

the Catalyst

IMPROVING HEALTH AND QUALITY OF LIFE IN OUR COMMUNITY

Handled with Care

AFTER EXPERIENCING A VERY BAD ACCIDENT AND LOSING HER JOB, Carol Showalter sought medical help at the Hopewell Prince George Community Health Center and was placed under the care of Dr. David Neff and his professional team. This is her story, and, as she says at the end, this is her song.

"There is a wonderful place called the Hopewell-Prince George Community Health Center. If it weren't for the people there, I would not be here today. They saved my life and I'd like to tell you about my experience.

Many years ago I found myself in a near indigent situation due to a very bad car accident. I had been on a medication that I had to take or I would die. I also needed regular medical care, but I had no insurance and no way to pay for it.

I heard from a friend I could get help at the Hopewell-Prince George Community Health Center because they charge according to a person's ability to pay. The first time I went there I felt like I had made new friends who really cared about me. I was treated with dignity and respect and I was surprised to find I wasn't just a number in an assembly line.

Dr. Neff became my physician. He is such a kind man and he took the time to listen to me. He looked in my eyes with an excellence that put my mind at ease, and I felt a peace that words cannot describe. All



Carol Showalter

the members of his team were very special too and have had a great impact on my life. Cathy Marcum, the Community Health Educator there, has also been very helpful. She taught me about good nutrition, exercise, and health. The Center leaves no stone unturned when it comes to your health care.

One of the most helpful things was that they were also able to get me into a program where I could get my medication at a price I could afford. They literally saved my life because I am currently being helped with lifesaving insulin.

For a true medical care experience, where you know you will be treated in a caring and special way, I highly recommend the Hopewell-Prince George Community Health Center. In my opinion their reputation is above reproach.

I am so grateful to the Good Lord Above and the Health Center. Now I have a song in my heart and that is a very good thing."
- Carol Showalter

The John Randolph Foundation has been supporting the Hopewell-Prince George Community Health Center (the Center) through its grant program since before it opened in 2004. The Center's unique services make it possible for people like Carol to receive high-quality, compassionate health care regardless of their ability to pay. Although primarily serving the uninsured, people who do have insurance are also welcomed including those with Medicare and Medicaid.

Besides primary care, funding from the John Randolph Foundation has enabled the Center to offer other services as well. Dental care, chronic disease management, behavioral health treatment, and wellness education are just some of the services offered in addition to assistance with enrollment into programs for free and low-cost medications.



The Community Health Center is located at 4620 Crossing Blvd.

"GOOD-BYE" TO A DEAR *Friend*

ON OCTOBER 6, 2012, THE CITY OF HOPEWELL LOST A FAVORITE SON, PAUL KARNES.

Born and raised in Hopewell, he worked tirelessly to make Hopewell a great place to work, live and raise a family. Some people affectionately called him "Mr. Hopewell" because of his service to countless municipal, civic and philanthropic organizations. Of course, we knew him best for his efforts to improve health care for area residents through his work at John Randolph Foundation.



Paul was extremely passionate about all aspects of the City of Hopewell, but took great pride in his work at the Foundation to promote health and wellness. Paul served as a JRF Trustee from January 2007 until January 2012, and, although his accomplishments here are numerous, his greatest joy and achievement was working to establish the Hopewell-Prince George Community Health Center. In fact, his work in this arena began years prior to his tenure on the board and continued until his passing.

Paul understood that wellness and prevention are key elements to improving the overall health of our community. He not only understood this, but practiced what he believed. During an "exercise break" at a Foundation retreat, Paul effortlessly dropped to the floor and did 100 push-ups in a matter of minutes. On another occasion, the day before the 2010 City Point 5k River Run and Walk, Paul walked the route just to be sure he knew the "lay of the land". The next day he came back and walked it again along with everyone else.

"During his last year serving the Foundation, Paul's health battle prompted an early resignation from the Board that has left a huge void to fill. His philanthropic work on behalf of all citizens in Hopewell will be truly missed," said Kevin Foster, John Randolph Foundation Board President.

These remembrances of Paul and his love for the city of Hopewell have led his wife, Judy, to establish the Paul Karnes Endowment for Wellness and Prevention at the John Randolph Foundation. The Endowment will be used to assist with wellness-related grants for the city of Hopewell. Events such as the City Point 5k Run and Walk and wellness fairs and programs at the Hopewell-Prince George Community Health Center will benefit for years to come from this endowment. They will also help our city continue to remember Paul Karnes, "Mr. Hopewell," and the many years of service he gave.

You may honor Paul's memory by making a tax-deductible contribution to the Paul Karnes Endowment for Wellness and Prevention. Make checks payable to the John Randolph Foundation with a note in the memo line stating, "For the Paul Karnes Endowment." Please use the envelope provided in this newsletter. Contributions may also be submitted through the Foundation's website at www.johnrandolphfoundation.org.

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MISSION

The John Randolph Foundation is working to improve the health and quality of life for residents of Hopewell and the surrounding areas.

JOHN RANDOLPH FOUNDATION

P.O. Box 1606 / 112 North Main Street

Hopewell, Virginia 23860

(804) 458-2239 • www.johnrandolphfoundation.org



JOHN RANDOLPH FOUNDATION

The Creation of a Scholarship...

The Legacy of One Young Man

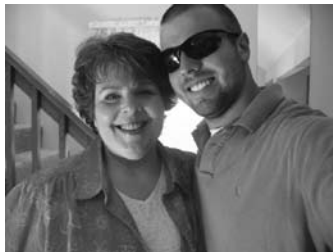
With college costs continuing to increase faster than family incomes the need for assistance through scholarships has never been greater. Setting up a scholarship fund is a wonderful way for someone to give back to their community or to honor a special loved one.

Currently, the John Randolph Foundation administers 39 scholarship and 3 award programs on behalf of individuals and organizations in our community. We often receive inquiries from people who are interested in starting a new scholarship. We thought you might be interested in taking a peek behind the scenes to learn how one of our scholarships came to be from the people who were inspired to create it.

The idea for this scholarship began in 2011 when a tragic accident took the life of Matthew Saye, a young man from Prince George. His untimely death not only devastated his family, but left an entire community bereft. What follows is the story from two perspectives: Betty Saye, Matt's mother, and Leslie Allin, a resident in the Prince George community.

From Matt's mom, Betty Saye: *"On August 29, 1989 my husband and I were blessed with a baby boy, William Matthew Saye."*

"He grew into a very special young man. Matt was the laughter in our home; he was charming and, at the same time, could push every button his mom had."



Matt and his mom, Betty

"He had such a compassionate heart for people who were down and out, especially homeless people and charities like the Salvation Army. Matt could never pass up putting as much as he could in the red kettle at Christmas or handing a homeless person a few dollars."

"Matt was very patriotic and decided he would serve his country by enrolling to get his degree in Criminal Justice. And while Matt worked in the law enforcement field, he never got the chance to finish his degree. On August 3, 2011, a single car accident took his precious life. I prayed that God would take this tragic event and bring good from it."

Betty didn't know it at the time, but not far away, her prayers were being answered.

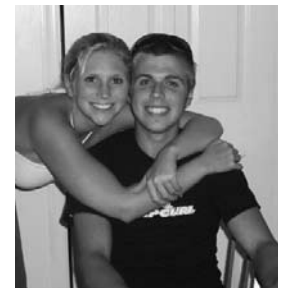
From Leslie Allin: *"In August 2011, while on a mini-vacation with my family, we received the sad news that Matt Saye, a wonderful young man from Prince George, had been killed in a car accident. Matt was well-mannered, kind and always had a smile. He was loved by all who knew him. I often say Matt impacted more lives in 22 years than some do in 80."*

"All of my family had heavy hearts over this. After attending Matt's visitation, God laid on my heart that a scholarship should be started in memory of Matt."

Betty: *"On August 11, we laid our son to rest. After the service, Leslie and Bucky Allin approached me about the possibility*

of starting a memorial scholarship in Matt's name. I felt so blessed and honored. I said, "Go with it and let me know what you want me to do and when you want me to do it."

Leslie: *"I began exploring options for the scholarship, but I was continually met with one obstacle after another. I knew about the scholarship program at the John Randolph Foundation, but I thought I had to have \$10,000 to start one there and we didn't have that amount."*



Matt, with his sister, Elizabeth

"Finally, I decided to call the Foundation to find out the details. In a couple of days my husband, Bucky and I went to JRF and met with Lisa Sharpe, the Executive Director, and Tricia Wolfe, the Development Program Officer. We discovered we didn't need to have \$10,000 right away, only the willingness and desire to establish the scholarship and start raising the money. We also found out there were people at the Foundation who would help us get to our goal! Soon began the most rewarding adventure of our lives."

Betty: *"When we met with the people at the Foundation, I automatically felt as though I had known them all of my life. They were so compassionate and concerned for our family, but also willing and anxious to help us with the scholarship anyway they could."*

Leslie: *"We started with a letter campaign. I cannot begin to express my excitement as contributions started to flow in. In February our family and friends had a pork butt sale that raised about \$3000. The people at the Foundation continued to support and help every step along the way to our goal."*



Leslie and Betty

Continued on Page 5 - The Creation of a Scholarship

2012 Scholarship and Award Recipients

Anderson J. Blevins and Thelma L. Hammond Scholarship

Erin Haas, Thomas Dale High School

Appomattox Regional Governor's School for the Arts and Technology Scholarship

Grace Golden, Appomattox Regional Governor's School for the Arts and Technology

Bobby Owen Memorial Scholarship

Harold Allin, Longwood University

Coach Kevin Ferguson Scholarship

Jay Dee Johnson, Prince George High School

Connie Williamson Memorial Scholarship

Chyanne Trowell, Hopewell High School

Edna Trader Cain Scholarship

Rebekah Bridgers, Richard Bland College

Franklin D. Boyce Scholarship

Dara Getachew, Howard University
Abigail Ponder, Colonial Heights High School

Friends of Paul R. Carraway Memorial Scholarship

Nicholas Taylor, Prince George High School

Genevieve Renn Roscher Nursing Scholarship

Virginia Wright, Thomas Dale High School

Gregg E. Hosack Scholarship

Austin Russell, Colonial Heights High School
Tynisha Smith, Appomattox Regional Governor's School for the Arts and Technology

Honeywell Technology Scholarship

Richard Good, Colonial Heights High School

Hopewell Retired Teachers Association's - Charles W. Smith Memorial Scholarship

Brittany Thomas, Hopewell High School

Hopewell Rotary Club's Jack Thomasson Rotarian Scholarship

Aaron Aprahamian, Hopewell High School

James L. "Skeets" and Marguerite M. Slagle Memorial Scholarship

Allyson Crump, Hopewell High School

James River Ball Patrons Committee Scholarship in Memory of Audrey Eliades

Dakota Brenizer, Hopewell High School

Jane Bryant Scholarship for the Dramatic Arts

Gina Moore, Appomattox Regional Governor's School for the Arts and Technology

Joan Glascock Skaggs Nursing Scholarship

Kristina Knode, Virginia Tech

John Randolph Foundation Merit Scholarship

Cynthia Arnold, Prince George High School

John Randolph Medical Center Auxiliary Scholarship

Haley Gottshall, Colonial Heights High School
Stephanie Ramirez, Prince George High School
Alexandra Rivero, Colonial Heights High School
Jessica Taylor, Prince George High School

John, Shanda, and Doreatha Jackson Scholarship

Savannah McReynolds, Hopewell High School

Judy Gordon Memorial Scholarship

Luke Humphries, Prince George High School

Katy Clayton Memorial Scholarship

Mallory Seal, Thomas Dale High School

Louis C. and Ursula Sue Gibbs Scholarship

Matthew Reynolds, Matoaca High School
Joseph Rowland, Dinwiddie High School
Brittany Shearin, Home-Schooled

Matt Saye Memorial Scholarship

Michelle Williams, Prince George High School

Nancy J. Seavy Memorial Scholarship

Kelsey Cunningham, Thomas Dale High School

Plato George Eliades Law Scholarship

Jamar Johnson, Prince George High School
Emily Lewis, Thomas Dale High School

Prince George High School Memorial Scholarship

Olivia Tritschler, Prince George High School

Rotary Club of Petersburg (Luncheon) Scholarship

Cutina Evans, Appomattox Regional Governor's School for the Arts and Technology

Natasha Richardson, Petersburg High School
Madeleine Newton - Prince George High School
Caroline Smith, Matoaca High School

Sylvia J. Slominski Nursing Scholarship

Shannon Booker, Hopewell High School
Kristen Kinker, Cosby High School
Margo Kollman, Colonial Heights High School

Ted P. Blanks Scholarship

Taylor Dail, Hopewell High School
Bryanna Tessier, Hopewell High School
Rachel Waymack, Prince George High School
Malikah Williams, Prince George High School

The Talegaonkar Medical Scholarship

Kelsey Daugherty, Thomas Dale High School

Veterans of Foreign Wars Post 637 - Otis Berry Memorial Scholarship

Shannon Hagan, Virginia Commonwealth University

Weinstein Properties Scholarship for the ARTS

Brittney Page, Appomattox Regional Governor's School for the Arts and Technology

Woman's Club of Hopewell Scholarship

Cherie Chung, Maggie Walker Governor's School

2012 Educator Award Recipients:

John Randolph Medical Center Nurse Educator Award

Theresa Kennon, John Tyler Community College
Roxanne Leavitt, Hopewell High School

Preston and Ann Leake Teacher Recognition Award

Andrei Dacko, Hopewell High School



Cutina Evans, Appomattox Regional Governor's School for the Arts and Technology and Ed Betts



Gloria Bailey, Betty Washington and Brittany Thomas, Hopewell High School

The Creation of a Scholarship...

continued from page 3

"Next, I contacted the schools Matt had attended and asked them to have a Jean's Day, where you pay to wear jeans and the money goes to a charity. We requested that the money donated go toward the scholarship. Money continued to come in. I then shared with my work family, South Elementary, my desire to start this scholarship. Many of the teachers had taught Matt and remembered his mom, Betty, volunteering while he was a student at South. The South family wanted to help with this endeavor, too. Thus the idea of a golf tournament was born!"

"Friends, faculty, staff, JRF staff, and family pooled their talents and contacts to work to make the golf tournament a success. The golf tournament brought in close to \$9000.00!"

Betty: "The Foundation staff helped us with the first Matt Saye Memorial Scholarship Golf Tournament."

"I cannot begin to put into words how much they meant to me. Any time I had a question or concern, they were never too busy to help. I also felt really good about the members of the Foundation's Board of Trustees. I was impressed with their dedication to the Foundation and their desire to honor and remember loved ones. One very important thing was the financial aspect of how the scholarship was handled. I never worried and I always felt secure in the way the Foundation handled everything."

Leslie: "The first Matt Saye Memorial Scholarship was given in June 2012. Surprisingly, this scholarship was given to a former South student, but no one realized this until after the selection process was completed."

"The John Randolph Foundation is made up of wonderful, caring people. This scholarship would never have come to be without God's help, South faculty and staff, friends, family, the JRF family and the strong affection and respect everyone held for Matt. Even in tragedy there is a rainbow if we look for it."



Betty and Elizabeth award the first Matt Saye Memorial Scholarship to Michelle Williams from Prince George High School

Betty: "And I have peace of mind knowing that the Matt Saye Memorial Scholarship will help many young people achieve their goals and

dreams and will keep my son's memory alive for many years to come."

gift OF GIVING



Please consider making a gift to support the work of the John Randolph Foundation to help the people in our community. If you wish to restrict your gift, indicate on the form below. Please fill out the requested information on the back of this form and include it in the enclosed envelope to ensure your contribution is correctly recorded.

UNRESTRICTED (To be used in the JRF priority area where there is the greatest need for grants.)

RESTRICTED TO THE FOLLOWING JRF GRANT FUNDING PRIORITY AREAS:

(See examples of grants awarded in each area.)

- Health and Healthcare
- Quality of Life (as it pertains to health)
- Education

RESTRICTED TO THE FOLLOWING COMMUNITY ENDOWMENT FUNDS:

- Appomattox Regional Library System Endowed Fund
- Hopewell-Prince George Community Health Center Endowed Fund

RESTRICTED TO THE FOLLOWING SCHOLARSHIPS:

- Anderson J. Blevins and Thelma L. Hammond Scholarship
- Bobby Owen Memorial Scholarship
- Chester Rotary, Charles H. Kinsey Jr. Memorial Scholarship
- Coach Kevin Ferguson Scholarship
- Connie Williamson Memorial Scholarship
- Edna Trader Cain Scholarship
- Fred C. and Bertha C. Morene Scholarship
- Franklin D. Boyce Scholarship
- Friends of Paul R. Carraway Memorial Scholarship
- Genevieve Renn Roscher Nursing Scholarship
- Gregg E. Hosack Scholarship
- HealthSouth Petersburg Scholarship
- Honeywell Technology Scholarship
- Hopewell Retired Teachers Association's Charles W. Smith Memorial Scholarship
- Hopewell Rotary Club's Jack Thomasson Rotarian Scholarship
- James L. "Skeets" and Marguerite M. Slagle Memorial Scholarship
- James River Ball Patrons Committee Scholarship in Memory of Audrey Eliades
- Jane Bryant Scholarship for the Dramatic Arts
- Joan Glascock Skaggs Nursing Scholarship
- John and Wilber Traylor Scholarship
- John Randolph Medical Center Auxiliary Scholarship
- John, Shanda, and Doreatha Jackson Scholarship
- Juanita and Wilson Chambers Scholarship
- Judy Gordon Memorial Scholarship
- Katy Clayton Memorial Scholarship
- Louis C. and Ursula Sue Gibbs Scholarship
- Mary H. and Paul L. Quarrels Scholarship
- Matt Saye Memorial Scholarship
- Nancy J. Seavy Memorial Scholarship
- Plato George Eliades Law Scholarship
- Prince George High School Memorial Scholarship
- Robert C. and Dianne W. Smith Community Service Scholarship
- Sylvia J. Slominski Nursing Scholarship
- Ted P. Blanks Scholarship
- The Rotary Club of Petersburg (Luncheon) Scholarship
- The Talegaonkar Medical Scholarship
- The Woman's Club of Hopewell Scholarship
- Veterans of Foreign Wars Post 637 Otis Berry Memorial Scholarship
- Weinstein Properties Scholarship for the ARTS

AWARDS:

- Drs. Singh and Bhuller Tri-Cities Outstanding Educator of the Year Award
- John Randolph Medical Center Award for Nurse Educators
- Preston and Ann Leake Teacher Recognition Award

Please write name(s) as you wish your contribution recorded.

Mr./Mrs./Ms./Dr. _____

Address _____ City _____ State _____ Zip _____

Telephone () _____

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Gift Amount \$ _____ Check Enclosed

Please call the Foundation office at (804) 458-2239 if you wish to make your gift by credit card.

My contribution is made: In honor of In memory of Name _____

Please send acknowledgement of my gift:

Name _____

Address _____ City _____ State _____ Zip _____

Hopewell-Prince George Community Health Center

continued from page 1

The caring professionals at the Center take the time to treat each patient like they are a member of their own family. They share the mission of the John Randolph Foundation to provide caring, comprehensive, health and wellness services for people in the Tri-Cities and surrounding communities. They help each patient understand their bodies and teach them about lifestyle changes to become healthier.



Dr. David Neff,
Site Director

Patients also learn how to manage their chronic conditions like diabetes, high cholesterol and high blood pressure and are tested for potential diseases so early detection can, perhaps, save their lives.



Community Health Educator, Cathy Marcum, LPN,
leads a wellness class in the art of Tai Chi Chen.

Every day, someone like Carol who needs medical care comes to the Health Center to receive help. Located at 4260 Crossings Boulevard, it is open every weekday from 9am to 5pm and stays open until 7pm on Tuesdays.



If you would like to know more about the services offered by the Hopewell-Prince George Community Health Center, call the Center at (804) 452-5800 or visit their website at: <http://www.cvhsinc.org/hpg.html>

2012 *Spring Grantees*

RESPONSIVE GRANTS: \$381,500

JOHN RANDOLPH FOUNDATION reviews regular grant requests twice a year, in the spring and in the fall. Each cycle begins with a concept paper or renewal application which explains the project. Once reviewed, selected organizations are invited to submit a formal proposal. Following is a list of JRF grants awarded in the spring of 2012.

HEALTH AND HEALTHCARE: \$178,000

Central Virginia Health Services - \$125,000 to support operations for medical, dental, behavioral and lay health programs and services for public wellness education at the Hopewell-Prince George Community Health Center.

Cross Over Ministry - \$10,000 to support operations for the Sherbourne Clinic in south Chesterfield, which includes Spanish-speaking staff and provides free primary care, HIV/AIDS and OBGYN services for underserved residents in the JRF service area.

Prevent Blindness Mid-Atlantic - \$8,000 to a public school technology-based vision screening pilot program, with emphasis on good eye health for students in Hopewell elementary schools.



Lynn Williams receives a grant for Crossover Ministry's Sherbourne Free Clinic

The Lucy Corr Foundation - \$10,000 to support and expand the dental clinic at Lucy Corr Nursing Home by also treating seniors who reside in the JRF service area.

Crater Health District HealthSpace Teen Center - \$25,000 to expand the HealthSpace Teen Center by adding a weekly clinic at the Hopewell Health Department to educate and treat local teens with the goal of preventing risky behaviors that may lead to sexually transmitted diseases and teen pregnancy.

QUALITY OF LIFE: \$183,500

Big Brothers Big Sisters - \$25,000 to support "High School Bigs: The Hopewell-Copeland Mentoring Project," matching 20 children from Patrick Copeland Elementary School with 20 teen-aged mentors from Hopewell High School.

CARES - \$12,500 to assist with sustaining the Post Shelter Case Management program, which works with clients who have left the shelter and need to develop the skills to maintain permanent housing.

Colonial Heights Food Pantry - \$25,000 to support operations for the pantry, which serves area families.

Crater Community Hospice - \$20,000 to support direct care costs associated with providing free end of life support for patients and their families in the JRF service area.

Hopewell Recreation & Parks - \$3,000 to support the Youth Sports League, which offers recreation and education services for Hopewell youth via soccer, basketball, baseball and softball programs.



Ronnie Parker receives a grant for Hopewell Youth Sports

The James House - \$8,000 to support operations for providing support and advocacy for victims of personal violence and stalking in the JRF service area.

Serenity - \$10,000 to support the Life Strides Project, which provides support, education and advocacy for individuals infected and affected by HIV/AIDS.

Prince George Recreation & Parks - \$30,000 to assist with purchasing cardiovascular and strength training equipment, free weights and sports flooring for a new fitness room available to all residents of Prince George County.

YMCA of Greater Richmond - \$60,000: \$55,000 to support establishing the Y at the former Happy Acres camp site to service Hopewell and Prince George, and \$5,000 to provide youth-related programming at the Petersburg Family YMCA.

EDUCATION: \$20,000

Science Museum of Virginia Foundation - \$15,000 to continue the after-school STEM (Science, Technology, Engineering and Mathematics) program for middle-school-aged youth who attend the Hopewell Boys & Girls Club to gain exposure to learning and careers options in STEM fields.

St. John Child Development Center - \$5,000 to support operations for providing comprehensive child development services and efforts toward achieving accreditation as a nonprofit Star Quality early childhood educational facility in JRF's tertiary service area.



Guests enjoy a laugh with grants Committee Chair, Linda Hyslop

WELLNESS GRANTS: \$31,988

Prince George County Public Schools - \$3,500 for Walk Against Drugs and Alcohol

Prince George County - \$3,488 for WOW! (Wellness Our Way!) Employee Wellness Program

Hopewell Recreation and Parks - \$10,000 for City Point 5k Run/Walk and Kids Fit for Life Challenge

Hopewell Recreation and Parks - \$15,000 for Mathis Pirate Playground Build Matching Challenge

UPCOMING *events*

Grant Information Sessions

December 20, 2012 and January 17, 2013

9 -11:30 a.m.

Please call to register

Spring Grant Application Deadline

Friday, February 1, 2013

Scholarship Application Deadline

Friday, February 15, 2013 4:00 p.m.

Awards Deadline

Tuesday, April 30, 2013 4:00 p.m.

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