

# what's up WESTSIDE

a quarterly update of  
events and resources



photo courtesy of Cabin Creek Health Systems

An advertisement for Miss Ruby's Corner Market. It features a photograph of a two-story brick building with a sign that says "The Future Home of MISS RUBY'S CORNER MARKET". To the right, there is a colorful illustration of the market's interior, showing shelves stocked with various goods, a deli counter, and a table with a chair. A red circular graphic with the text "NOW OPEN!" is overlaid on the illustration. Above the illustration, a yellow banner contains the text "MISS RUBY'S CORNER MARKET" and "COMMUNITY GROCERY AND DELI 739 CENTRAL AVE, CHARLESTON".

**MISS RUBY'S  
CORNER MARKET**  
COMMUNITY GROCERY AND DELI 739 CENTRAL AVE, CHARLESTON

**NOW OPEN!**

The Future Home of  
**MISS RUBY'S CORNER MARKET**

Miss Ruby's Corner Market | 739 Central Ave | M-F 10am-7pm, Sat 9am-5pm

## WINTER 2024

issue no. 9



# Westside Wellness: Cabin Creek Health Systems



303 Ohio Ave | M-F 8am-5pm  
**Medical:** 681.205.8701  
**Pharmacy:** 681.205.8730  
**Dental:** 681.205.8740  
**After Hours:** 1.800.798.0280

by Amanda Barber



In August, Cabin Creek Health Systems (CCHS) opened a comprehensive medical center on the Westside of Charleston offering multiple healthcare and community services. The building, which was originally a Kroger and then a post office, is located at 303 Ohio Ave.

CCHS was established in 1973 by “coal miners who wanted healthcare close to home by providers who understood their needs.” In addition to the clinic in Cabin Creek, there are now health centers in Clendenin, Sissonville, Kanawha City, and Charleston’s Westside which is CCHS’s most substantial center. CCHS also has locations in multiple Kanawha County schools and the local health department.

The Westside facility provides primary care and dental services, behavioral healthcare, and medicated assisted treatment (MAT) for substance abuse disorders (SUD).

Vision treatment will be available after more development. Throughout November, CCHS is establishing its on-site pharmacy so patients can have their medical appointments and prescriptions in one visit.

The primary care office has 11 fully equipped exam rooms and a procedure room for things like basic stitches and skin tag removals. The dental wing has four rooms for oral hygiene care, plus a room for root canals, fillings and other non-complicated procedures. The building has a main waiting room, smaller waiting areas for each care department, and two non-binary bathrooms.

In August, the Comprehensive Addiction Recovery Program (CARP) moved from the Kanawha City annex to the Westside location. The CARP space has a separate outside entrance and treatment area at the clinic. The goal is to give patients a sense of

privacy while getting support managing their substance use and related health issues. CARP patients attend three-hour appointments involving MAT, group therapy, individual counseling, peer support and vital checks. Many program participants are one, two, three, or more years sober.

One of the numerous benefits of the Westside facility is that clients can receive multiple health services on the same day if it best fits their schedule. Understanding that complete wellness has various aspects, CCHS has other resources at the clinic and is adding more. Jamie Lawhon, CCHS Certified Professional Coder, says this is part of the integrative model that staff follow. For example, hot meals are provided to patients who are there for extended periods or need food.



read the full story @ westsidetogether.org

“Whether it is medical or whatever, we do not want anybody to be lacking in any way,” Jamie says. “So if we need to feed you, we are going to feed you. If you need something, we are going to give it to you. We just want to make sure that everybody always has what they need.”

There are plans for a physical therapy room with equipment and floor space for community members to use, and a free market will be set up for patients to access fresh produce. CCHS is also in the process of seeking daycare staff to watch the children of people at appointments. For individuals experiencing homelessness, financial problems, or other life struggles, additional resources may be available once speaking with a provider.

CCHS offers in-person appointments and telehealth. Patients needing financial assistance may be eligible for sliding-scale fees based on income. Anyone can start a financial assistance application by inquiring and presenting a few pay stubs.

Westside resident Scott McMillian used to travel to CCHS in Sissonville for his dental treatment. He is now excited to have his



trusted provider available just a few blocks from home. He plans to use other medical services there to get multiple types of care in one place. Scott says he is impressed by all the resources offered at the center, especially with the daycare CCHS is working on.

“My kids are grown, but I remember—as a single dad raising a kid all on my own—bringing my two-year-old to a doctor’s appointment because there was nobody to watch,” Scott says. “They are going to have somebody to watch kids like while you go talk to your doctor about sensitive medical stuff. That is huge!”

CCHS Communications Director Travis Stephens says the Westside facility was planned with consideration of social factors like travel, health disparities, and community needs. According to Travis, many Kanawha City clinic patients were traveling from the Westside. Bringing a health center to the neighborhood would mean residents would no longer need to drive or take the bus across town.

Travis says he attends the quarterly Westside Collaborative Meetups where he learns more about movements CCHS can potentially work with to help better the lives of community members.

“I have been going to several of these Westside meetings and really getting to know a lot of these folks that are the drivers of the Westside,” Travis says. “I love the vision they have and how they come together, collaborate, and elevate each other.”

CCHS brings essential benefits to communities throughout Kanawha County, and the new Westside location expands access to vital healthcare services for the neighborhood. This location strengthens the ongoing efforts of numerous organizations working to improve healthcare access on the Westside, offering more options for both physical and mental health care. Stay connected with Westside Together to learn about the growing network of clinics dedicated to serving the Westside community.

# LOVE UR BLOCK

A WEST SIDE NEIGHBORHOOD ASSOCIATION PROGRAM

Monthly clean-ups with your neighbors

Plant porch gardens

Earn rewards for more effort

Starter kit provided



westsideneighbor.org

SCAN



## MISS RUBY'S CORNER MARKET

COMMUNITY GROCERY AND DELI 739 CENTRAL AVE, CHARLESTON

NOW OPEN!



739 Central Ave  
 M-F 10am-7pm  
 Sat 9am-5pm

Keep Your Faith Corporation just opened Westside’s locally owned market and deli! The neighborhood can pick up fresh, locally grown produce near home.



tell Miss Ruby’s your favorite groceries to keep in stock!



Best of the West AWARD



“As frustrating as my job can be, there’s great rewards to be offered. And helping people, you know, it’s awesome. So that’s how I spend my day.”

photo by Leeshia Lee



nominate the next!

& read the full story @ westside together.org

2024 Fall

**Vandalyn Justice** is a Westside resident and since 2009 has served the Charleston community as a social worker at the Salvation Army on Tennessee Ave. During Christmas, Vandalyn and her family volunteer for Salvation Army’s Angel Tree program, and she organizes her Jeep Club Christmas Party which includes a toy drive to benefit the children she serves through her social work.

“My favorite story to tell about Vandy is, last Christmas, a family came in after our distribution, and they had just moved here,” said Patty Tilley, Vandalyn’s coworker. “The situation with was a mother and son. And he said something about, ‘No Christmas, Santa didn’t know where we were, but that’s okay, Mom said we’re in a better place.’ And Vandy said, ‘No, wait a minute. What was your name again?’ And he told her. And so Vandy said, “No! Santa Claus brought your presents to me. I’ve got your presents.”



# what's happening?

## Free Food Pantry

3rd Saturdays | 11am

**DEC 21 | JAN 18 | FEB 15**

John 6 Community Food Center

@ 523 Central Ave



## Earl Wilson Community Thanksgiving Dinner

Tue, Nov 26 | 6-8pm @ 200 Park Ave

First Church of Nazarene



## River Arts Show

Fri, Dec 6 | 6:30-9:30pm @ 520 Kanawha Blvd W

Sat, Dec 7 | 10am-4pm @ 520 Kanawha Blvd W

Unitarian Universalist Congregation of Charleston



## West Side Mingle Tree Lighting with CMS

Dec TBA

follow Charleston Main Streets for announcements



## Winter Wellness Gala with Keep Your Faith Corporation

Jan TBA

follow Keep Your Faith Corporation for announcements



## Night to Shine (for people with special needs 14+yrs)

Feb 7 | 5-8pm @ 1500 Greenbrier St

Capital High School (hosted by SE Church of the Nazarene)

## MORE EVENTS...

[westsidetogether.org/events](http://westsidetogether.org/events)



## South Charleston Community Center

601 Jefferson Rd | 304-744-4731

gym, raquetball, tennis, basketball, classes

## INDOOR SWIMMING POOL DAILY FEES

Adults (16+) - \$4

Children (15 or under) - \$3

Seniors (62+) - \$2

Mon & Fri 5:30am-7:45pm

children 1-4pm, 6:30-7:45pm

Tue-Thu CLOSED

Sat 9am-6:45pm

children 12-6:45pm

Sun 12pm-6:45pm

children 12-6:45pm



Need anything?  
[westsidetogether.org/resources](http://westsidetogether.org/resources)



## WEST VIRGINIA Health Right<sup>INC.</sup> COMMUNITY Wellness Center

511 Central Ave

304-340-1558

## DANCE CLASSES

ask about Modern Dance & Ballet for Kids

Tue 6pm & Sat 10am - Tec Style Hip Hop Fitness

Tue 1pm - African Dance (65+yrs)

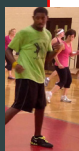
Wed 4:30pm - African Dance (5-9yrs)

Wed 6pm - African Dance (10-64yrs)

## COOKING CLASSES

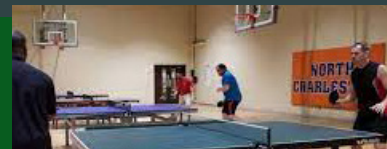
Thu 1pm & 5pm - Cooking Class

Thu 4pm - Healthy Living 101: Weight Mgmt



## North Charleston Community Center

2009 7th Ave | 304-348-6884



Mon-Fri 9am-9pm

Sat 9am-5pm

## WEEKLY ACTIVITIES

Pickle Ball for Adults - Mon-Fri 9:00am-12:00pm

Women's Open Runs Basketball - Tue 6:00pm-8:00pm

Teen's Open Runs Basketball - Wed 6:00pm-8:00pm

Men's Open Runs Basketball - Thu 6:00pm-8:00pm

Socializing Through Play - 3rd Wed 11:00am-12:00pm

Pick Up Volleyball - Sat 9:00am-12:00pm



**WESTSIDE TOGETHER**  
[westsidetogether.org](http://westsidetogether.org)

share your memories with

**#westsidecwv**



email to contribute to the next issue!  
[whatsup@westsidetogether.org](mailto:whatsup@westsidetogether.org)

What's Up Westside is produced by Westside Together & community