

# Updates & Opportunities

from the Valley Health Foundations

SUMMER 2024

*“’Cause a little bit of summer is what the whole year is all about.”*

—John Mayer

When I think of summer, I think of garden gifts and more sunshine in the evening with each passing day. Picnics and friends are woven into the calendar, along with some days of hopefully just doing nothing. Summer gives many of us pause to seek adventure or simply just do less.

For Valley Health, and healthcare in general, sometimes there is a pause in the pace, but not this year. I've seen our units be busier than ever, demonstrating the commitment our caregivers have to serving others. The ever-increasing needs in our communities are met day in and day out, helping those unable to experience the gifts of summer that we enjoy.

Your support has brought fun carts to all hospitals and areas across Valley Health, serving up smiles and appreciation gifts to our front line regularly. It has covered the rent for vulnerable patients during their cancer treatment, and provided remote monitoring equipment for those unable to travel. Your support has also provided momentum for upcoming initiatives that will transform how we deliver care to those most in need.

May your summer be everything you hope for it to be, making new memories to share for years to come. Thank you for the continued support and dedication to our mission. Together, we have done so much, and together, we'll continue to shape the future of health.

—Jenny P. Grooms, CFRE

Executive Director, Valley Health Foundations



# Getting to know your Foundation Team:

Valley Health Foundations is the philanthropic arm of Valley Health and we assist in our shared mission to serve our community by improving health. Each of the six Valley Health hospitals has a Foundation or Development Committee. The Foundations team includes seven members that promote and support giving throughout our region. We're here to make good things happen for other people, and we'd love for you to get to know us better.

## **Jenny Grooms, CFRE, Executive Director**

Originally from Southwest Virginia, Jenny graduated from Emory & Henry College with a Bachelor of Science degree in Biology/Pre-Med. She is a graduate of the Duke University Non-Profit Management program and a Certified Fundraising Executive (CFRE) since 2013.

Jenny joined Valley Health in 2005 and serves as the Executive Director for the Foundations, facilitating health philanthropy throughout the region at all six Valley Health hospitals. Jenny leads all Foundation initiatives, oversees all foundation boards of trustees, and manages a portfolio of supporters.

## **Emily Burner D.Prof, Senior Director of Development**

Emily is originally from Lancaster County, Pennsylvania, and graduated from Randolph-Macon College with a Bachelor of Arts degree in political science. In addition, she holds a Master of Science degree in broadcast journalism from Syracuse University and a Doctor of Professional Studies degree in organizational leadership from Shenandoah University.

Emily joined Valley Health in 2022 and serves as Senior Director of Development. She raises funds that are utilized to improve Valley Health hospitals and facilities, and to support community health efforts. Emily manages a portfolio of supporters and leads fundraising activity for Warren Memorial Hospital and the Eastern Panhandle.



*From left to right: Bryan Lloyd, Lisa Drummonds, Jenny Grooms, Emily Burner, Sara Valentine, and Patti Shanholtz.*


## **Sara Valentine, Director of Annual Giving**

Sara is originally from Arlington, Virginia, and graduated from North Carolina Wesleyan College with a Bachelor of Arts degree in sociology. Her fundraising career began in list brokerage and list management at CELCO. Sara then served as the Assistant Director of Philanthropy and Engagement at Vinson Hall Retirement Community and Navy Marine Coast Guard Residence Foundation.

Sara joined Valley Health in 2019 and serves as the Director of Annual Giving. She supports the Foundations' efforts and mission while fulfilling her passion to help others. Sara manages the annual employee campaign, community outreach programs, and Foundation events.

## **Bryan Lloyd, Development Manager**

An area native, Bryan graduated from Shepherd College with a Bachelor of Science degree in business administration with minors in communications and marketing. Previously, Bryan served as a District Director for the Shenandoah Area Council Boy Scouts of America.

Bryan joined Valley Health in 2016 and serves as Development Manager with a focus on the four Critical Access Hospitals of Valley Health. These are 25-bed hospitals in rural areas: Hampshire Memorial Hospital, War Memorial Hospital, Shenandoah Memorial Hospital, and Page Memorial Hospital. 



# Patient Success Story Through Her Cancer Journey

“As a breast cancer survivor, I thought that once I completed treatment—I would simply be on my way. However, I learned that there were so many emotional, physical, and spiritual barriers throughout this journey that I really didn’t expect,” says survivor Patricia ‘Pat’ Marchessault.

Pat goes on to share her appreciation for a fitness program offered to Valley Health cancer patients: “This program provided hope as I navigated past the surgeries and radiation treatments. I was feeling so fatigued and the weight gain from medication side effects have left me feeling exhausted and unmotivated. This program brought back a spark and a belief that I could do this. Under the guidance of the physical trainers, I discovered that things would and could get better.”

MyFitRx is a medically supervised, physician-referred program offered at the Valley Health Wellness and Fitness Center on the Winchester Medical Center Campus. The program includes a pre-assessment, exercise prescription, supervised exercise sessions twice a week, and a post-assessment at the program conclusion. Currently patients are referred through nine pathways. Valley Health Foundations covers the program costs for patients referred to go through the oncology pathway.

Pat added, “The kindness and support that they provided always made me feel cared for and their education was specific and defined as I also incurred some difficulties with lymphedema during my time in the gym.”



“We are grateful for the support of Valley Health Foundations, making it possible for us to provide the 8-week MyFitRx guided exercise program, at no cost, to cancer patients receiving treatment, as well as those in survivorship. We truly believe that exercise is medicine, and our mission is to be another resource for these patients in their continuum of care. It has been so rewarding to work with many of these patients, like Pat, and to see

them grow in confidence, build strength, and improve quality of life, with exercise, throughout their cancer journey,” says a member of Pat’s fitness team, Anna Zatkiewicz, Medical Integration Supervisor at Valley Health Wellness & Fitness Center.

The Wellness Center employs two certified Cancer Exercise Specialists through the American College of Sports Medicine along with other accredited exercise specialists who have experience working with patients that are undergoing cancer treatments and are in survivorship. The collaboration that has been built with providers and Wellness Center staff has led to a much-needed bridge being made in a cancer patient’s continuum of care.

“I just wanted to say thank you so much for the financial support that was provided to me as I was able to participate in the MyFitRx Program. My oncologist—Laurie Hudson, FNP, has been such a blessing throughout my cancer journey, and I was so thrilled to learn of the Valley Health Foundations support for the program. As an employee of Valley Health for 10 years, I’m

consistently reminded of the caring relationships that exist throughout the organization through programs such as this,” said Pat.

Support from the entire team across multiple disciplines makes such a difference in patient care. Laurie expands by adding, “Evidence suggests that physical activity is of significant benefit for cancer patients. Cardiovascular and resistance training during treatment and after can improve physical resilience and tolerability of treatment modalities. It can also improve self-image, stamina, and recovery. Just as importantly, in the remission and survivor setting, exercise and healthy lifestyle provide benefit in lowering risk of recurrence and helping to manage anxiety and stress. Physical activity is an extremely important part of my life and I am excited to refer patients to the MyFitRx Program at Valley Health knowing that it offers safe, reliable, guided physical activity for patients”.

Pat is an inspiration and a true voice of appreciation. These programs and systems of support are made possible by Valley Health Foundations donors. Support of our current needs and ongoing initiatives makes a true impact in the lives of others. Our community is important and the health of our community members is of utmost importance to Valley Health. Gifts to the Foundation can be made by returning the enclosed or online at [www.valleyhealthlink.com/donate](http://www.valleyhealthlink.com/donate).

“I so appreciate the fact that I was able to be a recipient of this wonderful program to revive and inspire me to be the best me!!” says Pat.

Give today so other patients like Pat can be assisted in their journey. Give today to be the donor that creates another inspirational story for someone in your community. Give today and experience the joy of helping others. Give today at [www.valleyhealthlink.com/donate](http://www.valleyhealthlink.com/donate). 🍌

## Support Cancer Care Today

The Valley Health Cancer Center at Winchester Medical Center was made possible because of your generosity. It was just eight years ago when we came together for a common goal—to raise \$10 million to bring advanced cancer care to our community. Join us by supporting the Cancer Center with your gift today.

- **A gift of \$500** will add 5 more cancer patients, like Pat, to the MyFitRx program.
- **A gift of \$250** will help cover the cost of a new wig for a patient without insurance who is experiencing hair loss due to treatment.
- **A gift of \$100** can provide 10 gas cards to patients who need help making it to their appointments.
- **A gift of \$50** will sponsor a care bag at Wellspring to comfort patients through their journey.

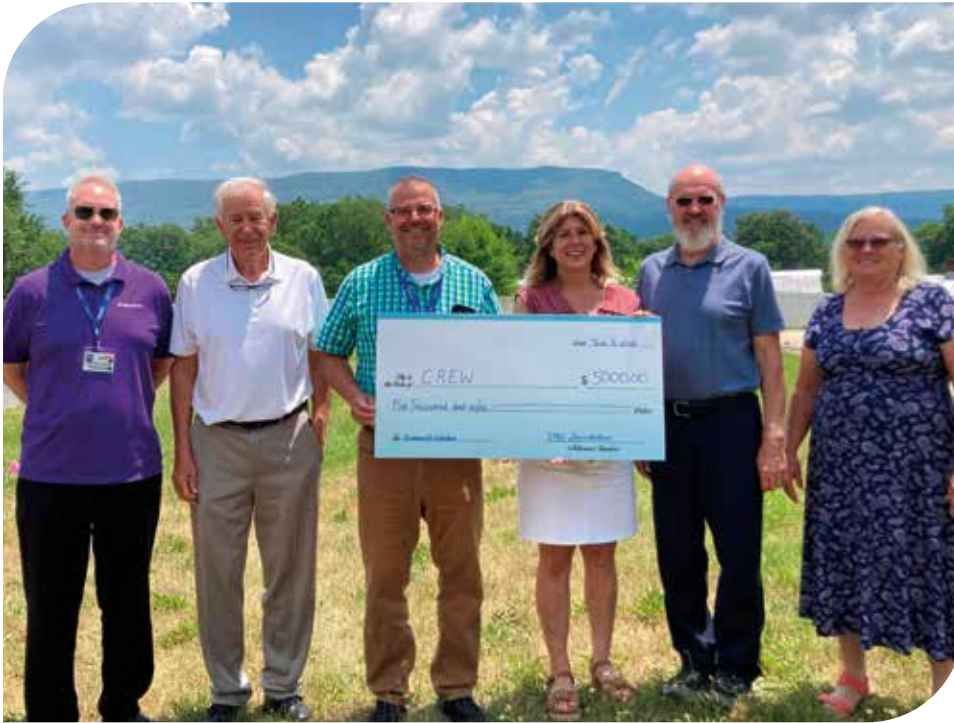
Giving is easy! You can make a gift by check, payable to Valley Health Foundations, or credit card using the enclosed envelope. Additional ways to make a gift include online

with a credit card, appreciated stock, and IRA rollover. Please visit [www.valleyhealthlink.com/giving](http://www.valleyhealthlink.com/giving) for more information or to complete your online gift. If you have any questions, contact Sara Valentine, Director of Annual Giving, at 540-536-4736 or [ssims3@valleyhealthlink.com](mailto:ssims3@valleyhealthlink.com). 🍌



## IN THE COMMUNITY

# Growing Healthier Together



Thanks to a \$5,000 grant from the Shenandoah Memorial Hospital Foundation, a bounty of healthy foods like green beans, carrots, cabbage and radishes will be popping up at the new community garden being planned for the campus of the nonprofit organization CREW—Community Resources for Education and Wellness—located in Mt. Jackson, VA.

Studies show that in addition to providing nourishment, community gardens promote social interactions, emotional well-being and physician activity, which can all improve a person's overall health.

"This is a wonderful example of what can be achieved when a community comes together to work towards a common goal," notes Kim Cassford, Executive Director of CREW, an organization that collaborates with public and

private organizations in the community to advance education and wellness. "This will go a long way towards addressing food insecurities that some of our most vulnerable populations face."

Two such community members who are leading the efforts to create the garden are master gardeners Christine and Jerry Jorgensen of New Market. Based on their years of experience, they anticipate that the 24' X 60' garden will yield approximately 1,000

pounds of fresh produce each year. Future plans include building a storage shed and green house. If all goes as planned, the first harvest will take place this fall.

"As part of the region's leading healthcare system, not only do we deliver expert patient care, but we work with our community partners to help lessen the impact social needs can play on a patient's health status," says N. Travis Clark, Vice President of Operations at SMH. "We've had tremendous success with our community gardens located in Page County, and we're excited to assist with this latest effort where neighbors, friends and families can come together and literally reap the fruits of their labors." 🍌

# Valley Health Physicians Memory Lives on with Help of Donor Generosity

On March 27, a new Intensivist Workroom was dedicated in Winchester Medical Center's Critical Care unit in memory of Mark Clinton, MD, who passed away in 2018 from cancer.

Dr. Clinton's specialty was palliative care, including the care of the caregiver. He was a superb clinician, a compassionate provider and a steadfast partner. He worked for Valley Intensivists for five years before his death.

Since his passing, nearly \$30,000 has been donated in his memory. These generously donated funds have helped provide bike helmets to children at local safety fairs, provided trauma kits to first responders to help stabilize patients until medical services arrive, and assisted in the creation of Friday Fun Carts, which are carts containing snacks and accessories meant to bring smiles to team members' faces as they deal with Valley Health's most critical patients.

"Gifts given in someone's memory make a tremendous impact and keep the loved one's memory alive," says Jenny Grooms, executive director of Valley Health Foundations. "The incredible total of gifts for Dr. Clinton made it possible to dedicate a space to benefit his colleagues and all who come after him. Now,



even those who didn't serve alongside him can learn about his legacy of kindness and compassion."

The Intensivist Workroom will accommodate the many providers who use the space for meetings, relaxation and meals. March's dedication was organized by Glen Boudier, MD, and Kathy Price, office coordinator at Valley Intensivists, and attended by nearly 40 colleagues and many of Dr. Clinton's family. Several Valley Health providers and team members shared their memories of Dr. Clinton at the dedication.

## 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\*

Christopher A. Molden  
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](mailto:jgrooms@valleyhealthlink.com)