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DEAR FRIENDS,

Welcome to autumn in the mountains! We love this time of year as cool winds, pumpkin spices, colorful leaves, and bright sunshine invigorate our Foundation work to improve your health and well-being.



It's great to see children learning in the classroom again. With our HCHF- funded weekly COVID-19 testing in schools underway families feel safe and our entire community benefits. Read more about this trail blazing program [here](#).

Speaking of invigorating projects, you will be uplifted by MAHEC's rural teaching medical practice program featuring how young doctors explore the nuances of practicing in rural close-knit communities like ours. [Click here](#) for the full report.

Perhaps nothing is more heartwarming than news about people helping people. One story you won't want to miss is highlighted below.

This month our Programs and Grants Committee is completing their detailed review of grant applications. Soon we will announce the HCHF 2020 funded solutions to improve the health and well-being of everyone who lives, works, and plays in our treasured mountain communities.

Please join us! Together we make a difference!

We wish you all the best for a vibrant, safe, and healthy fall season!

Kindly,



Robin Tindall
CEO and Executive Director



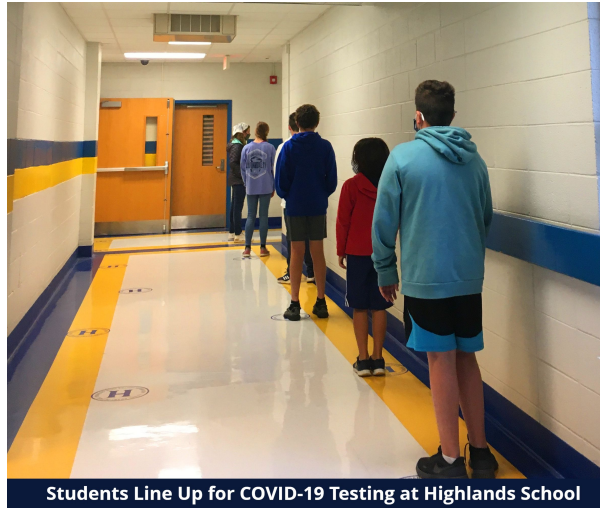
philanthropy at work

what we've
been doing



Update on Weekly COVID-19 Testing in our Schools.

by Dr. Richard Ellin



Brad Hughes, High School Math Teacher, and Summit Parent writes -

"On Wednesday, we had our first round of COVID-19 testing, provided by the Highlands Cashiers Health Foundation. It was quick, efficient, and easy. By Friday, I had received my results, as well as my children's results. It has already been a wonderful way to give my wife and me peace of mind as we work, and send our children to school, during a Pandemic. Thank you so much for your generous contribution that has allowed us to receive weekly testing."

Why is weekly testing in our schools for COVID-19 important?

Weekly COVID-19 testing in our schools helps to keep me, my family, my friends and the entire community safe and well.

- Returning to school increases risk to exposure of COVID-19.
- Frequent testing, along with the other safety measures our schools have in place, will keep the risk of COVID-19 virus spread low.
- This testing program is designed to protect children and families, as well as teachers and staff members on an ongoing basis this year. Parents and staff members can be more confident that attending school is safe. The goal is to keep kids in school.
- Parental permission is required for students to be tested. No one is forced to participate in the testing program.

Cathy McIntyre-Ross, Highlands School Teacher Writes -

"The COVID-19 testing program that is being provided at Highlands School by the Highlands Cashiers Health Foundation has really eased my mind and lowered my anxiety. Being 65, my risk is greater for the virus. But even if I was 25, I would still want to be tested weekly for many reasons. The main one is I want our school to stay open! The more students, faculty, and staff that are tested, the greater the chance we can contain an outbreak and stay on campus for in-person learning - it is that simple."

If I or my child has no symptoms of COVID-19, why do we need to be tested?

- Medical science tells us that **40% or more** of adults and children with COVID-19 **may have no symptoms** and not know they have the virus.
- We also know that returning to school increases risk to exposure of COVID-19 due to being around more people for longer periods of time.
- Safety measures our schools have in place **PLUS** frequent testing helps us lower the risk of spreading COVID-19.

- o Even people with no symptoms can spread the virus to loved ones, friends, and others without knowing it.

Kurt Pusch, Director of Summit Charter School Writes -

“The ability to offer our students and staff weekly testing provides a level of assurance to the health of our campus and community that otherwise would not be possible. Voluntary testing is a level of protection that few K-12 schools are able to offer. Summit Charter School is especially grateful for the Highlands Cashiers Health Foundation’s investment in this program and the health of our schools and community.”

[Click here for more FAQs on School Testing](#)

Our Foundation strives to improve the lives of all those in our community.

A heartwarming story from [Circles - Cashiers](#) on designing a program that helps our community members exit the circle of poverty.

[Click Here](#) to read about more HCHF Impact in **your** Community!

LIFT YOUR COMMUNITY



[Donate Today](#)

How MAHEC Trains Physicians that STAY!

On the pathway to rural practice, there are many ways that MAHEC trains, supports, and recruits physicians for rural practices such as Blue Ridge Health on the Plateau:

Encouraging Rural Students' Interest in Health Careers

High school and Undergraduate Experiences

- Project PROMISE
 - Health Careers Summer Camp
 - Semester-long internship program
 - Health-focused workshops in rural high schools
- Undergraduate internships

Supporting Future Rural Health Leaders

Rural Professional Experiences

- School of Medicine
- School of Public Health
- School of Pharmacy
- Interdisciplinary Education

Recruiting to Local Rural Partners

Resident Rotations

- Family Medicine
- OB/GYN
- Psychiatry
- Internal Medicine
- Dentistry

Rural Community Engagement

Rural Fellowship

- Extending learning to a first-year **post-residency** to assist in developing desired skills.

Promoting Enduring Rural Practice

Rural Teaching Practice

- Delivery quality, team-based care while making rural practice professional rewarding, innovative and sustainable for providers, learners, and staff.
- Fostering multidisciplinary learning that encourages **recruitment** and **retention** of providers to rural practices such as **Blue Ridge Health on the Plateau**.

CONSIDER
a gift



We seek ongoing contributions for sustainability and growth to increase our capacity to serve.

Together we will make a difference!

[Donate Today](#)

GET CONNECTED!

Remember you can always stay connected with what we are doing by engaging with our social media channels. We can be found on [Facebook](#), [Instagram](#), [LinkedIn](#) and [Twitter](#). You can also find updates on our website at hchealthfnd.org



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