

Updates & Opportunities

from the Valley Health Foundations

SUMMER 2023

Hope and Healing. That is what Valley Health is, and what supporters are providing when giving to Valley Health Foundations.

Hope is an Angel Fund application getting approved and hearing from the social worker who is working with the patient: She broke down into tears, asked that I pass along her most sincere gratitude and added, “No one has ever done anything like this for me before. I was praying and praying for some kind of break.” The Angel Fund gave her that break so she could keep her car and get to treatment.

Hope is wanting your child with disabilities to have the opportunity to experience summer camp and finding Camp Follow the Leader.

Healing can be offering something unique and personal to a grieving family to help them through their most difficult time. Gifts to our Palliative Care fund helped purchase memory vials for the family experiencing loss to hold cardiac rhythm strips of their loved one.

Healing is also taking time for our teams and ourselves. Community support of our frontline caregivers provided resources to add relaxation rooms in our hospitals. These rooms help us give our valued caregivers the space they need to pause, reflect, and recharge.

All of the recent hope given and healing shared has been because of our generous donors. Thank you for the continued support and dedication to our mission.

Together, we have hope and healing and together, we're stronger.

- Jenny Grooms, Executive Director, Foundations



Thanking and Appreciating Our Team

How can we thank them and keep appreciating their hard work? A question many leaders have often thought about. A question one clinical leader at Valley Health had the perfect answer for – an appreciation cart.

The cart became an idea that sparked joy and spread cheer throughout the hospital. There are now six Caregiver Appreciation Carts regularly rounding throughout the hospital. Frontline caregivers are excited and clinical leaders have another wonderful and fun way to appreciate their teams.

The carts are taken around by leaders to show thanks to their teams and offer a break with a fun treat or snack. Candy, granola bars, chips, and k-cups are always popular snack options. Stickers, croc widgets, scrunchies, and hair clips are some favorite accessories. Hand lotion, compression socks, and chapstick are special treats that keep the frontline team going.



Take a look at our Amazon Wish List by scanning the QR code and help us fill all the Caregiver Appreciation Carts.



Valley Health Foundations is excited to support projects and initiatives like this that continue supporting employees. Our other programs that help patients, advance medical care, and broader community outreach are still going on and they're still very important. Visit www.valleyhealthlink.com/donate to make a gift supporting the hospital and program of your choice. You can also make a gift by check or credit card and return it in the enclosed envelope. For questions, call 540-536-6939 or email donations@valleyhealthlink.com.



Hope Springs Eternal With Cancer Center's New Wishing Well

Visitors at Valley Health's Cancer Center have a chance to share encouragement with those on their cancer journey through its new Well of Good Wishes.

Tricia Strother, a Winchester Medical Center Foundation board member and co-chair of the Pink Ribbon planning committee, commissioned the well, along with her family, in memory of her brother Kenneth Mitchell, who died four years ago at the age of 41 from esophageal cancer. The mission of the Pink Ribbon planning committee is to celebrate and recognize cancer survivors and those currently fighting the disease.

Strother, with the support of the Pink Ribbon planning committee and Valley Health Foundations, came up with the idea of the well as a way for people to leave inspirational notes, prayers and quotes for those with cancer. The notes are placed in the bucket of the well, and visitors are encouraged to leave one. All notes are regularly delivered to Wellspring, Valley Health's cancer resource center, to be put in care bags for those with cancer.

"It's an opportunity to spread a little joy forward and to share the mission of the committee," Strother says. "A kind, loving, supportive note can mean everything."

Giving is more than just monetary donations. Sometimes the gift of hopeful words can have an equally lasting impact. Compassionate thoughts shared in challenging times can inspire the courage a patient needs to get through their treatment, or even just the day.

To find out more and explore ways to support patients on their cancer journey, visit www.valleyhealthlink.com/giving.

Strother said her brother Kenneth was a woodworker, and the bucket of the well is from the wood in his wood shop. Kenneth was also a social butterfly who befriended many other patients in the Cancer Center. He would often give away his gift cards to those in the center whom he considered were more in need of the money.

"Anyone he saw at the Cancer Center, he tried to be positive with," Strother says. "He was the guy who would give you the shirt off his back. This well is an extension of his loving, positive spirit and how he lived his life. He was a great big brother."

The well was officially launched at the Pink Ribbon celebration in April 2023.

Strother encourages businesses and organizations to show support to the Cancer Center and Wellspring by writing and leaving notes in the well.

"It really is touching a lot of people's hearts."





Planned Giving Benefits to Consider

Most people spend a good deal of time considering how to leave money to family members when they are planning their estate, but have you ever considered planned giving? “Planned giving” is a term often used for giving to an organization or cause you support in a thoughtful, organized manner or creating a plan to give in the future.

Planned giving enables you to give more and reduce taxes. Gifts to charities or non-profit organizations are tax deductible. So, by giving taxable assets (like an IRA or 401k) to a charity, you can give a much larger gift than you could give anyone else.

For example, if you were to give a portion of your 401k or IRA to a family member, they would have to pay income and, potentially, estate taxes on it. Depending on the specific circumstances, this can be as much as 77% of the total gift in Virginia, and more in other states. In words, a gift of \$100,000.00 could only really be worth \$23,000.00 to the recipient. However, if you were to make that same gift to a charity, the organization would receive and be able to use the entire \$100,000.00.

Giving in this way allows you to do more with your money, as well as further a worthy cause.

Planned giving enables you to make an impact, because you can give more and give it at one time. For example, our firm is a huge advocate of Valley Health Foundations. The staff and medical teams at Valley Health save lives and improve health every day. If you or a loved one has had experience with them, you know what a gift this non-profit is to our community. When you support Valley Health, you make a huge impact in the lives of families who need their services.

Planned giving allows you to make a specific impact and leave a local legacy when you use it to support causes like these.

Are the Benefits of Planned Giving Right for You?

As you evaluate your future goals and legacy plans, consider whether supporting a charity or cause is important to you. If it is, then these planned giving benefits might determine the course of how you set up your legal documents.

Joshua E. Hummer, Esq., is a licensed attorney in both Virginia and West Virginia. He is a graduate of the University of Virginia and has been practicing law for over 15 years. Josh specializes in estate planning, elder law, and elder planning. He is co-author of the book, “Fearless: Facing the Future Confidently with Relational Estate Planning®” and is passionate about helping others form end-of-life plans that benefit their loved ones and leave a legacy. Outside of work, Josh enjoys spending time with his lovely wife, Jill, and their four vibrant children.

Valley Health Foundations Legacy Society

Anonymous (2)
Frank and Nellie Armstrong*
Clara Barthel*
Stewart Bell*
Graham R. Blandy*
Shirley Carter*
Dr. Eugene & Betty Casey*
Edith Corning*
Crum*
Mary Frances Dix*
Benjamin Blanton Dutton*
Hazel Evans Foreman*
Inez Cordelia Fries*

Mr. and Mrs. George W. Glaize Jr.
H. Louisa Glass*
Dr. Robert W. Gebhardt*
Frank Newcomer Hack*
John & Margaret Harrell*
Rita S. Hawkins*
Sallie Hoover*
Dr. Charles Huber*
Charles Jones*
Letitia Kerns*
Patricia A. Griffin Koch*
Dr. Thomas Marfing*
Paul and Audrey Mitchell*

Burgess and Julia Nelson*
Dr. Charles Roberts
Ms. Grace Roderick*
Mr. Michael Ricketts
Peter Soriano
Anna Stine*
Mrs. Nancy Strosnider
James & Mary Wilkins*
James R. Wilkins, Jr.
Mr. and Mrs. Arnold M. Williams, Jr.
Shirley C. Williams
Julia B. Wright*

For more information about the Legacy Society, contact our Executive Director Jenny Grooms at 540-536-2387 or jgrooms@valleyhealthlink.com.