



Your gifts help aspiring nurses get to bedsides

Compassionate nurses made an impression on Hayley Whittier, RN, when she was young. So much so, in fact, that she decided to pursue a career in healthcare. Your support helped her achieve her dream of caring for patients and families.

As a child, Hayley Whittier, RN, experienced the many ways in which compassionate and knowledgeable nurses can positively impact patients and families.

“My brother had to have open heart surgery for a congenital issue,” Hayley said. “I remember the nurses taking such good care of him and our whole family. The interventions and care they provided were helpful, and they were very comforting to my family during a trying time.”

She knew then, at age 8, that she wanted to spend her life in healthcare helping families such as hers and began to learn more about nursing as a career option.

“I realized there are so many different things you could do, depending on your circumstances and stage of life,” she said. “I didn’t have the courage or confidence to pursue nursing right out of high school, but I’m so glad I decided to go back to school a few years later.”

With her adult life established in Lynchburg, she wanted to remain local. She chose Centra College



Did you know?

Thanks to your generous donations, Centra College was able to provide nearly \$100,000 in scholarship awards last year to eligible students. Turn to page 3 to meet a few more recent graduates.

The Fray Family Scholarship Fund helped Hayley Whittier earn her nursing degree.

because it was a good fit with her family life and had a great reputation.

A scholarship award made possible by the Centra Foundation’s Fray Family Scholarship Fund helped Hayley make her dreams a reality. The fund is one of many that provides assistance to nursing students at Centra College and continuing medical education for Centra Caregivers. Many graduates go on to provide care in a Centra facility.

“I had a great experience there and am so grateful for all of my instructors,” she said. “I learned so much.”

After completing her clinical hours

and becoming familiar with Centra hospitals, “it seemed like a great transition to apply to work there,” she said. Hayley now works in the Surgical Trauma Intensive Care Unit (STICU) at Centra Lynchburg General Hospital helping patients who have experienced different kinds of trauma and those who have had abdominal or vascular surgery.

She credits the scholarship with helping her achieve her dreams and learn how to provide excellent care for patients – much like the care she remembers her family receiving.

“I am so grateful,” she said. “The scholarship allowed me to continue my education, provide for my family and help others. Thank you!”



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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.

Plan your legacy and make an impact.

We are offering complimentary values-based estate planning education.

To learn more, visit Legacy.CentraHealth.com or contact Beth Doyle at 434.200.4791 or beth.doyle@centrahealth.com.

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Bill & Leila McBratney

Donor's generous legacy gift will support cancer patients

A longtime supporter of Centra and the Centra Foundation, the late William (Bill) E. McBratney Jr. has left a lasting legacy that will provide hope and exceptional care for people in our communities who need treatment for cancer.

The charitable gift to the Alan B. Pearson Cancer Center Fund, nearly \$450,000, will support the work of the Centra Alan B. Pearson Regional Cancer Center, which opened in 2008 and fills a critical need for central Virginia.

"Mr. McBratney was truly committed to serving his community during his long life," said Matthew Foster, MD, MMM, senior vice president and chief physician executive. "His gift will help countless patients along their journey. We are humbled and incredibly honored to use this generous gift to provide a lasting impact to families and our community."

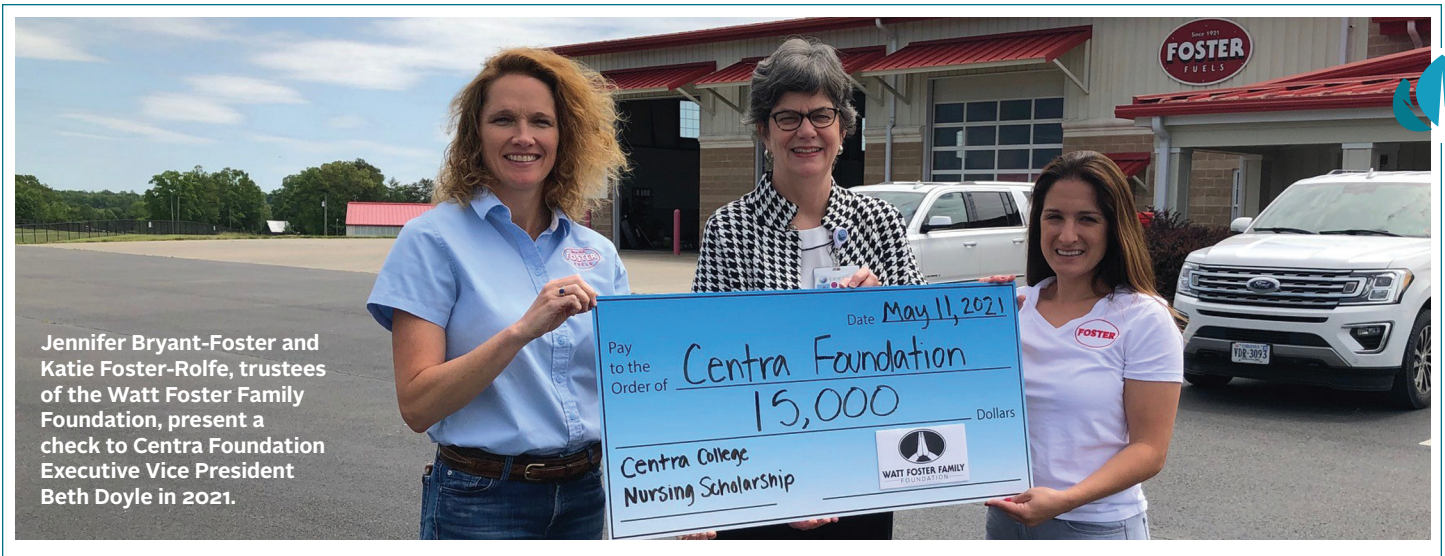
Passionate about supporting local healthcare, Bill made his first gift to Virginia Baptist Hospital in 1976. Over the years, he and his late wife,

Leila Christian McBratney, both grateful patients, supported our healthcare system in numerous ways. In addition to annual gifts and continued gifts to Virginia Baptist, they made special gifts to support Hospice, the Greatest Need Fund and other critical areas of care.

When Leila developed cancer, she turned to the Pearson Cancer Center for treatment.

"Dad and Mother both were very generous and thoughtful," said Billy McBratney. "My parents were so grateful for the excellent care my mother received at Centra and the Pearson Cancer Center. They truly benefited from the skilled staff and advanced technology.

"That great care was enhanced by many gifts, including their friend Alan Pearson's. In their own way, my parents wanted to continue the giving legacy to Centra to help provide even better healthcare to the Lynchburg area and surrounding communities. I am pleased Centra received the gift and confident the organization will make the most of it."



Jennifer Bryant-Foster and Katie Foster-Rolfe, trustees of the Watt Foster Family Foundation, present a check to Centra Foundation Executive Vice President Beth Doyle in 2021.

Fueling dreams and helping patients

In 2021, the Centra Foundation received a generous donation from the Watt Foster Family Foundation to establish a new fund to provide scholarship support for Campbell County residents pursuing nursing education at Centra College.

Meet three recent graduates who have benefited from the Watt Foster Family Foundation Scholarship Fund.

Heather Dooley, RN

Spring graduate, Centra Acute Rehabilitation Center

Heather Dooley knew she wanted to be in healthcare right out of high school. She became a Certified Nursing Assistant (CNA)



at Centra and has spent most of her career with Centra. A few years ago, she decided she wanted to further her education and training. She graduated earlier this month with an Associate Degree in Nursing.

“What I enjoy the most is helping people when they’re at their worst. I’ve worked for Centra a long time. I enjoy Centra because it’s a great healthcare system that really cares about the community.

“I am so thankful for the scholarship. I’m a single mom raising three children and they have told me that they are so proud of me for going back to school to further my education. I am applying what I learned every day.”

Lucas Mann, RN

Fall graduate, Psychiatric Inpatient Child & Adolescent Unit

Lucas Mann comes from a long line of nurses. Growing up in Brookneal and hearing their passion for the profession, he had a feeling that he was also supposed to be in healthcare.



“My mom’s a nurse and so is my grandma. I realized I wanted to be a nurse when I found out that nurses get a lot of one-on-one time with patients. You get to make connections. The best part is that you can help change someone’s outlook.

“I’m really thankful for the scholarship. Without it, I don’t know if I would be a nurse right now. I hope I can continue to help people out in this way.”

Daisy Levesque, RN

Spring graduate

Daisy Levesque, RN, wishes she could have done more to help two family friends as they passed. That wish ultimately led her to pursue a career in healthcare.



“Centra College is highly regarded in our community and was the best fit for me and my family. The scholarship helped to relieve some of the financial burden of nursing school. This has allowed me to focus on my studies, which has been invaluable in helping me pursue my dream of becoming a nurse.

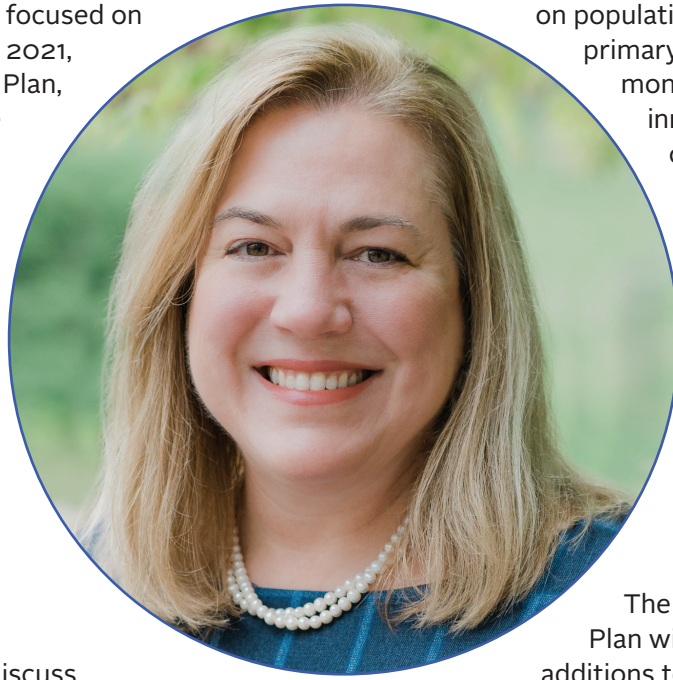
“I hope to work in an Intensive Care Unit or Emergency Department. My focus is on helping people in their time of need.”

Your gifts help aspiring nurses, shape compassionate Caregivers and help fill a critical need. Please visit CentraFoundation.com/Where-Give to learn more, provide assistance or support nursing at Centra.



Catching up with Amy Carrier, president and CEO of Centra

Amy Carrier is on a roll and focused on the future. Since arriving in 2021, she has crafted a Strategic Plan, led the development of the largest Modernization Plan in the system's history and called leading Centra "the greatest honor of my career." In short, she has put Centra on a path to being one of the best small not-for-profit community healthcare systems in the country. She is also a passionate supporter of the greater community and Centra Foundation.



We caught up with her to discuss what's next, community support and why she is taking part in the Centra Foundation's new confidential and complimentary estate planning education.

Centra recently announced a multi-year Modernization Plan. This is an important moment for our healthcare system and the more than 500,000 people in our communities who rely on Centra for excellent care. What needs will the plan address and why is it important to embark on it now?

Long-range planning keeps us looking ahead. Where will we be in five, ten or fifteen years? It's how we adapt to the needs of our community and keep up with the modernization of our facilities and industry. We realize we are serving not only our existing communities but those of the future. Through our robust triennial Community Health Needs Assessment data, population demographics, accountable care metrics, specific health indicators and our Caregiver feedback, we are able to translate the needs of our communities into actionable plans.

We know access to care and mental health services, issues impacting children and their families, and addressing chronic disease are top area needs for the region. We must evolve our continuum of care, focusing

on population health, with an emphasis on primary care, virtual health and remote monitoring. We are implementing innovative tools to help us care for our communities and intervene earlier to identify and monitor chronic conditions. These will enable us to help keep our community members and patients healthier and out of the hospital and will, ultimately, drive down the cost of care.

What are some of the associated projects and what can you share about the timeline?

The first phase of our Modernization Plan will involve renovations and additions to our Lynchburg Campus. By revitalizing with contemporary facilities that include the latest innovative technologies, we will be able to continue delivering patient-centered care, increase patient access, and enhance critical and specialty care.

Elements of the Modernization Plan will include:

- **A specialty medical campus** on Simon's Run that will house our Acute Rehabilitation and Behavioral Health Hospitals.
- **Growth of Centra's home-based services** that will provide 24/7 access to care and support. This program will allow us to expand care beyond the hospital or clinic setting and meet patients where they are.
- **Construction of a new specialty medical office building** that will expand access to outpatient services and specialty care including Centra's comprehensive Brain and Spine programs and other surgical specialists.
- **Establishment of a new five-story northeast care tower** to accommodate the growing number of patients who need inpatient care at Lynchburg General. This new tower will be located adjacent to the East Tower and consist of medical units, patient recovery rooms, support spaces, and shell space for future growth and capacity.

- **Creation of additional parking for the Lynchburg General campus** with the expansion of lots on Thomson and Tate Springs through the creation of 428 additional parking spaces. These new spaces are intended to bring all patient and visitor parking to the front of the building enabling ease of access and simplified navigation of our campus.

Several of these projects, like our home-based services and parking expansion, have already begun. We anticipate the other projects will be complete sometime over the next three to five years.

You have shared that the Modernization Plan will come to life with the assistance of joint ventures, operations, bonds and in partnership with the Centra Foundation and generous donors. Why is support from donors and the broader community important – not only for this but in general?

Donor support fuels our ability to keep pace with changing technology, services and needs beyond what our operating budget can accommodate and invest in truly top-notch programs and facilities. In addition to transforming care for the region, community support is incredibly meaningful. An example of this is Grateful Patient Giving, which provides opportunities for our patients and loved ones to express their gratitude for the exceptional care they received and has also been known to help with the healing process. Centra is fortunate to have the most generous and engaged

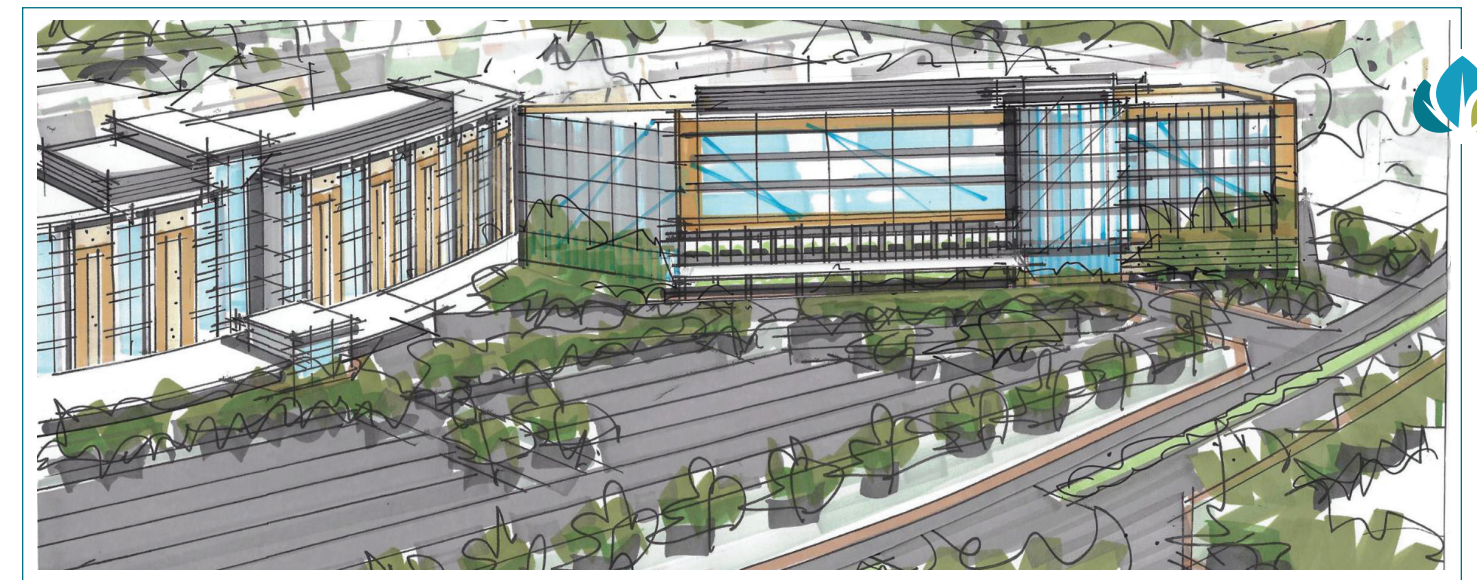
philanthropic community I've seen anywhere. We are grateful for this strong partnership and passion for local healthcare.

In addition to making annual and special gifts, you are participating in the confidential and complimentary estate planning education the Foundation is offering. Please share a little about the experience.

With so many recent life changes, including a move and coming to Centra, this was a perfect time to review our plan. Meeting with a representative who is warm, knowledgeable and a trusted leader in charitable estate planning was so reassuring. He asks great questions and really takes personal values into consideration. I feel confident that by going through the process, we will be able to make a bigger impact on the people and causes we love. I'm appreciative of the Foundation for offering this much needed service.

Now that you have been here almost two years, what are you enjoying most about being part of Centra and our greater community?

It's hard to say any one thing. It's everything just sort of coming together. It's the combination of finding my work here at Centra so meaningful, coupled with the things this community provides that brings me joy. It's the Caregivers here at Centra and the people I meet within the community who share their stories with me. All of this combined inspires me.



Artist rendering

To learn more about the Modernization Plan, visit CentraHealth.com/Modernization-Plan.

Your support provides soothing outdoor environments for healing and connection

Your support provides optimal healing environments – indoor and outdoor. Unique outdoor spaces enhance the patient experience, are part of a holistic approach to care, are mindful of the community and help Caregivers recharge.

Upgrades have been made recently to areas around Centra Alan B. Pearson Regional Cancer Center and Centra Virginia Baptist Hospital. In addition, Centra's new emPATH unit will break new ground with an outdoor wellness area.

With your support, the area behind Centra Alan B. Pearson Regional Cancer Center is blooming with calming spaces for healing, connection and rest.

Updates to the wellness area include a vegetable garden, weatherproof benches, a new sidewalk and a pollinator garden. Patients, families and Caregivers recharge in the beautiful scenery.

The benches and area are “a way to provide a quiet, serene experience for patients when they come for treatment,” said Mollegh Creamer, oncology community operations manager. “It’s also additional space for family members to sit while they are waiting for their loved one to receive treatment or ring the bell to mark a milestone. Not only has this enhanced the patient experience, it has been great for our community.”

At Centra Virginia Baptist Hospital, new greenery, including shrubs, perennials and a tree to replace one



Where flowers bloom, so does hope.

– Lady Bird Johnson

that was damaged in a storm, are recent additions to the Stanhope Johnson Memorial Garden. The garden was established in the 1970s and is where many patients, visitors and Caregivers go when they need a respite or want to enjoy the beautiful historic grounds.

It’s all part of a holistic approach to care. Centra’s Modernization Plan also takes the outdoor environment and views into consideration.

“Outdoor spaces are more than beautiful places,” said Tiffany Niide, MD, PhD, CPE, medical director

clinician wellness and engagement for Centra Medical Group. “Research shows that spending time in calming, natural environments is therapeutic. It reduces stress and anxiety and promotes healing. Spaces such as these can be soothing in the midst of challenges.”

Thanks to donor support, Centra is an innovative leader in this area of wellness.

The new emPATH (Emergency Psychiatric Assessment, Treatment and Healing) unit at Centra Lynchburg General Hospital that is under construction and scheduled to open later this year will include a calming, secure outdoor area.

“We will have the first emPATH unit that we know of with an outdoor space,” said James Bryant, RN, DNP, CEN, CPEN, NEA-BC, vice president of emergency services. “We are well ahead of the curve thanks to the vision and support of donors and the Foundation.”





CENTRA Foundation

CELEBRATING 30 YEARS

1993 – 2023

*Celebrating three decades
of hope and healing*



CENTRA
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Celebrate with us!

August 26, 2023

The Virginian Hotel, 6:00 pm

Open Bar | Formal Dinner | Live Auction

CentraFoundation.com/Events

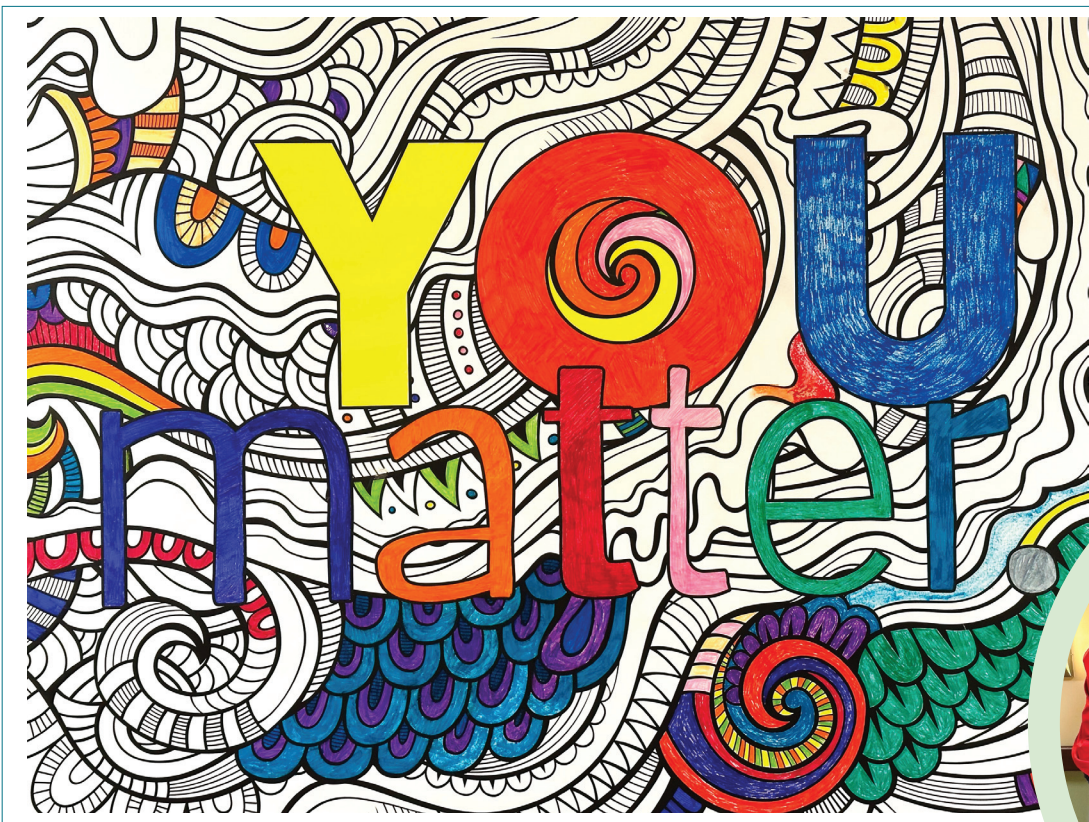
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HIGHLIGHTS

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NEWS FROM THE CENTRA FOUNDATION



Color us grateful.

Your support provides hope and healing. New therapeutic coloring posters for behavioral health patients at Centra Virginia Baptist Hospital brighten walls and spirits.

