CENTRA
FOUNDATION

# 2018 IMPACT REPORT

*Local Giving. Local Impact.*

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** deceased*

## MISSION

To develop resources to support Centra in providing excellent healthcare for the communities we serve, now and into the future.

Dear Friends,

Thank you for engaging with us in large or small ways in 2018. Whether you sent in a check, attended our annual M.A.A.M. (Mammograms Annually A Must) luncheon fundraiser, bought a beautiful holiday decoration at the Pearson Cancer Center's Trees of Hope event, or named Centra as a beneficiary in your IRA – **you made an impact!!**

Without your support, many of our family, friends and neighbors wouldn't have access to the compassionate and skilled care that your health system provides right here in our own backyard.

Your help even goes beyond the care that Centra alone can provide. Your gifts to the Centra Foundation enabled the opening of the Holcombe H. Hurt Community Health Center last year. The community center in the heart of downtown Lynchburg is now providing accessible primary care services to those who once could only find health care at the overcrowded emergency room.

Thanks to support from Centra Health, last year the Foundation was again able to provide significant grant funding to our community nonprofit partners to address health needs outside the scope of our health care system.

We hope you know how important you are to our community's health care system. You are keeping our facilities and equipment up to date, you are keeping our providers abreast of the latest trends and best practices in clinical care, and you are helping others who simply cannot pay the full cost of diagnosis and treatment. Thank you for all that you do!

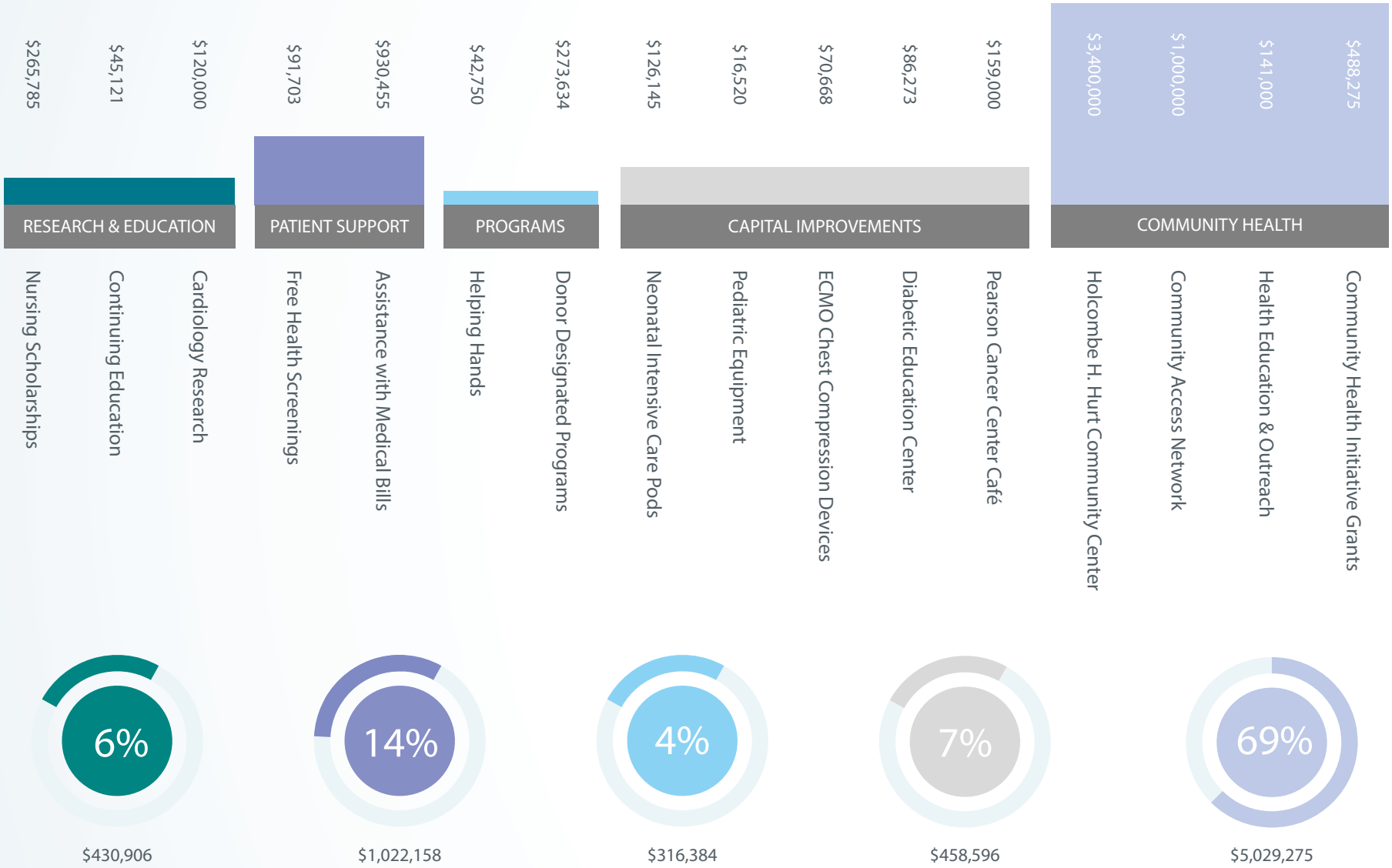
Sincerely,

Mark Townsend, MD
Chairman
Centra Foundation

Beth Doyle
Executive Vice President
Centra Foundation

# YOUR IMPACT: 2018 CENTRA FOUNDATION FUNDING

Your gifts to the Foundation make an impact on the patients who come to Centra for skilled and compassionate care. Your gifts expand outside the walls of Centra to provide access to health care for everyone in the communities we serve.




## TOTAL: $7,257,319

# DONOR SPOTLIGHT

## Watt Foster Family Foundation bolsters primary care in Brookneal.

Diabetes, obesity, and heart disease are not strangers to the one-time thriving tobacco town of Brookneal. Today, these chronic diseases plague its residents, with 31 percent of its population weighing in as obese and 30 percent of those over the age of 65 suffering from diabetes.

Watt Foster, owner of Foster Fuels, and his wife, Jennifer, want to change all that. In August, the Watt R. Foster Jr., Family Foundation pledged $250,000 to the Centra Foundation as part of a five-year commitment toward a health, wellness, and nutrition program to fight diabetes, obesity, and cardiovascular and pulmonary diseases in Brookneal. The Brookneal Health Navigation Project is enabling Centra Medical Group–Brookneal to address these critical health issues through increased access to primary care for high-risk patients and a nurse navigator who guides and educates patients so that they receive the necessary healthcare monitoring and resources.

"Having seen the healthcare struggles of our employees and others in Brookneal, we recognized the need to help combat these issues," said Jennifer Bryant-Foster, vice president of real estate sales and management for Foster Fuels, Inc., and a trustee of the Foster family foundation. "Many in our community cannot drive the 30 miles for healthcare in Lynchburg. We felt that we could do so much more if we could help locally."

The Fosters turned to William (Bill) Jones, MD, of Centra Medical Group-Brookneal for suggestions. "Brookneal has a critical need for primary care, including patient education, for these chronic diseases," said Dr. Jones, who told the Fosters that a nurse navigator who focuses on assisting people with their diabetes education and management, obesity, heart disease, smoking cessation and general health issues could ultimately help to improve the clinical outcomes for patients. "Diabetes and obesity go hand in hand," he said. "Anything we can do to help people lose weight will help them improve their overall cardiovascular health."

The nurse navigation program began in the fall, and Dr. Jones has received positive feedback that diet and education is already making a difference in the lives of patients who have taken advantage of the program. Nurse navigators offer patients a wide range of support, ranging from nutritional education to weight management training to assistance in obtaining medications."We greatly appreciate the funding of this program," said Dr. Jones. "Jennifer and Watt support our community in so many ways."

Beth Doyle, executive vice president of the Centra Foundation, expressed her thanks to the Foster family and its foundation. "Thank you for making such an extensive impact and for being true leaders in philanthropy for the benefit of your treasured community."

From left,
Beth Doyle; Caleb Alley;
Jennifer Bryant-Foster;
David Danner, MD;
Les Reed, MD;
William Jones, MD;
Watt R. Foster Jr.;
Katie Foster Rolfe

Established in 1921, Foster Fuels, Inc., is a third-generation, Foster family-owned and operated business, headquartered in Brookneal, and serving customers nationwide. Jennifer noted that the company prides itself on customer service, offering sales, installation, fuel delivery and maintenance. In 2003, Foster Fuels established a disaster relief business as a response to Hurricane Isabel in Virginia and has since responded to major storms across the United States as well as the 2010 earthquake in Haiti.

Community service has always been close to the heart of the Foster family, Jennifer said. "Our foundation centers around helping women, children, and healthcare. We support the Centra Foundation because people need help with healthcare. We have been able to support many Centra initiatives, including M.A.A.M. (Mammograms Annually A Must), Centra Rivermont Autism Program, and the Pediatric Center at Centra Virginia Baptist Hospital.

"In Brookneal, we especially want to thank Dr. Jones and the staff at Centra Medical Group-Brookneal for making a difference in the well-being of our community. We often think that some of the rural places in our country get forgotten.

> "The majority of healthcare in our community comes from Centra Medical Group-Brookneal, and we want residents to have more access to the services they need right here, close to home."

Patient and volunteer
Mark Eubanks

# COMMUNITY HEALTH IMPACT

## You gave Mark hope.

Thanks to your gifts, patient turned volunteer Mark Eubanks found access at the new Holcomb H. Hurt Community Health Center. Mark Eubanks watched as the Holcomb H. Hurt Community Health Center took shape in his 5th Street neighborhood. He wasn't aware of its purpose at the time, and little did he know that he soon would become one of the most familiar volunteers helping Community Access Network (CAN) patients and staff.

Mark first learned more about the Lynchburg center's services when Rose Wheeler, certified health worker with CAN, stopped him walking up the street one day when she noticed he looked particularly troubled.

"I told Rose what was going on, and she told me to come on in," said Mark, who was suffering from back pain and depression. "I've been coming ever since."

The health center, a collaborative venture between Centra, the Free Clinic of Central Virginia and the Community Access Network, provides walk-in immediate and primary care services to all, regardless of insurance, mental and behavioral health services through collaborative community partnerships, and access to specialists and other medical services. In addition to the Community Access Network, the health center serves as an additional Free Clinic site and houses referral services, Hill City Pharmacy, and behavioral health services.

The center was funded in part by $6.4 million from the Centra Foundation, and a $1 million gift to the Centra Foundation from neurosurgeon and Centra Foundation Board Vice Chairman George A. Hurt, MD, and his wife Lucinda (Cinda) in memory of Dr. Hurt's father Holcombe H. Hurt. The center opened January 1, 2018.

At first, Mark said he wasn't interested in what the Community Access Network had to offer. But that changed during a chronic disease class, at which he and Adelaide Lee, RN, and a clinic coordinator, bonded over their mutual love of dogs. It wasn't long before Mark brought his Chihuahua mix and his Pekinese, Biscuit and Uno, to meet Adelaide, and Adelaide introduced Mark to her Cane Corso Mastiff, Milo, and German Shorthaired Pointer, Annabelle.

"That was kind of the beginning," said Adelaide. Mark also began sharing more about his life and health challenges with Rose. He was no longer working at his beloved job as a school janitor because of his chronic back pain and other medical challenges, including depression. Prior to becoming a patient at the health center, Mark had been going to the emergency department at Centra Lynchburg General Hospital to see treatment for his back pain—sometimes monthly.

One of the reasons the community health center was built was to answer the needs of patients who were using the emergency department for primary care because it was open when they needed it and could be seen without an appointment. As a result of findings by a community advisory committee, the health center is open seven days a week from 10 a.m. to 10 p.m. for walk-ins and appointments, taking some of the patient load off Centra's busy emergency department, which operates at 105-110 percent capacity.

Mark is among the patients who are grateful to have access to primary care. He has been to the emergency department only once since he became a CAN patient and that was because of a reaction to a medication.

It wasn't long after Mark became a CAN patient that he began volunteering. "In his volunteer capacity, he will do any — and everything — frequently before being asked," said Lisa Taylor, partner engagement director with CAN. "If he sees something that needs to be done, he does it. He will get sandwiches for our patients, meets patients curbside with wheelchairs, helps people out of their cars, escorts staff who stay late to their cars, manages our Thursday veggie stand, helps patients with laundry-basically whatever he sees that needs doing."

"I get up every morning, and I can't wait to come here to see everyone," said Mark. He volunteers every day, "except during football season," he said with a laugh. "I'm a people person. When I worked at the school, I had something like 500 kids who looked up to me. I love coming here. I volunteer because of all the good things they've done for me. I want to give something back."

Lisa noted that as a patient, Mark has made extraordinary strides with both his physical and mental health. "His back is improving; he no longer feels isolated and lonely; he has eyeglasses; and he will be having some significant dental work soon."

CAN referred Mark to the Free Clinic of Centra Virginia for an initial dental exam and assessment, after which he was referred to a dental practice outside of Lynchburg for his dental needs.

> "Since becoming a regular patient at Community Access Network, my life has brightened up a whole lot. At one time, I didn't want to be here. Now, I don't have to worry about being in the street like the homeless people that come in every day. Now, I have something to live for."

# 2018 COMMUNITY HEALTH INITIATIVE GRANT AWARDS

## Centra is committed to improving the overall health status in the communities and regions in which it serves.

To provide a deeper understanding of our community's primary health needs, and to develop an implementation strategy to address these needs, every three years Centra and the Centra Foundation help sponsor Community Health Needs Assessments (CHNA).

Part of Centra's strategy to improve the health of our community includes awarding grants to nonprofit organizations for projects that address the needs prioritized in the CHNA. Applications for grant funding are reviewed and approved by the Centra Foundation Board of Directors. In 2018 the Foundation awarded over $500,000 in grants for projects which address the needs prioritized in the CHNAs for Lynchburg, Farmville and Bedford.

**BOYS & GIRLS CLUB OF GREATER LYNCHBURG**
Healthy Life Choices Programming

**BRAIN INJURY SERVICES OF SOUTHWEST VIRGINIA**
CLiC Care in Lynchburg and Danville

**BROOK HILL RETIREMENT CENTER FOR HORSES, INC.**
United Neigh Scholarship Fund

**CENTRAL VIRGINIA ALLIANCE FOR COMMUNITY LIVING, INC.**
Bedford Ride Non-Emergency Medical Transportation

**CENTRAL VIRGINIA ALLIANCE FOR COMMUNITY LIVING, INC.**
TAKE CHARGE: Priority Transitions Program

**CENTRAL VIRGINIA COMMUNITY COLLEGE EDUCATIONAL FOUNDATION**
EMS Training

**CENTRAL VIRGINIA HEALTH SERVICES, INC.**
Fund for Colorectal Cancer Screenings in Farmville & Prince George

**COALITION FOR HIV AWARENESS & PREVENTION OF CENTRAL VA**
Central Virginia HIV Testing and Counseling Project

**DANVILLE PITTSYLVANIA CANCER ASSOCIATION, INC.**
Working to Unravel the Effects of Cancer

**DIAMOND HILL HEALTH & WELLNESS COMMUNITY SERVICES**
Healthy Behaviors

**FOUNDATION FOR REHABILITATION EQUIPMENT & ENDOWMENT**
Reducing Falls & Premature Home Displacement

**FREE CLINIC OF CENTRAL VIRGINIA, INC.**
Medical/Dental Services Integration Project

**HEART OF VIRGINIA FREE CLINIC, FARMVILLE**
Medication Access Program

**INTERFAITH OUTREACH ASSOCIATION**
"Safe at Home"

**JUBILEE FAMILY DEVELOPMENT CENTER**
Summer Camp Scholarship & 3 Point Play Program

**KIDS' HAVEN**
Group Facilitation & Support Skills Training Program

**LYNCHBURG DAILY BREAD, INC.**
Wheels for Bread

**LYNCHBURG GROWS**
Fresh RX

**NEIGHBORS HELPING NEIGHBORS OF AMHERST COUNTY**
A Cargo Van for Food Transportation

**PIEDMONT SENIOR RESOURCES AREA AGENCY ON AGING**
Medical Necessity Transportation Program

**RX PARTNERSHIP**
RX Partnership Core Pharmaceuticals Services Program and Access to Medication Program

**SECOND STAGE/AMHERST, INC.**
Movies on the Menu

**SOUTHSIDE VIRGINIA FAMILY YMCA**
Why the Y

**THE "UNLIMITED POTENTIAL" UP FOUNDATION**
Prevention and Alternative Peer Group Recovery Support Services

**VIRGINIA BAPTIST HOSPITAL ADULT PSYCHIATRY**
Increasing Naloxone Access to Prevent Opioid Overdose for Community Safety

Foundation Executive Assistant and grant organizer Deborah Donnigan

# EDUCATION IMPACT

## Your scholarship support builds our team of trained caregivers, and helped Carl realize his dreams.

For Carl Falls, the pathway to becoming an RN wasn't necessarily the traditional route. Having earned his Certified Nurse Aid (CNA) certification, Carl worked for several years on the Lynchburg General Hospital pulmonary unit, and then went on to work at a neighboring healthcare facility for thirteen years. "But, I knew I wanted to do more" said Carl. "My friends and family really encouraged me to continue my education and get a nursing degree, so I decided to return to school to complete the prerequisite courses needed."

While attending classes at Central Virginia Community College, a friend recommended Centra's College of Nursing. "I originally didn't even know Centra had a nursing program," explained Carl. "I had applied to a school further south and was accepted into the LPN program but not the RN program. And I was determined to be an RN." Carl applied and was accepted, but soon hit a snag. "I found out that I had exhausted the amount of federal financial aid that I could apply for to finish my education. At that point, I thought the door was closed. I thought I wouldn't be able to finish my degree and I'd have to give up my dream of becoming a nurse."

That's when Carl heard about nursing scholarships provided by the Centra Foundation. "I applied and was approved for a four-semester scholarship," he explained. "That scholarship is the only reason I was able to succeed. I want to say a huge thank you to everyone who had a hand in that process."

Carl graduated in December of 2018 with an Associate Degree in Nursing and will be working on the pulmonary unit at Centra Lynchburg General Hospital. "It's funny how everything has really come full circle," he smiled. "There are many familiar faces still there and it's been amazing to begin the process of coming back in this new role. I am so grateful for the opportunity the College of Nursing and the Foundation gave me."

Scholarship recipient Carl Falls, RN

YOUR GIFTS IMPACT PATIENT CARE!

Thanks to your generosity, the Centra Foundation provided 302 students at the Centra College of Nursing with $265,785 in scholarship funding in 2018. Adequate nurse staffing is the key to quality patient care. Your support for scholarships helps to combat ongoing nursing shortages and provides the training needed for these critical caregivers in our community. Please continue your generous support in 2019!

### YOUR GENEROSITY HEALS

You're making a difference in the countless patients and families impacted by Centra Health. Your support delivers compassionate and excellent care to all – whenever and wherever it's needed.

## THE SACKETT HEART FUND

Established in 2000 in honor of the late Dr. Charles Sackett, the "Father of Cardiology" for the greater Lynchburg community, whose service, dedication and commitment to excellence laid the foundation for the Stroobants Cardiovascular Center (SCC). The fund was established to ensure that patients served by the SCC have access to state-of-the-art services, clinical expertise, facilities and technology dedicated to cardiovascular care. Contributions to the fund are needed.
Please visit CentraHealth.com/Give.

C. Michael Valentine, MD, cardiologist with Centra Medical Group Stroobants Cardiovascular Center is inaugurated as president of the American College of Cardiology. Dr. Valentine's achievements were recognized at the Sackett Heart Ball held November 9 at The Virginian Hotel. Proceeds from the event support the Sackett Heart Fund.

# EDUCATION IMPACT

## Your dollars provide advanced cardiology training; patients now avoid open heart surgery.

Several years ago, Paul Story couldn't walk to the mailbox without running out of breath. The long-time Smith Mountain Lake resident was even having difficulty breathing when he loaded the car with groceries or put luggage in the trunk for a trip. A man of boundless energy, the chief financial officer of three area businesses, an author and a worldwide traveler, Paul knew something was wrong.

An appointment at Centra Medical Group-Moneta revealed that one of his heart valves wasn't working as well as it should. Paul was among the 12.4 percent of people over the age of 75 who have aortic stenosis, a build-up of calcium deposits on the valve, which causes it to narrow and reduce blood flow to the rest of the body. Medications were prescribed to adjust Paul's blood pressure, and he went to the medical practice for six-month checkups.

Last year, with Paul's aortic stenosis worsening, his cardiologist showed him a video of a procedure that could replace his aortic valve and improve his overall health. The minimally invasive procedure, called transcatheter aortic valve replacement (TAVR), would replace Paul's narrowed aortic valve that was no longer opening properly.

"When I first saw the video, I could not believe the medical field had advanced to almost outpatient surgery," Paul said. Stroobants Cardiovascular Center began offering TAVR in February 2016. A relatively new procedure in the United States, TAVR was approved by the FDA in 2014. Fadi El-Ahdab, MD, cardiologist with Stroobants Cardiovascular Center, completed TAVR training in Munich, Germany, in July 2015, thanks to resources from the Sackett Heart Fund.

Managed by the Centra Foundation, the Sackett Heart Fund was established in the year 2000 in honor of the late Charles Sackett, MD, to ensure that patients served by the Stroobants Cardiovascular Center have access to state-of-the-art services, clinical expertise, facilities, and technology dedicated to cardiovascular care. More than $52,000 was raised for the fund at last year's Sackett Heart Ball, which recognized the work of C. Michael Valentine, MD, cardiologist and president of the American College of Cardiology.

"Prior to TAVR, open heart surgery was required to replace the aortic valve," said Dr. El-Ahdab. "Some patients did not want to undergo the surgery because of the risk or the lengthy recovery period. Others were too frail or too sick. Without treatment, half of the people who have symptomatic severe aortic stenosis die within an average of two years."

Unlike open heart surgery, after which patients remain hospitalized for a week followed by months-long recovery, patients who undergo TAVR typically are out of bed in four to six hours, go home the next day, and resume normal activities within a week. "When I first met with Dr. El-Ahdab, I asked him if he had performed this surgery before," said Paul. "He said, 'I did it three times yesterday.' That was very reassuring."

Since first offering the procedure in 2016, Dr. El-Ahdab and Stroobants cardiologist Brinder Kanda, MD, have performed more than 330 TAVR procedures with a 100 percent success rate.

Paul has nothing but praise for everyone on his cardiology team, from the surgeons to his nurse navigator, Gordon Vordermark, RN, "who coordinated everything from blood tests to sonograms so that my wife, Joellyn, and I had fewer hour-long trips between Smith Mountain Lake and Lynchburg. Our comfort and lack of anxiety was due to Gordon. On the day of surgery, we were very pleased to know that my wife and her sister could stay at the Rosemary and George Dawson Inn." The Centra facility provides family-centered, home-like lodging and support services to patients and their family members who are receiving medical treatment far from their own communities.

"All of this as a package was very impressive," said Paul, who was back home the day after surgery. "I never thought of going anywhere else because the process was so well outlined, and Centra is rated in the top 20 of all hospitals that offer TAVR."

Back at work full-time, Paul said he feels great. His 84th birthday is March 30, and he has told his sons in the family businesses that he'd like to semi-retire so that he can travel more, write another book or two and spend more time with his wife. "After this procedure, I'm feeling much younger," Paul said. "Life has been an incredible adventure, and I need more time. I have a lot to do."

"I think it is amazing that the $2,000 from the Sackett Heart Fund for TAVR training has saved more than 300 lives."

Fadi El-Ahdab, MD

# PROGRAM IMPACT

## Your gifts help make miracles.

Scarlett Rowland weighed 1 pound, 5 ounces when she was born August 13, 2014, only 24 to 26 weeks into her mother's pregnancy. Intubated after birth, neither of her parents could hold her for the first week. Then, at less than 12 inches long, Scarlett fit into the cup of her father's hand.

Thirty years ago, Scarlett would have had little if any chance of survival. Even on the day of her birth, a grief counselor was called to counsel her parents, Stuart and Amanda Rowland, for what most thought was the inevitable outcome of a premature birth delivered by emergency C-section after Amanda's liver began to fail as a result of preeclampsia complicated by HELLP Syndrome. Scarlett needed medical treatment for serious respiratory and eye conditions, and she spent 96 days in neonatal intensive care units in Lynchburg and Charlottesville before she could be home with her family.

Today, thanks to advances in healthcare and the support of Children's Miracle Network (CMN) Hospitals through its mission to save and improve the lives of as many children as possible, Scarlett is a happy, playful, and sometimes mischievous four-year-old "who knows how to bat her eyes and get her way," said Amanda with a laugh.

The tiny infant born without fat tissue, who didn't even cry upon birth, is the 2018-19 CMN Hospitals Champion for Central and Southside Virginia. Every year, 170 local CMN Hospitals identify a "champion" in each of their local communities to serve as the face for children treated at their local children's hospital. Scarlett is among those ambassadors who spend their year advocating for the charitable need of children's hospitals across North America.

As a CMN Hospitals champion, Scarlett attends local awareness and fundraisers such as Walmart-Sam's Club-Neighborhood Market fall campaign in Lynchburg and Danville, a month-long CMN campaign sponsored by Great Clips of Lynchburg, and the Music Muscle Cars and Miracles event held at the Lyrics on the Lake Songwriters Festival.

"Everyone who meets her loves her. With her blonde hair and green eyes, she is like a little doll. Other than being super tiny, she is just like any other kid," said Amanda, noting that at Scarlett's last checkup, she weighed 27 pounds. Small only in stature, Scarlett attends pre-kindergarten at Brookneal Elementary School where she has many friends. "It was a blessing to enroll her into the program because she can be among her peers," Amanda said.

"Our family has been helping with CMN events every year since Scarlett was born," said Amanda, who also became an emergency medical technician because of Scarlett. "Any time CMN calls about a fundraiser, I ask Scarlett if she would like to help, and she says, 'pencil it in,' as if she is going to a job.

"We want to give back because CMN's help has been so wonderful," Amanda said. "The neonatal ambulance that transported Scarlett was funded by CMN Hospitals. They helped with some of our travel expenses when Scarlett was receiving medical care in Charlottesville, 100 miles away from our home in Gladys. And when we lost our house in a fire last year, CMN reached out and helped us with clothes and dolls for Scarlett and her sisters."

When Jack Whistler retired last year as Children's Miracle Network Hospitals coordinator at the Centra Foundation, Scarlett presented him with a framed photograph of the two of them walking and holding hands after a fundraiser.

"If CMN Hospitals asks us to be at an event, we are there," said Amanda. "When other children and parents see Scarlett, they see a success story. She is a living symbol of hope."

CMN Hospitals Champion for Central and Southside Virginia
Scarlett Rowland

# PROGRAM IMPACT

## Local quilters honor hospice patients through annual Rainbow of Hope fundraiser.

One of Tamera Ehlinger's greatest hopes is that someday the Rainbow of Hope quilt auction will run out of people to honor or remember.

But for now, 13 years after the first quilt auction raised $18,000 to benefit Centra Hospice, Tamera, retired manager of Quilted Expressions of Lynchburg, which sponsored the first auction, and Terri Layne, business development manager for Centra Hospice, plus their army of volunteers and quilters, will continue to bring a rainbow of hope to local hospice patients.

The auction has raised more than $500,000 to benefit hospice patients since it began in 2006. The most recent auction in November raised almost $40,000. The funds, which are managed by the Centra Foundation, have gone toward myriad projects that benefit Centra Hospice patients at the Bedford Hospice House and the former Lynchburg Hospice House.

The idea for the auction originated from the women who frequented Quilted Expressions. "Over a period of time, everyone who walked in the door seemed to be affected by cancer," Tamera said. "It was overwhelming, so we decided to quilt for a reason. An auction appealed to everyone as the best way to raise money. My customers selected Hospice of the Hills (now Centra Hospice) as their reason to quilt because hospice had helped them through some of their worst times."

"There is great therapy in 'doing something.' Projects are completed by sisters remembering Grandma, friends celebrating so many years cancer free, and individuals battling by themselves. There is a story behind every project and probably a tear or two within each one."

"We are always amazed by all the quilts that arrive on the first weekend in October for the auction," said Terri. "Some people have participated for years. Others find a need to be part of this journey and join us. People take classes to learn how to quilt just so they can participate. There are so many people who want to be a part of this. The money that is raised is wonderful, but the lives that are touched along the way are even more meaningful."

This quilt, my very first attempt at quilting is in honor of my daughter, Jennifer Capone, who started her music therapy practice here in Lynchburg when discovering a lack of such services available to the community. With determination and persistence, her practice has flourished for those in the care of hospice…I chose this pattern because of the "rainbow" of colors that represent the diseases her patients may have when they enter hospice care.

"Singing you home" Machine pieced and quilted by Karen Cossman

This quilt was made to honor a brave young woman. Kali Hurd was born in Virginia in 1991 with her twin brother. She attended Mount Pleasant Elementary School and William Byrd Middle and High Schools…As a teen she began volunteering at the Mount Pleasant Fire Dept. and fell in love with firefighting. She went on to school and fulfilled her dream of becoming a professional firefighter here in Roanoke valley. Then Kali was diagnosed with colon cancer. She fought the battle with all her might. The sign in front of the Mount Pleasant Fire Dept changed from "Kali strong" to "Kali soars high" when she lost the fight. Kali was 26 years old.

"Virginia Rails and Trails" Machine pieced and quilted by Kathy Wickham

These are just two of the stories behind the 78 quilting projects donated to the 2018 Rainbow of Hope quilt auction.

**To read more about the people who inspired 2018 quilters, visit roh4hospice.org.**

# 2018 CENTRA SOCIETY DONORS: THANK YOU FOR YOUR GENEROSITY

We thank our donors for their generous contributions during the calendar year 2018. This listing includes donors to the Annual Fund, to Children's Miracle Network Hospitals, and to other restricted funds and campaigns. Every effort has been made to ensure the accuracy of names listed. If there is an error or omission, please accept our apologies and call us at (434) 200-4791 so that we can correct our records. To see a full listing of donors, visit **www.CentraFoundation.com**.

***Donors who contribute $1,000+ are members of the Centra Society.***

## CENTURY CLUB $1,000,000 +

Estate of Dr. Robert R. & Mrs. Rebecca Peebles Bowen

## CORNERSTONE CLUB $500,000 - $999,999

Estate of Alan B. Pearson

## VISIONARY CLUB $100,000 - $499,999

The Al Stroobants Foundation
Children's Miracle Network Hospitals
Estate of Hawes B. Hughes, Jr.
Cinda & George Hurt
Walmart Inc.

## BENEFACTOR CLUB $50,000 - $99,999

Auxiliary to Lynchburg General Hospital
Estate of Naomi K. Shapiro
Watt Foster Family Foundation

## PATRON CLUB $25,000 - $49,999

Anonymous
Credit Unions for Kids
Friends of Bedford Hospice House
Rainbow of Hope

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Mary "Hazel" & Bannat Coles
Marie Colligan
Leonard W. Comer
Thomas E. "Sonny" Conner
Ray Cook
Mary Anne Copley
John Paul Cowins
Janet & Owen Cox
Rosa J. Crabtree
Estelle Creasy
Thomas L. Creasy
Mary Margaret Crews
Joe Crider
William C. Crites
Barbara W. Crouch
Buddy L. Crouch
Butch Crowder
Alfred Cunningham
Geneva Cunningham
Michael Hampton Cunningham
John E. Cyrus
Mr. & Mrs. Nickolas Cyrus
Veronica A. Dale
Karen J. Danos
James Robert Davenport, Sr.
Robert E. Davidson
Elinor Harris Davis
John Davis
Mary Lydia Davis
Mary Lily Dawson
Scoots DeBruhl
Gloria DeLoatch
Adia M. Desotell
Gertrude & David DeWitt
James Dews
Terry Lee Doggett
Wes Dolvin
Hunter Donald
Betty M. Doss
Dennis Dougherty
John D. Doyle, Jr.
Louise B. Drinkard
Sandidge Drumheller
Rachel & Robert Dubay
Louise & Amory Dudley
Phillip W. Dudley
Robert Dudley
James F. Duffie
Billy Dunn
Katherine Dupree
Irma Page Eckart
Barbara Edwards
Reggie Eggleston
Harry B. Elam, Sr.
Betty D. Elliott
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Pamela D. Enochs
Michael Estep, Sr.
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James Ralph Eubank
Opal Eubank
William H. Eubank
James Eubanks
Gladys M. Evans
Gretchen S. Evans
Joan P. Evans
Katherine S. Evans
Doris Alma O. Fallen
Paul A. Fallon, Sr.
Jack Falls
James W. Farmer
Melvin "Bud" Fauber
Ada Christine Faulconer
John T. Faw
Juanita W. Ferguson
Margaret T. Ferguson
Robert H. "Bobby" Ferguson, Jr.
Ronald Ferguson, Sr.
Frank M. Fiaschetti
Harold Dean Fifer
Ian Fiorini
Martha C. Fischer
Margaret Fitzgerald
John M. Flippin, Sr.
Eileen Flood
Anita Libatique Flores
Dorothy S. Floyd
Mildred P. Floyd
Nancy H. Floyd
Aggie & Edward Fobellah
Henrietta Ford
Rita A. Formon
Margaret C. Foster
Pat Haley Foster
Brogan T. Franklin
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Brandon Fulwider
Moody "Rex" Gardner
Ruth Gardner
Terry A. Gardner
Eddie Gee
Mack O. Gentry
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Travis Hensley
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David Hill
Erika E. Hill
John E. Hill, Jr.
Ella Hodges
Lynwood "Link" Hodges
Barbara Hoffer
Mary & Emily Hogan
Martha & Francis Hoge
William "Lewis" Holland
Mr. & Mrs. Yuille Holt, Jr.
Leo F. Horseman, Jr.
David W. Horton, Sr.
Anne North Howard
Ivan Howard

From left, Louise Mitchell, Violet Mitchell and Kathryn Drayton, M.A.A.M. Luncheon

Sheri Howard
Joseph Howell
Janice Hubbard
Brenda Barksdale Hudson
Kenneth W. Hudson, Sr.
Kathy S. Huffman
Henry Hughes
Jamie Humphreys
Linda Humphrey
Mammaw Hunt
Vivian Carol Hunt
Virginia Hutchens
Loulie C. Hutto
Harold "Skipp" Inge, Jr.
Shirley Ingram
Charlotte Inman
J.C. Jackson, Jr.
Marcus Anthony Jackson
Nicodemus & Fannie James
Willie C. James
Chancer H. Jamison
Sandra Jenkins
Raymond M. Jennings, III
Richard Jennings, Sr.
Esther & Richard Jett
Bobby L. Johnson
Collins R. Johnson
Elaine Johnson
Elsie Johnson
Fulton K. Johnson
Isaac Johnson
Joyce A. Johnson
Loyd D. Johnson, Sr.
Nancy S. Johnson
Patricia D. Johnson
Alvin Curtis Jones, Sr.
Annie T. Jones
Beth Bragg Jones R.N.
Hubert W. Jones
Bland Dallas Jordan
Margaret Jordan
Perry N. Jordan
Pauline Kalin
Ethel Kelley
Mark Richard Kelly
Marlene Pendleton Kendrick
Phillip E. Kerr
Ronald & Dolly Kidd
Jeanne Kirby
Frank Klatt
Katherine R. Kobert
A.D. Koshy
Angie Kozlik
Robert "Andy" Krantz
Jacoba A. Laneve
James V. Laughlin
Connie Lawton
Raymond M. Leech, Jr.
Pat Lefebvre
Richard Lenz
Sherri Lindstrom, R.N.
William Christopher "Chris" Linn
Kenneth Lipscomb
Joyce & Thurman Little
Kitty H. Lloyd
Helen S. LoGalbo
Edna M. Lotts, R.N.
Shirley L. Love
Ljubo Lulich
Maria Luncan
Willis "Wick" Lyle
Edward P. Maddox
Laura Mae
Daniel R. Magann
Michael Maitland
L.B. Mann
Ruby & Arthur Markham
Christopher C. Markham
Clayton J. Markham
Earl Marstin
Bobby J. Martin, Sr.
Doris N. Martin
Earl D. Martin
Jean C. Martin
John Martin
Mr. & Mrs. John C. Martin
Robert B. Massie
Betty Matthews
Mr. & Mrs. Howard Mattox
Marjorie & James May
William May
William Mayes
Gerald Mays
Kathryn C. Mays
Lloyd W. Mays
Shirley McCabe
Eleanor Dean McConnell
Duval McCormick
Betty H. McCraw
Paul McDaniel
Lillian & Herbert McFaden
Jack L. McGlothlin
Donald M. McGuire
Mr. & Mrs. J. F. McKinney
Elizabeth McLaughlin
Joseph McLaurin
Nancy G. McPhatter
Elwood H. Mead
Raymond "Max" Meador
Greg Metzger
Ellen J. Miller
Thomas & Edith Milton
Timothy Minter
Kelly Minton
Ojars J. Misjuns
Bobby W. Mitchell
Edward H. Mitchell
Estelle "Hannah" Mitchell
Helen & Harold Mitchell
Richard T. Mitchen
Zoie Monk
Chris Ann Moore
Chuck Moore
Herbert Randolph Moore
Thelma & Berk Moore
Justin Shaner Morcom
Percy W. Moring, Jr.
Norman L. Moritz
Dr. John S. Morris, Jr.
Rebecca & James Morse
Richard T. Mosby
Helen Jean & Leonard Mullins
Tony Murrell
Binford "Binnie" Nash, Sr.
Myrna G. Nash
Richard Nash
LeRoy Neddeau
Philip L. Nelson
Elmer L. Neuberger
A. B. Newcomb
John A. Newcomb, Sr.
Hugh J. Nixon
Brian A. Noakes
Claude Russell Noel, III
Kathleen & Preston Noel
John A. Notestein
Christopher J. Nowlin
Jacqueline O'Brien
Malvie D. Osborne
Yvette Otey, R.N.
Shirley M. Puckett Overstreet
Janie Mae Crews Owen
Matilda G. Owen
Mr. & Mrs. Morris Owens
George Paggans
Edith Tuck Palmer
Donna A. Pankey
Harold Pannell
William Paradise
Grady L. Parker
Sarah O. Parker
Lillie Mae Parrish
Reatha Patton
Clara Payne
Earl Payne, Jr.

Inez & Earl Payne
Alan B. Pearson
John Pearson
Woodrow "Buck" Wilson Pembelton
William E. Pendley
Gene Lee Perna
Daniel T. Perrow
Roger Phillips
Roy M. Phillips, Jr.
Jonathan L. Pickett
John Henry Pieper
Thomas Perry Pinion, Jr.
Alan C. Pipkin, Jr.
Dante' Poindexter
Stanley Poindexter
Lcdr. Douglas W. Potter, USN
Mr. Harold Potts
Nigel Preece
Alice B. Provencher
Randy Puckett
Gloria B. Ragland
Brooklyn & Brittany Ramsey
Grover L. Ramsey
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Earl S. Raub
Alfred R. Ravagli
Ernestine D. Reburn
Cindy L. Reid
Connie Reynolds
Doris C. Reynolds
H. Blair Reynolds
Judy M. Reynolds
Ted Dayton Reynolds
Dallas F. Riddle
John Ridgeway
Phyllis Riehs
Ann Riley
James Lee Riley
William "Larry" Roach, Jr.
Barbara Roakes
Carroll E. Roakes
Thelma L. Roakes
Edward L. Robinson, Sr.
Glasgow A. Robinson, Sr.
R. John Robinson
Michael & Margaret Rocco
Vernon "Rick" Roman
Gracie & Jack Rosser
Thomas B. Rowe
David Rowland
Patricia Rush
Diane M. Rygielski
Vera D. Sackett
Arthur Quincy Samuel
Cecil Sanderson
John Sanderson
Harry Sara
Marilyn Sara
Elle Paisley Sargent
Jeanne B. Sarver
Margaret Satterfield
Armentha Saunders
Frederick C. Scarletto
Earl Schmitt
Norman W. Scholes
William P. Scott, Sr.
Marian M. Schuster
Gerald B. Scruggs
Mr. Scruggs
Ruth & Jim See
John L. Sellick, Jr.
Virginia W. Settle
Patricia Hodge Shawver
Mary "Twink" Shelton
Willard Shelton
Florence Shepherd
Evelyn B. Sheppek
Margaret B. Shields
Ashton Short
Vernon Dale Short
George Shorter
May Shorter
Joyce & Tom Showalter
Martha M. Showalter
Marie Proffitt Sinclair
Jane Simmons
Betty Simpson
Darlene Simpson
John Doyne Simpson
Todd Simpson
George & Beatrice Sink
Joseph E. Slocum
Dorothy Gibson Smith
Gerald G. Smith
Justin Smith
Mary Ann Smith
Nicholas Smith
Clarence E. Smoot, Sr.
Linda G. Southern
Donald G. Spady
Lewis P. Spencer, Jr.
Jean Stacy
Edward Staples
Eleanor Staples
Judith E. Stauffer
Wallace Steele
Walter Lee Steele
John Strokos
Alphonse Stroobants
Arlene Suttle
Sharon Swedlow
Tom Swisher
Shirley & Hugh Tanner
Karl Tatlock
Bertram O. Taurman, Jr.
Charles Leroy Taylor, Jr.
Robert Dallas Tester
Anne S. Thaxton
Alice Thomas
Tess Thomas
Kelvin Thompson
Donald Thomson
Gloria & Harold Throneburg
Marion S. Tibbs
Martha & George Tomlin
Marvin Tomlin
Doris H. Trevey
Ronnie C. Tuck
Betty Brown Tucker
Marion B. Tucker
Carol Turner
Florence R. Turner
Margaret L. Turner
Nancy A. Turner
Bob Turns
Clara Turpin
Rachel Turski
Irvin H. Tweedy, Sr.
Becky Tyree
Stewart D. Tyree
Eric Underwood
Murry Unruh
Smith Unthank
Juanita Urban
Katharine Hill Vaden
Vikki Valentine
Norman E. VanZant
John H. Varner, Jr.
Tony L. Vaughan
Betty W. Vess
Jane Aletha Virkler
Louis & Helen Vyhnalek
Geraldine Strother Wade
James & Joyce Wall
Roger D. Ward, Sr.
Selma "Ma" Ward
Icinia Warren
Dr. L. Bradford Waters
Earl & Phyllis Watkins
Donald Bruce Weaver
Ruth Webb
Thomas "Tom" H. Webb
Thomas & Helen Webb
Clifford Norman Welling
Howard Wilson Welling
Rosa L. West
Rosalie J. West
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Fred F. White
June Mason White
Marie F. White
Vernon White
Woodrow W. White, Jr.
Jack Whitehead
Jackie C. Whitmore
Esther Whorley
Dorothy T. Wilkerson
A. Wanda Williams
Fonda Williams
Janet Williams
JoAngela E. Williams
Lisa Williams
Tariq & Charles Williams
Elbert "Teeny" Williamson
Margaret Wills
Celine Wilson
Connie C. Wilson
Della M. Wilson
Kenneth W. Wilson
Lyle S. Wilson
Elsie I. Winfree
Ann Wink
Therit T. Winstead
Barbara Wise
Mark Wishon
Lula M. Witcher
Richard C. Wood
Robert L. Wood
William M. Wood
Nathaniel Henry "Chuck" Wooding, III
Shirley M. Woods
Garland S. Woodson
Leonard L. "Bud" Woody, Jr.
Debby Woosley
Wilson Worley
Amy L. Wright
Cora Wright
Phillip E. Wright
Stephen C. Wright
Rebecca Wuergler
Sandra Yauchezee
Norma & Elbert Yeatts
Patricia L. Yeatts, R.N.
Cassandra L. Zurlippe

Children's Miracle Network Program Director Jack Whisler in one of the four donor-funded neonatal intensive care unit pods custom designed to treat substance-dependent infants.

## GIFTS IN KIND

ABC13 WSET
Aesthetics by Ridgeview Dermatology
American Legion Post 16
BB&T Insurance Services, Inc.
Beacon Credit Union
Benjamin's Restaurant
Bloom by Doyle's
Blue Eagle Credit Union
Cindy Bucker
Neil H. Buckley
Castle Studios Productions
Aurelia & Joel Cathey
Centra Health
Colonial Hills Golf
Cothran Insurance
Craddock Terry Hotel
CUNA Mutual Group
Custom Embroidery & Screen Printing
Central Virginia Federal Credit Union
Davenport & Company
Brittany & Greg Dawson
Delta Star
Emerald Limousine Service
Danner Evans
Erin N. Fitts Photography
F.L. Moore and Sons
Falling River Country Club
Fifth & Federal Station
Fink's Jewelers
Firehouse Subs
Libby & Paul Fitzgerald
Frito Lay
Jerrie & John Fry
Geoff Garcia
Grand Home Furnishings
Happily Ever After Event Rentals
Kathy Higginson
Sue & Chad Hoyt
Michelle Pao Hunter
IDS.COM
Inge Distributing
Iron & Ale Restaurant
Jersey Mike's Subs
Joe Bean's Express Espresso
John Farrell Photography
Kidd's Restoration & Cleaning
Kinetix Health Club
Leo Wood Florist
Lindsey Nicole Lettering
Lori's Italian Grill & Pizzeria
Lynchburg Hillcats
Lynchburg Municipal Employees Federal Credit Union
Mariner's Landing
Mark Young & Company
Don Martin
Massage Envy
Max & Dexter Event Design
Meanwhile Back on the Farm
Mill's Heating & Air Conditioning, Inc.
Moore & Giles
The News & Advance
Nour & Omar Elkhamra
Old Republic Title
The Omni Homestead
Outback Steakhouse
Rich Palermo
Pepsi
Performance Pros Consulting
Piedmont Floor Design
Poplar Forest Golf Course
Printworks
Proforma Graphic Resources
R. Coffee Ltd.
Shakers Restaurant
Tahini's Mediterranean Grill
Target
Terrace Blooms
Tiger Fuel Company
Trabian Technology
University of Lynchburg
Valley Star Credit Union
Pat Gleason & Bill Van Dyke
Judith & Allen Vaughan
Virginia Commonwealth University Services
Virginia Credit Union League
Vizo Financial Corporate Credit Union
Mike Wilkerson
William & Henry Steakhouse

TO SEE A FULL LIST OF DONORS, VISIT CENTRAFOUNDATION.COM

Pearson Cancer Center staff, M.A.A.M. Luncheon

Shannon & Mike Valentine and friends, Sackett Heart Ball

# LONG-TIME DONORS BEQUEST $1 MILLION FOR NURSING

The Centra Foundation has received a bequest of more than $1 million to support Centra's nursing program from the estate of Rebecca Peebles Bowen, widow of the late Dr. Robert Richardson Bowen, a long-time practicing orthopedic surgeon in Lynchburg.

"The Bowens, throughout their lives, were always very generous in their support of healthcare in central Virginia," said Beth Doyle, executive vice president of the Centra Foundation. "We are truly grateful for this gift that recognizes the importance of nursing today and in the future."

The couple created the Bowen Foundation to support local charities and nonprofits. They endowed Centra Lynchburg General Hospital with a modern surgical suite and supported the nursing school. Dr. Bowen's passion for fitness led him to give the Robert R. Bowen Fitness Center to the employees of Lynchburg General Hospital.

Rebecca Bowen passed away in September 2018. Dr. Bowen died August 7, 2013, the day of their 60th wedding anniversary.

The Bowens' legacy will touch the lives of nurses, patients and Centra employees for years to come.

## LEGACY SOCIETY MEMBERS

Anonymous (16)
Mr. Charles E. Bedat
Mr. & Mrs. Samuel Cardwell
Dr. & Mrs. George A. Hurt
Mrs. Margaret Osteen
Mr. & Mrs. Walker P. Sydnor
Mrs. Evelyn Taylor

## YOU CAN STRENGTHEN OUR FUTURE FOR GENERATIONS TO COME

Each year, donors generously support Centra through bequests, charitable trusts, gift annuities, beneficiary designations on retirement accounts and life insurance policies, and through many other planned giving options. Centra deeply appreciates each and every one of these legacy gifts.

When you include Centra in your will, you are eligible to become a member of our Legacy Society. Please consider including Centra in your will and notify us of your plans so we can thank you for your gift and welcome you into the society. We would like to recognize your gift, but you can keep your plans in total confidence if you prefer.

For a confidential conversation about legacy giving, please contact Beth Doyle at Beth.Doyle@CentraHealth.com or 434-200-4790. For more information please visit our comprehensive online planning guide at centrafoundation.planmygift.org.

# CORPORATE AND FOUNDATION PARTNERS IN HEALTHCARE PHILANTHROPY

The Al Stroobants Foundation

Children's Miracle Network Hospitals

Walmart

Bedford House

Rainbow of Hope

CO-OP FINANCIAL SERVICES

Carrington Family Foundation

TEVA

VIRGINIA BAPTIST FOUNDATION

Beacon CREDIT UNION

Financial Designs

THE FIRE FOUNDATION Since 2001

LYRICS ON THE LAKE

MERRYMAN CHARITABLE FOUNDATION

PANDA EXPRESS CHINESE KITCHEN

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BMS Direct Delivering Statements with Integrity

Campbell INSURANCE Trusted Advisors Since 1918

DQ

DODSON PEST CONTROL

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# THANK YOU FOR YOUR PARTNERSHIPS!

Auxiliary to Lynchburg General Hospital

WATT FOSTER FAMILY FOUNDATION

Credit Unions for Kids
Children's Miracle Network Hospitals

extra life
Play Games. Heal Kids.

FORD MAYS

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Genworth

IHOP

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# CENTRA FAMILY CAMPAIGN: EMPLOYEES, PHYSICIANS & VOLUNTEERS

Teammates led as Planning Council Members and Ambassadors.

Departments achieved 100% participation.

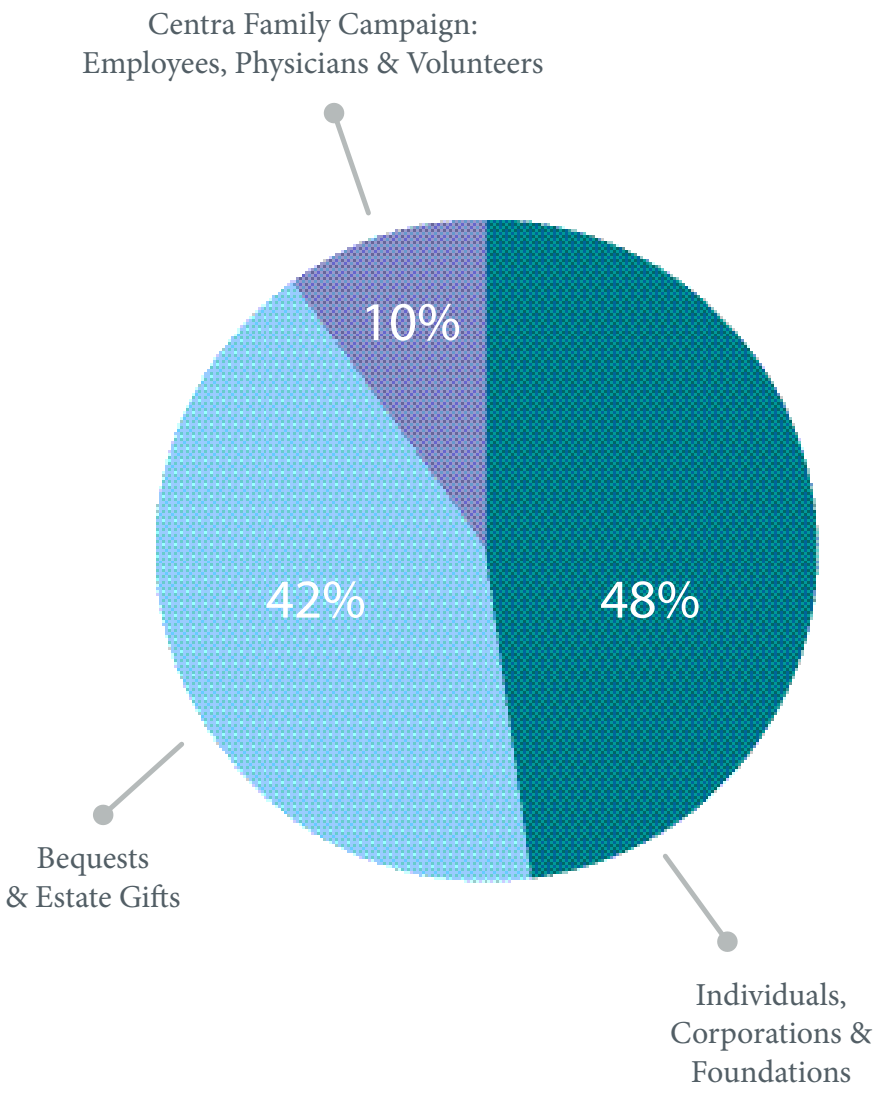
Donors.
Thank you! Teammates are recognized on special recognition walls in our hospitals.

Raised by Employees, Physicians and Volunteers.
10% of all Foundation giving came from the Centra Family Campaign!

To Helping Hands to assist employees in times of acute, unexpected need.

For more information or to make a gift today, visit www.CentraHealth.com/Give.

# 2018 SOURCES OF ALL FOUNDATION GIVING




**TOTAL GIFTS RECEIVED: $4,148,582**

# YOUR GENEROSITY IS SAVING LIVES!

*Dear Centra Foundation Board Members,*

*I wanted to take a minute to express gratitude for the generous Centra Foundation funding of three LUCAS devices for our ECMO (Extra Corporeal Membrane Oxygenation) program. As you know, the LUCAS device is a mechanical device that delivers high-quality chest compressions to sudden cardiac arrest patients.*

*I wanted to share that Centra is now the **first in the state** to provide eCPR services in part thanks to your generous funding! In a recent case, a woman in her early 50's was admitted with cardiac symptoms and subsequently suffered a cardiac arrest. Within 45 minutes while utilizing the support from the LUCAS device she was placed on the ECMO machine. Without receiving high quality CPR and having the support from ECMO, death would have been certain. Within 2 days it was evident that her vital organ perfusion was preserved thanks to both the high-quality CPR from the LUCAS device as well as the ECMO placement. She was able to awaken and follow commands showing preserved brain function and her kidney and liver function were also remarkably untouched. We know that the ECMO program was life-saving for her. We also know that without the LUCAS devices and high-quality CPR performance that her outcomes may not have been so exceptional.*

*Thank you to the Centra Foundation for your support in funding of these devices. Your generosity is saving lives!*

*Sincerely,*

Michelle Cabell

***Vice President of Critical Care and Neurosciences***

# UPCOMING EVENTS

**MAY 8**
Credit Union for Kids Golf Tournament
Ivy Hill Golf Club, Forest, VA

**MAY 10**
Log A Load for Kids Golf Tournament
Winton Country Club, Amherst, VA

**JUNE 12**
Clubs for Cancer Golf Tournament
London Downs Golf Club, Forest, VA

**JUNE 12-19**
Lyrics on the Lake
Smith Mountain Lake, VA

**JULY 25**
Miracle Treat Day
Dairy Queens Nationwide

**AUGUST 10**
Cars for Kids Vintage Car Show
City Stadium, Lynchburg, VA

**AUGUST 24**
Miracle Ball
Virginian Hotel, Lynchburg, VA

**OCTOBER 5**
Puzzled Car, Truck & Bike Show
and Kidz Carnival
The Plaza Lower Level, Lynchburg, VA

**OCTOBER 11**
M.A.A.M. Luncheon
University of Lynchburg

**OCTOBER 18**
Dining for the Dawson Inn
Lynchburg, VA

**OCTOBER 26**
I Am Woman 5K
Alan B. Pearson Regional Cancer,
Lynchburg, VA

**NOVEMBER 2**
Rainbow of Hope Quilt Auction
Forest, VA

**LATE NOVEMBER**
Trees of Hope
Alan B. Pearson Regional Cancer,
Lynchburg, VA

CENTRA FOUNDATION
1920 Atherholt Road
Lynchburg, VA 24501