



Providing high-quality, holistic, integrated healthcare to those in need, in an environment that dignifies and empowers the whole person



What Dr. Mulberry Wishes Patients Knew About Social Determinants of Health

Health outcomes are not solely determined by medical interventions. Rather, they are heavily influenced by factors that extend far beyond the walls of an exam room. From the neighborhoods that patients inhabit to the economic resources at their disposal, social drivers of health—also called social determinants of health—play a pivotal role in a person's susceptibility to illnesses, access to health care and the effectiveness of medical treatments.

While overlooked by many physicians for decades, understanding and acknowledging social drivers of health has been a focus of Mustard Seed from day one. Dr. Mulberry spends one hour with each patient screening patients for these factors and then our Health Outreach Team works with community partners to address them. The circumstances in which one was born, live, work, grow, age, play, all of these are social factors that might actually impact your health outcomes as a child and also an adult. 80% of what determines your health is upstream from the doctor's office. "If we don't take into consideration what you need as a patient to get better or what may be challenging you in your ability to get better or stay well, it's going to be a vicious Cycle." says Dr. Mulberry.

Making a Difference Cards

Send a Heartfelt "Gift of Care" this Holiday!

Not sure what to send a friend or family member that has everything?

We have the perfect gift! Give a donation to Mustard Seed in their honor or in memory of a loved one. You are your honoree will experience a blessing knowing that your thoughtful gift will provide quality healthcare to the uninsured, low-income in our community. The minimum donation per card is only \$5.00. Send your list of names and addresses with your donation and we will take care of the rest. A holiday card acknowledging your "Gift of Care" will



*be sent to them stating that you have made a donation to Mustard Seed Community Health in their name. **The order form is on our website or place your order by calling Christine at (336) 805.7131.***



Healthy Food = Healthy Bodies

Mustard Seed Community Health is located in a "Food Desert" and we have discovered that many of our patients live with food insecurity. Due to the great need in the community, four times a month our Health Outreach Team hosts a "Pop-Up Food Pantry".



Every Monday we host a small market from 12pm - 2pm and distribute food donated by local grocery stores. On the second Thursday of every month we host a large market in our parking lot from 11am - 1pm, with a wide variety of fresh fruits and vegetables. We also maintain a food pantry on site. If a patient comes in for a medical appointment and we discover they are without food, we can give them food right then and there without them having to wait or travel to another location. We are always in need of food donations to support these efforts. If you would like to help stock the shelves, see the list of needed items at the bottom of this page

A NEW WAY FAITH GROUPS, ORGANIZATIONS AND COMPANIES CAN SUPPORT MUSTARD SEED - HOST A MEDICINE BOTTLE CAMPAIGN!

How Does it Work?

- Pick a time to conduct the campaign and contact Mustard Seed.
- Mustard Seed provides you with posters, flyers, and empty medicine bottles.
- Hand out empty bottles to colleagues or fellow church members to take home and fill with cash and coins.
- Set a date at least two weeks out for bottles to be turned in.
- Take a group picture for Mustard Seed to share on social media.
- Call Mustard Seed & staff will come pick up the bottles with donations - OR the group can bring to Mustard Seed.



SCAN THIS QR CODE TO MAKE A DONATION



HEALTHY NON-PERISHABLE FOOD NEEDED for our PATIENTS

- Low-Sodium or water-packed canned vegetables and meats
 - Dried beans, peas & lentils
 - Brown rice & pasta
 - Oatmeal
- (336)805-7135**
Call Elizabeth for more info.

THANK YOU!

FOR YOUR SUPPORT!



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