

# The Legacy Letter

Spring/Summer 2016

## IN THIS ISSUE

Message from the President/ Executive Director	2
Update on Rachel's Challenge	2
Operation Street Smart, a drug education program	3
Emergency Department Expansion	3
Foundation Board	4

THE LEGACY LETTER IS PUBLISHED BY THE UVMC FOUNDATION.

THE UVMC FOUNDATION IS A NOT-FOR-PROFIT FOUNDATION BENEFITING THE UPPER VALLEY MEDICAL CENTER HEALTH SYSTEM AND THE COMMUNITY.

## Bill and Ruth McGraw Cancer Awareness Symposium

### Beat the Odds: A Survivor's Story

#### Connor O'Leary, Keynote Speaker



When professional cyclist Connor O'Leary won TV's The Amazing Race at age 21 he'd already won a bigger race for his life against testicular cancer.

O'Leary shared the story of his battle against cancer and the double whammy of blood clots as he neared the end of his chemotherapy during the annual Bill and Ruth McGraw Cancer Awareness Symposium on May 10 in Troy.

He also shared in the program and an interview how the experience taught him to appreciate every day and the opportunities each offers.

O'Leary was racing and on top of the world with an American cycling team in Europe in the weeks before he was diagnosed with cancer in 2010 at age 19. He had felt some discomfort and fatigue but thought perhaps there was a problem with his iron levels.

"It was the last thing on my mind," he said of the cancer diagnosis. "I was devastated."

He underwent surgery and began treatment almost immediately.

Near the end of the chemotherapy, he was felled by blood clots in his lungs and legs. Those brought "the scariest 10 days of my life" as doctors worked to help his body recover, O'Leary said.

As he healed, he made the decision to again pursue his sport and overcame initial disappointments as he again built his strength and skills.

"It definitely was an eye-opening experience, I realized I am not bullet proof and life is actually really fragile. I have learned to take advantage of every opportunity ... to focus on what is really important in my life," O'Leary said.

*Story continued on page 3*



The cancer awareness symposium has been offered to the public since 2001 and became the Bill and Ruth McGraw Cancer Awareness Symposium in 2006. It is held in honor of the late Bill and Ruth McGraw, parents of Bill McGraw III and his sisters, Karen McGraw and Chris Grilliot. Between them, Bill and Ruth McGraw had cancer five times, but neither died from the disease.

The awareness program is made possible by a gift from the McGraw Family Fund of The Troy Foundation and a grant from the UVMC Foundation.



## MESSAGE FROM PRESIDENT/EXECUTIVE DIRECTOR



It is remarkable what can be accomplished by those with vision and purpose.

In its eleventh year, the annual Bill and Ruth McGraw Cancer Awareness Symposium again brought an outstanding speaker to Miami County. Since 2006, this annual partnership

between the McGraw Family Fund of The Troy Foundation, the UVMC Foundation and the UVMC Cancer Care Center has brought internationally recognized authors, public figures, highly respected local and national cancer specialists and physicians to speak to the members of our community on issues related to cancer treatment, prevention and awareness. Literally thousands of people in our community have had

the opportunity to hear these speakers.

Since 2014, Rachel's Challenge outreach program has been offered to all Miami County schools with the hope of combating bullying and feelings of loneliness and isolation among our county's youth while teaching positive interpersonal skills. This program is making a difference in the lives of our youth. The UVMC Foundation thanks its funding partners: The Troy Foundation, Miami County Foundation, Piqua Community Foundation, Paul G. Duke Foundation, Tipp City Community Foundation, PNC Financial Services Group, the HealthPath Foundation of Ohio and numerous individuals for making this five year community health outreach project possible.

Kind regards,

## RACHEL'S CHALLENGE 2016

August of 2016 will mark the beginning of the third year of the UVMC Foundation's five year commitment to bring Rachel's Challenge to Miami County schools.



The genesis of this five-year project began with a health needs assessment conducted by UVMC in 2012-2013. The results of a Youth Health Risk Behavior Survey conducted with a sample of 1,246 Miami County middle and high school students, as part of the health needs assessment, indicated that bullying and cyber-bullying were significant issues for youth in our county and we had a need to address

and diffuse them.

The Rachel's Challenge program was developed specifically for children and youth to motivate and equip them to start and sustain a chain reaction of kindness and compassion that transforms schools and communities. It does far more than discouraging bullying and cyber-bullying. It provides a framework for young people to reach out to others and make a positive difference in each others' lives. The program was developed with input from health care professionals and educators.

Rachel Joy Scott was the first teenager shot and killed in the April 20, 1999, Columbine High School shooting in Colorado. Her family started the Rachel's Challenge program based upon Rachel's writing and her philosophy of life to reach out to young people in our nation's schools. Her story is one of inspiration, courage and kindness.

All nine county public school systems, plus the three faith-based schools in Miami County have had this programming offered to their students. Academic year 2015-2016 focused on middle and high school students. With Year 3 of this project, at participating schools we will again focus on all grades K-12 with the addition of enhanced programming for high school students that was introduced in Year 2.

### IN THE MAIL



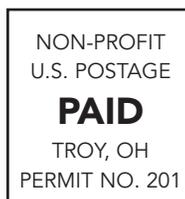
*"I thought you would enjoy Covington Elementary's kindness chain. Our school year goal was to reach around the high school track with kindness loops. We made it around the track and 1/3 of the way back too! Students will be rewarded with a Rachel's Challenge picnic in the park."*

*Rick Fry  
Covington Elementary  
School Principal*





Upper Valley Medical Center  
3130 N. CR 25A  
Troy, OH 45373



Return Service Requested

---

Kathleen Scarbrough  
President/Executive Director  
UVMC Foundation, 3130 N. CR 25A, Troy, OH 45373  
(937) 440-7541

2016 UVMC FOUNDATION BOARD OF DIRECTORS

Chair Ruth Jenkins  
Vice-Chair Michael Gutmann  
Secretary Craig Bundschuh  
Treasurer William J. McGraw III

Cliff Alexander  
Doug Burchfield  
Victor Caven  
Mimi Crawford  
Arthur R. Disbrow  
Brian Dugan  
Beth Earhart  
John F. Evans  
Eva Fine  
Robert C. Johnston  
June Kyle  
Stewart Lowry, MD  
William Lukens  
Yagnesh Raval, MD  
Larry Ryan  
Tom Szanfranski  
Lolita Schultz  
Michael Tinkler, DDS  
Emeritus Directors:  
Scott J. Hinsch  
W. Ray Wagoner



If you do not want to receive future fundraising requests supporting Upper Valley Medical Center, please call our office number at 937-440-7541 or send an email to [uvmcfoundation@uvmc.com](mailto:uvmcfoundation@uvmc.com) identifying yourself and stating that you do not want to receive future fundraising requests. You may also write to us at UVMC Foundation, 3130 N. County Road 25A, Troy, Ohio 45373. We will honor your request after the date we receive your direction.