



## Giving babies the precious gift of sight

*Thanks to your donations, the Centra Foundation was able to commit funding for state-of-the-art equipment that will allow babies born prematurely to be assessed locally for a severe eye condition. Excellent and timely assessment can help save their sight.*

Few gifts are more precious than the gift of sight.

However, babies born prematurely are at risk of an eye condition that can cause retinal detachment, vision loss and even blindness if they do not receive timely assessment and treatment.

“Babies born prior to 31 weeks of gestation require imaging and assessment of their risks of retinopathy of prematurity (ROP), a severe eye condition,” said Erin Baird, DNP, Executive Medical Director, Women & Children’s Services. “The good news is that it is very treatable if detected in time, so early and excellent assessment is critical.”

Thanks to your gifts, at-risk babies will soon be able to receive sight-saving screenings on a RetCam, an advanced pediatric ophthalmic imaging system, without traveling out of Centra’s service area. The equipment will be housed in Centra’s Level III Neonatal Intensive Care Unit at Centra Virginia Baptist Hospital, which serves over 500 babies and families annually. The advanced technology is one of many ways in which your donations are impacting the health of central Virginia’s tiniest patients and giving local families hope for a bright future.

“This technology allows us to prevent a debilitating disease, keep our families together and close to home for services, and continue to serve our community’s needs,” Erin said. “Thank you!”

*Your donations help to ensure quality care locally for the tiniest patients and all patients, regardless of ability to pay. Visit [CentraFoundation.com/Give](https://www.CentraFoundation.com/Give) to impact the health of people in our local communities.*



# CENTRA Foundation

Local Giving Local Impact

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### MISSION

*Centra is a not-for-profit community health system and relies on fundraising. The mission of the Centra Foundation is to develop and direct resources for the support of Centra.*



**New board members, from left, David Frantz, MD, George Zippel, Verna Sellers, MD, and William Van Dyke Jr., MD.**

## Centra Foundation welcomes four new board members

Four new members joined the Centra Foundation Board of Directors earlier this year – David Frantz, MD, George Zippel, Verna Sellers, MD, and William Van Dyke Jr., MD.

Dr. Frantz, a retired cardiothoracic surgeon, led central Virginia's first open-heart surgery team, at Centra Virginia Baptist Hospital, and helped Centra start its cardiothoracic surgery program.

George Zippel is a retired corporate executive and full-time community volunteer. He recently served on the Centra Board of Directors as chair.

Dr. Sellers is an internist and

geriatrician with over 30 years of clinical and administrative experience. Now retired, she served as medical director of Geriatric Services and Centra PACE (Program of All-Inclusive Care for the Elderly).

Dr. Van Dyke is a retired cardiovascular surgeon who has been honored widely for his outstanding care and service to the community.

“We are excited to welcome these extraordinarily talented individuals to our board,” said Beth Doyle, executive vice president of the Centra Foundation. “We are grateful for their willingness to serve their community in this way.”

**CENTRA**  
*Celebration*

**AUG 17**  
2024

Amazement Square  
Genworth Education Center  
27 Ninth Street  
Downtown Lynchburg  
6:00 pm

Seats are filling quickly!  
Secure your seats today  
with a sponsorship:

“

As a surgeon for many years in Lynchburg, I was acutely aware of the need for our hospital and physicians to serve the entire community. I think the Foundation is an excellent way to address specific local concerns about access and quality. Centra was my professional home, and I am committed to helping it be the best possible healthcare system.

– David Frantz, MD”





Edith and Sam Helms with Heather Mitchell, RN

## Gratitude for collaborative and life-saving care

*After more than 27 years as a critical care nursing instructor, Edith Helms found herself in need of critical care and rehabilitation. She and her husband, Sam, made a gift through the Centra Foundation out of gratitude for the compassionate, collaborative and life-saving care she received.*

Sometimes the nursing instructor becomes the patient. Such was the case recently for Edith Helms, who retired about five years ago after a long and rewarding career as a critical care nursing instructor.

Thanks to amazing Caregivers and your gifts of support for quality care, Edith received compassionate, collaborative and life-saving care.

Her patient journey began when she fell at the couple's Concord home, fracturing four ribs. She required emergency services at Centra Lynchburg General Hospital and rehabilitation at Centra Specialty Hospital, a long-term acute care hospital on the fifth floor of Centra Virginia Baptist Hospital.



**Grateful Patient**  
GIVING

Have you or a loved one received excellent care?

Share your story or make a gift in honor of your Caregiver(s) by visiting [CentraFoundation.com/Grateful](http://CentraFoundation.com/Grateful).

*Thank you for your  
compassionate generosity!*

Tax ID#: 54-1604094

There, "Edie coded twice," according to her husband, Sam Helms. He credits Centra Caregiver Heather Mitchell, RN, with saving the life of his beloved wife.

"If it had not been for the forward thinking and processes put in place by the attending RN, Heather Mitchell, Edie would not be alive today," he said. She was transported to the Cardiothoracic Intensive Care Unit at Lynchburg General where doctors, nurses and specialists provided care.

"Their response was amazing," Sam said. "I have never seen so much

collaboration. I believe they are the reason that she has progressed as far as she has."

They are also especially grateful for Maggie Kelleher, RN, and Ryan Ashburn, RN, and appreciative that Caregivers expressed "genuine concern for us as a family," inquiring about their mental well-being during such a difficult time.

"There are so many more that I could single out and who had a major role, but I felt it important to identify these three Caregivers and their professionalism," he said.

Today, Edith and Sam have hope for the future thanks to the quick thinking and assistance of Centra Caregivers.

They decided to make a generous gift through the Centra Foundation "in recognition of all that was done to save her life" and in appreciation of the "three heroes" and "all the others who performed an incredible feat, of bringing Edie back to us," Sam said. "Thank you."





# Centra's Modernization Plan:



## *Centra's Modernization Plan is continuing to move forward.*

The multi-year initiative encompasses the most significant facility improvements and capital investments in Centra's history. The plan is based on findings from Centra's Community Health Needs Assessment.

To get ready for the growth of home-based services for patients, one aspect of the initiative, your support helped Centra test a pilot program for remote home monitoring. Through your gifts to the Greatest Need Fund, the Centra Foundation supported a cloud-based monitoring platform, funded 100 devices and made it possible for patients to participate with no additional costs in the first year. The pilot program was a success, with 100% of patients agreeing or strongly agreeing that the experience was positive.



## CENTRA'S MODERNIZATION PLAN

Inspiring Hope. Building on Our Legacy. Modernizing Where We Care.

### THE PLAN INCLUDES:

- A new care tower at Centra Lynchburg General Hospital (LGH).
- An Emergency Department expansion project.
- A new medical office building.
- A new medical campus for Behavioral Health and Rehab.
- Additional parking at LGH.
- Growth of Centra's home-based services.



# A one-year update



Centra Foundation Vice-Chair George Hurt, MD, at right, addresses attendees at the groundbreaking ceremony for Centra Langhorne Medical Center.

## Groundbreaking ceremony for Centra Langhorne Medical Center

The groundbreaking ceremony for the medical office building, Centra Langhorne Medical Center, was held in March. The event symbolized a crucial step forward. The center will serve as a hub for a range of specialists as well as streamline and enhance access to healthcare services for the community.

Neurosurgeon and Centra Foundation Vice-Chair George

Hurt, MD, was one of the speakers at the event.

“This new building will house services that are certainly near and dear to my heart as a neurosurgeon,” he said. “Over the years, I have been able to witness the expansion of a number of specialty services for our community and been proud of that, and today is another important step in that direction.”

## LYNCHBURG GENERAL HOSPITAL

## WAYFINDING



**Did you know?** At Centra Lynchburg General Hospital, the East Tower is now known as Tower A, the South Tower is now Tower C and the Center/North Tower is now Tower D. After the new care tower is constructed, it will be known as Tower B.







## Employee spotlight

Deborah Donnigan

### 'It's important to give back to your community and help people'

*For Deborah Donnigan, this month marks 40 years of service, the last 20 of which have been with the Centra Foundation. As executive assistant at the Foundation, she has a front row seat to the many ways in which charitable gifts from the community and Caregivers impact the health of central Virginia, a place she is proud to call home.*

Growing up in Bedford County near the Peaks of Otter, Deborah Donnigan learned that "it's important to give back to your community and help people."

She took the lessons to heart.

A career in local healthcare provided a way to do both. This month, she celebrates 40 years, the last 20 of which have been with the Centra Foundation. Her career does not look as she once imagined, but she would not have it any other way.

"I wanted to be a nurse until computers came out," she said. "So I went into the administrative side of healthcare."

Her career began in the basement of the English Building at Virginia Baptist Hospital, which is celebrating its centennial this year, where she worked with what is now Lynchburg Family Medicine Residency. She joined the Centra Foundation in 2004.

**"I think what intrigued me the most was the thought of helping people in this way and being part of the work of the Foundation," she said. "A lot of people in my family and the community have health issues. Healthcare is important for everyone."**

Deborah takes joy in using her time and talents to support the work of the Foundation and enjoys giving through the Centra Family Campaign.

As executive assistant, she is often the first person many encounter when they call or visit, and she has a front row seat to the many ways in which charitable giving impacts the health of central Virginia.

"Over the years, we have worked on some projects that really touched my heart," she shared. "Some of the projects for pediatrics, the capital campaign that supported the East Tower and the cancer center, the Dawson Inn, services for people in need... but you really can't pick just one. It's all important."

Occasionally, a friend or family member mentions retirement. However, she's not ready to leave the work she loves just yet.

"It has been a fast 40 years," she said with a laugh. "But I'm excited about the future. I'm excited about the Modernization Plan. And I've got a little bit more to give."



# Foundation offers values-based estate planning

Spring is a great time to dust off your estate plan for review or to create a plan. Our complimentary values-based estate planning education can help you make a great impact on your loved ones and community.

Centra Foundation is partnering with one of the nation's leaders in charitable estate planning to offer supporters complimentary and confidential values-based estate planning education. This process will help you create a plan, get a second opinion or update an existing plan.

After working with an expert in values-based estate planning to create a plan that provides for your family and is based on your personal values, your own trusted advisors can help you with implementation.

## Why is now a good time to create or review your estate plan?

- Life changes. So does tax law.
- An estate plan is a living document that represents all that you value.
- Now is a good time to take care of loved ones.
- Spring is a great time to get organized, prepare for the future and plan to make an impact.



Regularly reviewing an estate plan is something we should probably all do every 10 years or so. You never know what can happen. The better you can dot the i's and cross the t's, the better it is for your family and those you're trying to help.

– Robert Cook, MD



Robert and Lucy's story

To learn more, visit [Legacy.CentraHealth.com](http://Legacy.CentraHealth.com) or contact Beth Doyle at 434.200.4791 or [beth.doyle@centrahealth.com](mailto:beth.doyle@centrahealth.com)



Centra Health Foundation • 1920 Atherholt Road • Lynchburg, VA 24501  
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Local Giving  Local Impact

1920 Atherholt Road  
Lynchburg, Virginia 24501

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## HIGHLIGHTS

### A message from Richard Tugman, Centra's Interim CEO:



“Thank you for your messages of support since the announcement of my appointment as Interim CEO for Centra. I look forward to working with our Caregivers and contributing in any way that I can, in helping Centra continue to provide the care our communities deserve.”

