

CARE IN ACTION

FOUNDATION FIRST FRIDAYS

JOIN US FOR: THE DERBY

Join the Mon Health Medical Center Auxiliary for The Derby, an evening of community, connection and care, on May 2, 2026, at 4T Arena.

Enjoy live music, local food and drinks, specialty cocktails, activities and more, all in support of Vandalia Health's Progressing Through Postpartum (P3) Program.

Ticket sales are now live! Interested in sponsoring the event? Contact Jacob.Mulder@VandaliaHealth.org to learn more.



THE DERBY
 May 2 2026
 3-7:30PM 4T ARENA

PRESENTED BY


A relaxed, lively and inclusive evening celebrating community, connection and care, all in support of the Vandalia Health Progressing Through Postpartum (P3) Program.

Enjoy live music, local food and drinks, games and all the excitement of Derby Day while making a meaningful impact close to home.

WHO YOU'RE Helping
 Proceeds from The Derby benefit the P3 Program, which supports families through pregnancy, postpartum and pregnancy loss.

Funds raised help provide:

- Trauma-informed training for Emergency department and OB-GYN teams
- Emotional and mental health support for parents and caregivers
- Education and outreach for families during pregnancy and beyond

 Together, we're helping every parent, whether celebrating new life or grieving loss, receive the care, compassion and support they deserve.

EVENT Highlights

- Live music and entertainment
- Derby Day games and activities
- Specialty cocktails and local cuisine
- Silent auction and raffle
- Fun, casual attire encouraged, hats welcome!
- Doors open at 3 p.m.

HOSTED BY THE MON HEALTH MEDICAL CENTER AUXILIARY

TICKETS \$100

LEARN MORE OR BECOME A SPONSOR AT MONHEALTH.COM/THEDEBRY
 Contact Jacob Mulder at Jacob.Mulder@VandaliaHealth.org

Designer Handbag BINGO

Sunday, March 15, 2026

Knights of Columbus, Star City



FEATURING
BURBERRY
 MINI HIGHLANDS BAG
 \$1250 VALUE



\$25/ticket for 20 games | Doors open at noon | Games begin at 2
 Tickets available at Mon Health Gift Shop and at door
 Marc Jacobs | Kate Spade | K. Lagerfeld
 Michael Kors | Frye | Coach | Tory Burch | Beis
 Proceeds enhance patient care at Mon Health Medical Center
 For more info call 304.598.1233

DON'T MISS PURSE BINGO!

Get ready to shout BINGO!

Join the Mon Health Medical Center Auxiliary for Purse Bingo on March 15, an afternoon packed with fun, fashion, and fabulous prizes!

Doors open at 12 PM, with games kicking off at 2 PM at the Knights of Columbus in Star City. For just \$25, you'll play 20 games for the chance to win some seriously swoon-worthy handbags.

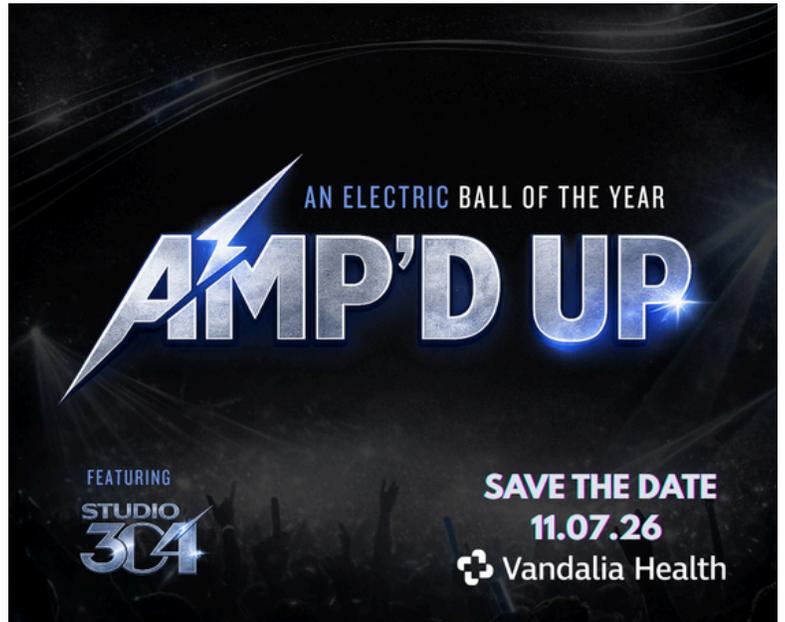
Grab your friends, bring your lucky charm, and don't miss one of the most fun events of the season!

VANDALIA HEALTH BALL OF THE YEAR

AMP'D UP: An Electric Ball of the Year is a bold evolution of the Ball, designed to feel immersive, modern, and energizing while appealing to a wide range of guests. Rather than anchoring the evening to a single era or genre, this concept celebrates the power of many styles coming together, much like our health system itself.

Think:

- A sleek black, blue, purple, white, and silver color palette
- Dynamic lighting and metallic accents
- An atmosphere that builds throughout the night—culminating in a packed dance floor and unforgettable celebration



At its core, AMP'D UP is about connection. Different strengths. One system. Together, we amplify care—fueling the mission that brings us all together while creating a night guests won't want to end.

We hope you'll save the date and join us on Saturday November 7th at the Morgantown Marriott at Waterfront Place for an evening that's bold, vibrant, and undeniably AMP'D UP.



THE FINAL FRONTIER

With the announcement of AMP'D UP: An Electric Ball of the Year, we officially close the chapter on last year's Frontier of Care: A Wild West Ball of the Year. What an unforgettable evening it was.

Thank you to everyone who attended, sponsored, and supported this special event. Your generosity and enthusiasm made the night truly extraordinary.

As a final farewell to our Wild West theme, we're pleased to share a flipbook featuring highlights and photos from the Ball. We can't wait to create—and capture—even more incredible moments together this year. [Click here to view the flipbook.](#)

If you're interested in securing your sponsorship early for 2026, please contact Laura McCall at Laura.McCall@VandaliaHealth.org.

VANDALIA HEALTH GOES RED FOR HEART HEALTH

On February 3rd, Mon Medical Center hosted a Go Red for Women breakfast — bringing together women of our community to raise awareness about heart disease, the leading cause of death among women.

Heart disease doesn't always look the same in women as it does in men, and too many women dismiss symptoms as stress or fatigue. In fact:

- Cardiovascular disease is the No.1 killer of Women
- Women are more likely than men to die within a year of a heart attack
- Many women aren't aware that heart disease is their greatest health risk

At the event, guests learned about common heart attack symptoms in women, which can include:

- Chest pain or discomfort (the most common warning sign)
- Shortness of breath
- Unusual fatigue
- Nausea or vomiting
- Lightheadedness or dizziness
- Pain or discomfort in the jaw, neck, back, or arms

These symptoms may come on gradually or feel different than the “classic” crushing chest pain often portrayed in media. If you experience any of these — especially in combination — seek medical care promptly.

Prevention Matters

Key ways women can protect their heart health include:

- Eating a heart-healthy diet rich in fruits, vegetables, whole grains and lean proteins
- Exercising most days of the week
- Managing blood pressure, cholesterol, and diabetes
- Avoiding tobacco
- Maintaining a healthy weight
- Knowing your family history

Vandalia Health is proud to support women in our community through education, resources, and events like Go Red for Women Day. Early recognition and action can save lives.



GRATITUDE HEALS: DOCTORS' DAY 2026

Every day, our doctors show up with compassion, expertise, and an unwavering commitment to healing. They listen. They comfort. They lead patients and families through some of life's most difficult moments.

This Doctors' Day, we're inviting you to help us celebrate them in the most meaningful way we know, with gratitude.

We're launching a special campaign called Gratitude Heals, centered on sharing kind words and personal stories with the doctors who have made a difference in your life or the life of someone you love.

A few heartfelt words can go a long way. Your message may be shared directly with your doctor or included as part of our Doctors' Day celebration to remind them just how deeply their care is felt.

Who made an impact on your journey?
Who showed up when it mattered most?

He Could Have Gone Anywhere. He Chose Home.

Dr. Dave Fogarty trained at Stanford. When it came time for his own heart care, he could have returned to one of the most prestigious medical centers in the country.

Instead, he chose to stay close to home.

Without hesitation, Dr. Fogarty says he would recommend the Heart Health Center at Mon Medical Center to anyone. He describes Drs. Gharib, Nagy, Gaskill, Curtis, and Judson as superb and speaks just as highly of the entire cardiology team.

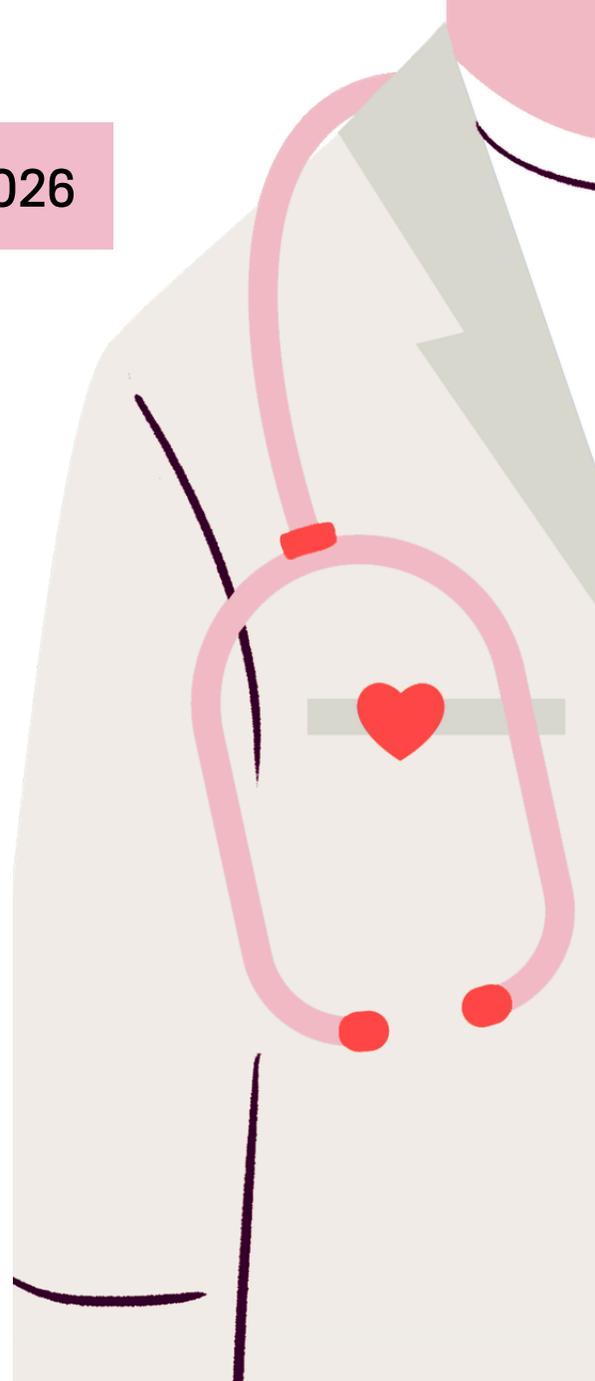
But what stands out most is not just their expertise. It is their compassion.

He describes the team as caring, approachable, and deeply committed to their patients. For him, that combination of clinical excellence and genuine humanity made all the difference.

"I am extremely grateful for the care I received."

This Doctors' Day, we invite you to share your gratitude for a physician who made a difference in your life.

[SHARE YOUR GRATITUDE](#)



COLORECTAL CANCER IS RISING IN YOUNG ADULTS – HERE'S WHAT YOU NEED TO KNOW

Colorectal cancer was once considered a disease affecting older adults. Today, that's changing. Cases among adults ages 20–40 are steadily increasing nationwide, making it a leading cause of cancer-related death in this demographic. While researchers continue studying why, one thing is clear: awareness and early detection save lives.

Know the Symptoms

Colorectal cancer often begins with subtle signs. Don't ignore:

- Persistent changes in bowel habits (diarrhea, constipation, or narrowing of stool)
- Blood in or on the stool
- Abdominal pain, cramping, or bloating
- Unexplained weight loss
- Fatigue or weakness
- A feeling that your bowel doesn't empty completely

If symptoms last more than a few weeks, talk with your doctor — regardless of your age.

Prevention Starts with Healthy Habits

While not all cases are preventable, you can reduce your risk by:

- Maintaining a healthy weight
- Exercising regularly
- Eating a diet rich in fruits, vegetables, and whole grains (fiber!)
- Avoiding tobacco
- Limiting alcohol consumption

Small lifestyle changes can make a meaningful difference.

Screening Still Matters — Especially Over 45/50

For adults at average risk, screening is recommended beginning at age 45 (or earlier for those with a family history or increased risk). Colonoscopies remain the gold standard because they can both detect and prevent cancer by removing precancerous polyps.

If you're 50 or older and have delayed your screening, now is the time to schedule it. Colorectal cancer is highly treatable when caught early.

You are not too young to pay attention to symptoms. You are not too old to prioritize screening.

This March, we encourage every member of our community to take colorectal health seriously. Awareness today could save a life tomorrow.

Schedule your screening today:

Morgantown/Fairmont & surrounding areas: (304) 598-2700 option 7

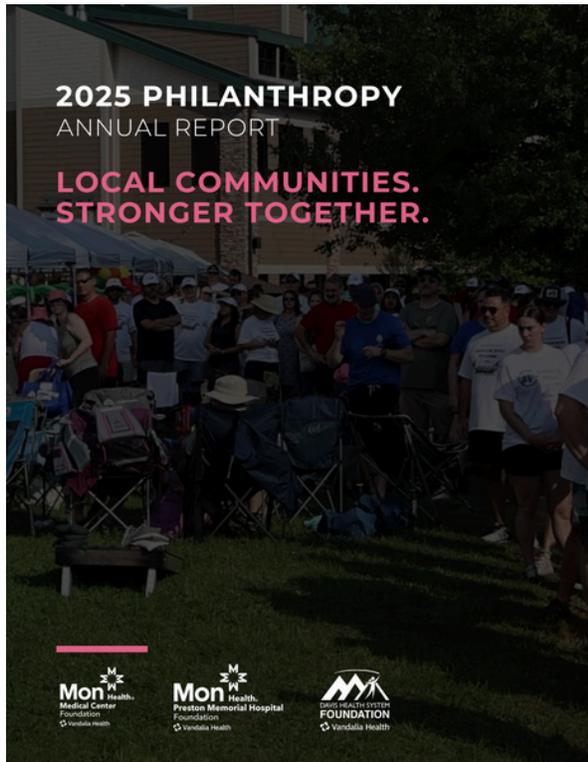
Kingwood & surrounding areas: (304) 329-4701

Weston & surrounding areas: (304) 517-1115

Elkins & surrounding areas: (304) 637-3442



2025 PHILANTHROPY ANNUAL REPORT



We are proud to share the Annual Report for our northern region three foundations: the Mon Health Medical Center Foundation, the Preston Memorial Hospital Foundation, and the Davis Health System Foundation.

This year marks an important milestone: the first time our foundations have come together to publish one unified report. Bringing these stories together reflects the beginning of a more coordinated approach to philanthropy across our system while continuing to honor the unique communities each foundation serves.

Together, we raised \$3.7 million to support patient care, advanced technology, facility improvements, and programs that directly impact lives across our region.

We invite you to explore the digital flipbook and see the difference your generosity is making every day. If you wish to have a PDF version to download, please visit the foundation websites. [Click here to view the flipbook.](#)

STAY CONNECTED

We value the relationships that make this work possible and welcome opportunities to stay in touch. To learn more about our foundations, ask a question, or continue the conversation, we invite you to connect with any of our teams across Vandalia Health North.

Visit our Foundations at

DHSFoundation.org

MonHealth.com/Foundation

MonHealth.com/Preston-Memorial/Foundation

Contact the Office of Philanthropy at 304-598-1243