



HEALTH FOCUS of Southwest Virginia

Promoting health through education and community support

Winter 2018

Passing of The Gavel!



Sydney Nordt passes the Chairman's gavel to Steve Yost.

One day back in the summer of 1984, my family and I were fortunate to move to the Roanoke Valley. I lead a very busy life in our previous hometown, so I wasted no time getting involved here. I immediately found wonderful and meaningful volunteer work at The LewisGale Foundation, then in its 20th year of operation. My first assignment was reading medical education scholarship applications, which I continue to do today.

Five LewisGale Physicians established the Foundation to advance healthcare, and to lighten the financial burden associated with medical career education programs for students. The Foundation Board of Directors included doctors, lawyers, and other community leaders, just as it does today. We have been blessed over the years to provide \$3.9 million in scholarships from a significant number of endowed funds, and substantial grants from the LewisGale Nursing Alumnae organization, as well as the Letty Pate Whitehead Foundation.

Unfortunately, funding from both of these organizations is now depleted. Through the years, occasional changes in financial support have called for creative measures. With that in mind, we have entered into a collaboration with the Roanoke Valley Speech and Hearing Center, re-establishing the Book & Author Dinner to support our health-centered organizations. Please plan to join us on Tuesday, October 15, 2019, for a spectacular event!

As for me, after 14 years of serving as the Foundation's Board Chair, I am pleased and privileged to pass the gavel into the skillful hands of Mr. Stephen "Steve" Yost, Esq. Steve has served on our Board and Executive Committee for six years, and is a Partner with OPN Law. I am confident Steve will continue to lead our wonderful Board of Directors to fulfill the mission of this grand and worthy organization. Thanks for the memories!

Sydney H. Nordt
Immediate Past Chair



Health Career Scholarships at Work!

The 2018-2019 Health Focus Scholarship Selection Committee, Chaired by Dr. Bonnie Culkin, is proud to announce the recipients of this year's scholarship awards. These **77 students** have shown exceptional academic achievement, leadership, motivation, volunteerism, and considerable financial need. The committee reviewed over 130 applications before making their final decisions. It was difficult, to say the least! Thankfully, we received an extremely generous gift from the Lewis-Gale Nursing Alumnae Scholarship Fund, which combined with contributions from 21 other funds, made it possible to grant **\$214,879 in scholarships this year**. That brings our **Grand Total to over \$3.9 Million** in awards given to students who live in Southwest Virginia and attend a college or university in the state of Virginia.

2018-2019 Scholarship Recipients

Listed by School

APPALACHIAN COLLEGE OF PHARMACY

Alexandria Cooper
Emily Stacy Tester

CENTRA COLLEGE OF NURSING

Brittany Grace Boyer
Leah Fleming

CENTRAL VIRGINIA COMMUNITY COLLEGE

Gessy Dieudonne

EDWARD VIA COLLEGE OF OSTEOPATHIC MEDICINE

Houria Balmakhtar
David Berry
Jessalyn Mullins Berry
Megan Ohlfest
Steven Pappas
James Richardson
Christina Worgo

EMERY & HENRY

Jahaziel Rendon
Dustin Winard

JEFFERSON COLLEGE OF HEALTH SCIENCES

Candith Bruner
Mia Cromer
Megan Gibbons
Taylor Guilliams
Kinsey Johnson
Koby Johnson
Julia Rossi
Angel Shiflett
Lydia Tran

RADFORD UNIVERSITY

Hailey Cook
Walter Hodges
Sharon Agee Oliver
Emily Richardson

SHENANDOAH UNIVERSITY

Mason Dannhardt

SOUTHWEST VIRGINIA COMMUNITY COLLEGE

Dyllan Blankenship
Billy Brewster
Andrew Buchanan
Hannah Heaton
Abigail Osborne
Chloe Ring
Seth Smith

UNIVERSITY OF LYNCHBURG

Tanner Cooke
Jodi Dowdy

UNIVERSITY OF SCIENCE ARTS & TECHNOLOGY

Rhonda Cagwin

UNIVERSITY OF VIRGINIA

Lofton Parker Neal

UNIVERSITY OF VIRGINIA SCHOOL OF MEDICINE

Sandra Carlson
Sarah Dudley
Michael Fox
Lauren Hoops
Kristen Laaman
Edwin Lu
Jasmine Malhi
Margot Mellette
Parantap Patel
Austin Gray Peters
Lydia Prokosch
Evan Rajadhyaksha
Julia Roithmayr
Bowen Sheng
Julia Spong
Mackenzie Sullivan
Sterling Tran
Corinne Vennitti

UNIVERSITY OF VIRGINIA'S COLLEGE AT WISE

Grayson Proulex

VIRGINIA WESTERN COMMUNITY COLLEGE

Elizabeth Baringer



VCU SCHOOL OF DENTISTRY

Steven Alex Wood
 Emily Farris
 Catherine Malone
 Bryan Scaff

VIRGINIA TECH

Allyson Bailey
 Laura Bailey
 Hannah Dysart
 Margaret Scott

**VIRGINIA TECH CARILION
SCHOOL OF MEDICINE**

Yazan Alshawkani
 Mallory Blackwood
 Yash Desai
 Hailey Louise Gosnell
 Dinesh Lal
 Spencer Sykes Lovegrove
 Rebecca Parrish
 Quan Phung
 Claire Seo
 Katherine Lynn Stanwyck

Students by Medical Degree

- Associate's Degree in Nursing 9
- Bachelor's Degree in Nursing 6
- Human Nutrition 3
- Occupational Therapy 3
- Healthcare Administration 2
- Other Medical Degrees 6

- Medical Doctor 29
- Doctor of Osteopathic Medicine 7
- Doctor of Physical Therapy 4
- Doctor of Nurse Practice 2
- Doctor of Pharmacy 2
- Doctor of Dentistry 4

Contributing Scholarship Funds

Nannie Ruth Brown Beavers
 Winifred "Winkie" Breeden Memorial
 Arnold R. Burton
 Jessie Lumsden Caldwell, RN
 Delta Dental of Virginia Foundation
 Keith and Martha Edmunds Memorial
 Judith Fancher Hagadorn
 James G. Hall, RN Memorial
 Clara Optiz Hall Memorial
 Health Focus of Southwest Virginia
 Ella Trevey Hester Memorial and
 Donna Gautier Honorary

F. Staley Hester, Jr.
 Wallace S. Klein, Jr. Memorial
 Lewis-Gale Nursing Alumnae
 Babe & Sidney Louis (Hyatt) Memorial
 Shirley T. Murray, RN Memorial
 Robert T. Pickett Memorial
 Salem Presbyterian Church
 Salem Rotary Club
 Ruth B. Thurman, RN Memorial
 George R. Vaughan, DDS
 David G. Williamson Memorial

Special Events

2018 "Swing for Scholarships" Golf Tournament

May 14th may not have been our first choice for the 2018 golf tournament, but it was a perfect choice! Thankfully, 12 teams were able to reschedule after Mother Nature covered us with just enough snow to force Hanging Rock Golf Club to close the course in April. Thanks to our wonderful sponsors, and players who made it a delightful day, \$10,000 of gross income was raised to support the operation of our scholarship program. It turned out to be a record-breaking year for the tournament, so I guess the old saying is true, "Seems you can't outsmart Mother Nature."

Tournament Sponsor
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Birdie Sponsors
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Larry Lynch Team • Richfield Living • Serve Pro
Steve Silcott-Remax • Stewart Bruce Team

First Place Net Team



Barry Webb, Josh Goad, Blackie Noland,
Bob Rutherford

First Place Gross Team



Lee Hipp
Hank Highfill
John Hubbard
Fred Widdowson

44th Annual Health Focus Salem Distance Run

MALE OVERALL WINNERS 10K

1st Place – Abraham Kiplagat
2nd Place – Paul Lenkowski
3rd Place - William Smith

MALE OVERALL WINNERS 5K

1st Place – Andrew Parkins
2nd Place – Chester Pruitt
3rd Place – Patrick Daly

FEMALE OVERALL WINNERS 10K

1st Place – Dovile Merzvinikaite
2nd Place – Layne Ferguson
3rd Place – Crystal Bowden

FEMALE OVERALL WINNERS 5K

1st Place - Hannah Moran
2nd Place – Carly Wilkes
3rd Place – Tori White

Special Thanks to Our Corporate Sponsors

Jersey Lily's Roadhouse • LewisGale Medical Center • City of Salem
FLEET FEET Roanoke • RUN ROANOKE • FedStar Federal Credit Union • Salem Kiwanis Club
The Guys in Purple • John M. Oakey & Son • Mac and Bob's • Bank of Botetourt
Virginia Varsity Transfer • AmRhein's Fine Jewelry • Austin's Appliance Center
Chick-fil-A • HomeTown Bank • Northwest Hardware • Skate Center

Special Thanks to All of Our Volunteers!

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