

# LIFETIME

C O N N E C T I O N



## INFLUENZA & COVID VACCINES: PROTECT YOURSELF AND THOSE YOU CARE ABOUT



**Shari Vance, MD**  
Medical Director of  
Primary Care Services  
Camden Clark

This year it is very important to be fully vaccinated against COVID-19 and the flu. The risk of serious illness and death from COVID-19 infection is highest in the unvaccinated older population. This is also true for the flu. This risk increases exponentially if there is co-infection of COVID and the flu.

of the COVID vaccine to increase the level of protection again.

Influenza and COVID are both spread through respiratory droplets. The precautions taken by the public last winter by masking and social distancing reduced the spread of COVID and prevented the spread of the flu. Since fewer people are following social distancing or masking recommendations, there is concern that this year's flu season will be much worse than last year. Because of that, it is very important for everyone to get their flu shot.

The COVID vaccine and the flu shot can be given at the same time. It is no longer necessary to wait 2 weeks between the COVID vaccine and the flu shot, or any other vaccine.

The CDC recommends a booster dose for all three types of COVID vaccine

*continued on page 3*



**Kim Stooke, MD**  
Camden Clark  
Primary Care

We have learned during the pandemic that a person's level of protection after getting the vaccine lessens over time and results in less protection against COVID-19. It is important to get the booster (third dose)

People over 65 have a smaller immune response to the regular flu vaccine. This makes it necessary to receive the high dose flu vaccine to mount a better immune response.

2021  
FALL

 **WVU Medicine**

CAMDEN CLARK  
MEDICAL CENTER



### A few words from Joyce...

WVU Medicine Camden Clark continues to increase access to specialty services for those in the Mid-Ohio Valley. This issue of our newsletter provides information about our two new nephrologists—making it possible for those in our community with kidney disorders or kidney dysfunction to access care close to home. And we're excited to announce that we've added a fourth physician to our interventional pain management team.

We continue to remind everyone that it's safe to get the medical care you need. This is especially important for those with chronic conditions, such as diabetes and heart disease. We have policies and procedures in place to keep you safe at both our primary and specialty care clinic offices.

I want to wish everyone a happy and healthy holiday season, and I hope you're able to enjoy some special times with friends and family! Please take care of yourselves and each other! And as always, please don't hesitate to contact me at (304) 424-2055 or [joyce.hubner@wvumedicine.org](mailto:joyce.hubner@wvumedicine.org), if you have any questions or concerns.

*Joyce*

Joyce Hubner

Lifetime Partners Program Manager

## Patient Care Mail



### Have a loved one in the hospital with us?

Send them an encouraging note with CareMail!

Online visitors can email a friend or family member in our hospital. All emails will be delivered the following business day. Your email is like a postcard. It will be viewed by the Camden Clark staff who print and deliver it, so please don't send confidential information. We cannot deliver email to patients in our emergency room, those having outpatient procedures and diagnostic testing, or those who have chosen not to be listed in our hospital directory. Email will not be forwarded once the patient has left the hospital.



**It's easy to do—  
try it today!**



**Scan with your smart  
phone's camera app.**

## HEALTH & WELLNESS CENTER PROGRAM IMPROVES QUALITY OF LIFE



Straight & Steady is a six-week program that focuses on improving overall balance by correcting poor posture, improving core strength, and teaching body mechanics through strengthening exercises. After a posture and balance assessment, participants will receive one-on-one instruction and individualized exercise

correction plans that are designed to address the needs of each individual participant. Assessments are also conducted at the end of the program to determine participants' progress.

The class is taught by Brittany Barta at Camden Clark's Health & Wellness Center. Brittany is an exercise specialist with a physical therapy background. She demonstrates the exercises, and participants then practice under her guidance helping to reinforce proper technique. She provides education about the benefits of the exercises and how they relate to everyday activities. Participants experience less back and neck pain, improved posture, and improved overall balance, which will decrease risk of falls.

After a visit with her healthcare provider

where they discussed posture and core strength, Debbie Ankrom decided that the Straight & Steady program might be beneficial for her. Debbie's job requires her to sit, so the minor changes that she's made have allowed her to work smarter with her body, which helps her feel better. She has better posture, and is much stronger in her core, which improves her overall physical ability.

According to Debbie, "This program provides tools that participants can continue to use and put into practice every day. I would recommend this program to anyone who wants to improve overall health!"

**For more information, contact Brittany Barta at (304) 424-2348 or at [brittany.barta@wvumedicine.org](mailto:brittany.barta@wvumedicine.org).**



## WVU Medicine Camden Clark Nephrology Services

**Welcome Neeharika Muddana, MD and Siddharth Verma, MD!**

Nephrology services at WVU Medicine Camden Clark specializes in diagnosing and managing kidney disease, the management of hypertension and various acute and chronic renal disorders, and the pre and post-operative management of renal transplant patients. Our specialists also provide preoperative evaluations to advise surgeons of patient risk status before recommending appropriate intervention to minimize risk. Because the kidney performs so many critical functions, Drs. Muddana and Verma maintain expertise in primary kidney disorders, but also the management of the systemic consequences of kidney dysfunction.



ACCEPTING REFERRALS



**LOCATION:**  
Neeharika Muddana, MD  
Siddharth Verma, MD  
418 Grand Park Drive, Suite 311  
Vienna, WV 26105  
304-865-5105 phone  
304-865-5570 fax

**WVU**  
**Medicine**  
CAMDEN CLARK  
MEDICAL CENTER

## VACCINES continued from pg 1

for those over 65 or those who have other risk factors for serious disease. For both Pfizer and Moderna, the recommendation is a third shot be given 6 months after the second dose. With Johnson & Johnson, it is recommended that a second dose be given 2 months after the first and this can be any of the three vaccines.

The flu shot is available at all WVU Medicine Camden Clark primary care providers' offices, as well as other area doctors' offices and pharmacies. The COVID vaccine is available at many area pharmacies; boosters are being offered at the Mid-Ohio Valley Health Department.

Please get your flu shot and your COVID vaccine to protect yourself and those you care about!

## A SIMPLE TEST CAN **SAVE** YOUR LIFE!



A vascular disease is a condition that affects the arteries or veins. Most often, vascular disease affects blood flow. This happens because the blood vessels become blocked or weakened, or because the valves in the veins get damaged. Organs and other body structures may be damaged by vascular disease if blood flow is decreased or fully blocked.

Vascular disease can be a silent killer with little or no symptoms and can strike without warning. A few simple tests can determine if you are at risk. Early detection can help identify and treat potentially debilitating or deadly vascular conditions and protect your health.

Reduced cost vascular screenings (only \$60) will be offered one Friday of each month at Camden Clark. Screenings include Ultrasound of the Aorta to detect aneurysms, Ultrasound of the Carotid Arteries to detect blockages that can lead to stroke, and Ankle-Brachial Index to assess leg circulation.

**To schedule an appointment,  
or for more information, call  
(304) 424-2094.**





Galal Gargodhi, MD



Donna Davis, DO



Luay Mrad, MD



Ryan Hostutler, MD

## Interventional Pain Management

### What is chronic pain?

Pain is considered to be chronic if it lasts, or comes and goes (recurs), for more than three months. The pain can be there all the time, or it may come and go. It can happen anywhere in your body. Chronic pain can interfere with your daily activities, such as working, having a social life, and taking care of yourself or others. It can lead to depression, anxiety, and trouble sleeping, which can make your pain worse. This response creates a cycle that's difficult to break.

### How common is chronic pain?

Chronic pain is a very common condition, and one of the most common reasons why someone seeks medical care. Approximately 25% of adults in the United States experience chronic pain.

Pain involves a complex interaction between specialized nerves, your spinal cord, and your brain. Pain is not only physical, but emotional as well. It involves learning and memory. How you feel and react to pain depends on what's causing it. The Interventional Pain Management team at WVU Medicine Camden Clark strives to treat the whole person, not just the symptoms of pain.

### Areas of Expertise:

- Back pain
- Neck pain
- Spinal stenosis
- Headaches
- Herniated disc
- Degenerative disc disease
- Osteoarthritis
- Musculoskeletal pain

### Location:

Pain Management Specialty Clinic  
1901 Ann Street  
Parkersburg, WV 26101  
304-865-5530

**NOW SEEING PATIENTS**

*Physician Referral Required*

**WVU**  
**Medicine**

CAMDEN CLARK  
MEDICAL CENTER

## DO YOU HAVE MEDICARE PART B COVERAGE?



If so, you are eligible for an Annual Wellness Visit. This "Wellness" visit will help you and your healthcare provider develop or update your health plan. You'll talk with your healthcare provider about your health history, your risk for certain diseases and the current state of your health. Think of this as a car inspection, and all your other visits are regular service calls.

The Annual Wellness Visit is paid by Medicare, so there is no cost to you... and it's available every 12 months. It is not the same as a yearly physical exam. When making this appointment, please let your doctor's office know that you are scheduling your Annual Wellness Visit.

### The Wellness Visit includes:

- A review of your medical and family history
- Developing or updating a list of current providers and prescriptions
- Height, weight, blood pressure, and other routine measurements
- Detection of any cognitive impairment
- A list of risk factors and treatment options for you
- A screening schedule (like a checklist) for appropriate preventive services, such as certain blood work, immunizations, mammograms, colon cancer screenings, and much more

**Remember...an ounce of prevention is worth a pound of cure!**

# MEDICARE OPEN ENROLLMENT HAS BEGUN

## OPEN ENROLLMENT AVAILABLE NOW THROUGH DECEMBER 7

Your health needs change from year to year. Your health plan may change its benefits and costs each year too. That's why it's important to review your Medicare choices each fall. Compare your current plan to new options and see if you can lower your costs or find a plan better suited to your needs. Open Enrollment is the one time of year when Medicare beneficiaries can see what new benefit options Medicare has to offer and make changes to their current coverage.

It's worth it to take the time to review and compare your Medicare coverage options, but it can be frustrating and confusing to understand. Unfortunately, "in person" sessions are not possible, but there are numerous opportunities to get the help that you need.

- Visit **Medicare.gov/find-a-plan** to compare your current coverage with all the options that are available in your area and enroll in a new plan if you decide to make a change.
- Call **1-800-MEDICARE** (1-800-633-4227) 24-hours a day/7 days a week to find out more about your coverage options.
- Get help from the State Health Insurance Assistance Program (SHIP). West Virginia SHIP is happy to help you review your plan options as well as discuss other Medicare related concerns you may have such as applying for low-income assistance programs. You may contact WV SHIP at 1-877-987-4463 or 304-558-3317.
- **Help is available through the Wood County Senior Center by calling (304) 917-3860 or the O'Neill Senior Center in Marietta by calling (740) 373-3914.**



### VOLUNTEER OPPORTUNITIES AVAILABLE

Are you or someone you know interested in volunteering? Joining the dedicated team of volunteers at Camden Clark can be a very rewarding experience. We offer our volunteers flexible schedules, free meals, volunteer parking....and the opportunity to make a difference in the lives of others! All volunteers must be vaccinated for COVID and flu and are required to wear a mask at all times while volunteering.

**Currently, there are openings in several areas of the hospital. For more information on volunteering at Camden Clark, please contact Margie Reed at (304) 424-2847.**

## AARP SMART DRIVER CLASSES TO RESUME IN 2022

Although COVID cases are declining, safety remains of utmost importance. AARP continues their cancellation of all Smart Driver Safety classes through the end of 2021. These classes were developed to help drivers, who are age 50 and older, improve their skills and be safer drivers longer. Classes cover age-related physical changes and rules of the road. Most insurance companies offer a discount for completion of the classes.

Currently, AARP plans to re-open classroom courses in 2022. Our hope is to offer a class in early spring. The class is available online at [www.aarpdriversafety.org](http://www.aarpdriversafety.org). Please watch upcoming newsletters for further updates.

# HELP FEED SENIORS NOW ANNUAL FOOD DRIVE



At least one in nine seniors is at risk of going hungry due to the inability to obtain food for their household, or from having to choose between food and medical care, according to Feeding America.

Comfort Keepers in Marietta is asking the community to make food donations to their 13th Annual Feed Seniors Now™ Food Drive. This drive will help local seniors and will raise awareness for this growing epidemic that impacts millions of older Americans. Donations go to Mid-Ohio Valley seniors through FaithLink and Meals on Wheels in Wood and Washington counties.



## FREE DINING WITH DIABETES CLASSES RESUME IN JANUARY

November is American Diabetes Awareness Month, and with one in ten West Virginians being affected by the disease, it's a good time to share information about important resources available for those with diabetes. "Dining with Diabetes" is a free program offered by the WVU Extension Service throughout the state. The goal of the program is to equip participants with tools so that they can learn to take control of their diabetes. It not only teaches participants important information about how to help control their illness, but it also provides cooking demonstrations at each class so that participants learn new ways to prepare healthy diabetic-friendly recipes that taste great. Whether you've been a diabetic for years, or are just newly diagnosed, this class is for you. Family members and caregivers are also welcome to attend.

**New virtual classes will begin in January. For more information, or to register for classes, call the WVU Extension office at (304) 424-1960.**

### How to Donate:

- Visit Comfort Keepers of the Mid-Ohio Valley Facebook page to find the link on their Fundraising Page.
- Order food items online and have them shipped to Comfort Keepers at 148C Gross Street, Marietta, OH 45750. Please include a gift tag, so they know who shipped the donations.
- Send a check to Comfort Keepers at 148C Gross Street, Marietta, OH 45750. Please note "Feed Seniors Now" on the memo line.
- Drop off food or monetary donations to Comfort Keepers at 148C Gross Street, Marietta, OH 45750.
- Drop food in collection bins at the following locations:
  - Parkersburg News & Sentinel, 519 Juliana St., Parkersburg, WV
  - Brick Insurance, 2404 Camden Ave., Parkersburg, WV
  - Professional Radiator & Tire, 1910 12th Ave., Parkersburg, WV
  - First Mutual Bank, 3850 Emerson Ave., Parkersburg WV
  - YMCA, 1800 30th St., Parkersburg, WV
  - Brick Insurance, 900 Front St., Marietta, OH
  - St. Mary School, 320 Marion St., Marietta, OH
  - Dollar General, Frontier Shopping Center, Marietta OH
  - First Mutual Bank, 631 Washington Blvd., Belpre OH
  - Belpre Dental Studio, 218 Maple St., Belpre, OH
- Contribute to the Venmo @Feed-Seniors-Now or use the QR code pictured.



### Foods Requested:

- Canned proteins such as tuna, beef stew, chili, chicken, pink salmon
- Low sodium soups, cream soups
- Smooth peanut butter
- Canned vegetables (low sodium), fruits (light syrup), applesauce
- Shelf-stable milk
- Unsweetened juices – apple, grape, tomato, orange, cranapple
- Cereal - Corn Flakes, Bran Flakes, Shredded Wheat

**For more information on the local Feed Seniors Now™ food drive, the Comfort Keepers office at 740-373-7125.**



# Lifetime Partners 2022 Travel Plans

While we know that many of you have missed our bus trips, your health and safety continue to be our greatest concern. Our hope is that we'll be able to offer them again in 2022. Please watch upcoming newsletters for additional information.



## PREMIER WORLD DISCOVERY presents....

Please note that these trips involve airline travel.


**Great Trains & Grand Canyons (April 24-29):** This one-hotel stay includes five nights in beautiful Sedona. Trip features two rail journeys (Grand Canyon Railway & Verde Canyon Railroad); Grand Canyon National Park; Oak Creek Canyon; Sedona Trolley Tour; Chapel of the Holy Cross; Spanish-Mexican Village of Tlaquepaque; Montezuma Castle; Chuckwagon Supper & Western Stage Show.

**California Rail Discovery (September 14-20):** Trip features two rail journeys (Napa Valley Wine Train & Sierra Nevada Rail Journey); two cruise experiences (San Francisco Bay Cruise & Lake Tahoe Paddle Wheeler Cruise); San Francisco City Tour; Winery Tour & Tasting; Old Town Sacramento; National Auto Museum; Virginia City & Reno, Nevada.

**Athens & The Greek Islands (October 4-12):** Trip includes Athens city tour; Acropolis & Parthenon; Acropolis Museum; Ancient Olympic Stadium; Oia Village Walking Tour; Santorini Winery Visit & Tasting; Mykonos sightseeing.

**Christmas Markets of Montreal & Quebec City (December 1-5):** Trip features Montreal City Tour; Underground City; Notre Dame Cathedral; Via Rail Train from Montreal to Quebec; Quebec City Tour; Montmorency Falls; Montreal Christmas Market; German Christmas Market in Quebec City; Gilles Copper Museum.

**For questions or more information, please contact Joyce Hubner at [joyce.hubner@wvumedicine.org](mailto:joyce.hubner@wvumedicine.org) or call (304) 424-2055.**




# MyWVUChart


Online Patient Portal

[MyWVUChart.com](http://MyWVUChart.com)


**Whether you're at work, on the road, or at home, you can:**




**Manage your appointments**  
Schedule your next appointment, or view details of your past and upcoming appointments.




**Visit your doctor online**  
See a healthcare provider without having to go into the clinic.




**Access your test results**  
No more waiting for a phone call or letter. View your results within days.



**Communicate with your doctor**  
Get answers to medical questions without phone calls or unnecessary appointments.





**Pay bills online**  
Access and pay your copays and bills from home.



**Request prescription renewals**  
Out of refills? Send a request to renew medications.

**MyWVUChart Mobile App**  
Our MyWVUChart app for mobile devices lets you access your WVU Medicine information when you are away from your computer. **Download the MYCHART app and configure with your zip code.**





CAMDEN CLARK  
MEDICAL CENTER

Lifetime Partners  
P.O. Box 718  
Parkersburg, WV 26102

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
PARKERSBURG, WV  
PERMIT NO. 144

2021  
FALL

## Light the Way This Holiday Season

This year, honor or remember loved ones by sponsoring "Lighting the Way" luminaries. For your donation of \$10 or more, the Camden Clark Foundation will display a luminary in honor or memory of your loved ones and recognize them during the Tree Lighting and Luminary Dedication Ceremony. **This year's event will be held virtually on Facebook Live on Thursday, December 9 at 6:00 p.m.**

The luminaries will glow throughout the Holiday season truly "Lighting the Way" into the coming year. Best of all, your generous donation will help support the Cancer Transportation Fund.

**For additional information, please contact Kim Couch at (304) 424-2200 or [kim.couch@wvumedicine.org](mailto:kim.couch@wvumedicine.org).**



**Please reserve a luminary for a donation of \$10. Clip and return this slip with payment.**

Make checks payable to: **Camden Clark Foundation**, and mail to **P.O. Box 1834, Parkersburg, WV 26102**.

**Credit Card #** \_\_\_\_\_ **Exp. Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Zip Code** (Associated with Credit Card): \_\_\_\_\_ **CVV** (Security Code on Back of Card): \_\_\_\_\_

**My gift is:** \_\_\_\_ in honor of \_\_\_\_ in memory of **Name** (please print): \_\_\_\_\_

**Send acknowledgement to:**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

**Record this luminary gift from:**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_