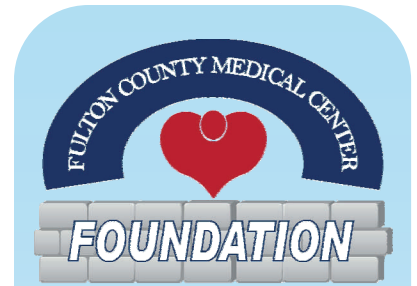


BECAUSE OF YOU!



Foundation Founders



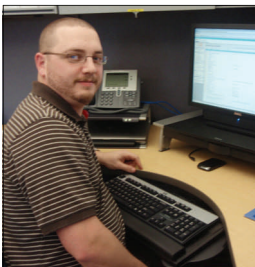
Foundation Exec
Robert Roush with
F&M Trust's Paul
Johnston

It's Because of You: Foundation introduces new logo and starts distribution of "donor society" certificates

The Foundation recently decided to change it's logo in order to demonstrate that we are part of the Fulton County Medical Center, but also a separate organization. "We are separate," said Executive Director Dr. Robert Roush, "so that we can concentrate on raising funds for the Medical Center and community wellness, and also be accountable for the charitable aspects of the Medical Center and community health."

The Board and staff of the Fulton County Medical Center Foundation will also be out in numbers for the rest of the calendar year delivering certificates to donors of \$5,000 and more. "All the donors are important - more important than they know," said Helen Overly, the Foundation's Donor Recognition Committee Co-Chair. Donors are awarded certificates for different levels of giving and placed into "donor societies," some named for the history of the Medical Center.

There are 119 donors of \$5,000 and more to the medical center. The combined giving total reached for the recent building projects reached more than \$10.5 million. "Without this unprecedented ground-swell of support, there would be no new facility, and we would not have been able to add many new programs such as bariatric surgery and infectious disease services," Foundation Executive Director Robert Roush said.



Scholarship Program Delivers Students an Education—And a Trip... Back Home!

Chad Buterbaugh received a scholarship in 2004 to pursue a healthcare education, eventually becoming a phlebotomist at FCMC. Here is what he had to say recently when asked about the experience: "When I applied for the FCMC scholarship, I knew that I wanted to be part of healthcare and that I wanted

to be part of the FCMC organization. The medical field is a great field to be in and there is always a need for medical professionals. To be able to receive this scholarship and then have the chance to come back to FCMC and be an employee has been a great opportunity for me. It is good to be able to work close to home and serve the community. Without this scholarship I'm not sure that my career may not have headed down a different path." Today, Chad is an important member of the IT department at FCMC— helping to lead the way to integrated electronic health records.

Contest #2 : Pick the correct healthy facts!

Q1- True or False—As little as 5 oz. of red wine per day can cause a stroke.

Q2- Natural ways to reduce cholesterol include which?... 1) Eat oatmeal, 2) eat garlic, 3) eat "omega" fats, 4) drink coffee, 5) eat saturated fats.

email entries to:
rroush@fcmcpa.org

Winner, selected in a drawing from correct entries, receives a basket full of healthy foods!

Entry deadline 4/30/11

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Important Dates

- 4/16/11—Auction!
- 5/14/11— Donor Recognition Picnic





Foundation Supports Youth Summer Swim Program

Recently the Foundation made a grant of \$1,500 to the youth swimming program at Great Cove Golf Course. The program is in need of funds for staff and pool maintenance costs.

The program is Red Cross certified, serves over 330 youth annually and costs just over \$22,000.

Does your group have a wellness program with specific definable health goals? Download grant applications at www.fcmlpa.org/foundation.html and click on "Grant Information".

Community Yoga Classes offer benefits from preventing injuries as we age, to improved well-being. Join Yoga Instructor Lisa Culler at Community State Bank, McConnellsburg (near Giant) every Wednesday 4:30 p.m. or 6:00 p.m. starting March 30—\$50 for 8 classes, walk-ins \$8 each class. Call Lisa at 717-860-5690 to register!



Scholarship Program: Focus for the Spring

They say education is everything, and the FCMC Foundation folks can't disagree. Whether it is for doctors and nurses who need to learn the latest techniques, young people who want to make health-care into a career, or patients who need to understand preventing and managing disease, education is the key. We received letters from several past scholarship recipients we wanted to share!

Hello Dr. Roush,

I was a 2006 scholarship recipient. I am currently in my second year of the Doctor of Physical Therapy program at Slippery Rock University. I completed my undergraduate coursework in Exercise Science. I have actually listed the Fulton County Medical Center as one of my potential options for the spring placement!

I really appreciated the scholarship as a high school senior!

Thanks!
Amanda
Amanda Snider, SPT

Hi,

My name is Rachel Houck. In 2006 I was awarded a scholarship from your organization. Since then I graduated from Penn State, Altoona in 2008 with an Associates of Science degree with Nursing. I work on the Medical/Surgical/Pediatric unit at Lewiston. I sure appreciated your help!

Thank you,
Rachel
Rachel Houck

Dear FCMC Foundation,

When I graduated from Southern Fulton High School in 2009, I received a scholarship. I am currently a student at Elizabethtown College and plan to graduate in spring 2013. I am a biochemistry major in the honor's program and hope to attend medical school and become a pediatrician. During breaks from school, I work at the FCMC in the long term care department as a CNA. This is giving me invaluable experience in the health care field. I greatly appreciate the scholarship you awarded!

Thank you,
Elaina Truax
Americorp Scholar



"Because Fulton County Medical Center is Literally a Life-Saving Facility!" Donor and Board Member Andy Washabaugh Tells Us Why He Supports FCMCF

When I was asked to consider gifting the land for a new Fulton County Medical Center building, I thought a lot about it. In the end, the deciding factor was that I saw great foresight and vision in the Medical Center plans. I took a very broad view of what would happen in the next 25 years. I told myself, "You have to say yes to this, it is an important part of the future of Fulton County." Also, things have grown over the years, and the people who come to the Medical Center to be served are not just from Fulton County. We're the hub of a larger area that includes parts of Bedford, Huntington, Franklin and Washington County (Maryland).

Like a lot of others, I want to be able to stay in Fulton County as I get older. At age 75, I know that if my wife or I need medical attention, it's not realistic to believe we can travel long distances to obtain what we need. Thank

See "Washabaugh" page 3



Foundation & Medical Center Events

Annual Auction! Huston-town Fire Hall, Saturday April 16, 2011 4 p.m. Tickets \$10 Home-cooked comfort food is followed by enticing items for sale– from one-of-the-kind quilts to home services, this is a must for bargain and art hunters alike!



Donor Recognition and Staff Picnic! Saturday May 14, 2011, 11-2, rain or shine on the FCMC Campus 214 Peach Orchard Rd. in McConnellsburg. Enjoy children's games and a pig roast with summer salads! Call 485-6116

*" The Physical Therapy Department is so [very] appreciated... Friendliness is everywhere!"
~Janet Rouzer Harris McGinnis, Patient*

"Washabaugh" from page 2

God FCMC is here. One of my friends had a serious fall recently, and he was down from his home on the mountain, to the Medical Center, through the Emergency Department and in a hospital bed all within 20 minutes. No one else around here can do that. We can. So why run over the mountain for care?

It's funny: I've spent years collecting and studying the antiquity of the Fulton area, and I've seen many bottles of "balm" they used to use to treat everything from ill farm animals to a person's gout or heart disease. We now know so much more about what works in medicine and to be able to take advantage of it, we need to bring technological resources to the Medical Center. Things like the electronic health record – which collects data on patients – can be combined with the computer's "artificial intelligence" to help guide physicians in making the right decision for patient care.

In closing, I'd like to encourage every reader of this newsletter and resident of Fulton County to make a commitment to bring health and vitality to our community for the next 100 years and more. I know we will succeed, because the folks at Fulton County Medical Center believe that patients are people. I know this from the extraordinary care they showed my mother and our entire family while she was in long term care.

The people here care a lot about the little things, and that's what leads to the big financial support that will make ever-improving healthcare a reality for us.

Donations Second Quarter Fiscal Year '10—'11

FCMC Foundation received and entered cash and in-kind gifts from the following folks from October 1, 2010—December 31, 2010 – Thank You!

Always remember: Please contact us if you wish to be anonymous or would like your name removed from any mailing lists...

Dublin Mills Community Church
Fairview United Methodist Church
Forbes Road Lions Club
Fulton Behavioral Health Services
Fulton County Medical Center Auxiliary
Fulton County Medical Center Medical Staff
Fulton County Medical Center Respiratory Therapy Department
Hamilton Nissan
JLG Industries, Inc.

Leo Ramsey Trucking & Garage
McLaughlin's Drug Store, Inc.
The Mellott Family Trust
Reilly Medical
State Farm Insurance Companies
Winfield Salvage
Mr. and Mrs. William Alexander
William Anderson
Mr. and Mrs. Gary Ankney
George B. Baker
Walter H. Beaman
Mrs. Martha M. Bernhard
Ms. Lori A. Best
Mrs. Emma H. Bivens
Ms. Mary Jane Black
Ms. Alice L. Bohrer
Dr. and Mrs. Mark Boland, D.O.
David and Nova Boyer
Mr. and Mrs. Reuben Brady
Mr. Brian K. Brady
Ms. Stephanie S. Brindle

A. Randy Bulger
Debra and Richard Buterbaugh
Jason Camp
Mrs. Judith A. Camp
Kimberly Carnahan
Mrs. Rebecca J. Cech
Mr. and Mrs. Kevin Centi
Mr. and Mrs. James M. Chamberlain
Mr. and Mrs. Wayne H. Crouse
Mrs. Estalene Y. Crouse
Mrs. Violet Culler
Mr. and Mrs. Avon L. Deshong
Mr. and Mrs. Brian H. Deshong
Valerie D. Drinnon
Mr. and Mrs. William R. Erickson
Robin and Linda Feight
Rod Filasky
Alma D. Foreman
Kenneth R. Fow
Mr. and Mrs. Donald P. Fowler
Eliot Z. George



Quarterly gifts continued from
page 3

Leo H. Gordon
Mr. and Mrs. Steffan A. Gordon
Gracie L. Goshorn
Mr. Don R. Gracey
Mr. and Mrs. Phil Hart
Mr. Thomas S. Heefner
Mr. and Mrs. John W. Hennen
Mr. and Mrs. Harold E. Hershey
Mrs. Linda M. Hershey
Mr. John R. Hill
Mr. Thomas O. Humbert
Ms. Jennifer S. Johnston
Miriam L. Johnston
Mr. and Mrs. H. P. Kies
Mr. and Mrs. Ellis N. Knepper
Mrs. and Mr. Donna Kuehn
Mr. and Mrs. Daniel C. Lambert
Mr. and Mrs. Walter F. Lane
Gina Lansing
Mr. Wilbur E. Leidig
Ms. Evelyn I. Lester
Jeffrey A. Lonsinger
Mr. Larry R. Lynch

Mr. & Mrs. Wayne MacDonald
Donald J. Massey
Ms. Edna M. McDaid
Mr. Roger McFadden
Ms. Linda F. McLucas
Jaime McMaster
Mr. Marshall J. Mellott
Mr. Melvin E. Mellott
Larry and Patricia Mellott
John D. Mellott
Arietta Mellott
William A. Mikelionis
Dolly J. Miller
Frank I. Miller
Mr. and Mrs. Donald B. Miller
Sue E. Nesbitt
Mr. and Mrs. Rand Pas
Ruby F. Peck
Richard R. Perry
Mr. and Mrs. Roger A. Reimold
Mrs. Beth A. Rezzetano
Drs. Karl and Martha Riggle
Mr. Andrew N. Ritchey

Mrs. Naomi R. Roberts
Richard A. Roush
Mrs. Donna R. Sain
Harold O. Salseth
Sue and Randy Schooley
Mr. and Mrs. Larry Shade
Ms. Martha E. Shoemaker
Ms. Kayla J. Sholes
Mr. and Mrs. James I. Smith
Thelma M. Smith
Margaret and Donald Snyder
Mr. and Mrs. Paul R. Statler
Jack D. Steele
Mr. Darwyn E. Stine
Mr. and Mrs. Lauren P. Stubbs
Mr. and Mrs. James Toothman
John E. Varner
Ms. Naomi M. Waite
David C. Wentzell
Lloyd E. Wisner



The Winner Is...! The winner of last month's trivia contest was Mrs. Karen Barnhart- Congratulations!

January's answers were:

Donor name was located on page 4.

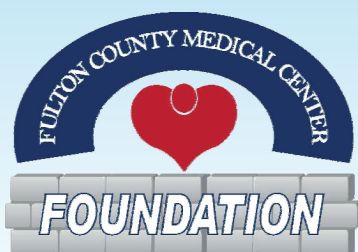
The name of the television show: "History Detectives"

"The people here care a lot about the little things, and that's what leads to the big financial support that will make ever-improving healthcare a reality for us."

~Andy Washabaugh, FCMC Foundation Donor and Board Trustee

FCMC Foundation
214 Peach Orchard Road
McConnellsburg, PA 17233

Phone: 717-485-6842
Fax: 717-485-6105



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and make donations, find our facebook page and learn
more about us!