FROM THE BOARD CHAIR

Dear Friends:

WITH THE END OF THE YEAR approaching and the gift-giving season in full swing, there is no finer or more appropriate gift than one that offers health and hope to others.

The ARH Foundation for Healthier Communities was established in 2006 as a fundraising arm for the not-for-profit Appalachian Regional Healthcare (ARH) system and to address the growing healthcare needs in the communities ARH serves in southeastern Kentucky and southern West Virginia.

As a charitable, tax-exempt 501 c(3), the Foundation offers you the unique opportunity to invest in the health and quality of life of those living in our communities. An investment in ARH is truly one that offers a lifetime of rewards by enhancing healthy lifestyles and saving lives.

You will see in the following pages just some of the ways the Foundation is working to improve the communities we serve, together with our supporters—including motorcyclists in eastern Kentucky who designated funds from their annual bike ride for our Patient Assistance Fund and ARH employee William May who rode his bicycle more than 400 miles to help raise funds.

Through the generosity of individuals, corporations and organizations, ARH is able to make a difference in the lives of the patients who rely on our hospitals, clinics, pharmacies and home-health agencies for care. Contributions of any amount are gratefully accepted and contributions to the ARH Foundation are tax-deductible.

Sincerely,

Jeff Hollon
Chair
ARH Foundation Board

OUR MISSION

To further healthcare, education and community involvement in Eastern Kentucky and Southern West Virginia through philanthropy and fundraising for Appalachian Regional Healthcare. The ARH Foundation wants to make it simple for you to make an investment in the future of healthcare in Eastern Kentucky and Southern West Virginia. Community support is vital to our rural healthcare system to maintain the latest technology, quality facilities, and services that have made ARH a regional healthcare leader.
NEW SPACE FOR Cancer Treatment

With the expansion of the ARH Cancer Center in Hazard, ARH is expanding hope.

ONE OF THE MAJOR FUNDRAISING efforts for the ARH Foundation over the past two years has been the recently completed $5 million expansion and renovation project to nearly double the size of the ARH Cancer Center in Hazard.

The ARH Cancer Center provides around 10,000 cancer treatments per year to the patients across its eight-county service area in southeast Kentucky. Here, they receive advanced medical and radiation oncology treatments, as well as infusion services, all in the same building. This enables patients to be close to their support team of family and friends at a time when they need it most.

Sadly, in eastern Kentucky, ARH is battling a cancer epidemic like never before. In the Cancer Center’s service area alone, there are around 1,800 new cancer cases diagnosed per year.

Those stark statistics played a critical role in the expansion project, says ARH President and CEO Joe Grossman.

“ARH is always monitoring the changing health needs of our communities, and we base our growth of services and major investments into our communities on those needs,” Grossman says. “In the 11 years since the ARH Cancer Center opened its doors, our patient volume has grown steadily as has the number of cancer cases in our region. We saw a desperate need in Hazard for additional space at the Cancer Center.”

In June 2017, construction began to expand and renovate the existing 10,000-square-foot Cancer Center to nearly double the size of the building and customize the space to meet the specific medical needs of ARH patients.

The newly expanded Cancer Center includes:

- 18,000 square feet of needed space
- A new vault for a linear accelerator used for radiation therapy
- Nine exam rooms
- Expanded patient/family waiting areas
- 21 heated and massage chemotherapy chairs, increasing the space and number of patients who can receive chemotherapy or other infusions each day
- Three private chemotherapy rooms for patients who might have compromised immune systems
- On-site pharmacy
- The center is staffed with four medical oncologists, two radiation oncologists, two nurse practitioners, a designated nurse manager, a full nursing staff, and also a patient navigator who connects the patient with valuable resources throughout the treatment process.
- The ARH Cancer Center is an affiliate of the UK Markey Cancer Center, Kentucky’s only NCI-designated cancer center.
Sometimes the battle is against more than just cancer. The ARH Patient Assistance Fund is here to help.

More than half of the patients who seek treatment at the ARH Cancer Center find themselves desperately wanting to get well, but struggling with how they will get to and from treatment.

The ARH Cancer Center in Hazard is a regional option for cancer treatment in eastern Kentucky. In fact, more than 60 percent of the patients receiving treatment there live at least 30 minutes away. Some families travel two hours or more for cancer care.

Finding reliable transportation or money for gas is a constant challenge for our patients. This is especially difficult when patients need to visit many times a week, or every day. Unfortunately, some patients will not finish their treatment because of transportation issues.

Now, thanks to the ARH Patient Assistance Fund, established at the ARH Cancer Center in Hazard as well as the cancer treatment facilities in Middlesboro, Ky., and Beckley, W.Va., these patients can put their minds to rest and focus only on getting well.

The Patient Assistance Fund can provide:
- Transportation assistance
- Prescription assistance
- Overnight accommodations for out-of-town patients

who may need to have multiple days of treatment in a row or are too ill to travel back home following treatment
- Other cancer treatment supplies or needs

Each year, ARH employees as well as individuals, churches and other community groups work to raise money for the ARH Patient Assistance Fund, hosting fundraisers that range from large events to simple bake sales.

No matter how the funds are raised, ARH Cancer Center Patient Navigator Shannon Morton, who helps patients navigate through their journeys after they have been diagnosed with cancer, says gas cards provided through the Patient Assistance Fund are vital to easing unnecessary patient worries during treatment.

"Rural Appalachia is very different from inner-city urban areas," says Morton. "What may be a 30-mile stretch could take you potentially an hour to travel. The majority of our patients are extremely low-income and 75 percent of our patients need gas-card assistance. If these patients did not get this assistance, I feel 100 percent sure that they would not be able to come for treatment. The $25 gas card that we give them might not seem like much to anyone else, but to these patients, it’s everything."
SECOND ANNUAL RIDE FOR HOPE EVENT RAISES MONEY FOR PATIENT TRANSPORTATION NEEDS

Transportation to and from cancer treatment can be one of the biggest hurdles ARH patients face during often lengthy rounds of chemotherapy and radiation.

Through the ARH Patient Assistance Fund, that burden has been lifted for qualifying patients who can receive gas cards to help with their travel expenses.

For the second year, more than 150 motorcycle enthusiasts throughout eastern Kentucky cruised through the picturesque Little Shepherd Trail to Pine Mountain. Once at their destination, a celebration event was held with live music, food, health screenings and other fun family activities.

The Second Annual Ride for Hope raised $12,500 for gas cards to assist patients with transportation to treatments. That’s 520 gas cards!
ARH GIVES BACK

The ARH Foundation helps to raise funds for many local community organizations and projects.

A RECORD NUMBER of golfers turned out this year for the ARH Foundation Kentucky and West Virginia charity golf classics.

In June, 219 golfers turned out for the golf classic held at the Keene Run Golf Club in Lexington, Ky. More than $71,000 was raised for the ARH Cancer Center expansion project, which has nearly doubled the size of the Cancer Center in Hazard, Ky.

In September, 178 golfers participated in a day of golf at the historic Greenbrier in White Sulphur Springs, WVa. The more than $64,000 raised benefits the Beckley ARH Hospital Patient Assistance Fund, which assists cancer patients with various needs during treatment, as well as a $500,000 renovation of the Beckley ARH Hospital front lobby and registration area.

As a not-for-profit hospital, Beckley ARH faces the sometimes daunting challenge of providing approximately $3 million in uncompensated care each year, while also continuing to upgrade its facilities and keep up with the ever-changing medical technology.

BARH Community CEO Rocco Massey says this fact is viewed not as a burden, but rather a challenge the hospital embraces. "Without our facility, many of our community’s most vulnerable residents might have no medical care for themselves and their families," Massey says. “Any funds earned are reinvested back into our facility to upgrade equipment and facilities and to add new services. This requires fundraising efforts both within the hospital and out in the community.”

SUPPORTING LOCAL STUDENTS

STUDENTS IN HAZARD recently learned firsthand that the ARH Foundation’s commitment to giving also reaches out to the community.

Hannah Collett, a student at Hazard High School and a four-year member of the Hazard Band of Gold, had the exciting opportunity to participate in the Kentucky Ambassadors of Music Summer 2018 European Concert Tour which would take her on a 16-day trip filled with concerts, musical performances and touring in seven different countries. Only a select group of honor band, orchestra and choir students are chosen by nomination only.

Hannah approached the ARH Foundation for a contribution to help with the $5,995 per student price tag for the trip and the Foundation was happy to help with a monetary donation.

When staff was asked what ARH could do to help the students at Hazard High School, the answer was simple—purchase the latest TI-Nspires graphing calculators.

The school’s math department had been looking for extra funding for this technology for some time and the donation from the ARH Foundation allowed the school to get its first class set.

“In order to be competitive with other schools in our region, it is really important to have the same top resources,” says Hazard High School Principal Happy Mobelini. “Not only will students benefit from a deeper understanding in class, but we expect to see ACT scores improve as students gain a better understanding of difficult material.

“We are extremely appreciative for the opportunity to bring this exciting technology into our classroom and look forward to sharing the results at the end of the semester,” Mobelini added. “The students and staff at Hazard High School thank the ARH Foundation for making this dream a reality. Hazard High School consistently scores in the top 10 to 15 percent of Kentucky state testing. Donations from ARH help bring awareness to the value of supporting students.”
TO GIVE Is to Receive

The well-worn axiom “It’s better to give than to receive” didn’t become a cliché by accident.

YOU’RE NEVER EXPRESSING your humanity more than when you’re aiding others.

No doubt you’ve noticed that giving makes you feel good, but there’s also plenty of documented science to prove it. For instance, a study done at the University of Oregon’s Economics Department found that when we donate to charity, it actually triggers a neural response in the ventral striatum, a part of our brains that processes pleasure of many kinds. Or as the study puts it in layman’s terms, it’s been scientifically determined that we simply get a “warm glow” from giving.

It’s an idea that’s made its way around the world, too. More recently, a widely publicized study at the University of Zurich monitored the brain activity of people who planned to spend a promised sum of money on others vs. a group that planned to spend it on themselves. Sure enough, the ventral striatum lit up. Interestingly, the amount the participants planned to give didn’t matter, just the fact that they were giving. In other words, generosity is always a win/win strategy.

WAYS TO GIVE

COMMUNITY SUPPORT is vital to our rural healthcare system to maintain the latest technology, quality facilities, and services that have made ARH a regional healthcare leader.

Please join us in our mission to provide quality healthcare services to the 350,000 residents living in our communities in eastern Kentucky and southern West Virginia. The ARH Foundation for Healthier Communities will ensure that your contribution is used in the most responsible and effective way to support the health and well-being of our communities.

GIVING OPTIONS

- www.arhfoundation.org/ways_to_give/donate_online.aspx
- Capital campaign projects
- Naming opportunities
- Memorials or honorarium
- Estate planning
- Scholarships and endowments

GIFTS CAN BE MAILED TO:
ARH Foundation for Healthier Communities
Appalachian Regional Healthcare
Attn: Margie Spaulding
P.O. Box 8086
Lexington, KY 40533

For more information about how to give, call (866) 940-4572 or email: arhfoundation@arh.org.

The ARH Foundation accepts cash, check or credit cards

MEMORY GIVING OPTIONS

THE ARH FOUNDATION offers an opportunity to honor loved ones touched by cancer. Memory bricks, with the loved one’s name engraved into the brick, can be purchased and placed into the walkway in front of the ARH Cancer Center in Hazard.

Names can also be added to the Memory Plaque inside.

OPTION 1: Purchase a “Memory Brick” in honor of a loved one for $100. The ARH Foundation will engrave that brick with the name of a loved one you wish to have honored.

OPTION 2: Make a $50 contribution and have your loved one’s name added to our “Memory Plaque” that is mounted in the ARH Cancer Center.

OPTION 3: Make a donation in any amount you feel moved to make, as every donation makes a difference.

FOR MORE INFORMATION OR TO MAKE A DONATION, CONTACT:
ALLISON BAKER, ARH FOUNDATION FOR HEALTHIER COMMUNITIES
100 AIRPORT GARDENS ROAD, HAZARD, KY 41701 | (606) 439-6980 | ALBAKER@ARH.ORG
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<thead>
<tr>
<th>WEST VIRGINIA</th>
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<tbody>
<tr>
<td>Beckley ARH Hospital</td>
<td>ARH Our Lady of the Way Hospital</td>
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<tr>
<td>306 Stanaford Road</td>
<td>11203 Main Street</td>
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<tr>
<td>Beckley (304) 255-3000</td>
<td>Martin (606) 285-6400</td>
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<tr>
<td>Summers County ARH Hospital</td>
<td>Barbourville ARH Hospital</td>
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<tr>
<td>115 Summers Hospital Road</td>
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<tr>
<td>Hinton (304) 466-1000</td>
<td>Barbourville (606) 546-4175</td>
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<td>Harlan ARH Hospital</td>
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<td></td>
<td>81 Ball Park Road</td>
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<td>Harlan (606) 573-8100</td>
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<td>Hazard ARH Regional Medical Center</td>
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<td>100 Medical Center Drive</td>
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<td>Hazard (606) 439-6600</td>
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| Mary Breckinridge ARH Hospital | McDowell ARH Hospital |
| 130 Kate Ireland Drive        | Route 122             |
| Hyden (606) 672-2901          | McDowell              |
|                               | (606) 377-3400        |
| McDowell ARH Hospital         | Middlesboro ARH Hospital |
| Route 122                     | 3600 West Cumberland Ave. |
| McDowell                     | Middlesboro           |
| (606) 377-3400                | (606) 242-1100        |
| Middlesboro ARH Hospital      | Morgan County ARH Hospital |
| 3600 West Cumberland Ave.     | 476 Liberty Road      |
| Middlesboro                  | West Liberty          |
| (606) 242-1100                | (606) 743-3186        |
| Morgan County ARH Hospital    | Tug Valley ARH Regional Medical Center |
| 476 Liberty Road             | 226 Hospital Drive    |
| (606) 743-3186                | South Williamson      |
| Tug Valley ARH Regional       | (606) 237-1700        |
| Medical Center               | Whitesburg ARH Hospital |
| 226 Hospital Drive           | 240 Hospital Road     |
| (606) 237-1700                | Whitesburg (606) 633-3500 |

OVER HALF OF ARH CANCER PATIENTS NEED ASSISTANCE

Thankfully, the ARH Cancer Center Patient Assistance Fund can put their worries to ease. This program funds anything a patient needs from prescription assistance, to gas cards. Sometimes, the seemingly smallest bit of help and a warm smile can make the largest difference.

Shannon Morton  
Patient Navigator