



Centra and Centra Foundation leaders participate in the ribbon cutting. From left, George Hurt, Amy Carrier, George Zippel, Ismael Gama, Shannon Miles, James Bryant, Beth Doyle, Amanda Turner.

Celebrating the opening of Virginia's first emPATH unit

The ribbon cutting ceremony for Virginia's first emPATH unit was a celebration of what can happen when a community comes together to address one of its greatest healthcare needs.

A gift from the community for the community.

That is one way James Bryant, RN, DNP, CEN, CPEN, NEA-BC, vice president of emergency services, describes the new emPATH unit at Centra Lynchburg General Hospital.

An anonymous \$1 million gift from a grateful patient, donations to the Greatest Need Fund and a team of dedicated Centra Caregivers helped to make the innovative Emergency Psychiatric Assessment, Treatment and Healing unit a reality for patients. The first of its kind in Virginia, it is a proven approach to help those

experiencing a mental health crisis.

Leaders from Centra, Centra Foundation and the community celebrated its grand opening September 12.

"This is really a story about a community, a Foundation and a healthcare system coming together to address a significant need for the people of central Virginia," James said. "Sometimes we all need a 'gift' to inspire change. EmPATH is significant for those who can benefit from this type of care and really for all who visit the ED."

Ismael Gama, vice president of psychiatry and behavioral health, agreed. The unit "speaks to a donor, a Foundation, a healthcare system, a community that recognizes a need and says let's do something for this community."

According to Centra's triennial Community Health Needs Assessment, mental health continues to rank among the top health concerns affecting communities across central Virginia.

The new approach is "perfectly aligned with the innovative care we aspire to deliver here at Centra," said Centra CEO Amy Carrier. It fits well with her vision to make Centra one of the best small not-for-profit community healthcare systems in the country.

The unit includes a soothing outdoor space that may be a first of its kind in the U.S.

All of it will be a game changer for many people in crisis as well as their families. The approach allows

continued on the back



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Dawson Inn staff members **Andrea Rutledge** and **Ashley Klein**

A grateful daughter gives back

For Allison Galloway, a room at the Rosemary & George Dawson Inn provided more than a place to stay for a few days in the spring. It helped her be close to her father in his last days.

"Being able to stay at the Dawson Inn meant so very much to me," she said. "It alleviated my transportation worries and allowed me the time to be with my father for longer periods of time when he was at the end of his life. I don't live in Lynchburg, so the proximity to the hospital allowed me to just walk across the street and not have to worry about a rental car or Uber."

The secure, homelike setting and attentive staff helped make her stay as comfortable as possible and enabled her to focus on what really mattered.

"I was in Room 208," she said. "I appreciated the fabulous staff. I met each of them. They were friendly, caring and helpful. The level of service and compassion

that they exhibited, along with the other offerings, was invaluable and memorable."

Guests can make themselves at home in a lounge area, find food in the kitchen and make connections with other guests. The Inn is within walking distance to a number of Centra facilities in Lynchburg as well as restaurants.

Generous donations provide discounted nights and donated nights for patients as well as family and friends of patients.

After her father passed, Allison wanted to show her appreciation by giving back to help other patients and their families. She made a donation to the Dawson Patient Inn Fund.

"The donation is in my father's memory," she said. "It is to convey my gratitude as well as help to support future guests with the same comfort that I experienced."



Jill Layne is joined by Centra Caregivers at Centra Alan B. Pearson Regional Cancer Center after finishing treatment.

Steps away from life-saving treatment and meaningful connection

Your gifts helped Jill access lodging and care for cancer.

During her treatment for breast cancer, Jill Layne found an unexpected home away from home and meaningful connection with many warm and compassionate Caregivers.

“When I found out I was going to have radiation every day, I knew it would be too much for me to make the drive,” she said. “My car isn’t dependable, and I struggle with anxiety.”

The Rosemary & George Dawson Inn seemed to Jill to be an answer to prayer.

“My treatment was covered and so was my stay,” she said. “I was able to walk right over to Pearson. I can’t say enough good things about the people and the care.”

Donors helped to make both Centra Alan B. Pearson Regional Cancer Center and Dawson Inn a reality for patients and families. Pearson Cancer Center opened in 2008, filling a desperate need for central Virginia.

The 20-room Dawson Inn opened in 2012 to provide affordable lodging to patients, or family and friends of patients, who are receiving medical care at any Centra location. It is close to both Pearson Cancer Center and Centra Lynchburg General Hospital.

The Centra Foundation manages a variety of funds and endowments, including the Greatest Need Fund, to ensure excellent care for anyone in our communities, regardless of ability to pay.

For Jill, healing came not only in the form of life-saving surgery and radiation, but Caregivers who “became like family.”



Words will never adequately express how very grateful I am to everyone for everything.

– Jill Layne

“I don’t want to say I’m happy I had cancer, but it’s gone now,” she said. “In some ways, it has been one blessing after another.”

She became so comfortable at the Inn that people would sometimes ask if she worked there.

“They let you bake in the kitchen,” she said. “Sue, the manager, helped me with a quilt I’m working on. We would sit at the table together and talk about life. And I helped them make gnomes that they sell at the front desk. During those times, I knew I was going to miss the place and the people.”

On her last day at Dawson Inn in September, a beautiful blue-sky day, she walked over to Pearson Cancer Center for her final appointment – and to ring the bell signaling that she was finished with treatment and cancer free.

But she didn’t do it alone. Caregivers from both Pearson Cancer Center and Dawson Inn were there with her to cheer her on and offer support.

Your support helps patients like Jill access services and the care they need. Visit CentraFoundation.com/Give to make a gift.



Honoring the Centra Foundation's

Three board chairs share their perspectives on building the Foundation, the impact and the future

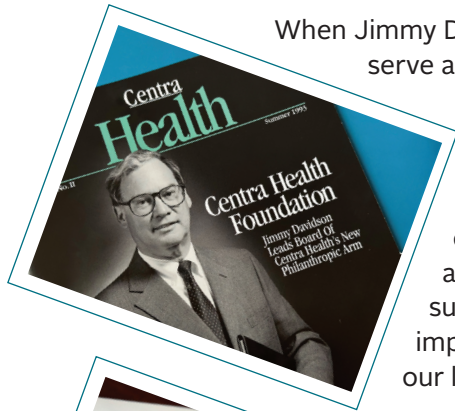
Thirty years ago, a small but dedicated group of community leaders and physicians passionate about the health of central Virginia joined forces to serve on the inaugural board of the Centra Foundation. Their vision, and the generosity of donors, has transformed healthcare for people in our region.

Building the Foundation



Jimmy Davidson Jr.

Centra Foundation Board Chair 1993-2003



When Jimmy Davidson Jr. agreed to serve as the inaugural board chair of the Centra Foundation, he did so as someone passionate about central Virginia and with the aim of supporting Centra in improving the health of our local communities.



"The hospitals play an important role in the community, not just in providing hospital beds, but Centra Health has been a major force in trying to improve the way of life in central Virginia," he said then.

A few things have changed in the past 30 years, including an expansion of services and facilities, but a few have also remained the same. Through your generosity, the Centra Foundation remains committed to helping our not-for-profit healthcare system improve the health of people in our communities.

"We are indebted to those leaders who laid the groundwork and ensured the success of the Foundation," said Beth Doyle, executive vice president of the Centra Foundation. "Because of their efforts and the incredible generosity of our supporters we have provided over \$100 million for Centra programs and transformed the healthcare experience for the more than 500,000 people in central Virginia who rely on our not-for-profit system each year."

At right, three board chairs from different periods in the Foundation's history share their perspective.

Q: When was the first annual meeting of the board of directors? What do you remember about that meeting and forming the board?

A: The first annual meeting was in the auditorium in Lynchburg General in January of '93. Everyone was glad to serve and looked forward to it. We had a number of doctors for one thing. We had some real business leaders, some lawyers. They worked well together. We all had the same goal.

Q: What was one of the first orders of business?

A: One of the first things Fred [Cawthorne] did was to start an annual fund. And that has grown and prospered, and it has been sort of the basis of fundraising for the Foundation. I made a gift the first year ... and I think I've given every year since. I just would tell people, give the money unrestricted and let the hospital put it to its very best use.

Q: What is one accomplishment that stands out in your mind?

A: They had a capital fund drive when they started building the [Centra Alan B. Pearson Regional] Cancer Center. And today we've got the Cancer Center. Not many communities the size of Lynchburg have a separate cancer center as we do.

Answers have been edited for brevity. Watch the full interview, "Celebrating 30 Years of Hope and Healing," at CentraFoundation.com/Celebration.



founding board members and your local impact

Making an impact



George Hurt, MD

Centra Foundation Board Chair 2004-2016

Q: After 30 years, what can you say about the impact of donors and the Foundation?

A: The Foundation has been a really positive force in the provision of healthcare for this community. We've been able to raise for the support of Centra over \$100 million over a period of time. And that has been critical.

Q: What stands out to you?

A: An example that I think we are pretty proud of is what we've been able to do with pediatrics. We raised money that was designated to go to support pediatrics and the pediatric units. And we were critical to the capital campaign that resulted in the construction of the East Tower [at Centra Lynchburg General Hospital] and the Cancer Center.

Q: What about in the community?

A: I've always said that if you really wanted to see what the Foundation has accomplished, you drive around town. The Community Health Network and the facility at Fifth and Federal is an example of that, where a need was identified in a particular part of the Lynchburg community and we could address that need. That was one of the major accomplishments, I think, what we were able to do there.

Embracing the future



Carolyn Jacques, M.Ed, RNC

Centra Foundation Board Chair 2020-Current

Q: Why have you enjoyed serving the community as chair of the board?

A: I was a Centra nurse most of my professional career. I had a wonderful career at Centra, and I had the opportunity – many opportunities – to come before the Centra Foundation board to request donor funding for special projects that were needed in Women & Children's Services.

Q: What can you say about the groundwork laid by the inaugural board?

A: The inaugural board and the executive team at that time were true visionaries. So we need to applaud them and remember them.

Q: As a board member and community member, what are you excited about? How does the future look?

A: I am very excited about Centra's growth and the Modernization Plan. And I'm also thankful that I get to enjoy the fulfillment and gratitude that I hear and witness. The future has never been brighter, in my opinion, for the Foundation and for Centra.

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Donor generosity and community support breaks record with over \$370,000 net raised at annual gala

The event honored members of the community who formed the Centra Foundation in 1993 and celebrated 30 years of local impact.

The Virginian Hotel in downtown Lynchburg was filled with joyful reunions and energetic chatter when supporters gathered on August 26 for the Centra Celebration, the annual fundraising gala hosted by the Centra Foundation.

The event raises funds to help our not-for-profit healthcare system meet unexpected challenges, save lives and embrace opportunities to enhance healthcare for central and southern Virginia.



This year's event raised over \$370,000 net, honored the visionary leadership of those who formed the Centra Foundation in 1993 and celebrated 30 years of local impact. Centra Foundation Executive Vice President Beth Doyle welcomed guests and served as host.

"This year's Centra Celebration is especially meaningful," she told guests. "We're excited to celebrate the Centra Foundation's 30th anniversary – and especially your partnership over those three decades."

The evening was filled with video testimonials, an exciting live auction, a plated dinner and Centra CEO Amy Carrier's vision for the future.

Centra Foundation Board Chair Carolyn Jacques recognized the founding board members who attended the event and all Foundation board members for their service.

"We would like to thank each of you," she said. "Your impact will surely live on in our communities and for our healthcare system."

After the live auction, Centra's CEO shared her gratitude.

"You have helped to make innovative, transformative and truly excellent care possible in so many ways," she said. "Three decades of impact with profound effect for years to come – both at Centra and in families across all of our communities. With your continued support, I am incredibly optimistic. Our mission is clear, our values are strong and the future is in focus."

She concluded by thanking donors, community partners and everyone who has served on the Centra Foundation and Centra boards.

"Thank you for playing an important role in helping Centra fulfill our mission and vision," she said. "Your support has shaped Centra into the organization we are today and has inspired hope for the Centra of tomorrow."



Members of the 1993 board with Centra CEO Amy Carrier, Centra Foundation Executive Vice President Beth Doyle and Centra Foundation Board Chair Carolyn Jacques. Back: George Dawson, Paul Fitzgerald, Joseph Callicott, Mike Barger; Middle: Beth Doyle, MaryJane Dolan, George Hurt, Jimmy Davidson, Gil Cobbs, Carolyn Jacques, Amy Carrier; Front: Ken White, Gordon Leggett



Centra CEO Amy Carrier speaks at the 2023 Centra Celebration.



Centra Celebration Planning Committee: Nancy O'Brien, Ashley Klein, Co-Chairs Robin Warner and Traci Blido, and Anne Gianakos

[Visit CentraFoundation.com/Celebration](https://www.CentraFoundation.com/Celebration) to see videos shown during the evening and photos.



Guests enjoy socializing and a live auction.



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Robin and Jim Warner; Luffy at Centra Alan B. Pearson Regional Cancer Center

Giving back to help patients have the best care possible

For Robin and Jim Warner, giving through the Centra Foundation is another way to help patients and give back to the community.

Robin and Jim Warner are passionate about helping patients and want people in our central Virginia communities to have the best healthcare possible.

From volunteering at Centra (Robin) to serving as executive chair of the Centra Heart & Vascular Institute (Jim) to providing canine comfort to patients and Caregivers (family dog Luffy, a sweet standard poodle who is a therapy dog for cancer and hospice patients), the Warners have oriented their lives around healthcare and service.

Giving through the Centra Foundation is another way they choose to care for patients and their community.

“We have both been involved in healthcare for many years and have witnessed how healthcare benefits the community,” Jim said. “Giving through the Centra Foundation is our way of giving back to the community and our patients.”

They are both in unique positions to see how generosity helps people who depend on our not-for-profit healthcare system.

“Robin has witnessed firsthand how patients at Pearson Cancer Center benefit from contributions,” Jim said. “The entire environment has become more comfortable.”

Jim also sees the impact for heart and vascular patients. A recent example: Thanks to two new state-of-the-art cardiac ultrasound machines made possible by a grant the Centra Foundation received, “people in our region have access to more timely cardiac imaging,” he said.

The couple – and Luffy, too – also recently attended the opening of the new emPATH unit at Lynchburg General that the Centra Foundation is funding through donations from the community.

They were drawn to Lynchburg a little over a decade ago because of Jim’s career and “the world-class cardiology care in Lynchburg” that donors helped to provide.

Knowing the impact that it can have on local families and patients, they plan to continue to be a part of helping advance care for the region. In addition to annual giving, they also make special contributions to the Greatest Need Fund and to support pediatric care, cancer care and heart and vascular care. Robin recently co-chaired the Centra Celebration, which raises needed funds.

“Excellent healthcare is vital to all of us,” Jim said. “Giving through the Centra Foundation will ensure that we all have access to some of the best care in the country.”

Visit CentraFoundation.com/Ways-Give to learn how you can make a difference for people in our local communities who need excellent care right now and for years to come.

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The Centra Foundation recognizes with gratitude the following donors who made gifts benefitting Centra as of September 15, 2023. Donors who contribute \$1,500+ are members of the 2023 Centra Society. 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 434.200.2610 so that we can correct our records.

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HIGHLIGHTS

Celebrating the opening of Virginia's first emPATH unit

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patients to move around, interact and get help in a safe and soothing environment.

"Mental health is not as easy for people to talk about as some other health challenges," said Centra Board Chair George Zippel. "But like with cancer, I bet we all know someone who struggles with it. This is going to be huge for our community."

Beth Doyle, executive vice president of the Centra Foundation, shared her appreciation for the anonymous donor and community members who have made a gift so far.

"We're pleased to be able to celebrate this opening during our 30th anniversary as we honor the incredible impact donors have had on healthcare for our local communities," she said. "This is a perfect example of how donor support can ignite a passion for change and a determination to find new ways and new models to care for patients."



The new emPATH unit at Centra Lynchburg General Hospital

The Centra Foundation is funding the construction and initial operating expenses. Visit CentraFoundation.com to learn more, see photos, or make a gift to the Greatest Need Fund.