



# Updates & Opportunities

from the Valley Health Foundations

SUMMER 2025

*“Alone we are strong,  
together we are stronger.”*

– Unknown

Have you heard about our Stronger Together campaign? It's our new and exciting system wide campaign responding to urgent needs identified in our most recent Community Health Needs Assessment. This \$20 million effort will help fund transformational investments in heart health, mental health, and community health.

I am humbled and grateful for those that have already raised their hand and said they want to be part of the solution to our community's greatest needs by supporting Stronger Together.

We're healing hearts by expanding access and advancing treatment. We're mending minds by creating a place and network that will change lives. And we're creating connections by making healthcare accessible to everyone.

This summer's newsletter is full of updates on the campaign and opportunities to be a part of our efforts. Your support can ensure hearts, minds, and connections are transformed, right here in our beloved community.

May your summer be everything you hope for it to be, making new memories to share for years to come. Thank you for the continued support and dedication to our mission. Together, we have done so much, and together, we'll continue to shape the future of health.

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



# Stronger Together

**S**tronger Together is a comprehensive, system-wide campaign responding to urgent needs identified in our Community Health Needs Assessment. The \$20 million effort will help fund transformational investments in heart health, community health, and mental health. To date, the campaign has raised \$17.2 million.

## Healing Hearts—Expanding access and advancing treatment

- Build an additional procedure room in the Clyde A. Smith Heart & Vascular Center to increase access to life-saving and life-improving care.
- Update existing rooms to expand treatment options for cardiac interventions for atrial fibrillation (AFib) and more.
- Increased investment in the Clyde A. Smith Heart & Vascular Center will allow us to continue to attract prominent providers in the field.

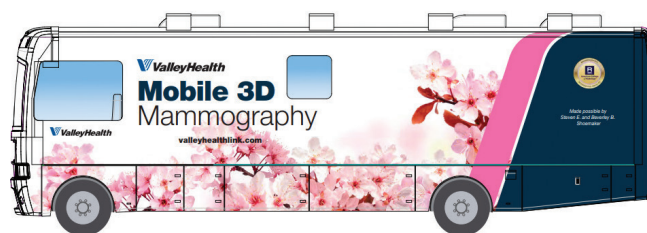


## Heart Health Update:

We're honored to announce that the Heart & Vascular Center at Winchester Medical Center is now the Clyde A. Smith Heart & Vascular Center. This renaming is in recognition of a generous donation made as part of our Stronger Together campaign.

## Creating Connections—Making Healthcare Accessible to Everyone

- Less than 50% of eligible women in our community get their annual screening mammogram. A Mobile Mammography Van will ensure that transportation or work schedules don't prevent women from getting this life-saving screening.
- A Mobile Health Clinic will drive better outcomes for those most in need in our community, offering on-site screenings, tests, and care.
- Enhanced telehealth access will allow Valley Health to bring primary and specialty care to patients where they live and work.



## Mobile Health Update:

A generous community member has made a transformational donation to help secure a Mobile Mammography vehicle. The new design has some donor influence while speaking to the beauty of our beloved apple blossoms.



Visit **[www.valleyhealthlink.com/stronger](http://www.valleyhealthlink.com/stronger)** or scan the QR code to support, learn more, and follow campaign progress.

# Stronger Together

## Mending Minds—Creating a place and network that changes lives

- Build a free-standing facility where people can heal and thrive, restore relationships with others, and themselves.
- Create a new program for youth to protect and support mental health along with providing treatment for substance use disorder.
- Expand our adult mental health program, including treatment of substance use disorder, to decrease mortality and minimize the effects on individuals, their families and our community.
- Establish a Digital Health Center that places providers at the fingertips of community medical offices to allow patients throughout the region to receive prompt care.



## Mental Health Update:

On June 13th, we broke ground on the new Mental Health Pavilion on the Winchester Medical Center campus.

Thanks to the support of Foundation donors and the success of Stronger Together surpassing 85% of goal to date, this event marked the start of a transformative project to address our community's critical mental health needs.

The Valley Health Mental Health Pavilion will be the first Valley Health facility of its kind in the Shenandoah Valley, providing essential mental health services, including therapy, support groups, and education.

This pavilion will provide a calm, welcoming environment for individuals seeking care, offering everything from crisis stabilization to long-term therapy for children, adolescents, adults, and seniors. This building consolidates our mental health services that were previously spread across multiple locations, offering a continuum of care and treating symptoms to provide prevention, early intervention, and recovery.

Help us with the final 15% of our goal and be a part of the solution to mental health needs by making your gift today at [www.valleyhealthlink.com/stronger](http://www.valleyhealthlink.com/stronger).



# Shop and Support

Having coloring books, coloring supplies, and other calming tools are integral to healing and create therapeutic success for our patients.

Creating artwork can be a healthy way of working through emotions. Coloring, freehand or in coloring books, can facilitate emotional processing and healing, since it offers a way to let out negative or unwanted emotions instead of bottling them up inside.

Coloring can help channel your inner artist, de-stress and bring a sense of peace. When thoughts are focused on this simple activity, our brains tend to relax. The Outpatient Behavioral Health team provides services for adults and adolescents throughout the valley. This level of care offers stabilization and support to individuals who are struggling to manage the symptoms of a mental illness. The dedicated behavioral health team is able to provide: individualized treatment planning, group treatment, stress management, coping skills, and so much more.

Shop the Amazon Wish List, curated by the Valley Health Behavioral Health team, by scanning the QR code. These supplies will help our therapists treat local patients.



**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](http://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**.