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ISSUE 1 2025

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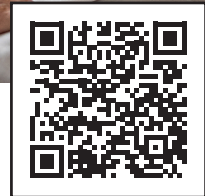
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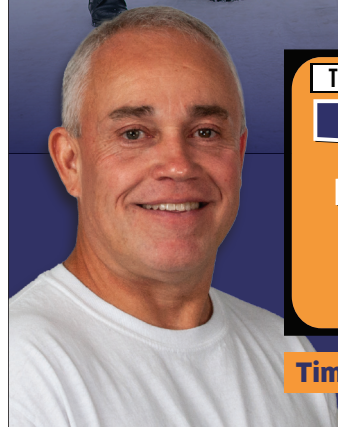
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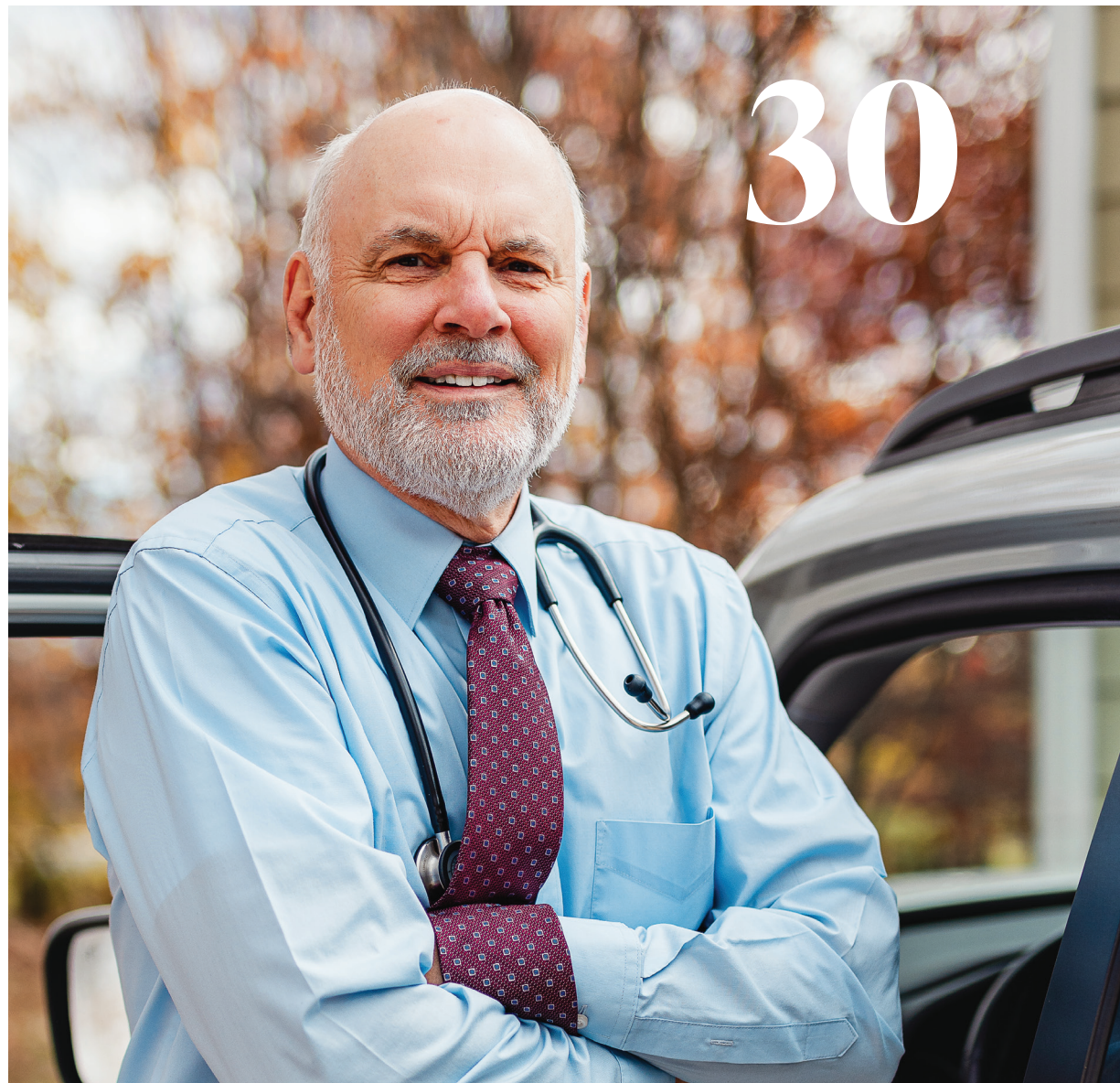
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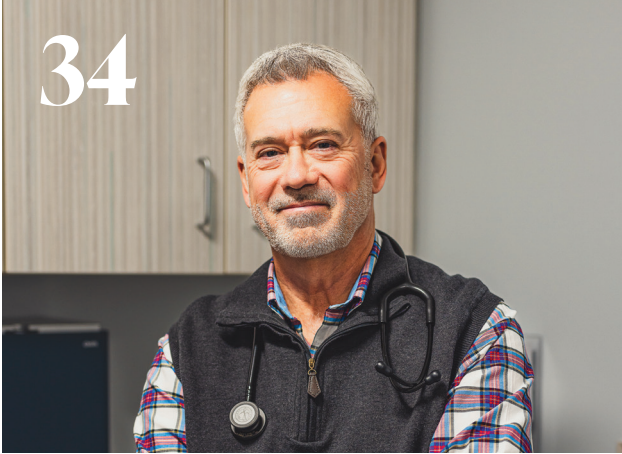
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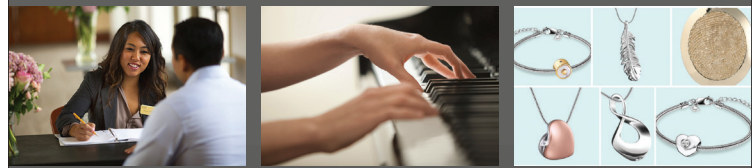
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LETTER FROM THE EDITOR

The future of healing

The love and care of the past make our health care heroes stronger.

A NURSE WALKED down the hallway his mother walked decades before he did. *Beep ... beep ...* he could hear the sounds from patients' rooms. He kept a small keepsake pinned to his scrubs, a pin his mother gave him when he graduated nursing school. She had once worn the same pin. He became a nurse to honor her and to care for others, just as she had done before him. Years from now, the nurse's son would fasten that same pin to his own scrubs as he healed others with love.

A paramedic raced to the scene of an accident, her movements swift and practiced. This was her calling — running toward danger when others ran away. Yesterday, she saved a family from never-ending heartbreak. Today, she knelt beside a young girl, steadying her voice with calm reassurance. That girl would one day wear the same uniform because of that interaction.

A doctor filled out a prescription in a quiet office, her hand steady and sure. The memory of her first patient came back to her — the blend of nerves and excitement she felt 10 years ago. Today, her experience and knowledge give another person a chance to live longer, to return home to their family, and to hold their loved ones close.

The health care workers of today stand on the shoulders of those who came before them. Their love moves from soul to soul. Their courage ensures that the love and care of the past are not only remembered but carried forward. The health care professionals around us make the world a better place not just today but also tomorrow. The future of healing will be in stronger hands as we pass the torch from the past.

This issue of Good News shares the stories that remind us that the future is one of health, love, and care. **GN**

Wesley Bryant,
EDITOR-IN-CHIEF

From our publishing partner



"I'm excited to help the greater Lynchburg area celebrate good news by uncovering captivating stories about the unsung heroes of our community!"

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Cultivate *for* good

Emerging business empowers others
to reach their highest potential

By Amanda E. West // Photography by Chris Morris



AFTER 25 years in the business world, including over 12 years as a nonprofit leader, nine years as an entrepreneur, and 100% of the time working with people, Wendy Adams came to a conclusion that “Houston, we have a problem” — a leadership problem, that is. So, in July 2023, she launched Cultivate for Good, a leadership consultancy that empowers leaders of both nonprofits and those within corporate leadership to reach their highest potential.

Adams asks the tough questions and digs into the nitty-gritty details of what works and what doesn’t before presenting a strategic plan of action that exchanges lackluster participation for enthusiasm and puts her clients on the road to success.

“We all need to be reminded, encouraged, and held accountable,” said Adams. “If we don’t have a clear picture of our starting

“

*We all need to
be reminded,
encouraged, and
held accountable.*

-Wendy Adams



point, we won't recognize our destination. Therefore, I always begin by establishing a level of self-awareness, recognizing leadership style, and analyzing how both influence their leadership capacity to either flourish or flounder."

During each session with her clients, which lasts a minimum of six months, Adams incorporates tools from the GiANT Leadership success kit, such as the Peace Index, 70:30 Principle, Know Yourself to Lead Yourself, and the 5 Voices Team Assessment.

"Are you a leader who is tired of being stuck on the wheel of insanity, doing the same thing over and over again, yet expected to produce exponentially greater results? Have you hit the wall in your leadership journey where you're stressed out, burnt out, or have you checked out? Do you recognize that it's time for a reset, but you don't know where to begin? Does every day feel like just another treadmill without the passion for leadership that you used to experience?"

If any of these scenarios resonate with you, Cultivate for Good is the answer you've been searching for. As a certified fundraising executive and certified 5 Voices guide, Adams offers executive coaching, team leadership coaching, group dynamic workshops, and board engagement workshops. She also provides motivational keynote workshops and in-depth retreats.

"Leaders worth following are teachable and humble in their approach and interactions with others. They ask and receive help when needed. They will recognize and show preference to those

whom they are called to lead and serve, and they can move forward when difficult decisions are necessary. Likewise, team members must be able to identify their voice and be confident and conscientious about how to speak out clearly. They must listen effectively to produce productivity and purpose, and recognize and respect that all voices are necessary for team success."

Adams continued, "Too often, there is misalignment, inconsistency, and overall lack of clarity in message and mission. And frustration generally ensues. As leaders, we are either driving progress or we're the ones driving the problem. An unhealthy organization culture consists of confusion, inconsistency, distrust, and miscommunication. Everyone must feel authentically heard, seen, and understood in order for a team to be successful in leading the charge of their vision."

In 2021, Adams achieved a long-desired professional goal when she earned her Certified Fundraising Executive certification. She became a guide through GiANT Leadership in May 2024, and then in October, she added the 5 Voices certification to her success kit. Besides her career in executive leadership, Adams is an active member of Heritage Baptist Church, serves as an ambassador with the Lynchburg Regional Business Alliance, is a board member with the Central Virginia Academy for Nonprofit Excellence, and is a member of the Piedmont chapter of the Association of Fundraising Professionals.

"Lynchburg is a town built on the foundation of strong local business presence, invested grassroots leadership, a community-driven mission, sustainable growth, innovation, and authentic hospitality. Each of these characteristics directly aligns with Cultivate for Good's mission and core values. We cultivate relational leadership by developing the practice of healthy, sustainable, authentic relationships, and define its significance for team, organizational, and community impact," said Adams.

Love Heals, which was awarded Nonprofit of the Year in 2023 by the Central Virginia Business Coalition, said, "I can confidently say that Love Heals would not exist without the wisdom and leadership of Wendy Adams. She was instrumental in helping the organization start, and a few years later, she provided Godly discernment and clear next steps that enabled Love Heals to find a path forward. Wendy has the knowledge and presence to lead a group of longtime leaders, but she also has the humility and adaptability to guide a group of young, eager professionals just starting out." GN

For more information, go to www.cultivateforgood.com.





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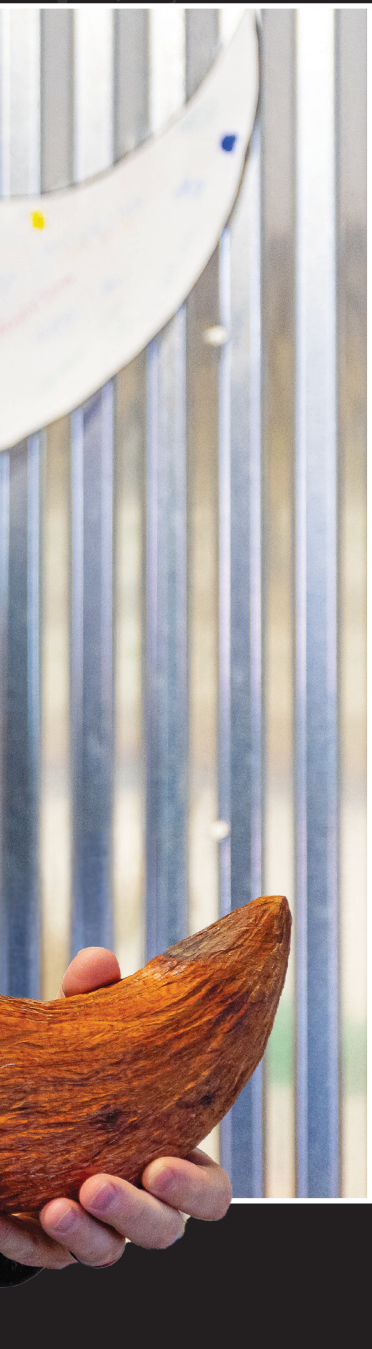
▲ Chris Boswell holds a hand-carved Mustaches 4 Kids sign.

and president of the Lynchburg area M4K, said, “I’m a people person so, I don’t mind asking for money. We needed to figure out a way to raise funds for the Boys and Girls Club, so when we realized we could do it just by growing creepy mustaches, everything kind of fell into place, and now it’s a grand, crazy experiment.”

Now that the Lynchburg chapter recently completed its 11th year, volunteer growers have swelled to over 300, and the list of local charities for children that are sponsored by this cause has climbed to over 35.

“The smallest gift we give is about \$5,000, and the largest has been

\$40,000,” said Boswell. “Our donation amount depends upon the current needs of the organization, along with the amount of participation we have from our month-long initiative. Because M4K has no overhead, 100% of the money that we raise stays local and goes toward children’s charities.”



Wannabe growers register on the M4K website and pay a small fee of \$25, which covers the cost of their “merch” worn to declare their participation. The growing season kicks off on the first Wednesday of November, and growers can register in person at a cost of \$30. Everyone is provided a

webpage on the chapter’s website, which allows donors to directly support their favorite grower.

“You either come with a shaved face, or we shave it off for you,” said Boswell. “Everyone starts from scratch on day one.”

During the 30-day initiative, growers meet up each week to vote for the one who has the “best creepy mustache” or the “best rookie mustache.” On the first Friday in December, it all comes to an end; donations are calculated, and growers attend a mustache-themed costume party.

“At the ‘Stache Bash,’ we give out the Goose Award, the David Garrett Award for best costume, the Gosling Award for best rookie fundraiser of the year, and the Doug Leech Award for the worst stache. It’s so humbling that such a funky, weird idea has taken hold the way it has, and the beneficiary of all of this is the children who are helped by it. We’re having fun, and at the same time, we’re making a huge impact here in Lynchburg.”

Boswell continued. “When we started M4K, we thought there were 15 charities

that could use help, but discovered there are about 100. We know that we’re making a difference, and we’re bringing awareness to the needs of children in our community.”

Each year, M4K America publicly recognizes the top 11 growers who raked in the highest donations. Boswell was the top national winner in 2023, and Watt Foster, also from Lynchburg, was the national winner in 2021 and 2022. Boswell, who works full time as a comprehensive financial planner, raised close to \$43,000 for M4K in 2023, and over the span of 11 years, has raised more than \$200,000.

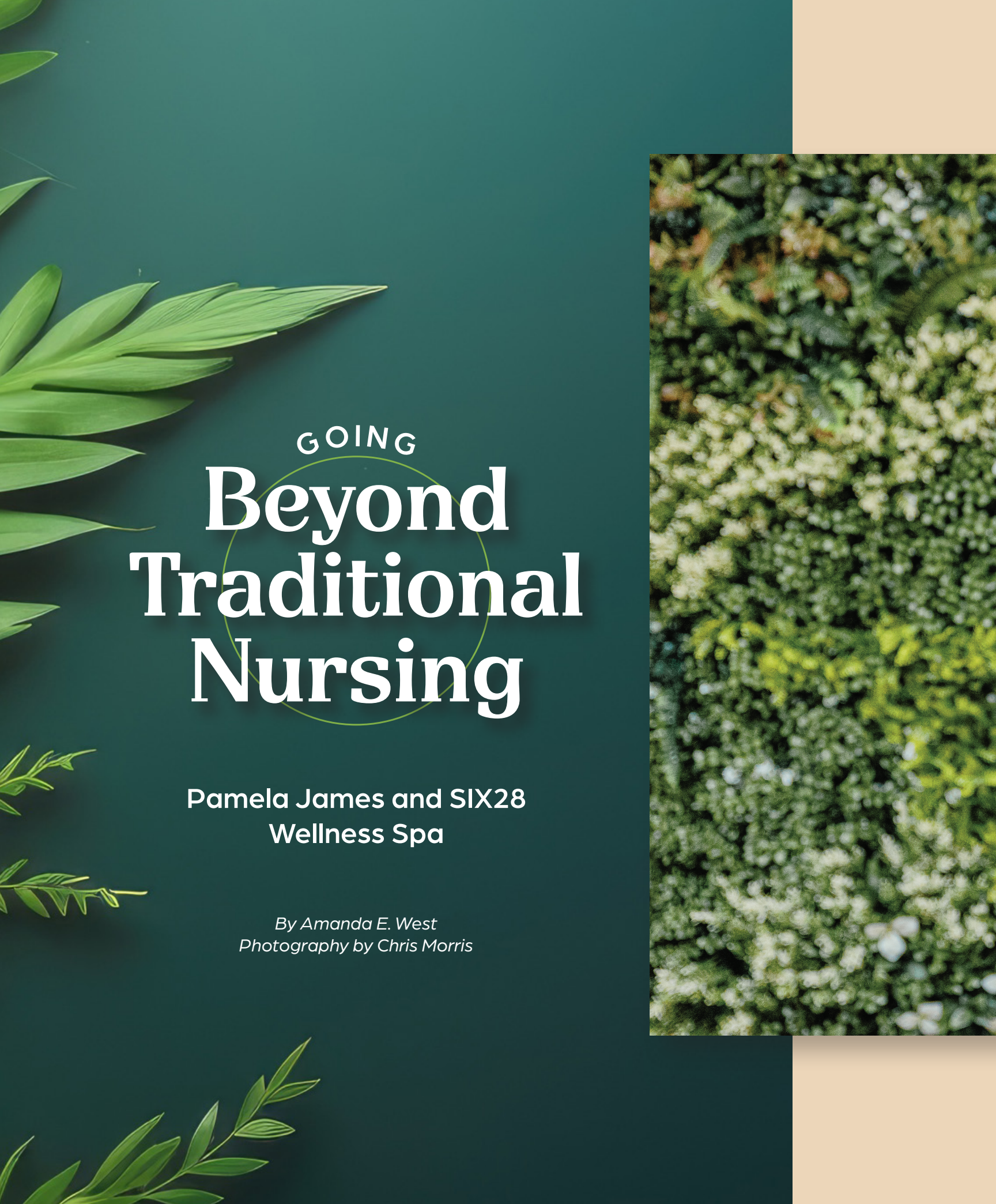
In November 2024, 300 growers shaved their faces and embarked on another year of fundraising. This time, they set the bar higher at \$600,000.

“Whether we’re funding reading programs, athletic programs, or scholarships — we’re proud to support nonprofits that serve thousands of kids in the Lynchburg area.” GN

For more information, go to www.m4klynchburg.org.



▲ Chris Boswell works in his downtown Lynchburg office.



GOING

Beyond Traditional Nursing

Pamela James and SIX28
Wellness Spa

*By Amanda E. West
Photography by Chris Morris*



Pamela James

AS AN experienced nurse with a profound passion for holistic wellness, Pamela James recognized that most older adults struggle with four main issues: constipation, dehydration, low oxygen levels, and respiratory issues. To ensure that everyone lives the best version of themselves, James opened SIX28 Wellness Spa to provide colon hydrotherapy, an oxygen lounge, Halo (salt) therapy, IV hydration, and several nutritional supplements.



▲ Pamela James with the machine that started her journey

“Colon hydrotherapy was life-changing for me, but there wasn’t anyone in the Lynchburg area who offered it,” said James. “I wanted to continue sessions for my own wellness journey, and I knew it would help others as well. My husband, Duane, and I are at the age that if we don’t take a proactive role in creating wellness, things start to fail. We are not much different than a car with over 50,000 miles that has to be tuned up and taken care of often. When I started this business, I did so with seniors in mind, though now we have just as many younger clients.”

James is the second oldest of seven children, so she has been lovingly nursing those around her for as far back as she can remember. “My mom told me I was

born a nurse because I routinely opened boxes of Band-Aids and stuck them on my dolls when I was a child. When my younger sister, who was a preemie, was born weighing 1 pound, 5 ounces, I was the one who was not scared to hold and touch her. Nursing runs in my family; two of my sisters are nurses, and my mom was a nurse.”



▲ An oxygen bar in the oxygen lounge

As a graduate of Oakland Community College in Royal Oak, Michigan, and Reid State Technical College in Evergreen, Alabama, James has worked in the medical field since she was 18 years old. Her extensive professional accomplishments include working as a certified nursing assistant, medical records manager, activity director, emergency medical technician, and administrator of a family care home. She was also a licensed practical nurse for nearly 30 years. She is now a certified colon hydrotherapist and is a member of the National Board of Colon Hydrotherapy, the International Association of Colon Hydrotherapy, and the Global Professional Association of Colon Hydrotherapy. She is also a member of the Lynchburg Regional Business Alliance, as well as the Amherst County Chamber of Commerce.

When she was a full-time nurse, James always enjoyed one-on-one time with her patients, but as technology and computers infiltrated health care, she became bogged down by charting her patients’ information. This meant less time spent at their bedside. When her aging mother-in-law became ill, James opened a personal care home and spent five years tending to her and many others, which filled this void in her life before she opened the wellness spa.

“SIX28 Wellness Spa is a well-being center. We realize that traditional protocols no longer suffice. Today’s ever-evolving conditions demand that we, too, evolve. We believe it’s time to stop chasing symptoms, fleeting protocols, and short-term fixes. We must work together to build true wellness. This is beyond biohacking and beyond functional medicine. We believe that the power that made the body can heal the body and that you

are the real medicine. We just have to clean up years of collected garbage — both physically and mentally — and give your organs the support to do what they are designed to do.”

Diabetes, hypothyroidism, diet, lifestyle, advanced age, certain types of medications, and chronic conditions can all contribute to a sluggish digestive system. Colon hydrotherapy, also known as colonic irrigation, involves flushing the colon with warm, filtered water to remove waste. This promotes overall digestive health, enhances nutrient absorption, boosts energy levels, and supports detoxification. Sessions at SIX28 Wellness Spa usually last about an hour, and patients report feeling more energized afterward.

“We apply a multidisciplinary approach to creating wellness which addresses the physical, mental-emotional, and energetic dimensions of health using cutting-edge technologies that aren’t found anywhere else in Central Virginia. Besides colon hydrotherapy, we also offer hyperbaric oxygen therapy, far-infrared sauna, near-infrared skin therapy, an oxygen lounge, Yoni steaming, and noninvasive body contouring.”

James continued, “Education and community are two foundational pillars in our mission and vision of wellness. We look forward to adding a Flowpresso for lymphatic drainage, naturopathic consultations, and the new human EAV machine, which promotes the Real Healing Method for emotional/trauma healing and much more. We will also offer a carefully curated wellness boutique and tea/elixir bar. Call us today to schedule your personalized New Year Reset Program or to book a Valentine’s package.” GN

For more information, go to <https://mysite.vagaro.com/six28wellnesspa>.



▲ Duane and Pamela James

RIBS & WINGS:

THE ULTIMATE GAME-DAY COMBO

Catch the game and a great meal at Scoreboards

LOCATED IN the Wyndhurst neighborhood, this sports bar is the ultimate destination for both die-hard fans and casual diners looking to enjoy a delicious meal in a lively atmosphere. With big-screen TVs tuned into every major game and a menu that boasts mouthwatering wings and perfectly smoked ribs, it's easy to see why this spot has become a local favorite.

The first plate arrives, showcasing a symphony of flavors that instantly captivate the senses. The ribs are a masterpiece — tender and fall-off-the-bone juicy, glazed with a rich, smoky barbecue sauce that balances the perfect level of sweetness and spice. Beside them, a succulent honey barbecue chicken breast glistens, and a perfectly seasoned shrimp skewer rests delicately on the side.

The honey Sriracha fried chicken tenders arrived next — each tender is coated in a tantalizing blend of sweet honey and fiery Sriracha sauce, creating a bold contrast of flavors that hits all the right notes. The crunch of the batter gives way to tender, juicy chicken inside, making each bite both satisfying and indulgent. The heat from the Sriracha lingers, intensifying with every bite, while the honey adds a touch of sweetness to balance the spice.





Though our entrees were delicious, the star of the show may have been the macaroni and cheese bites — each bite featuring a crispy, golden exterior and a creamy, cheesy center.

Whether you're gathering with friends to watch the big game or just craving some comfort food, the combination of great food, cold drinks, and an electric vibe makes this sports bar the perfect place to kick back, relax, and indulge. **GN**

GOOD NEWS IS COMING TO DINNER!

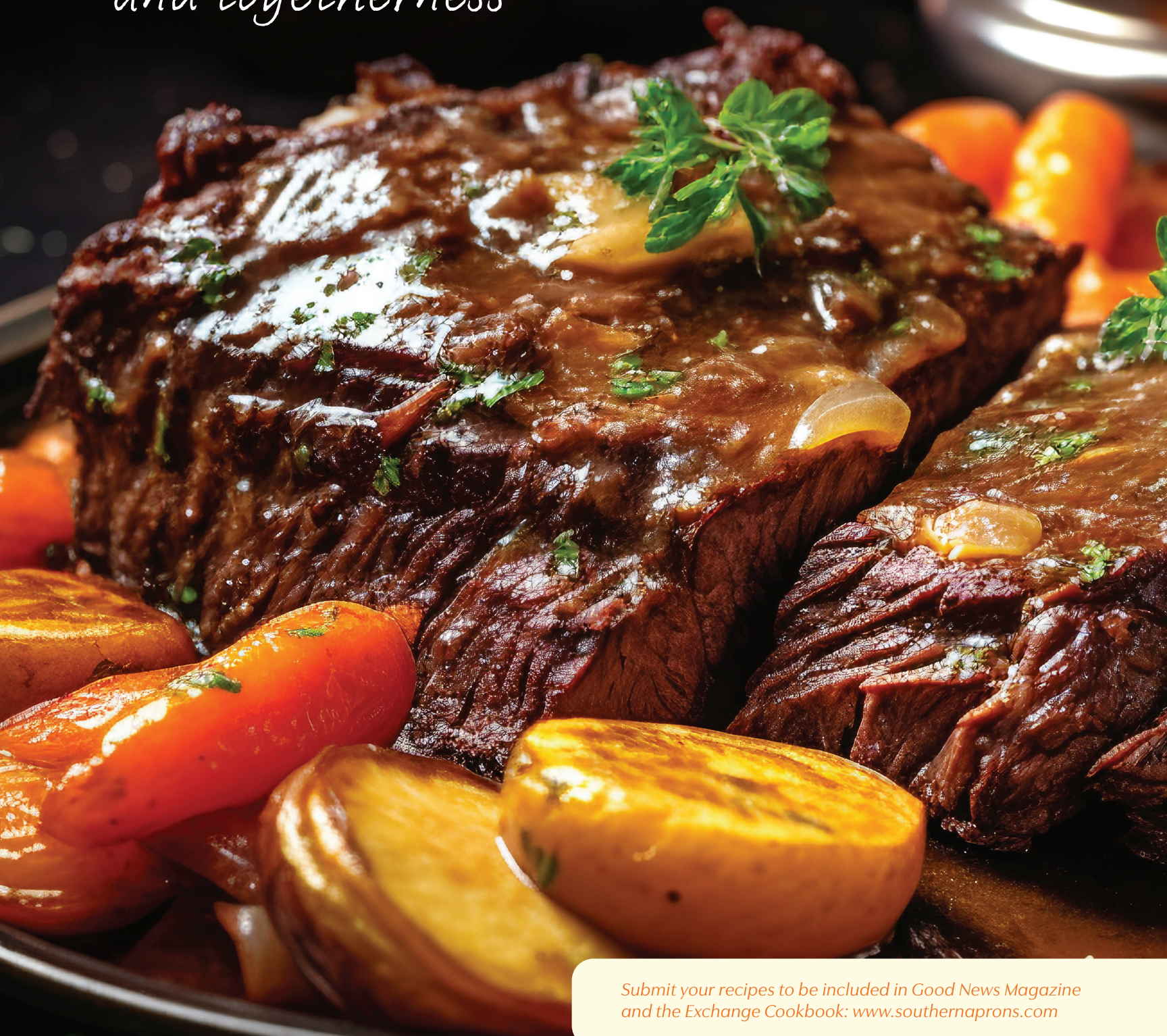
We will feature a local food critic's thoughts as they dine in Lynchburg. This month Grace Hayes visited Scoreboards Sports Grill.

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Soulful cooking:

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Submit your recipes to be included in Good News Magazine
and the Exchange Cookbook: www.southernaprons.com

Our grandparents' wisdom meets today's understanding of nutrition.

AS WE welcome the new year, we bring you a heartwarming collection of recipes that celebrate the timeless wisdom of Southern cooking with a gentle nod to wellness. These dishes honor our community's rich culinary heritage while incorporating simple, wholesome ingredients known for their healing properties. Whether you're looking to boost your energy, support your immune system, or simply enjoy a delicious home-cooked meal with loved ones, these down-home creations offer a taste of how our grandparents' wisdom meets today's understanding of nutrition. So gather 'round the table and savor these dishes that are good for both body and spirit. **GN**



Mama's Pot Roast

Submitted by Cathy Gulley

- 3-4 lb. chuck roast
- 3 T. vegetable oil
- 6 med. potatoes, diced
- 2 lg. onions, diced
- 1 lb. carrots, sliced
- 6 c. water
- 3 cloves garlic, minced
- 1/4 c. soy sauce
- 2 pkgs. beef stew seasoning mix
- 1 t. chicken bouillon granules
- 1/2 t. ground black pepper
- 1 1/2 t. Accent seasoning, optional
- 1 bay leaf

Preheat oven to 375°. In a large skillet over medium high heat, sear both sides of the roast in 3 tablespoons vegetable oil until browned, about 3-5 minutes per side. Remove from skillet and place in the center of a large roasting pan, along with the juices from the skillet. Place vegetables evenly around meat and add the water, garlic, and soy sauce. Sprinkle dry ingredients on top of roast and vegetables; stir vegetables lightly to dissolve seasonings. Add the bay leaf to the vegetables. Cover, and bake at 375° for 30 minutes. Reduce oven temperature to 275° and continue baking for 1 1/2 - 2 hours or until meat and vegetables are tender.

Papa Richard's Favorite Blueberry Pie

Submitted by Betty Mann and Amanda Newgent

- 1 c. sour cream
- 2 T. AP flour
- 3/4 c. sugar
- 1 t. vanilla
- 1/4 t. salt
- 1 egg
- 2 1/2 c. blueberries
- 1 pie shell, unbaked, 9 inch
- 3 T. flour
- 1 1/2 T. butter
- 3 T. pecans, chopped

In a bowl, combine sour cream, flour, sugar, vanilla, salt, and egg. Beat with mixer on medium speed until smooth. Gently fold in blueberries. Pour filling into pie shell. Bake at 400° for 25 minutes. Remove from oven. In a bowl, combine flour, butter, and pecans and stir well. Sprinkle over top of pie. Bake an additional 10 mins. Chill before serving.

Grandma Fanning's Fruit Salad

Submitted by Debra Gold

- 1 lg. can fruit cocktail
- 1 can mandarin oranges
- 1 pint sm. curd cottage cheese
- 1/2 pint whipped topping
- 1 c. pecans, chopped
- 1 can flaked coconut
- 1 pint sour cream
- 1 lg. bag miniature marshmallows

Combine fruit cocktail, oranges, cottage cheese, whipped topping, pecans, coconut, and sour cream in large bowl, mixing well. Fold in marshmallows. Refrigerate until chilled.



FUTURE *of* HEALING



DR. BRIAN KILPATRICK

THE DOCTOR IS IN... YOUR LIVING ROOM

Dr. Brian Kilpatrick brings back house calls with the Direct Primary Care model.

BY TINA NEELEY

PHOTOGRAPHY BY CHRIS MORRIS

DR. BRIAN Kilpatrick arrives at a patient's home, where the familiar creak of the front door welcomes him into a space filled with the hum of daily life. As he settles at the kitchen table, the casual chatter and shared laughter reflect a comfort level that allows for open discussion about health concerns, revealing how this intimate setting fosters trust and understanding beyond clinical walls.

This personalized approach is part of Kilpatrick's Direct Primary Care (DPC) model, which eliminates the complexities of insurance in favor of a straightforward membership system. This system allows him to focus on personalized care without the constraints typically imposed by insurance companies. It particularly resonates with young families seeking wellness care and more excellent medical choices.

"The DPC model of health care will grow over time, but I don't ever see it surpassing the insurance-based model. Government and third-party insurance provided by large companies will always be there," Kilpatrick explained. "But we are seeing a movement towards DPC among young families who are healthy and desire wellness care primarily and occasional sick care and also those families who desire more choice in their medical care and are not happy with

the care that is offered by the current insurance-based system."

Communication and choice are central to Kilpatrick's philosophy.

"Patients are also more particular about what they want and don't want in regard to their medical care. Most large, corporate, primary care offices are unable to accommodate the range of choices for various reasons, while a primary care DPC office is specifically organized around offering care based on personal choice," he said.

This commitment to personalized care naturally extends into Kilpatrick's house call-making practice. While no one argues the convenience of the visits, they are an opportunity to nurture relationships with patients. By prioritizing connection over speed, Kilpatrick gains invaluable insights



*Brian Kilpatrick heads out
to a home visit.*

into each patient's life and health priorities during these visits. He tailors each encounter to meet individual needs — whether it's an initial intake, addressing an acute issue, or managing chronic conditions.

The primary care landscape faces significant challenges, including a shortage of physicians and rising costs. Kilpatrick addresses these by maintaining a manageable patient panel size and offering flexible membership plans that cater to varying needs and budgets. His approach ensures that care remains accessible and personalized.

“To try to help this lack of providers, there has been an influx of mid-level providers (nurse practitioners and physician assistants) into the primary care realm. However, they are not able to direct the complete care of many patients, leading them to refer many patients to specialty care. It is desirable that referrals

to specialty care should be the exception, not the rule,” explained Kilpatrick.

Kilpatrick's DPC model addresses these issues by ensuring continuity of care with a single physician.

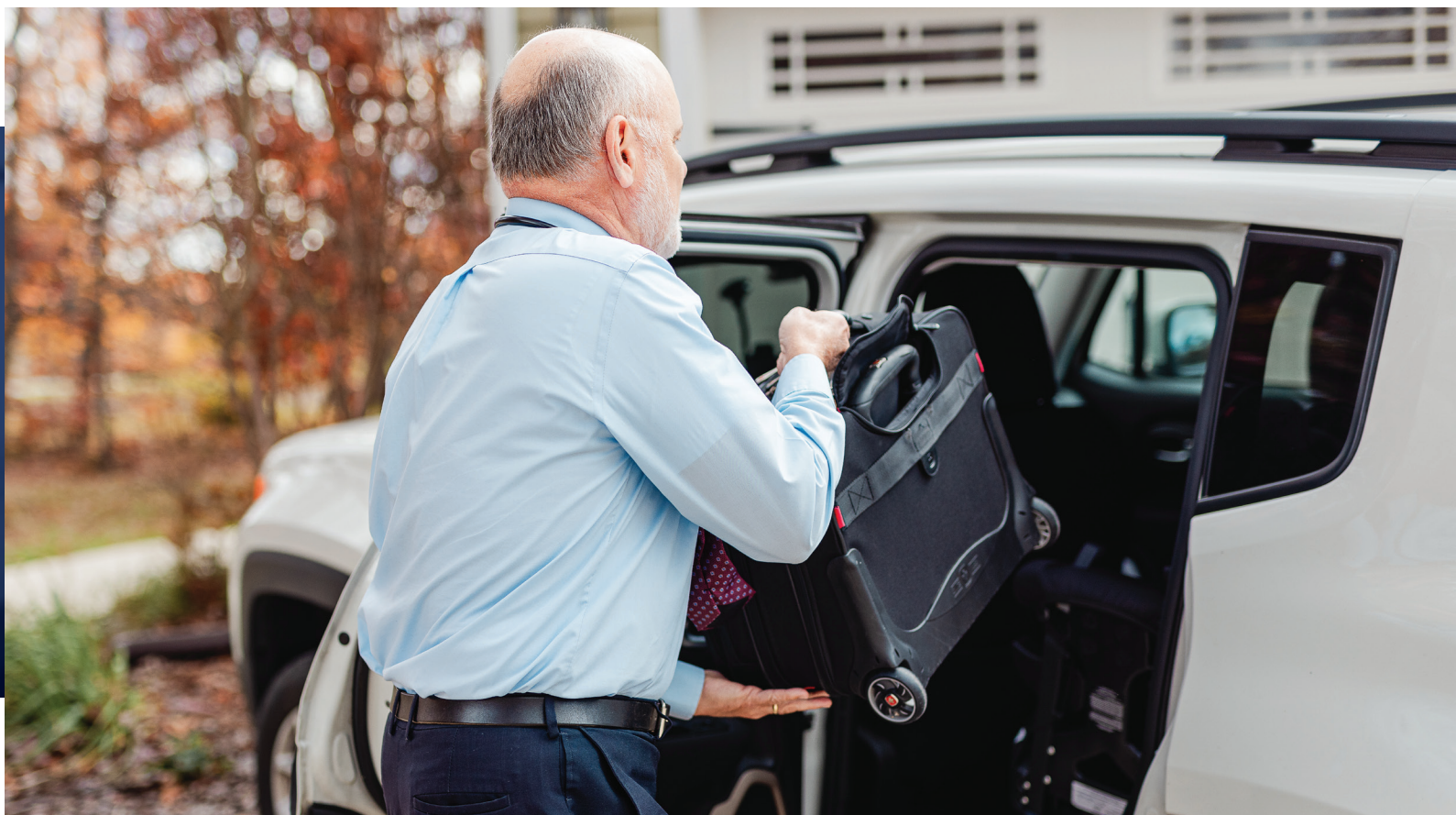
“We are fully invested in being a primary care practice. Care is only with one physician, and pricing is much less than one would pay in a government-based or third-party-based insurance program,” Kilpatrick stated.

Kilpatrick said affordability is another concern, particularly for those paying out-of-pocket. When evaluating health care providers, it's essential for patients to understand the value they receive for their money, as not all practices offer the same level of service or expertise for their fees. Patients should be aware that some practices may inflate charges without corresponding improvements in care quality.

In addition, he points out that some practices refuse patients based on differing opinions.

He said, “Different points of view on medical topics, especially immunizations, do not influence whether you can be a part of this practice. All patient viewpoints are welcome in this practice. One is not more or less for what they believe or don't believe. I will listen to each patient and use my 35 years of experience to try to sort through what they are saying and revealing on the physical exam and any lab/radiology done. Every potential patient will have the opportunity to ask as many hard questions as necessary to make sure that they really want to sign up with the practice.”

While technology plays an integral role in his practice — facilitating communication through emails, texts, and virtual consultations — Kilpatrick



▲ Brian Kilpatrick loads his medical equipment before a house call.

Dr. Brian Kilpatrick ▶



We are fully invested in being a primary care practice.

- DR. BRIAN KILPATRICK

rick remains committed to the value of in-person visits when necessary. He explains that his practice differs from strict telemedicine models by emphasizing direct communication with patients before determining the best action.

Looking ahead, Kilpatrick envisions a health care landscape in which more physicians opt out of insurance-based models in favor of DPC practices. He believes this shift will provide more personalized care and better patient outcomes and offers a potential model for a more personalized and responsive health care system.

Kilpatrick's DPC practice operates on a membership model, offering three distinct plans to cater to various patient needs. The Maxi-Plan provides comprehensive coverage, including all communication,

in-home visits, lab tests, and procedures for a single monthly fee. The Mini-Plan covers communication, testing, and procedures, with in-home visits available for an additional fee. For those living farther away, a Virtual-Only Plan offers remote consultations without in-person services.

Kilpatrick emphasizes the affordability of his DPC model compared to traditional insurance plans. He cites a Kaiser Family Foundation study showing average costs for family and single insurance plans in 2023 at \$24,000 and \$8,500, respectively.

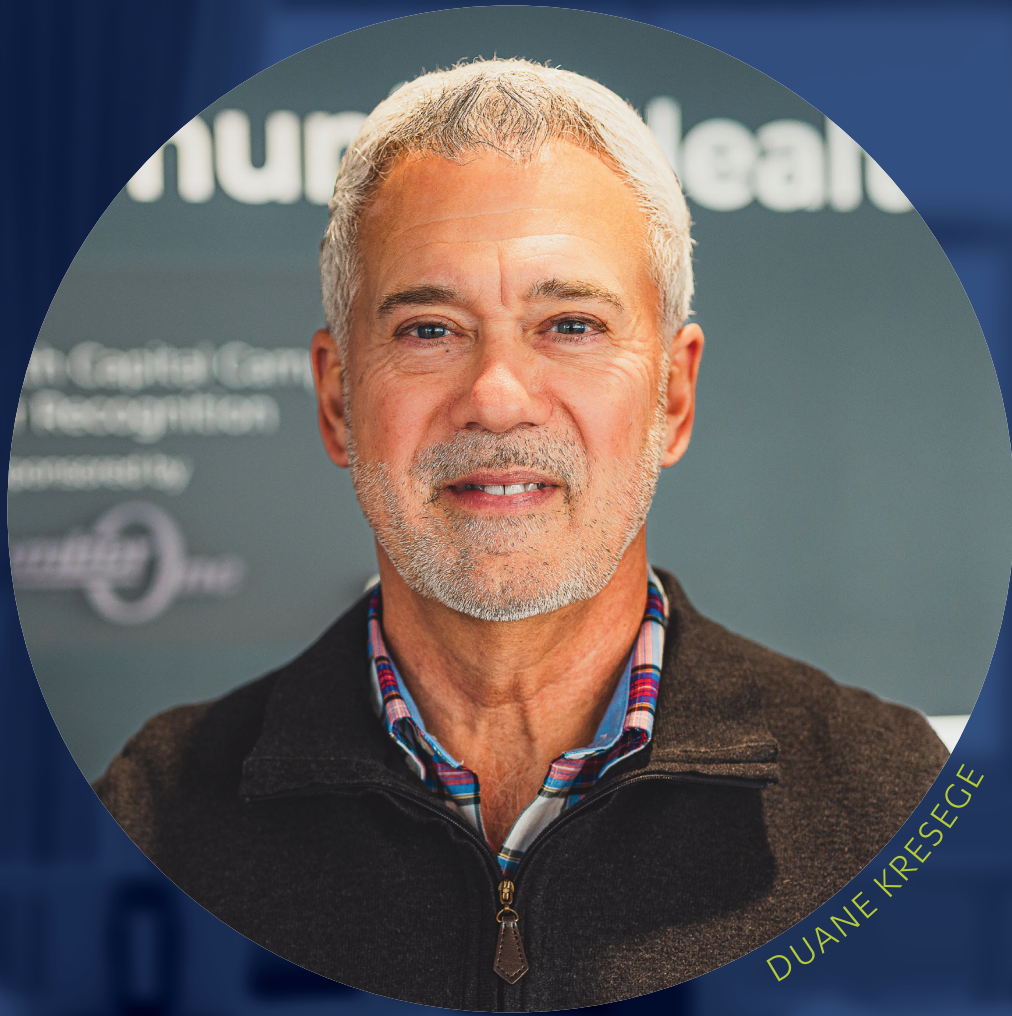
"Several DPC practices across Lynchburg are much more reasonable than this," he noted, pointing out that his pricing structure, available on his website, offers a more cost-effective alternative

for many patients. This approach allows Kilpatrick to provide personalized care while giving patients flexibility in choosing a plan that best fits their health needs and financial situation.

Kilpatrick's DPC model emphasizes personalized care, fostering trust and open patient communication. By eliminating insurance complexities and offering flexible membership plans, he ensures accessibility and affordability. His approach values patient choice, welcoming diverse viewpoints on medical topics and shaping a more responsive and compassionate health care system. **GN**

For more information on Dr. Brian Kilpatrick's Direct Primary Care program, visit www.doctorbnk.com.

FUTURE *of* HEALING



DUANE KRESEGE

BRIDGING THE GAP

Duane Kresege fights for equitable pediatric care.

BY TINA NEELEY
PHOTOGRAPHY BY
CHRIS MORRIS

IN THE dimly lit waiting room of a busy clinic, a mother clutches her feverish child, her eyes scanning the room with a mix of desperation and hope. She is one of many parents who face the daunting challenge of securing medical care without insurance or financial means. Finding compassionate health care can feel impossible for families like hers — until they meet someone like Duane Kresge. Kresge has dedicated his life to ensuring every child receives the care they deserve, regardless of their family’s financial situation. His journey from a hesitant nursing student to a devoted advocate for the underserved illustrates the profound impact of empathy and commitment in transforming lives.

Initial reluctance and unexpected twists marked Kresge’s journey into pediatric nursing. As a nursing student, his rotation at Buffalo Children’s Hospital in New York exposed him to critically ill children from underserved communities — an experience that initially steered him away from pediatrics. However, fate had other plans.

His path took an unexpected turn when he joined the Public Health Service and worked in a small, 34-bed Native American hospital in Montana.



▲ *Duane Kresge puts on protective gloves before treating patients.*

There, he was thrust into a diverse range of medical scenarios, including pediatric care. Despite his attempts to avoid it, Kresge consistently found himself at the center of critical pediatric cases, whether in the emergency room or during challenging transfers to larger facilities.

“Eventually, the pediatrician [at the Native American hospital] said, ‘Duane, peds is your thing, and you just need to come to grips with that,’” Kresge recalled.

The turning point came during his time with the Air Force, where he again encountered a mix of adult and pediatric patients. His natural aptitude for pediatric care didn’t go unnoticed.



▲ Duane Kresge prepares patient notes at Johnson Health Center.

A pediatrician he worked closely with repeatedly praised Kresge's presence on the floor, noting how it positively impacted patient care.

The final push came when this same pediatrician, recognizing Kresge's innate talent, strongly encouraged him to pursue a career as a pediatric nurse practitioner. The pediatrician offered to write a recommendation for Kresge's nurse practitioner school application. This pivotal moment set him on the path to becoming the ded-

icated pediatric care provider he is today despite his initial resistance to the field.

Kresge said, "I loved the adult side and all the procedures. I even enjoyed psych a lot, but it just seemed like kids started to become my focus. When they asked me to write my application for the Air Force of why I wanted to be a nurse practitioner in pediatrics, I realized how many patients I would see on the floor and how much education was needed because these young recruits — young airmen and their

wives having these little babies — they didn't have the usual family support that you would have in your own community. Supporting them through that was going to be a critical need, and that became my philosophy when I applied."

After completing his nurse practitioner program through the Air Force, Kresge continued to serve for nine years, honing his skills in pediatric care and precepting, the process in which experienced health care professionals mentor and guide students or new graduates in clinical settings. Upon leaving the military, he joined a private practice in the same town where he had been stationed. This practice aligned with his values, accepting all children regardless of their insurance status, with about 70% of patients on Medicaid.

Kresge's passion for serving the underserved continued to grow. When he later interviewed for a position in Lynchburg, he encountered a private pediatrician who didn't accept Medicaid patients. Realizing this conflicted with his mission to provide care for all children, Kresge declined the opportunity. However, this experience led him to connect with Dr. Peter Houck, Johnson Health Center's (JHC) first director.

Twelve years ago, Kresge found his perfect fit at JHC. The center's mission is to provide affordable and comprehensive health care with quality services and strong community partnerships to improve



The value of health care for the underserved has been my passion my whole life.

- DUANE KRESGE

access to health care, which resonated deeply with his personal philosophy. There, Kresge could continue his lifelong passion for providing quality pediatric care to underserved communities, regardless of their ability to pay.

As JHC's associate director of pediatrics, Kresge continues to champion accessible health care for all children.

"I love the fact that I have so many families that come here throughout the years who will say, 'I was with a private practice, but my husband lost his job, or I lost my job, and now we're on Medicaid.' I want them to know that nothing changes. They are as valued here as they would have been any place else."

As health care evolves, Kresge remains committed to adapting to tools like telemedicine while maintaining the core of compassionate care.

He acknowledged the rapid changes in technology and health care delivery, noting, "There's nothing that will ever replace as much hands-on care as you can have. I think that's the gold standard."

Kresge stressed the importance of providing health care to those who might otherwise fall through the cracks.

"The value of health care for the underserved has been my passion my whole life," he shared. Every community has a populace of people who are in medical need but don't necessarily have the insurance or the wherewithal to get that

health care. I saw early in my career that it was well worth working for and making a difference for."

According to Lauren Grimmett, JHC's associate director of development, the center saw 28,000 patients in 2023 with over 100,000 visits. 56% of these are pediatric patients.

Kresge's journey from a nursing student hesitant to embrace pediatric patients as a specialty to a passionate advocate for underserved children exemplifies the profound difference one dedicated individual can make in health care. Through his unwavering commit-

ment, he ensures that no child is left behind, regardless of their family's financial circumstances, embodying the very essence of compassionate and equitable health care. **GN**

JHC is a nonprofit, independent, federally qualified health center serving the city of Lynchburg and the counties of Amherst, Appomattox, Bedford, and Campbell. and accepts all insurance types and offers a sliding fee scale for individuals who qualify, making health care accessible to everyone. For more information, visit jhcvirginia.org or call (434) 929-7400.

Kresge ready for a ▶
day of seeing patients





AMY YELTON AND JULIET TERPSTRA

A SHARED CALLING: FRIENDSHIP FORGED IN FAITH AND MEDICINE

Follow Amy Yelton and Juliet Terpstra's inspiring journey from childhood dreams to medical missions.

BY TINA NEELEY

PHOTOGRAPHY BY CHRIS MORRIS

IN RURAL Florida, Amy Yelton scanned Dollar Tree's school supplies and thoughtfully selected colored pencils, adding them to the shopping cart holding other small gifts and personal supplies. As she contributed each December to Operation Christmas Child, a project of Samaritan's Purse, she imagined the children receiving them. Yelton pictured a bright smile lighting up an unfamiliar face halfway across the world. Later, she listened in awe when their congregation received a letter back from a shoebox recipient, always hoping a child might one day answer the letter she wrote and carefully tucked inside the boxes she filled.

In her bedroom across the country in California, Juliet Terpstra carefully pinned a vibrant Samaritan's Purse poster to her bulletin board, a tangible reminder of her dreams. She felt a rush of inspiration each time she stopped to reread the stories of hope and healing from the mission field, imagining herself in those distant places, equipped with the skills of a doctor and the heart of a servant. As she envisioned herself in scrubs, providing care and comfort, Terpstra also felt a deepening sense of responsibility to heal physical ailments and share God's word with those she would encounter.

Little did they know that their childhood dreams would soon intertwine with reality, leading them to experiences solidifying their commitments to medical missions and spiritual outreach. Neither could have predicted that they would become fast friends years later, their shared experiences with Samaritan's Purse blossoming into aligned career goals in medicine and a deep-rooted passion for global health missions.

Although they met in their first year as medical students, it wasn't until Terpstra was praying for a close friend and searching with her husband for a church home that the two connected. Yelton invited them to church, where they worshiped, and their friendship grew stronger. As third-year medical students



Amy Yelton ▶



◀ Juliet Terpstra



Medicine gives you a unique opportunity to talk to people, maybe on the worst day of their lives, and you're there comforting them.

- JULIET TERPSTRA

at Liberty University, Yelton and Terpstra now stand united by a childhood compassion that's grown into a powerful force shaping the future of healing.

Most recently, they attended a Samaritan's Purse conference that clarified their goals and callings, reinforcing their commitment to medical missions.

"The conference was a coming together of providers from across the globe, being refreshed and encouraged," Terpstra reflected. "They emphasized the youth and pouring into the next generation to take on the baton because a lot of the older generations are getting a little too old, and there is a real need for young medical professionals to step up."

The spiritual aspect of the conference deeply impacted both women and reinforced their commitment to integrating their faith with medicine.

Terpstra shared, "The worship services were so powerful. There's something so cool about being surrounded by people with the same mission as you."

"Edward Graham said something that stuck with me," Terpstra said. "He said, 'We love people who want to volunteer and want to help, but if you're not willing to share the gospel, then there's not really any point in helping because if you come and you don't share the gospel at all, you leave that person as spiritually dead as you met them.'"

She continued, "What I'm trying to remember going forward in medical missions is that it's great if you want to help and serve, but we also need to be sharing the gospel because that's the most important thing. Medicine gives you a unique opportunity to talk to people, maybe on the worst day of their lives, and you're there comforting them. That's a unique opportunity to speak into their life."

It was Yelton's third Samaritan's Purse conference, but it clarified the direction of her future in missions.

She said, "This year, being married a little bit longer and having a better idea of what I wanted to do in medicine, there

were more practical ways I could start forming what medical missions might actually look like in my career, not just confirming whether that was going to be something I wanted to do or not.”

While different, early inspiration set them on medical career paths.

“I knew, pretty much since I was a little girl, that I wanted to become a doctor,” Terpstra recalled. “I had an amazing pediatrician who inspired me to pursue medicine.”

For Yelton, the journey began with those Operation Christmas Child shoeboxes and evolved through mission trips and a Samaritan’s Purse internship.

“I’ve been going on mission trips since I was 13,” Yelton said. “That’s really where my passion started.”

Today, their medical focuses differ slightly. Yelton is pursuing general

surgery with an interest in rural health care, while Terpstra is considering emergency medicine.

“I really enjoy the shift work, and it’s very broad,” Terpstra explained.

Yelton and her husband grew up in rural communities, and this is the population she wants to serve.

Yelton emphasized, “I want to be able to treat as much as possible and do anything and everything that I can to better serve that patient population.”

Both see short-term missions as part of their future. Yelton envisions short-term trips in the summer and potentially full-time mission work in retirement.

Terpstra, balancing her aspirations with married life, says, “As of now, I think we’ve decided on short-term missions.”

As they look to the future, both Yelton and Terpstra see their roles extending be-

yond traditional medical practice. They’re committed to bridging gaps between advanced and basic health care, physical and spiritual healing, and generations.

“There are still young people who have a heart for missions and want to serve and share the gospel,” Terpstra asserted, offering hope to older generations concerned about the future.

From childhood dreams inspired by shoebox gifts and mission posters to their current position as medical students poised to make a global impact, Yelton and Terpstra embody the future of healing — one that combines medical expertise with compassion, faith, and a commitment to serving those in need around the world. **GN**

For more information about Samaritan’s Purse, visit the website at samaritanaspurse.org.



▲ Juliet Terpstra and Amy Yelton share a laugh outside of the Liberty University College of Osteopathic Medicine.

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Bedford Christmas Parade - Dec. 7



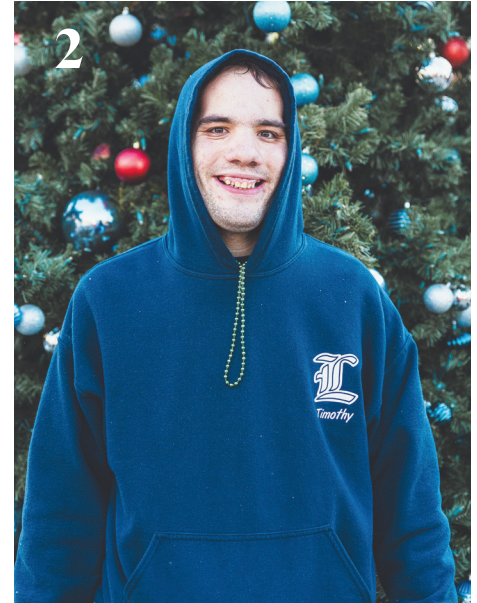
Photography by Chris Morris

Community Christmas parades are a time-honored tradition. On Dec. 7, Bedford's downtown streets drew record crowds for its annual holiday procession. The town's largest parade in recent memory featured local businesses, organizations, high school bands, and Papa Christmas bringing festive cheer to all in attendance.



1. Parade sponsor Nadine Blakely 2. The Roberts family 3. Amanda and Claire Smith
4. The Shriners Clowns are always a big hit with the crowds 5. Papa and Happy greet the crowd

Christmas Tree Lighting - Dec. 7



Photography by Chris Morris

On Dec. 7, the community of Bedford gathered to light the town's Christmas tree. Attendees enjoyed carriage rides, caroling from the Little Town Players, a Christmas market to shop, and several characters for photo opportunities. Though the skies were clear, there was even "snow" in the form of foam in the air that brought a magical feeling to the festivities.



1. Nicole Johnson, Heather Alto, and Jon Hayden 2. No one has more Christmas spirit than Timmy Mitchen
3. Santa was on hand to light the tree 4. The Little Town Players carolers

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