



SUMMER 2026

Health NETWORK

magazine



Redefining Rural Care

Through innovation, education and collaboration, Marshall Health Network is changing how care is delivered across our region.

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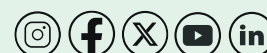
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12 Faces of Rural Care

Marshall Health Network is committed to bringing quality healthcare to communities in southern West Virginia.

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LETTER FROM *Leadership*



Scott Raynes, President & CEO

Dear Friends,

Since joining Marshall Health Network a little more than a year ago, I've had the privilege of leading our academic health system during a time of meaningful growth and momentum. Each day, I'm inspired by the dedication of the teams who bring our mission to life – Advancing Health. Inspiring Hope. Serving You.

Growing up in Oak Hill, West Virginia, I learned firsthand how essential access to quality healthcare is to the strength and well-being of a community. That perspective continues to shape my understanding of the responsibility we share in caring for the families and communities across our region.

Together, we've made significant progress in strengthening and expanding our system. During the past year, we've celebrated milestone moments like the 70th anniversary of Cabell Huntington Hospital. We've expanded access to care through initiatives like Marco's Bus, our new mobile medical unit, as well as online scheduling and registration that are improving same-day access to primary care. Meanwhile, we continue to grow telehealth services, expand clinical offerings and locations and advance our academic mission through graduate medical education and clinical trials.

The new *Marshall Health Network Magazine* is designed to tell the stories behind this important work – stories of innovation, compassion, education and connection happening across our hospitals and clinics. In this inaugural issue, you'll see how our commitment to rural health and healthy communities remains central to who we are. Through innovative care models, training programs and community partnerships, we are helping address the unique healthcare challenges facing our region while preparing the next generation of healthcare professionals.

Thank you for being part of this exciting chapter for Marshall Health Network, where progress is driven by collaboration, shared purpose and a deep commitment to the communities we proudly serve. That is the Power of We. 

Sincerely,

A handwritten signature in dark ink that reads "Scott Raynes". The signature is fluid and cursive, with the first name "Scott" being more prominent.

Scott Raynes
President & CEO
Marshall Health Network

CARE *without* WALLS

Telehealth, mobile medicine and community partnerships are bringing specialty care closer to home across rural Appalachia.

For many families across rural Appalachia, seeing a specialist can mean hours on the road. It's not uncommon for patients to travel two or three hours for appointments that are brief but essential to their care. Geography, transportation challenges and provider shortages have long made it difficult for people in West Virginia, southern Ohio and eastern Kentucky to access the same level of care available in larger cities.







Justin Nolte, MD, a fellowship-trained stroke neurologist in Huntington, consults with a patient at Marshall Health Network-Rivers Health in Point Pleasant.

Today, that reality is beginning to change. Marshall Health Network is playing a key role in the transformation of care across rural communities, expanding care beyond traditional hospital walls and bringing specialists, technology and innovative programs directly into the communities that need them most.

“Access to care remains one of the greatest challenges in rural health,” said Adam Franks, MD, CPE, professor and vice dean for rural health at the Marshall University Joan C. Edwards School of Medicine and board-certified family medicine physician at Marshall Health Network. “Through telehealth, mobile medicine, community partnerships and workforce development, Marshall Health Network is helping ensure patients across rural Appalachia can receive high-quality care closer to home.”

The Digital Lifeline

Technology is transforming how care is delivered in rural communities. From telehealth to remote monitoring systems, specialists collaborate with local care teams

in real time, helping patients receive advanced care without leaving their communities or homes.

One example is telestroke services. Stroke remains the nation’s fifth-leading cause of death and a leading cause of long-term disability. Because treatment is extremely time-sensitive, rapid evaluation by a specialist can significantly improve outcomes.

Using secure video technology and imaging review, stroke specialists in Huntington can evaluate patients remotely, guide emergency physicians through treatment decisions and determine whether a patient should receive clot-busting medication or be transferred for advanced care. Telestroke services are currently available at Marshall Health Network-Rivers Health in Point Pleasant, West Virginia; Three Rivers Medical Center in Louisa, Kentucky; Logan Regional Medical Center in Logan, West Virginia; and the Marshall Health Network-St. Mary’s Medical Center Emergency Department in Ironton, Ohio.

Telehealth is also expanding access to care for high-risk pregnancies. Patients can consult with

“ THROUGH
TELEHEALTH, MARSHALL
HEALTH NETWORK IS
HELPING ENSURE PATIENTS
ACROSS RURAL APPALACHIA
CAN RECEIVE HIGH-QUALITY
CARE CLOSER TO HOME. ”

— ADAM FRANKS, MD, CPE



Dr. Adam Franks

Marshall Health Network maternal-fetal medicine specialists through video visits conducted at their local physician's office, where local physicians and ultrasound technicians assist during the examination while specialists guide the care plan.

Digital collaboration further supports patients requiring the highest levels of care. Through virtual intensive care unit (tele-ICU) technology, critical care specialists remotely monitor patients while working closely with bedside teams to review vital signs, laboratory results and imaging.

Meanwhile, technology also helps families remain connected during some of life's most delicate moments. In the neonatal intensive care unit at Marshall Health Network-Hoops Family Children's



In the neonatal intensive care unit at the Hoops Family Children's Hospital, NICVIEW cameras allow parents and family members to securely view their newborns online 24 hours a day.

Hospital, NICVIEW cameras allow parents and family members to securely view their newborns online 24 hours a day.

“Even with full confidence in the NICU team as a pediatric physician, nothing prepares you for leaving your own baby at night,” said Madison Anderson, MD, assistant professor of pediatrics at the Marshall University Joan C. Edwards School of Medicine and pediatric hospitalist with Marshall Health Network, who is also a new mother. “Even when parents can’t be physically at the bedside, they can still see their baby and stay connected.”

Care on the Move

While telehealth connects specialists virtually, some programs bring care directly into rural communities.

In 2025, Marshall Health Network unveiled its new Marco mobile medicine initiative, anchored by a 38-foot mobile clinic designed to eliminate transportation barriers and expand access to care.

The clinic includes two private exam rooms, a telehealth suite, a blood draw area, a restroom, a waiting space and Starlink internet. Through in-person visits and virtual consultations with Marshall Health Network specialists, patients can receive preventive care, screenings and chronic

disease management without traveling long distances.

Marshall Health Network providers also take to the road to deliver onsite occupational medicine services to more than 89 employers across the region and sports medicine coverage at sporting events throughout southern West Virginia.

Care Close to Home

Mobile units and telehealth are only part of the solution. Marshall Health Network is expanding access through a growing network of clinics in the communities it serves, bringing care closer to where patients live and work. With many locations offering convenient online scheduling, it’s easier than ever for patients to connect with care at a time that works for them.

These sites provide primary care, specialty services and occupational medicine programs that support both patients and local employers. Occupational medicine teams deliver services such as pre-employment exams, injury treatment and return-to-work evaluations, helping keep employees healthy and businesses operating safely.

Across the region, patients can access primary care, cardiology, orthopaedics, rehabilitation services and more closer to home. From Point Pleasant to Kermit to Logan, West Virginia, and



Virtual intensive care unit technology allows critical care specialists to remotely monitor patients.



HealthNet allows flight nurses and paramedics to reach patients in remote communities quickly and safely.

Taking to the Skies: HealthNet's New Helicopter

When every minute matters, rapid medical transport can save lives. Based at Cabell Huntington Hospital since 1980, HealthNet has provided emergency transport, connecting patients across the Tri-State to specialty care.

The newest addition to the fleet, introduced in spring 2026, expands the program's ability to reach remote communities quickly and safely. Staffed by highly trained flight nurses and paramedics, the aircraft functions as a flying intensive care unit equipped with advanced life-support technology.

HealthNet ensures patients receive the care they need when time is critical.



Louisa, Kentucky, Marshall Health Network is expanding access to care where it matters most – within the communities it serves.

Building the Rural Workforce

Expanding access to healthcare in rural communities requires more than technology and outreach. It requires people.

Marshall Health Network and Marshall University are working together to build the next generation of rural healthcare professionals through a series of coordinated initiatives.

That work begins early. The Medical Explorers (MedEx) program is a two-year program that introduces high school students to healthcare careers through hands-on experiences alongside Marshall Health Network team members. Developed in partnership with Cabell and Wayne County schools, the Education Alliance and the West Virginia Department of Education, MedEx helps students explore career pathways and build workforce-ready skills that can carry them into the workforce. The program's first class graduated in spring 2026.

**FROM POINT PLEASANT TO
KERMIT TO LOGAN, WEST
VIRGINIA, AND LOUISA,
KENTUCKY, MARSHALL
HEALTH NETWORK IS
EXPANDING ACCESS TO CARE
WHERE IT MATTERS MOST
-WITHIN THE COMMUNITIES
IT SERVES.**



Virtual intensive care unit technology allows critical care specialists to remotely monitor patients.



Convenient online scheduling for many in-person primary care and telehealth appointments is one of the ways Marshall Health Network is making care more accessible across the region.

At the Joan C. Edwards School of Medicine, that outreach extends through initiatives like NeuroAppalachia, a student-led program that uses interactive neuroscience education to spark curiosity and awareness of healthcare careers, and Project PREMED, which helps undergraduate students explore medical careers and prepare for medical school applications.

That pipeline continues through graduate medical education. Marshall offers rural residency programs for psychiatry, internal medicine and general surgery – the only residency of its kind in the nation – designed to train physicians in the communities where they are most needed. Through partnerships with sites including Marshall Health Network-Rivers Health, Holzer Health System and Logan Regional Medical Center, residents complete a significant portion of their training in rural settings, increasing the likelihood they will remain in those communities to practice.

Together, these efforts reflect a long-term strategy: grow talent locally, train in rural environments and strengthen access to care across the region.

Reaching Patients Where They Live

From telehealth consultations and mobile clinics to rural training programs and community-based clinics, Marshall Health Network is redefining how care reaches patients throughout the Tri-State region.

Specialists are no longer limited by geography. Technology is helping close long-standing gaps in access, and communities that once faced long journeys for care are beginning to see services closer to home.

Healthcare is no longer confined to buildings. It is reaching patients where they live – advancing the broader vision of a stronger, more connected rural health system across West Virginia. 🌱

To learn more, visit marshallhealthnetwork.org.

INNOVATION CORNER:

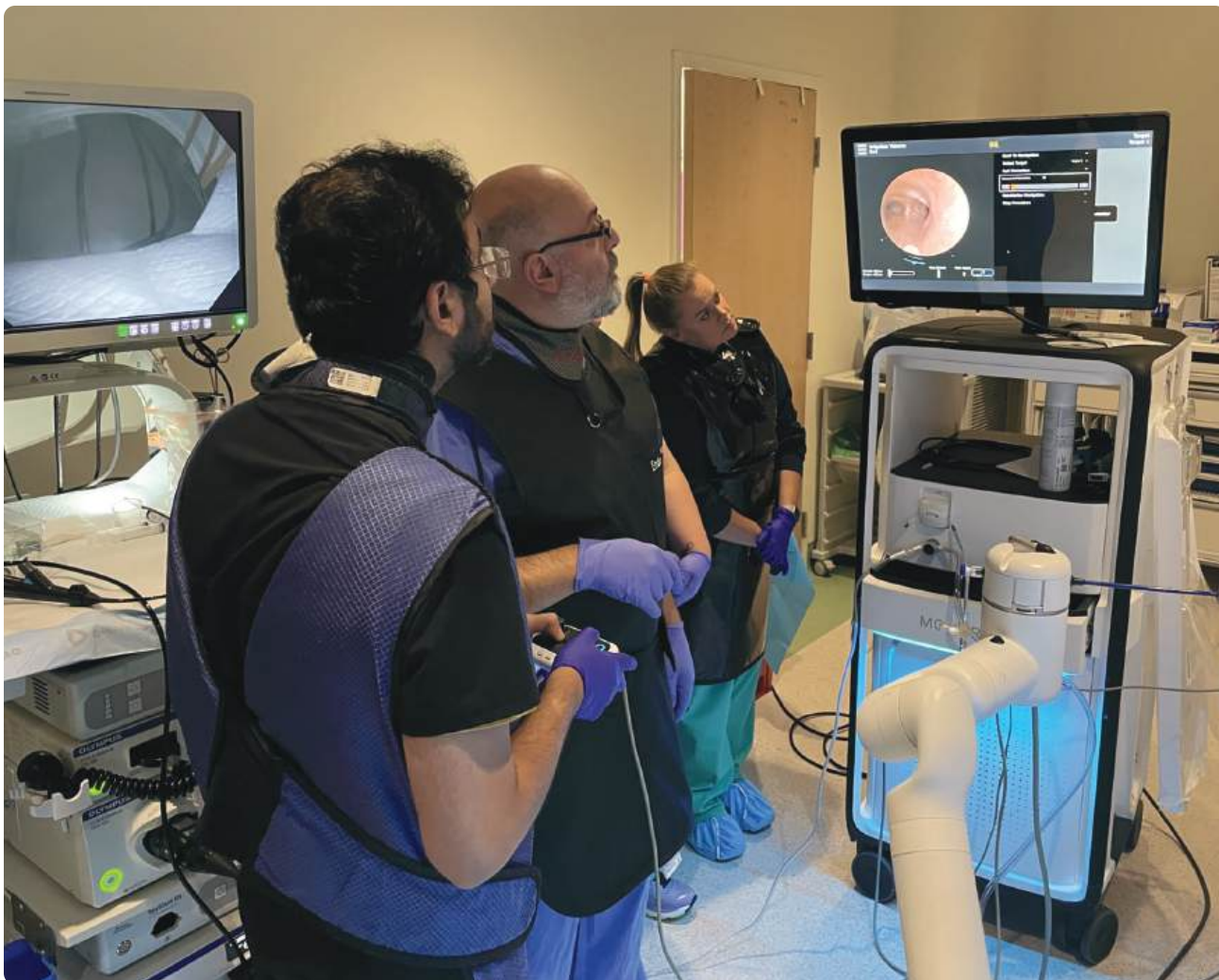
FIGHTING *lung* CANCER

Cabell Huntington Hospital becomes the first hospital in West Virginia to use MONARCH™ QUEST technology to examine lungs.

Lung cancer remains the leading cause of cancer-related deaths in the United States, but early detection significantly improves survival rates. Patients across our region now have expanded access to some of the most advanced diagnostic tools available.

Marshall Health Network hospitals are leading the way with the MONARCH™ platform, a robotically assisted bronchoscopy system that allows physicians to precisely navigate deep into the lungs to biopsy small or hard-to-reach nodules without surgery.

Cabell Huntington Hospital became the first



Yousef Shweihat, MD, became the first physician in the state to perform a bronchoscopy using MONARCH™ QUEST, an AI-enhanced upgrade to the robotic platform.

hospital in West Virginia to perform a bronchoscopy using MONARCH™ QUEST, the AI-enhanced upgrade to the robotic platform. The procedure was led by Yousef Shweihat, MD, interventional pulmonologist and professor at the Marshall University Joan C. Edwards School of Medicine. Cabell Huntington Hospital was also among the first hospitals in the nation to adopt MONARCH's robotic technology, and Shweihat has now completed more than 300 robotic cases.

St. Mary's Medical Center has further expanded access by launching its own MONARCH™ robotic lung bronchoscopy service, with the first procedure performed by Nepal Chowdhury, MD, cardiovascular and thoracic surgeon.

Could You Be at Risk for Lung Cancer?

Marshall Health Network offers low-dose CT lung screenings without a referral. You may qualify if you:

- Are age 50 to 80
- Have a history of smoking (20 pack-years* or more)
- Currently smoke or quit within the past 15 years

To schedule, call 304-781-LUNG (5864). 

*More to
explore*



FACES OF *rural* HEALTHCARE

Marshall Health Network is committed to bringing quality healthcare to communities in southern West Virginia and beyond.

Across rural Appalachia, a combination of factors including distance, provider shortages and limited resources can create barriers that affect everything from emergency treatment to preventive care. Marshall Health Network and the Marshall University Joan C. Edwards School of Medicine have made rural healthcare a top priority – not only through programs and partnerships, but also through the people who dedicate their careers to serving rural communities.



From surgeons and primary care physicians to transport nurses and frontline clinical staff, these healthcare professionals are helping expand access and strengthen care throughout West Virginia.

Rural-focused training prepares physicians to serve small communities

Farzad Amiri, MD, FACS, is a general surgeon at Marshall Health Network and professor and program director for the rural general surgery residency program through the Marshall Community Health Consortium. The residency, established in 2022, is designed to prepare physicians for the realities of practicing in smaller communities. It is the nation's only program that is officially designated and separately accredited by the Accreditation

“PROVIDING CARE IN
SMALLER COMMUNITIES
THAT’S EQUIVALENT TO,
IF NOT BETTER THAN,
A LARGER MEDICAL
CENTER IS THE GOAL.”

— FARZAD AMIRI, MD, FACS



Farzad Amiri, MD, FACS, is a general surgeon at Marshall Health Network and professor and program director for the rural general surgery residency program.

Council for Graduate Medical Education Rural Track Program in Surgery. Amiri, who grew up in southern Florida, said his experience training at the Joan C. Edwards School of Medicine opened his eyes to the unique needs of rural patients and hospitals.

“A lot of medical students show interest in our program because it provides a broad range of surgical expertise and specialties that they would not normally get as familiar with in residency training,” Amiri said. “Providing care in smaller communities that’s equivalent to, if not better than, a larger medical center is the goal.”

Residents rotate between Marshall Health Network-Cabell Huntington Hospital in Huntington, Logan Regional Medical Center in Logan, West Virginia, and Holzer Medical Center in Gallipolis, Ohio, gaining hands-on experience in rural environments where adaptability and broad clinical knowledge are essential.

As a Marshall Health Network surgeon based at Logan Regional Medical Center, Jodi Cisco-Goff, MD, FACS, associate professor and associate program director for the residency, understands those realities personally. Raised in Mingo County, West Virginia, Cisco-Goff said she always intended to return home and serve the communities that shaped her.



Jodi Cisco-Goff, MD, FACS, (center) oversees the work of rural general surgery residents at Logan Regional Medical Center.

“I wanted to come home and help my people who helped me and supported me through all those years,” Cisco-Goff said.

For Cisco-Goff, rural medicine requires physicians to think broadly and act decisively, often with limited resources. Rural providers

must be prepared to stabilize patients, perform a wide range of procedures and determine when specialized care is needed.

“You get to be as much of a general practitioner as you want in a rural setting,” she said. “You’re a doctor and someone who knows how to go fix things.”

“ I WANTED TO COME HOME AND HELP MY PEOPLE WHO HELPED ME AND SUPPORTED ME THROUGH ALL THOSE YEARS. ”

— JODI CISCO-GOFF, MD, FACS

Primary care providers make a major impact

Jill Schenk, MD, CPE, a primary care physician for Marshall Health Network and assistant professor in the department of family and community health, also believes strong rural training is essential to improving healthcare access across the state.

Growing up in rural Tennessee and helping family members navigate specialty care gave Schenk firsthand insight into the burdens many rural families face. Patients often travel hours to access specialists, making local primary care providers critical to the overall health of their communities.

“There’s a bigger weight and a bigger pound-for-pound impact that rural primary care physicians have because they are covering so many bases in the community,” Schenk said.



Jill Schenk, MD, CPE, believes strong rural training is essential to improving healthcare access across West Virginia.

She believes Marshall's commitment to rural medicine is helping build a pipeline of providers equipped to meet those challenges.

"The more we can create that pipeline and make people more comfortable with covering a large, broad area of care, the better," she said.

Because rural communities face limited access to hospitals and birthing centers, Schenk works to ensure medical students in the family medicine residency program are well-trained in obstetrics and women's healthcare. While high-risk pregnancies and substantial complications would require a visit to a specialist, family physicians have the means to help people get OB/GYN care close to home.

"Family physicians can generally handle most things, which keeps folks from having to travel great distances when it is so hard to get care across the country," Schenk said. "I could probably do a TED Talk with no preparation about how amazing rural family medicine is. In what other specialty can you go from doing a colonoscopy to handling admitting patients

“THERE’S A BIGGER WEIGHT AND A BIGGER POUND-FOR-POUND IMPACT THAT RURAL PRIMARY CARE PHYSICIANS HAVE BECAUSE THEY ARE COVERING SO MANY BASES IN THE COMMUNITY.”

— JILL SCHENK, MD, CPE

to the hospital to handling a trauma in the emergency room to delivering a baby to seeing complex clinic patients in one day? Rural family medicine is one of the most valuable specialties out there.”

Nurses are vital on the frontlines

While physicians help shape the future of rural healthcare, frontline nurses like Tammy Zornes, RN, help ensure critically ill patients can access lifesaving care when minutes matter most.

Zornes serves as a PICU transport nurse and brings decades of emergency, flight and pediatric critical care experience to some of the state’s most remote communities. After beginning her career

in the emergency department at Marshall Health Network-St. Mary’s Medical Center, she spent 17 years as a flight nurse before transitioning into pediatric critical care transport.

In rural healthcare settings, she said, transport nurses often become the entire care team during an emergency.

“When going to these rural areas, the resources are often limited,” Zornes said. “In the rural transport setting, however, you are the ‘team.’”

Working 24-hour shifts, Zornes responds to pediatric emergencies, transports critically ill children by ambulance or helicopter and provides care in highly unpredictable environments. Some

hospitals lack specialized pediatric equipment – and in certain remote areas, even cell service can disappear during transport.

Despite those challenges, the work is deeply rewarding, she said.

“I can bring the PICU to them,” Zornes said. “I can make sure children are getting a higher level of care by transporting them to our facility.”

Zornes also provides outreach and pediatric education to rural facilities, helping local healthcare teams build confidence and strengthen patient care close to home.

Serving patients requires a team of healthcare professionals

At Marshall Health Network-Rivers Health in Point Pleasant, West Virginia, Certified Medical Assistant Chantel Adams serves as another vital link between patients and care.

Adams works in the general surgery office helping patients navigate appointments, procedures and follow-up care. Her responsibilities range from patient intake and clinical documentation to assisting with minor procedures and supporting patients receiving treatment for conditions such as varicose veins, hernias and cysts. For Adams,



Tammy Zornes serves as a PICU transport nurse and brings decades of emergency, flight and pediatric critical care experience to some of the state’s most remote communities.

“WHEN GOING TO THESE RURAL AREAS, THE RESOURCES ARE OFTEN LIMITED. IN THE RURAL TRANSPORT SETTING, HOWEVER, YOU ARE THE ‘TEAM.’”

— TAMMY ZORNES, RN

rural healthcare is about understanding the people behind the medical needs.

“You must understand how your patients are living daily so you can adapt their care to meet their needs,” Adams said.

She said building trust and creating a positive experience for patients is one of the most meaningful parts of her work.

“My passion is people and helping in any way I can,” she said.

Together, these five healthcare professionals represent the heart of rural medicine in West Virginia. Whether training the next generation of rural physicians, transporting critically ill children or caring for patients in local clinics, each plays a role in strengthening healthcare access across Appalachia.

Their stories reflect a shared commitment — ensuring that no matter how small the town, quality healthcare remains close to home. 



Chantel Adams, a certified medical assistant at Marshall Health Network-Rivers Health in Point Pleasant, West Virginia, serves as a vital link between patients and care. For Adams, rural healthcare is about understanding the people behind the medical needs.

ASK THE EXPERT:

Rural *mental* Health

with Dr. Brady Kullen



What are the most common misconceptions about mental healthcare, especially in rural communities?

Mental healthcare isn't just for severe conditions. Anyone can benefit—from managing stress and anxiety to navigating major life changes. Seeking help is a sign of strength, not weakness, and treatment often includes a combination of therapy, lifestyle strategies, medication and community support. Access is also improving through in-person care, telehealth and Marshall Psychiatry's rural psychiatry residency program, which is training physicians to practice in underserved communities; services expanded further with the opening of a new clinic in Point Pleasant, West Virginia, in July.

What are some signs it may be time to seek professional support?

If changes in your mood, sleep, appetite, energy or ability to

enjoy daily life persist or interfere with everyday activities, it's time to seek help. You don't have to wait until symptoms become severe—early support can make a meaningful difference. If you or someone you know is experiencing thoughts of self-harm or harming others, call 911 or 988 immediately.



Dr. Kullen is a board-certified psychiatrist at Marshall Health Network. He serves as an assistant professor of psychiatry and behavioral medicine at the Marshall University Joan C. Edwards School of Medicine and associate program director of Marshall's rural psychiatry residency program.

How can someone start a conversation about mental health with their primary care provider?

It doesn't have to be complicated. Simply saying, "I've been feeling more anxious lately," or "I haven't been feeling like myself," is enough to begin. Sharing when your symptoms started and how they're affecting your daily life can help your provider recommend the most appropriate care.

How can friends and family support someone who may be struggling?

Listen without judgment, check in regularly and encourage professional care. Practical support—such as helping schedule appointments or providing transportation—can make a meaningful difference. You don't need to have all the answers; being present and supportive is often the most important step. 

OPEN-HEART *milestones*

At St. Mary's Regional Heart Institute, reaching 20,000 open-heart procedures is not just a number – it's a commitment to excellence.

Wes Bowen was a firefighter with the City of Huntington in 2015 when his life suddenly changed forever.

Bowen collapsed in the fire station and woke up at Marshall Health Network-St. Mary's Medical Center. He had suffered a heart attack, resulting in open-heart surgery. He would spend the next 48 days in the hospital, recovering and relearning how to walk.





Nepal Chowdhury, MD, cardiovascular and thoracic surgeon, Mark Newfeld, MD, board-certified anesthesiologist, and Richard Heuer, MD, cardiovascular and thoracic surgeon, are just three of the 45 professionals who make up the heart health team at MHN.

“REACHING
20,000 OPEN-HEART
PROCEDURES IS NOT
JUST A NUMBER —
IT’S A LEGACY.”

— ANGIE SWEARINGEN

When he left the hospital, Bowen had a new valve in his heart and a new passion for service to his community, leading him to his current position as a nurse at the very hospital that saved his life.

Bowen is one of 20,000 lives changed by open-heart surgery at the St. Mary’s Regional Heart Institute. The 20,000th procedure was completed in October 2025, highlighting nearly 50 years of excellence in cardiovascular care for the Tri-State region.

“Reaching 20,000 open-heart procedures is not just a number — it’s a legacy,” said Angie Swearingen, president of St. Mary’s. “This achievement highlights the dedication of our team and reinforces our mission and commitment to provide exceptional care for every patient, every day.”

Whether a patient arrives in the ER experiencing an unexpected heart attack or has been managing atrial fibrillation



Dr. Nepal Chowdhury, SMMC President Angie Swearingen and Dr. Richard Heuer celebrate the 20k heart milestone



MHN Leadership celebrates 20K milestone with members of SMMC Heart Institute

for years, the Regional Heart Institute provides a comprehensive, award-winning continuum of care for cardiovascular issues, from diagnosis through rehabilitation and recovery – all close to home.

“Access to advanced heart surgery, in addition to state-of-the-art technology, highly trained specialists and comprehensive care in the local community, gives a patient confidence that world-class care is available to them without traveling too far,” said Nepal Chowdhury, MD, cardiovascular and thoracic surgeon at Marshall Health Network. “This strengthens the health and well-being of the entire community.”

When specialized care is available close to home, patients also receive the emotional support of family and friends, which Chowdhury said can play a substantial role in recovery. Bowen experienced that support firsthand.

“The whole community came together to support me,” Bowen said. “People made T-shirts while I was

in here, and I still see some of the staff members wearing them today.”

For some patients, like Tim Millne, the journey to open-heart surgery unfolds over several years. Millne had undergone many catheterizations and stent placements, yet he still felt “vapor locked” and struggled to breathe. In spring 2023, he had another stent installed but continued to experience symptoms.

“[Dr. Mark Studeny] scheduled me in December to have another catheterization,” Millne said. “I was expecting another stent. I wasn’t expecting the doctor to say they wouldn’t stent because the damage was too bad. It was life-altering.”

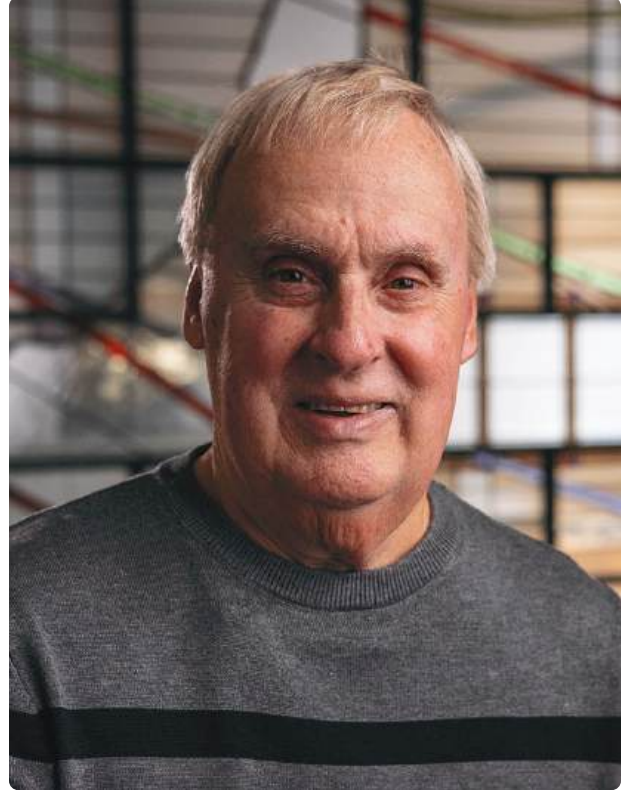
Millne instead had triple-bypass surgery, which he said saved his life.

“I would say that I was kind of overwhelmed in the beginning,” he said. “Then, when they came in and told me what all was going to go on, I went to being scared.”

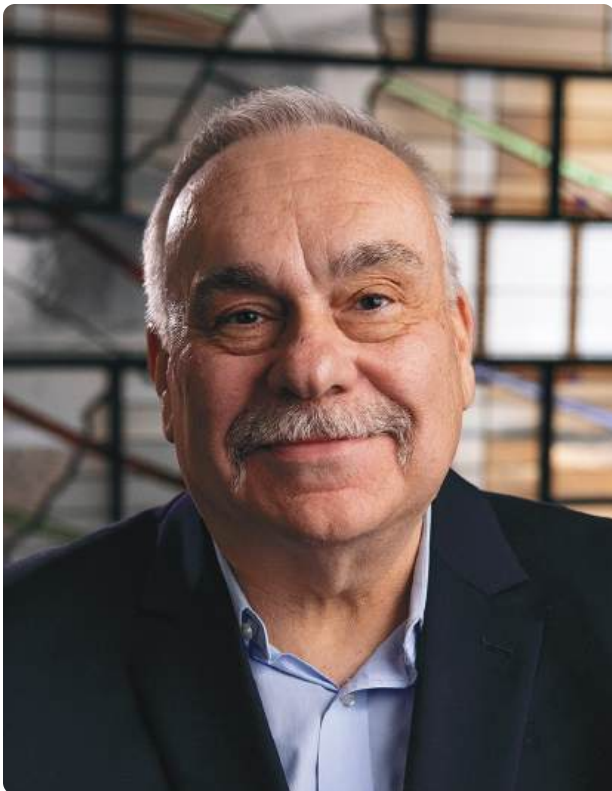
Thankfully, the team at St. Mary’s went above and beyond to help Millne through his surgery and



Firefighter Wes Bowen suffered a massive heart attack on the job and was rushed to St. Mary's Medical Center.



Tim Millne said triple-bypass surgery saved his life and that the team of caregivers helped ease many of his fears.



Huntington Fire Chief Greg Fuller's heart murmur required repair, and he chose Dr. Nepal Chowdhury and St. Mary's.



Like many women experiencing a heart attack, Lori Day said her symptoms were subtle, including nausea and indigestion.

recovery. The team explained every detail of the plan to him and his family. He met with a psychologist to help him process what he had gone through post-surgery. From post-op to physical therapy, Millne said, someone was always willing to go the extra mile.

"The nurses came in to see me often, and I didn't have to ask them," he said. "They just looked at me and said, 'We got you.' (My nurse) Seth was a big guy, and I needed to get up out of bed to go to the bathroom. He just bear-hugged me and got me out of bed. His wife, Sarah, was my head nurse, and she was awesome. Elizabeth, my head evening nurse, was amazing, as well."

Like Millne, Huntington Fire Chief Greg Fuller's heart condition developed over time. For Fuller, it came down to a matter of trust in deciding where to seek care. Fuller had a known heart murmur, which he had been tracking with his doctor for 20 years before it required repair in 2020. After researching hospitals, including outside the area, he chose Chowdhury and St. Mary's. Knowing he would receive top-quality care reduced his fear, he said.

Fuller made a commitment to himself: if he walked into the hospital, he would walk out. Jonathan Clark, his exercise physiologist, helped him achieve that goal.

"I will always hold him in high regard as being someone who's responsible for not only adding more years to my life, but, as he used to tell me when he had me on the treadmill or a bicycle, 'I'm going to add more life to your years,'" Fuller said.

During Bowen's extended hospital stay, it was the care team that inspired him.

"When I eventually got to the step-down unit, Sean Staples was my nurse, and we just bonded," Bowen said. "He would take me outside, which was amazing at the time. Just the sunshine – you see it through the window, but it's different when you haven't felt it in a long time. He didn't have to do that, but he went above and beyond to take care of me."

Bowen said he carries that experience with him today as he cares for his patients.

"I really enjoyed my job as a fireman, but being here so long, I thought something I could do is be a nurse," he said. "I went back to school and got my RN, then St. Mary's hired me in the emergency room. I've been here ever since."

Not every patient expects to become one. Lori Day works daily with Chowdhury as a patient service representative and never imagined she

would find herself on the other side of care. But in 2024, following gallbladder surgery, she began to feel a burning sensation in her chest. She assumed it was related to her surgery, but additional symptoms, including nausea and vomiting, led her to the emergency room, where she was diagnosed with a heart attack.

"As a woman, my symptoms were very subtle," Day said. "If you have symptoms like indigestion or shoulder, arm or jaw pain, just check with your doctor because it can be very serious and you don't even have a clue."

Day said her experience also shapes how she performs her job.

"I sympathize with patients more when they come in and say their chest hurts," she said. "I know it does."

Chowdhury said having a great team is the foundation of the Regional Heart Institute.

"It is a coordinated effort, where everyone must function well with precision, trust and constant communication," he said. "Success of the complex operation depends on the strength of the entire team."

Chowdhury said that being part of the team that has reached this milestone is both a privilege and a big responsibility.

"Every time I enter the operating room, I am entrusted with something incredibly precious – a human life and the heart that sustains it," he said. "And I feel my profound responsibility is to do my best. But every successful surgery and post-operative recovery is not an individual achievement. I deeply appreciate the whole team effort."

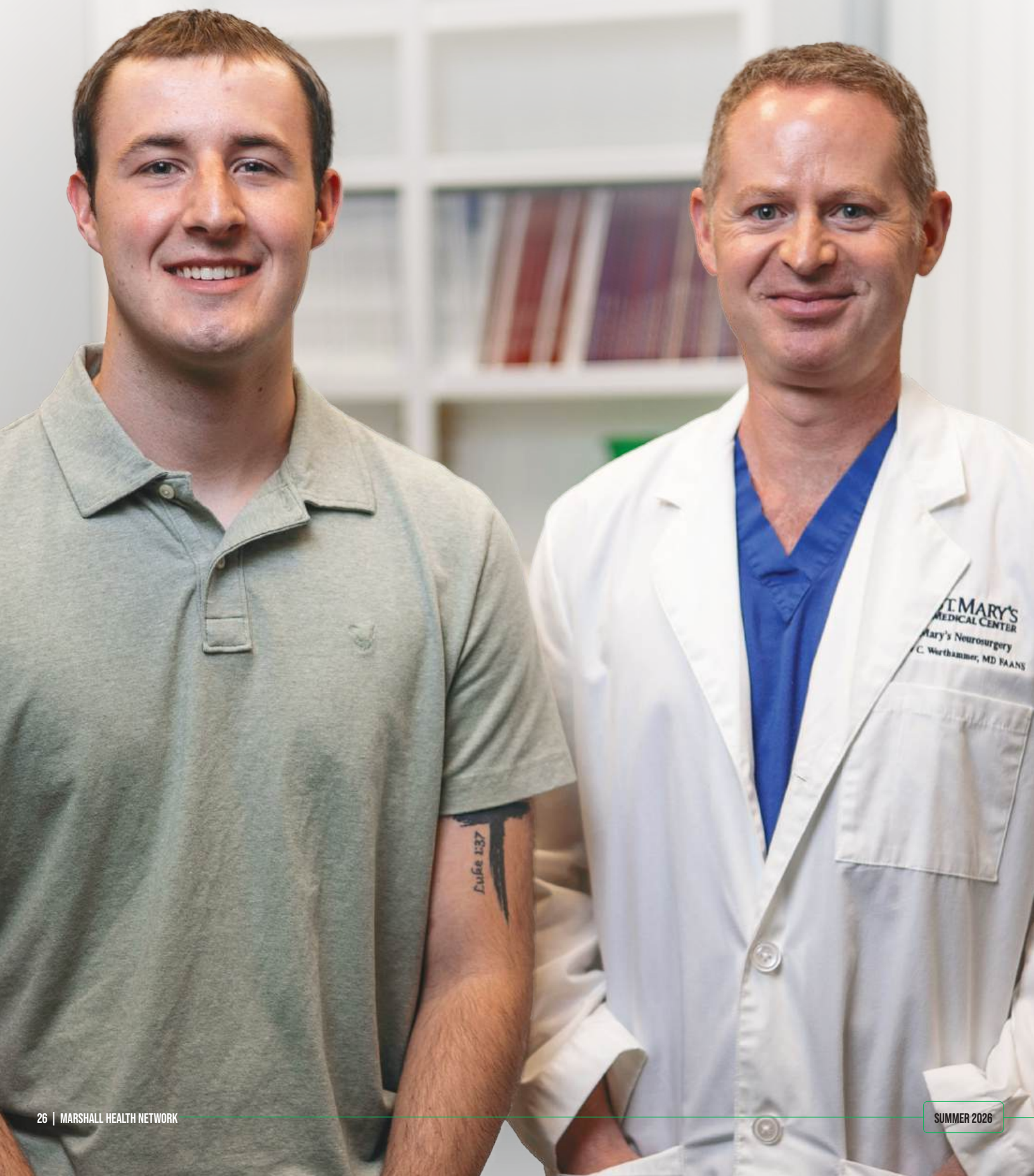
As the field continues to evolve to make heart surgery safer and more effective, Chowdhury and the team at St. Mary's will continue to deliver longer, healthier lives to patients.

For more information about the St. Mary's Regional Heart Institute, visit st-marys.org/heart or call 304-526-6029. 

*More to
explore*



INSPIRING HOPE



PATIENT TESTIMONIAL:

IN *good* HANDS

When Jaden Huffman needed complex spinal surgery, he found expert care close to home.

At 21, Jaden Huffman was enjoying his favorite things – spending time with friends, playing basketball and staying active in his church – until severe pain in his ribs struck without warning and made even the simplest moments unbearable.

“It was what I imagined being stabbed felt like,” Huffman said. “I didn’t sleep for nearly four months. I would wake up in the middle of the night in searing pain.”

Seeking answers, Huffman came to St. Mary’s Neurosurgery, where an MRI revealed a tumor on his spinal cord. He was referred to Marshall Health Network neurosurgeon Matthew C. Werthammer, MD, who guided him through the next steps.

Because the tumor was located near the spinal cord, Huffman’s case required advanced neurosurgical expertise, specialized technology and a coordinated care team.

“Tumors involving the spinal cord require a highly precise approach because even small changes in that area can affect movement,

sensation and overall function,” Werthammer said. “Our goal was to safely remove the tumor while preserving neurological function and helping the patient return to his normal activities as quickly as possible.”



Less than six months after his surgery Huffman danced at his wedding.

“The surgery I needed was going to be intense and risky,” Huffman said. “But Dr. Werthammer was confident that everything would be done right and that I would be okay.”

For Huffman and his family, having that level of care close to home brought peace of mind and faster access to treatment.

“We didn’t have to think about going out of state because Dr. Werthammer was the best,” Huffman said. “When you go to Marshall Health Network, you’re going to be in good hands.”

Less than six months post-surgery, Huffman celebrated a milestone that once felt uncertain: dancing at his wedding. For him, it was more than a special moment. It was a reminder that healing had given him the chance to fully step back into life.

Advanced neurosurgery care is available at Marshall Health Network. For more information, call St. Mary’s Neurosurgery at 304-525-6825 or Marshall Neurosurgery at 304-691-1787. 

More to explore



Jaden Huffman (left) with his neurosurgeon, Dr. Matthew Werthammer

SERVING YOU



Right: Cabell Huntington Hospital under construction. Above: Today, the hospital has grown from a single facility with 169 employees into a regional academic medical center with over 10,000 members.





CABELL AT

*Founded in 1956, Cabell
Huntington Hospital is marking
seven decades of caring for
the people of the Tri-State.*



The year 1956 marked a period of remarkable progress in the United States. The Interstate Highway System was created, the polio vaccine transformed public health and IBM introduced the first computer hard disk drive.

When Cabell Huntington Hospital opened its doors on Jan. 7, 1956, Huntington gained more than a new hospital. Built through the vision and support of the community it serves, the hospital became a symbol of the region's commitment to accessible, compassionate care close to home. It was the largest and most modern building in the community; 70



Hospital leaders break ground for Cabell Huntington Hospital's Surgery Center expansion in 1989.

years later, that same spirit of innovation and service continues to define the hospital – now a cornerstone of Marshall Health Network – as it celebrates its platinum anniversary.

From the very beginning, Cabell Huntington Hospital's story has been inseparable from the people

it serves. Facing a critical shortage of hospital beds since the early 1930s, citizens of Huntington and Cabell County resolved to build a new hospital for their community. And on May 13, 1952, community members approved \$3 million in bonds



Tim Martin is president of Cabell Huntington Hospital.

that made construction possible, united by a shared understanding that Huntington needed a modern hospital equipped to support a growing region.

Over the decades, Cabell Huntington Hospital has continually evolved alongside the region, expanding services and investing in specialized care as medicine advanced and community needs changed, making it one of the 10 largest general hospitals in the state.

While Cabell Huntington Hospital's history includes major milestones and medical achievements, its greatest legacy has always been its people.

As Cabell Huntington Hospital celebrates its 70th anniversary throughout 2026, it does so with deep gratitude for the community that built it, the teams who sustain it and the patients who continue to place their trust in its care.

"The people who have worked here and cared for patients over the past seven decades are the heart of this hospital," said Tim Martin, president of Cabell Huntington Hospital. "Their expertise, resilience and love for this

milestones that shaped *growth*



1957



1976

The hospital opened the region's first neonatal intensive care unit (NICU), providing specialized care for critically ill newborns.

1998

Marshall University Medical Center was dedicated, strengthening the hospital's academic partnership with Marshall University and expanding opportunities for clinical training and research.

2005

Edwards Comprehensive Cancer Center opened, offering multidisciplinary cancer care under one roof and bringing advanced oncology services closer to home.





Cabell Huntington Hospital Auxiliary volunteers attend a training session in 1955, beginning a tradition of service that continues today.



On Dec. 28, 1955, CHH marked the laying of its cornerstone, sealing a time capsule containing its articles of incorporation, a Bible and newspaper clippings. Although the ceremony took place in 1955, the cornerstone bears the date A.D. 1954, marking the year construction began.

community have shaped Cabell Huntington Hospital into what it is today. As we honor the legacy of those who built this institution, we remain focused on expanding services, strengthening partnerships and ensuring that every patient receives excellent care close to home.”

One of the hospital’s most important partnerships has been its longstanding collaboration with Marshall University. Through the Joan C. Edwards School of Medicine and the Marshall University School of Pharmacy, Cabell Huntington Hospital has built a strong academic-clinical environment that attracts physicians, prepares future healthcare leaders and

brings emerging treatments and innovations to the Tri-State region.

Cabell Huntington Hospital’s story is one of resilience, progress, an unwavering community purpose, a legacy still being written and a mission that remains clear: to serve, to heal and to ensure that exceptional care is always close to home.

As Cabell Huntington Hospital looks to the future, continued investments in technology, facilities, clinical services and workforce development will help ensure the hospital remains ready to meet the region’s healthcare needs for generations to come. 🩺

2014

Hoops Family Children’s Hospital opened, expanding pediatric specialty care with a dedicated children’s hospital for the region.



2018

Cabell Huntington Hospital joined with St. Mary’s Medical Center to form Mountain Health Network.

2023

Cabell Huntington Hospital was named among America’s 100 Best Hospitals and joined Marshall University and Marshall Health to create the integrated academic health system now known as Marshall Health Network.

2026

Cabell Huntington Hospital earned the prestigious designation of the Top 50 Hospitals in the Nation and is the only hospital in West Virginia and the region to receive the distinction.



SERVING YOU

THE *power* OF VOLUNTEERS



Volunteers and auxiliary members are an essential part of Marshall Health Network, each contributing in different but equally meaningful ways.

Our volunteers provide comfort, encouragement and connection during some of life's most challenging moments. Whether greeting visitors, assisting at information desks, transporting patients or offering companionship, their kindness

Number of Volunteers

324





The VolunTeen program continues to grow, with a record number of teen volunteers serving across the system.

helps create a welcoming and compassionate environment across our hospitals and clinics. In 2025, 324 adult volunteers donated their time and talents in service to our patients and communities.

Our VolunTeen program continues to grow as well. Each spring, students ages 14 to 17 join the team to learn the value of service while giving back to their community. In 2025, 167 students participated, with even more expected to take part in 2026.

Auxiliary members support Marshall Health Network through fundraising, advocacy and community engagement efforts that enhance patient care and expand services. Their generosity has helped fund projects that directly benefit patients, including transport wheelchairs, heart

pillows for cardiac patients, breast cancer education kits, oncology blanket warmers and major initiatives such as the North Patient Tower at Cabell Huntington Hospital.

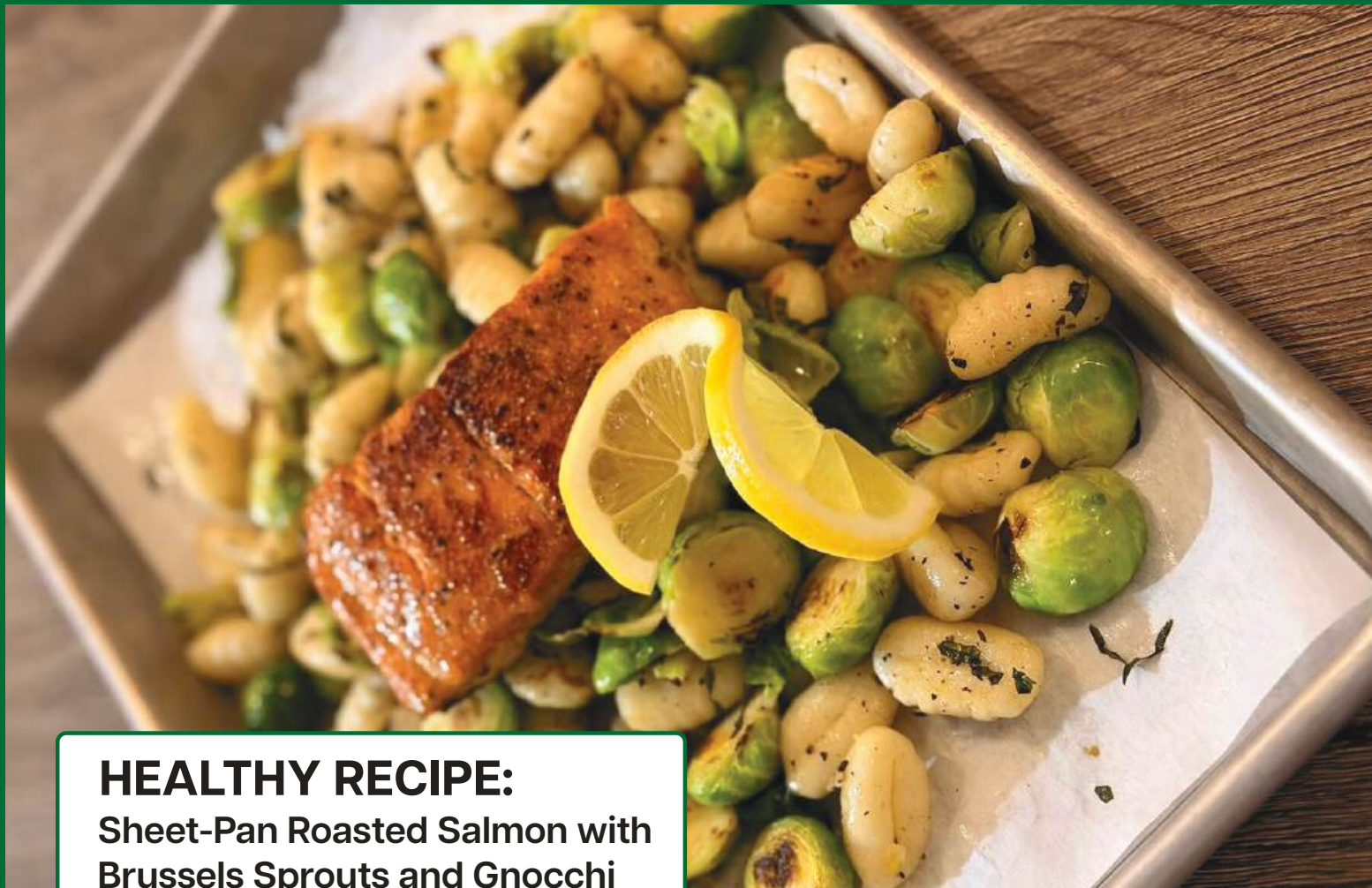
Together, volunteers and auxiliary members embody the spirit of service that has long defined Marshall Health Network, strengthening the connection between our hospitals and the communities we are privileged to serve. ❤️

VOLUNTEERS gave more than
36,911
 hours of their time to help Marshall
 Health Network facilities



*More to
 explore*





HEALTHY RECIPE:

Sheet-Pan Roasted Salmon with Brussels Sprouts and Gnocchi

Ingredients

2 medium lemons
(we will use juice and zest)

1 pound Brussels sprouts,
trimmed and halved

1 (16 oz.) pkg shelf-stable gnocchi

1/2 cup thickly sliced shallots

4 tablespoons extra-virgin olive oil,
divided

1/2 teaspoon ground pepper,
divided

1/4 teaspoon salt,
divided

2 salmon fillets
(~6 oz. each)

Directions

Preheat oven to 350 degrees F.
Slice and seed 1 lemon. Toss
in a large bowl with Brussels
sprouts, gnocchi, shallots, 2

tablespoons oil, 1/4 teaspoon
pepper and 1/8 teaspoon salt.
Transfer to a large, rimmed
baking sheet.

Roast, stirring once or twice,
until the gnocchi are plump and
getting brown, and the Brussels
sprouts are tender but still
crunchy, 10-15 minutes. Increase
oven heat to 400 degrees.

Season salmon fillets with salt
and pepper, oil and juice from
the remaining lemon, then place
the fillets on the baking sheet.
Return the gnocchi mixture to
the bowl and toss lemon zest,
the remaining 2 tablespoons oil,
1/4 teaspoon pepper and 1/8
teaspoon salt (adding more lemon
juice if you'd like). Return the
mixture to the baking sheet and
cook for another 10-12 minutes.
Remove from the oven and enjoy.



Isabel "Izzy" Cross leads
Huntington's Kitchen as pro-
gram director and head chef.

More to
explore



Nutrition estimates per serving (based on 4 servings): 585 calories, 21 g fat, 4 g saturated fat, 76 g carbohydrates, 8 g fiber, 19 g protein, 560 mg sodium.

Why care.

Every gift has a story behind it.

As MHN Foundations enters a new season of growth and impact, our purpose remains rooted in a shared commitment to improving lives across the region – work made possible through the generosity of our supporters and the many people who answer the question, “Why I Care.”

MHN Foundations is a family of foundations united in support of Marshall Health Network and the patients and communities we serve throughout West Virginia, southern Ohio and eastern Kentucky. Together, our teams connect generosity with meaningful impact – supporting patient care, expanding access to services, investing in innovation and helping meet needs that often extend beyond the walls of a hospital or clinic.

At the heart of this work is a simple truth: every gift has a story behind it. Some contributions come from grateful patients and families. Others come from community members who believe in strengthening local healthcare and ensuring quality care remains available close to home. Each act of generosity reflects a deeply personal reason for giving – a reason to care and a desire to make a difference.

The stories in this section of *Marshall Health Network Magazine* reflect the power of that generosity in action and the



Back row (L-R): Rebecca Gray, Mary Ann Duncan, Izzy Cross, Beth McCulloch, Rory Chapman, Beth Hammers, Nicole Bright, Kyle Coleman **Front (L-R):** Beth Sparks Collins, Alexis Leach Wilson, Matt James, Sara Shultz-Britt

many ways our communities continue to support one another.

Because of the generosity of our donors, volunteers, caregivers and partners, hope is reaching further, healing is happening faster and lives are being changed every day. We look forward to making an even greater impact together. 

The iCare Impact

iCare is a monthly giving program created for people who believe that caring for one another is a shared responsibility. With a simple gift of \$20 per month, you become part of a community that ensures our hospitals are ready – today, tomorrow and for years to come. Joining iCare is simple – and the impact is lasting.

Give now



HOME TOWN *health* CARE

Scholarships allow nurses like Karen Meadows to care for patients in Point Pleasant.

For years, Karen Meadows has quietly met the needs of her community – one person, one moment at a time.

Meadows, who was born at the then-Pleasant Valley Hospital in 1970, has spent her entire adult life working for what is now Marshall Health Network-Rivers Health. Meadows, wife to Steve and mother of Lexi, graduated from Point Pleasant High School and then from St. Mary's School of Nursing before going to work at her hometown hospital.

A small portion of the favor was returned a few years ago when Meadows was awarded the Hartley Scholarship by the Rivers Health Scholarship Foundation to complete her bachelor's degree in nursing from Ohio University. The Hartley Scholarship, named after Vitus Hartley Jr., is given annually to students in the healthcare field and was created to help encourage students in the Point Pleasant area to return home to work in healthcare.

"It was an honor to get the award," Meadows said. "The Hartleys are a great family, and it was nice to be recognized. We need people to stay here and work. We need people to stay and care."

Meadows is the epitome of staying and caring. She

began her career on the surgical floor and spent time in the operating room and recovery. Now she is the director of quality and risk management.

In short, she's making sure everyone is taken care of, including the hospital.

"My main goal is to keep our patients and our staff safe while producing the best outcomes," she said. "Patient safety is my first priority, and I make sure that we meet all regulatory guidelines."

Today her role is more administrative, but Meadows has remained committed to caring for patients in their most vulnerable moments.

"I developed a real love for surgery patients," she said. "When they came out of surgery, they needed a lot of support – and then as days passed, I could see them getting better. I spent much of my time in recovery where patients needed me most because they were still under anesthesia. It was incredibly rewarding work."

As her daughter, who was also born at Rivers Health, grew more active, Meadows transitioned into case management because it allowed for a more predictable schedule. While the work shifted, her focus remained the same: advocating for patients and helping them navigate their care.

She found herself working through insurance challenges and helping patients access the resources they needed to manage their care and meet their needs. Each step, she said, has been a learning process, grounded in her desire to help others.

"I do feel pressure," she said. "It's a stressful job, but it's also very gratifying. I've spent my entire 32-year career here, and I take our success personally. Rivers Health is my home. I want us to succeed and achieve the best outcomes possible. Every day here, you make a difference, even if it's small."

Meadows said she's been surrounded by great teams at Rivers Health, and she volunteers outside of the hospital as well to help her community in whatever ways she can.

"You see how you can help, and it just makes you want to do more," she said.

Now, looking back on the impact the Hartley Scholarship has had on her career, Meadows offers simple words of wisdom for others looking to give back to their community, whether through time or resources.

"Step outside the box," she said. "Do one small thing and build from there. Don't worry about whether it's big enough. Every little bit counts."

Over time, those small acts add up to a lot. 

Nurse Karen Meadows in front of
the Point Pleasant Rail Bridge

*More to
explore*



Gifts at Work

John and Linda Williams built a thriving business and are now helping nursing students and people struggling with food insecurity.

John Williams is the very definition of a “pull yourself up by the bootstraps” success story, which is why he understands not only how to give, but also why it matters.

“If you can’t help your fellow man, what are you even working for?” asked Williams, who with his wife of 52 years, Linda, owned and operated John and Linda Home Builders Inc., based in Hurricane, West Virginia. “You just have to figure out where you want to give.”

Through their company and personal connections, the Williamses decided to support the Marshall Health Network Foundations, establishing an endowed scholarship for students at St. Mary’s School of Nursing and the John and Linda Williams Center for Education Food Pantry Endowment Fund.

Substance use ran strong in Williams’ family and ultimately forced his mother to separate from his father. She moved Williams and his younger brother from Marlinton, West Virginia,

to St. Petersburg, Florida, when Williams was a boy. With money scarce and hunger a constant reality, Williams went to work at an early age to help his mother pay the bills. He ran a newspaper route, mowed yards and rode his bike 6 miles to a job at a golf club.

He later held a steady job at the grocery store Publix as a teenager. He worked hard for tips and learned who gave them

and how to earn them. During the summers, he would visit his dad back in West Virginia and work in the hay fields.

After high school and a brief stint at junior college, Williams spent time in Wisconsin, California and Virginia before returning to West Virginia to work in road construction. He worked hard and quickly developed a talent for managing people. It was during this time in his mid-20s that Williams fortuitously met his future wife, Linda, the child of a church pastor, who was helping Williams’ mother, who had returned to West Virginia with substantial health problems. The two married on Williams’ 28th birthday, and they built a good life together in the Kanawha Valley, from Dunbar and Teays Valley to Hurricane and Milton.

“It’s been hard work, and we’ve had our share of trials and tribulations,” Williams said. “You know those wedding vows, ‘for better or for worse, in sickness and in health’ – well, we’ve been there and done all that.”



St. Mary’s School of Nursing students utilize the school’s new food pantry, a resource designed to support student well-being and success.



John and Linda Williams established scholarships for nursing students as well as a Food Pantry Endowment Fund.

In their early years of marriage, the Williamses wanted to buy a home together, but they couldn't find one they liked until they saw an advertisement for one in 84 Lumber. They built it and someone wanted to buy it. They sold it and built another.

"We just kept building and selling them," Williams said. "Then we started buying up all the available lots. We were building five or six houses a year. I found a banker I trusted, Jack Wilson, who lent us the money to build our first subdivision, and we were on our way."

They eventually got into building and leasing office buildings, including one to St. Mary's Family Care Center, which

marked the beginning of an important relationship.

"It worked out well, and we've been able to give back and leave something for others," Williams said. "That's how the St. Mary's nursing scholarship began. We're getting ready to endow a scholarship at Marshall, too. We have no children, and it's not just about us. We don't do it for any attention; we just wanted a way to give back. You know what they say: 'You can't hitch a U-Haul to a hearse.' I just thank the Lord that we've been able to do it and we were frugal enough to save a little."

The food pantry endowment grew out of a continuing desire to help those who struggle with hunger — a feeling Williams

personally remembers. He said he hopes others will continue to support it and prays it makes a meaningful difference for struggling students, helping them persevere through tough times.

Williams credits his wife, hard work, surrounding himself with quality people, self-control and God for his success.

"One thing often leads to another, but you just give back what God gives you," he said. "When you give, it doesn't have to be a lot. It can be tithing a little more, giving to Little League, making a cake for a bake sale for the Girl Scouts. Whatever it is, it's just good to give."

That is something John and Linda Williams know well. 💚



Team members from across Marshall Health Network participated in the American Heart Walk at Ritter Park.



The Rivers Health Golf Tournament raised funds to support the Rivers Health Good Samaritan Fund.



Edward's Cancer Institute honored cancer survivors during its annual Survivors Day celebration.



Huntington's Kitchen Kids Camp teaches children how to prepare healthy meals and snacks.



Local first responders shared stories and smiles with patients at Hoops Family Children's Hospital

ACROSS OUR COMMUNITY



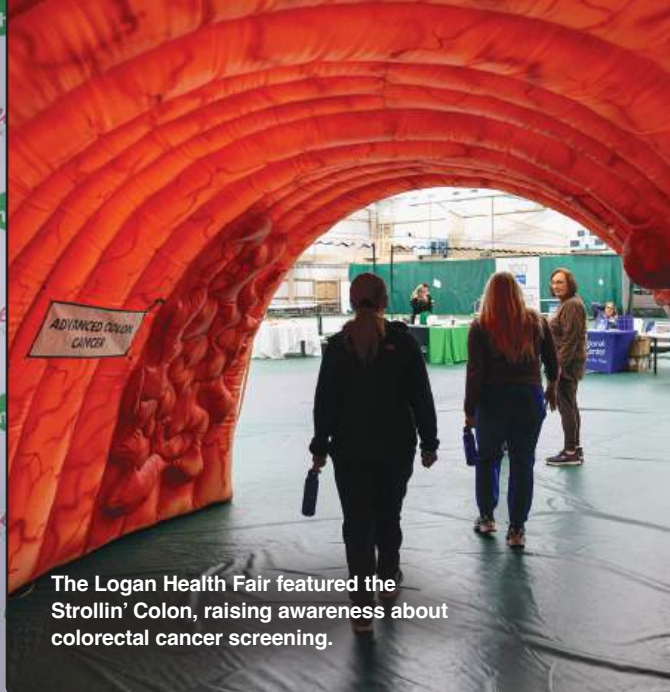
MHN leaders cheered on the Thundering Herd during a home basketball game against Georgia Southern.



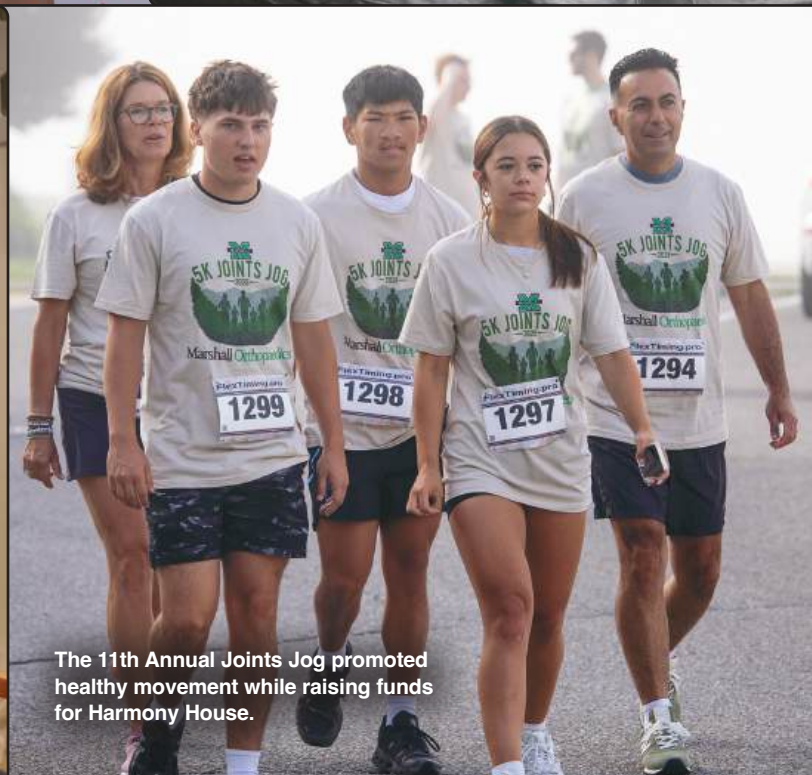
MHN President and CEO Scott Raynes and Chief Engagement Officer Beth Hammers joined Dr. Larry Dial as he was inducted into the 2026 West Virginia Executive Magazine Health Care Hall of Fame.



The 26th Annual Women's Philanthropy Society Luncheon honored women making a lasting impact in our community.



The Logan Health Fair featured the Strollin' Colon, raising awareness about colorectal cancer screening.



The 11th Annual Joints Jog promoted healthy movement while raising funds for Harmony House.



The 2026 MHN Foundations Gala, *Western Sky*, raised more than \$600,000 for the St. Mary's Regional Heart Institute.



Hope Blooms "Planting the Seeds of Hope" brunch and fashion show raised funds for Project Hope for Women and Children.



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 **care.**

Every gift helps advance care across Marshall Health Network, from new technology and expanded services to the compassionate support that surrounds every patient experience.

**Every gift has a story.
What's your why?**

 **Foundations**

