think you or someone you know is in need of the services provided by Raft please call (540) 961-8400.

Signs of Depression:

- Persistent sad, anxious or "empty" mood
- Difficulty falling asleep, staying asleep or sleeping more than usual
- Reduced appetite and weight loss
- Loss of pleasure or interest in enjoyable activities
- Restlessness, irritability
- Difficulty concentrating at work or school
- Fatigue or loss of energy

Smoking, continued

Get rid of all cigarettes, ashtrays or any other smoking supplies that are around your house, car or workplace. Secondly, get support from friends and family to quit. Counseling is also suggested and is available at 1-800-QUIT-NOW. Third, learn new skills and behaviors; instead of smoking, distract

yourself by talking to someone, going for a walk, or finishing a task. Another way to avoid smoking is to drink water whenever you have the urge. Fourth, medication can help lessen the urge to smoke. The U.S. Food and Drug Administration has approved certain medications to help you quit smok-

ing. Nicotine gum and Nicotine patches are available over-the-counter at grocery and drug stores. Talk to your doctor about other medications that are available by prescription.

Smoking Facts

- Smoking-related diseases cause an estimated 440,000 American deaths each year
- Smoking costs the U.S. over \$140 billion each year in health care costs
- Cigarette smoke contains over 4,800 chemicals, 69 of which are known to cause cancer

Free Clinic of the New River Valley

Working to Build a Healthier Community

Free Clinic of the NRV

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Working to build a healthier community

It's hard to find a job that offers insurance these days. And insurance is expensive if you have to pay for it yourself - too expensive for a lot of families in our area. Still, no one can afford to be without health care, and that's why we're here.

The Free Clinic is a medical facility for adult residents of the New River Valley who are uninsured and are low-income. Our program provides medical and dental care as well as pharmacy services to eligible patients living in Montgomery, Floyd, Pulaski, and Giles counties and the City of Radford.

Our health care services are provided by more than 450 physicians, nurse practitioners, nurses, specialists, dentists and local citizens who volunteer their time at the Free Clinic. We coordinate our services through relationships with the area hospitals, pharmacies, physician specialty offices and outpatient facilities.

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twitter



We have a Twitter! Follow us at
<http://twitter.com/nrvfreeclinic>

Going Green

As spring continues to get greener, so should you! Going green is the practice of using everyday methods to help save the world and it's environment. Living a green lifestyle can be done easily.

An easy way to start living green is to use less electricity and water. If you take long showers, cut down on the amount of time to save water and money on your bills. If you are not in a certain room of your house, leave the lights off. Keep the temperature a little higher in the summer or lower in the winter

to save the environment and money.

Use Energy Star products. Energy Star helps households save money and protect the environment through energy efficient products. The Energy Star label appears on products that are energy efficient, such as light bulbs. Switching to compact fluorescent light bulbs (the energy saving light bulbs) may seem more expensive at first because of the price of the light bulb, but will save you money in the long run because they use less electricity. Many people are switching to compact fluorescent lights to take advantage

of the money saving and electricity saving benefits.

Another way to go green is to recycle more. You can recycle newspapers, mixed paper, and commingled containers (plastics, glass, aluminum) instead of throwing them away. Christiansburg offers three drop-off points for recycling: the Food Lion parking lot at 1530 Roanoke Street, the Home Depot parking lot in Spradlin Farms and near the intersection of Betty Drive NW and Depot Street NW. The Town of Blacksburg also offers curbside recycling pick-up and has drop-off points available: Gables Shopping Centre behind Kroger at 1322 South Main Street. Recycling can be taken to any of Montgomery County's consolidated waste sites.



Simple Tips for Going Green

- Turn off lights and electronics at night
- Take showers instead of baths
- Turn off the water when you brush your teeth