Updates & Opportunities

from the Valley Health Foundations

SUMMER 2026

There are moments in the life of a community when generosity becomes more than an act—it becomes a force. *Stronger Together* is that force. It is the collective conviction that, by supporting each other's greatest needs, we transform into a vibrant community where hope and wellness are woven into everyday life.

This comprehensive, system-wide campaign was born from urgent needs identified in our Community Health Needs Assessment. Mental health. Heart health. Community health. These are not abstract priorities; they are the very real challenges facing our neighbors, our families, and our friends. And thanks to the extraordinary generosity of donors, we have already raised over **$18.4 million** toward our **$20 million goal**.

That progress is remarkable, but the need is even greater. This summer's newsletter includes a campaign update and opportunities to be a part of our efforts. Your support can ensure hearts, minds, and connections are transformed, right here in our own community.

—Jenny P. Grooms, CFRE
Executive Director, Valley Health Foundations

Stronger Together:
A Moment to Rise, A Mission to Share

Mental Health: Restoring Hope When It's Needed Most

The soon-to-open Behavioral Health Pavilion will be a lifeline for youth and adults experiencing mental health and substance use crises. Last year alone, **696 children and teens** received face-to-face mental health evaluations, with more than **1,000 additional youth** evaluated for safety concerns this year.

One teenager shared how our therapists changed their life: *"They taught me that I always have people on my side… that I could stop using when I thought I couldn't."*

This is what philanthropy makes possible—not just treatment, but transformation.

Heart & Vascular Care: Saving Lives, Expanding Access

At the Clyde A. Smith Heart & Vascular Center, new procedure rooms are already reshaping what's possible. Since June 2025, the expanded Cath Lab has served **more than 700 patients**, ensuring faster access to lifesaving care. Every upgraded room, every advanced treatment, every second saved—it all begins with community support.

Community Health: Meeting People Where They Are

Our Mobile Mammography Van and Mobile Health Clinic are removing barriers that keep too many from receiving essential care. By bringing screenings and services directly into neighborhoods, we are reaching people who might otherwise go without. This is health equity in action.

We Are Close—And Your Support Can Carry Us Across the Finish Line

With just under **$2 million left to raise**, this is the moment when every gift matters. Every contribution, large or small, pushes us closer to opening doors, expanding services, and changing lives.

If you have been waiting for the right time to give, that time is now. If you have already given, thank you—and please consider sharing our mission with someone who shares your heart for community.

We are, truly, stronger together.

Join us. Support the campaign. Help shape the future of health in our region. Visit **www.valleyhealthlink.com/stronger** or scan the QR code to learn more and follow our progress.

Introducing Give Thanks:

A New Way for Patients to Share Their Gratitude

Every day, our caregivers go above and beyond to bring comfort, healing, and hope to the people we serve. Now, there's a new way for patients and families to share the moments that meant the most.

Give Thanks is a newly launched, system-wide program that makes it easier than ever for individuals to express appreciation, recognize exceptional care, and share meaningful stories. Whether it's a heartfelt thank you, an award nomination, or a message about a caregiver who made a difference, Give Thanks brings all expressions of gratitude into one simple, accessible place.

Every thank you shared through Give Thanks becomes part of a larger story—one that celebrates compassion, strengthens connections, and honors the extraordinary work happening across Valley Health every day.

Because gratitude matters. And when we lift up the people who care for our community, we all grow stronger together. Scan the QR code to Give Thanks today. Questions? Email us at **givethanks@valleyhealthlink.com**

New Ways to Support

We're excited to introduce a set of smart giving options, created in partnership with FreeWill. This free resource helps you explore thoughtful ways to support Valley Health while also making financial plans that work for you and your family.

Every act of generosity helps strengthen the care we provide to patients and families across our region. From advanced medical treatments to compassionate bedside care, your support helps ensure our health system continues to grow, innovate, and serve.

Easy ways to give:

- **Stock contributions**: Avoid the capital gains tax and maximize your support for community health services
- **IRA gifts (for those 70.5 or older)**: Reduce your taxable income and fulfill your Required Minimum Distribution if you are 73+
- **Donor-Advised Funds**: Support any of the Valley Health Foundations with funds you have already set aside

FreeWill's secure platform guides you through each of these options, making it easy to learn more and take action if one feels right for you. Your generosity today helps ensure that the Foundation continues to provide exceptional care to our community tomorrow.

Questions? Email the Foundation team at **donations@valleyhealthlink.com**

Giving is easy! You can make a gift by check, payable to Valley Health Foundations, or credit card using the enclosed envelope. Additional ways to make a gift include online with a credit card, appreciated stock, and IRA rollover. Please visit **www.valleyhealthlink.com/stronger** for more information or to complete your online gift. If you have any questions, contact **Sara Valentine**, Director of Annual Giving, at **540-536-4736** or **ssims3@valleyhealthlink.com.**