



2015 Newsletter

HEALTH FOCUS of Southwest Virginia

Promoting health through education and community support

Scholarship Program is helping many students give back to our community.

We do our best to work in partnership with health educators. Our scholarship program, giving funds to health career students, are made possible with your gifts. Awards of \$144,360 are given to 152 students for the 2014-15 year now totaling over \$3.4 million since 1966. Our President, Judy Hagadorn, has served us faithfully for 40 years so to honor her we have established a new scholarship fund in her name. The board contributed \$23,000 to establish the fund and we ask that you generously add to this fund. Its earnings will provide more scholarships in the future.

Our scholarship recipients express their gratitude.....



"I am extremely humbled and very grateful for the people in the community that give of their resources so that students can reach their educational goals." "This scholarship means more to me than you can possibly imagine. The uncertainty with finances while in school can be overwhelming at times, and it is because of generous contributions like yours that students can obtain their educational goals and pursue careers in the health profession keeping our communities educated and healthy." "I appreciate Health Focus of SW Virginia and the scholarship work they do in the community to help students achieve their educational and career goals."

~Stephanie Dixon, Jefferson College of Health Sciences, Accelerated BSN~



"Your gift is greatly and sincerely appreciated. It will benefit me and my family tremendously in helping to cover the cost of my final year..." "Attending a professional school can be very financially demanding on any family, including my own. The scholarship helps to ease the financial burden in these tough economic times." "The generosity shown to me by Health Focus of Southwest Virginia is something that I hope I can give back to my community through excellent patient care and service."

~Tyler Mullins, Appalachian College of Pharmacy, Doctor of Pharmacy~



"The Lewis-Gale Nursing Alumnae Scholarship award is especially meaningful to me, and I greatly appreciate your confidence and investment in me. I will not forget the generosity of both you and Health Focus of Southwest Virginia, and I hope one day I can return the kindness."

~Daniel Doherty, Jr., Jefferson College of Health Sciences, Masters of Science in Physician Assistant~

Donations made easier

You can now make tax - exempt donations online through our website, HealthFocusSWVA.org. Our safe, secure, and simple donation process makes it easier to give using a PayPal account.

Board of Directors

Sydney H. Nordt
Chairman

Judith F. Hagadorn, C.P.A.
President

Peter F. Dawyot
1st Vice President

G. Robert Vaughan, Jr.
2nd Vice President

Melinda J. Payne
Secretary

F. Staley Hester, Jr.
Treasurer

Lisa Allison-Jones, Ph.D.

Bonnie L. Culkin, M.D.

Catherine L. Daniel, M.D.

John D. Lugar

Lorraine S. Lange, Ed.D.

Christiana R. Maxwell

Paula N. Mitchell

Ali A. Nazemi, Ph.D.

Wendy E. Rotanz

Virginia M. Savage

Cathie M. Thomas

Joseph C. Thomas, Jr.

Caroline A. Wallace, D.D.S.

Stephen M. Yost, Esq.

50 Years – A Celebration and Loss

of Founder Warren Moorman

It all began 50 years ago with founders, Richard H. Fisher, M.D., Warren L. Moorman, M.D., Richard M. Newton, M.D., F. Alton Wade, M.D. and David G. Williamson, Jr. These men of vision believed in a charity that would offer scholarships, medical artifact displays, continuing medical education for health care providers and community support for preventive health. On June 19 in collaboration with the Salem Historical Society at the Salem Museum the celebration began. There were displays of medical memorabilia from our collection and from the Alumnae Association of the Lewis-Gale Hospital School of Nursing. All summer long visitors enjoyed the exhibit of Roanoke medical history. Scholarship recipients spoke at the event on the meaning of their awards in attaining their life dream. Additional contributions are most welcome to help provide more scholarships in the future.

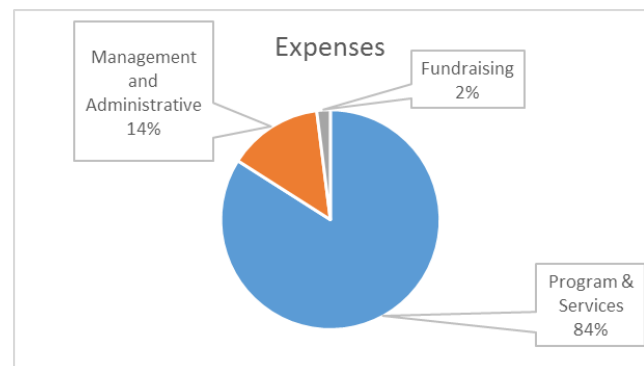
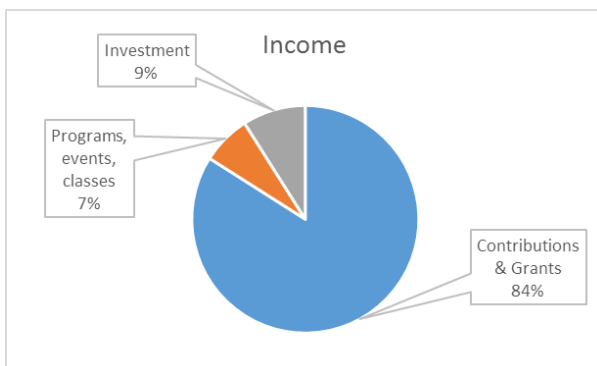
The year saw school sports physicals at Northside High School, a Whitman Lecture on Concussions, the 40th Health Focus of Southwest Virginia Salem Distance Run, the Annual Golf Tournament and all of the continuing classes in Adaptive Yoga, numerous support groups, regular continuing medical education lectures, and CPR classes. We thank you for all of your support in the past and pledge we will carry on our work focusing on health in the Roanoke Valley area.



*Dr. Warren Lodowick Moorman, Jr.
July 25, 1919 – October 8, 2014*

This fall we lost a gentle giant of a man in Warren L. Moorman, M.D. He was a strong supporter of Health Focus especially in medical history. He set up the first exhibit at the Science Museum in the old Tinker Mountain Elementary School and never stopped searching for a unique item of interest to add to the collection. His writing of the Lewis-Gale History books provides a treasure for us and future generations about medicine in the Roanoke Valley. His amazing efforts on these two books reflected his strong dedication to Lewis-Gale and history. For 33 years he served on the board, many of these as Secretary of Health Focus (Lewis-Gale Foundation). We have lost a very dear friend.

2013 Financial Data



A very sincere thank you to all of our contributors that make our community health education programs possible. And a very special thank you to all of our volunteers who are always ready to lend a helping hand.

Memorials and Honorariums

Contributor	In-Honor Of	Contributor	Memorial For
Toni A. Aust	Judith F. Hagadorn	Betty O. Williamson	David G. Williamson, Jr.
Dr. & Mrs. Vincent Basile	Judith F. Hagadorn & Sydney H. Nordt	Mr. & Mrs. Thomas Jones	Robert L. Keeley, MD
Greg & Laura Hart	Frank Derk	Sydney Nordt	Robert E. Paine, MD
Virginia Savage	Judith F. Hagadorn & Sydney H. Nordt	Dr. Bruce & Judy Hagadorn	Robert E. Paine, MD
Jean Broyles	Judith F. Hagadorn	Esther S. Vaughan	Robert E. Paine, MD
Judith F. Hagadorn	Winifred (Winkie) M. Breeden	Catharine Wright	Ronald L. Wright
Winifred M. Breeden	Dr. Bruce & Judith Hagadorn	John & Belva Jean Nunn	Peggy Leffel, RN
Margaret "Peggy" J. Staley	Judith F. Hagadorn	Judith F. Hagadorn	Harriett M. Stokes
David & Mary Kerr	Judith F. Hagadorn	Dr. Charles Boggs	Harriett M. Stokes & Alice P. Paine
Dr. & Mrs. Robert E. Paine	Charles P. Boggs, MD	Dr. Bruce & Judy Hagadorn	Warren L. Moorman, MD
Charles P. Boggs, MD	Dr. & Mrs. Robert E. Paine	Judith F. Hagadorn	Imogene M. Klein
Sydney H. Nordt	Health Focus Staff	Judith F. Hagadorn	Joseph C. Thomas, Sr.
Ron & Debbie Poff	Judith F. Hagadorn	Lewis - Gale Alumni Assoc	Peggy Easley Burton
		Dr. & Mrs. Thomas S. R. Ward	David G. Williamson, Jr.
		Beverly M. Hale	Wayne D. Hale, Sr.
		J. M. & Ethel Waldron	J. M. "Mickey" Waldron, II
		Mary Boone Simmons	Harry Boone, Anne Hammersley
		Mary Lou Shaffer	Joseph C. Thomas, Sr.
		Warren L. Moorman, Jr., MD	Michael J. Moore, MD
		J. Bruce Hagadorn, MD	Robert F. Bondurant, MD
		Joseph Clark, MD	Gene W. Ferguson
		Esther S. Vaughan	Robert F. Bondurant, MD & Keith C. Edmunds, MD
		Joseph C. Thomas, Jr.	George R. Vaughan, DDS
			Joseph C. Thomas, Sr.

Judith Fancher Hagadorn Scholarship Fund Contributors:



W. Stewart Bruce, Jr.	Paula N. Mitchell
Emily Paine Carter	Warren L. Moorman, MD
Peter F. Dawyot	E. Blackford Noland, Jr., MD
Marolyn Carter Geib	Sydney H. Nordt
F. Staley Hester, Jr.	Virginia M. Savage
John D. Lugar	James A. Meador Trust

Scholarships, Grants, and Memory of:



Contributor	Memorial For
Stephanie B. Holby, Cindy Bickman	Nannie Ruth Brown Beavers, R.N.
Sylvia Steel Echols	Lewis - Gale Nursing School '54
David Edmunds	Keith C. Edmunds, M.D.
Ruby L. Thacker, R.N.	Lewis - Gale Nursing Alumni
David G. Williamson, Jr. Foundation	David G. Williamson, Jr.
Linda R. Fields	Mary Etta Firebaugh, R.N. '61
The Lettie Pate Whitehead Foundation	
Lewis - Gale Nursing Alumni Association	
Delta Dental Of Virginia	

40th Annual Health Focus of Southwest Virginia Salem Distance Run

As a light drizzle came down on a cloudy Saturday morning on August 9, 2014, most of us just wanted to roll over in our beds and stay snug and warm, but that particular morning, dedicated runners and loyal volunteers made their way to Longwood Park in Salem, VA. The weather didn't dampen the spirit; about 200 runners participated in the 5K and 10K run and walkers in the 3-mile walk to support the Health Focus scholarship program and the Oral Cancer Foundation and to celebrate the 40th year of the oldest run in the Valley.

Many thanks to our devoted sponsors: WSLs Channel 10, LewisGale Medical Center, Green Up Lawns & Landscapes, Hampton Inn-Salem, Mamma Maria's, Salem Phone Directory, The Roanoke Valley Skate Center and Virginia Tech Athletic Department. Also thanks to Brie Jackson with WSLs, helping to MC the announcements and awards. A special acknowledgement to City of Salem Parks & Recreation, Caroline Wallace, DDS, Chick-fil-A - Salem, Curves for Women - Salem, Green Ridge Recreation Center, Hanging Rock Golf Club, Inc., Hotel Roanoke, It Works Global, Mac & Bob's, Northwest Hardware/Charlie Overstreet, Nathan C. Stephens, DDS- Dental Associates, Star B-Q-Salem, and Jeremy Woods-Official Timer.

Overall winners: **5K** Andrew Parkins - 17:38/Brie Jackson – 23:09 **10K** - Kari Putterman – 41:05/Edward Dickerson – 37:29

American Heart Association CPR, First Aid, and Basic Life Support



CPR Saves Lives

Would you know what to do?

While traveling from West Virginia to Roanoke, a friend's father pulled over to help a stranded motorist that had pulled off the highway. While helping the motorist, he suffered a heart attack. While waiting for the ambulance to arrive, the motorist went into action and started performing CPR. My friend's father was later told, if not for the quick action of the motorist, he surely would not be here today. A matter of minutes can determine an outcome.

John Smith* was sitting at his work desk and suffered cardiac arrest. Two co-workers immediately began CPR while another called 911 and the building's emergency number. Security officers arrived with an automated external defibrillator (AED). Mr. Smith received a shock from the AED, regained a pulse, and began breathing again. Another co-worker administered oxygen before paramedics arrived to take over care and transport Smith to the hospital. He recovered because of the care he received from his co-workers, paramedics and hospital staff.

Health Focus of SW VA offers American Heart Association CPR, First Aid, and Basic Life Support classes. Two-year certifications with excellent instructors and up-to-date training equipment. Classes available for the public or privately for businesses. OSHA approved standards. Health Focus sells Automated External Defibrillators (AED's) and provides training.

*Not his real name

Classes and Support Groups

Multiple Sclerosis Group

Meets 4th Thursday of each month
6:30 –8:30pm.
Call (540) 556-3346

Roanoke Anxiety & Depression Disorders (RADD)

Meets Tuesday at 7:30pm

Single Again Support Group

For anyone going through separation or divorce (not a dating service).
Meets Mondays at 7:15pm
Call (540) 444-2925 x204

Guillain - Barre Chronic Inflammatory

Demyelinating Polyneuropathy (GBS/CIDP)
Periodic Meetings
Call (540) 330-4794

Adaptive Yoga

Class for those with physical challenges such as Multiple Sclerosis, Parkinson's Disease, back problems, hip issues or other limitations. This is chair yoga. In this non-weight bearing class, learn how to stretch, exercise safely, improve balance, find peace of mind and have fun. Thursday afternoons. MS funding available. Caryl Connolly, R.Y.T., Instructor.

All classes and groups are held at Health Focus of Southwest Virginia

For more Information on Events, Activities, and Classes, call 540-444-2925 x200 or visit www.healthfocusswva.org