

WINTER NEWS 2023

Mustard Seed
Community Health



Our Mission

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



A LOOK BACK AT 2023...

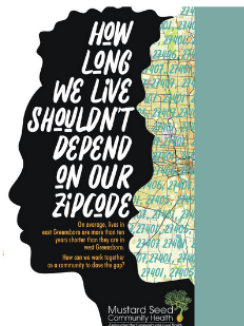
What a year it has been for Mustard Seed Community Health! We continue to provide high-quality, holistic, integrated healthcare by Dr. Beth Mulberry and her medical staff. Our Health Outreach Team has served clients in their homes and communities, providing healthy, nutritious food through our mobile markets and nutrition and cooking classes, art therapy and yoga. *All of this occurs without healthcare debt for our clients.*

We have expanded our leadership by adding our new Executive Director, Chris Ringuette, who will lead Mustard Seed into the future! We are so excited to have her and are deeply grateful to David Middleton, who served as our interim director until Chris was hired. We were saddened by the passing of our former Board Chair, Kathy Norcott. We miss and honor her legacy by continuing her work and passion for the Mustard Seed mission. Our commitment to removing barriers that prevent quality healthcare fuels our work and inspires our vision as we persevere and expand our work in the future! We are thankful to those who support us by making charitable gifts. Your generosity sustains our work, saves lives, and improves the quality of life for our neighbors in need.

Thank you for your partnership,

Michie Dew
Chair, Mustard Seed Board of Directors

MOVERS OF MOUNTAINS FOR HEALTH EQUITY



We've still got a long way to go.

That was the starting point for the panel discussion that followed this year's sold-out Movers of Mountains dinner, on October 24 at the Barber Park Event Center. The discussion, co-sponsored by WFDD, included Mae Douglas, chair of the Cone Health board; Bishop SC Timmons, pastor of True Salvation Christian Fellowship; Debra Farrington, North Carolina's Chief Health Equity Officer; and Dulce Ortiz, Mustard Seed's Lead Community Health Worker.

The topic was an urgent one: *life expectancy in Greensboro, which can vary by more than ten years depending on where a person lives.* The audience, which was drawn from virtually all of Greensboro's zip codes, learned about the hurdles individuals and families face both in staying healthy and in getting the health care they need—and they learned about the important work that is being done in Greensboro to address health inequities. The conclusion? We've still got a long way to go, but **we can get there if we go together.**

(to find out more about the 2023 Movers of Mountains event go to our website www.mustardseedclinic.org)





SHIRLEY BALDWIN

Shirley Baldwin was a little skeptical about spaghetti squash.

"It turns out I like it!" she says. For most of this past year Shirley has been learning about new ways of cooking and eating through Mustard Seed's "Together We Grow" program, which includes not only healthy cooking classes in partnership with the Guilford County Agricultural Extension Service but art classes at the Creative Aging Network, group therapy, and a monthly mobile market in the Mustard Seed parking lot that distributes free produce and other healthy food to the neighborhood.

"It has changed many things in my life," says Shirley. "I eat differently, and I feel better and the art classes are so meditative—it's a real stress reducer, plus I love the social aspect. We come from different cultures in the classes and I'm listening and learning all the time."

And best of all? "It's right there in the community. For Mustard Seed to be a neighborhood clinic that people can just walk up to—that's important," she says. **"It fills the gap."**



Canning Class Teaches Preservation of Healthy Foods



Preparation of Healthy Recipes in Cooking Class



Mobile Market Provides Fruits and Vegetables

FROM THE DOC



Dr. Beth Mulberry

Health & Wellness Tips for Winter

Shorter Days and colder weather can lead to some bad habits. Health-conscious people who normally exercise and eat their vegetables may find themselves sitting indoors, watching TV, and eating junk food. Your health is important throughout the year.

Here are some tips for winter to help you stay in good health.

- **INDOOR AIR QUALITY** - Indoor air quality is often lower than the quality of air outdoors. Indoor Air pollutants and allergens can have a negative effect on your health.
- **GET YOUR FLU SHOT** - The best way to avoid the flu is to get vaccinated.
- **WASH YOUR HANDS** - Winter is cold and flu season. Washing your hands is a simple and effective way to help prevent the spread of germs and stay healthy.
- **STAY HYDRATED** - Your body loses a lot of fluid during the cold, dry winter months, and many are less diligent about hydration.
- **STAY ACTIVE** - It can be difficult to stay motivated to exercise during the winter, but adults still need a minimum of 30 minutes of physical activity each day.

THANK YOU!

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