



**This Thursday, November 19th, is National Rural Health Day!**

You all exemplify the “power of rural” everyday by working tirelessly to serve your communities with the selfless “can do” spirit that prevails in rural America. National Rural Health Day is an opportunity to celebrate all that has been accomplished this year. It also gives us a chance to bring to light the unique healthcare challenges that rural people and communities face – and showcase the efforts of rural healthcare providers and other rural stakeholders to address those challenges. We know there is work to be done, but we also believe there is plenty to celebrate – and we invite you to join the celebration!

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### **A Message from Governor Ralph Northam:**



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### **The 2021 "Community Conversations Calendar"**

We've been celebrating your contributions to rural Virginia communities all year long. Starting in October of 2019 and up until March of this year, the Virginia State Office of Rural Health (VA-SORH) held a series of community conversations and site visits in rural communities throughout the Commonwealth. These conversations, held over a warm supper, allowed local leaders to share local and regional health and wellness needs, opportunities, and community assets with us that will advise the scope of the 2021 Virginia Rural Health Plan.

We are excited to announce the release of the

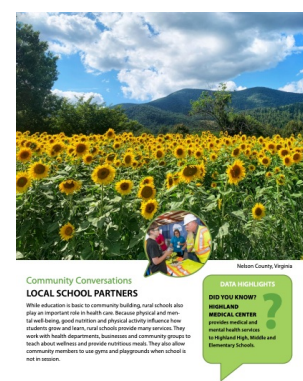


first annual VA-SORH “Community Conversations Calendar,” created to showcase some of the many resources and the undeniable beauty of rural Virginia. Each month of the calendar highlights a topic commonly discussed during our community conversations and will shine a spotlight on local, regional, and rural Virginia programs, organizations, and resources, dedicated to providing a service for their respected audience. Additionally, each month highlights a “Community Champion,” a community leader, an organization, or a specific program dedicated to improving the quality of life of a particular group or of the community as a whole.

Calendar photos were taken exclusively from rural Virginia. If you're interested in receiving a copy or more of the calendar, please complete the form below.

**Calendar Request Form**

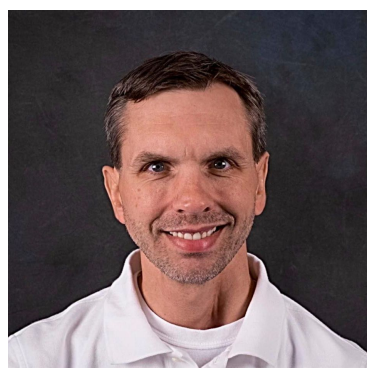
We want you to be a part of the second edition of the Virginia State Office of Rural Health "Community Conversations Calendar!" Please submit photos capturing landscapes, industries, people, or organizations in your rural Virginia community for a chance to be included in the 2022 edition of our annual calendar.



**Photo Submission Form**

**Presenting the 2020 Virginia Community Star, Tim Perkins!**

On National Rural Health Day, the National Organization of State Offices of Rural Health (NOSORH) recognizes a “Community Star” from each state. The Community Star recognition program is designed to honor those whose contributions are making a difference in rural communities through collaboration, education, innovation, and communication.



This year, Virginia’s Community Star is Tim Perkins. Tim, Director of the Community Health & Technical Resources (CHaTR) Division with the VDH Office of Emergency Medical Services (OEMS), is a true rural health champion. He is responsible for working with the rural EMS agencies in the state and providing them with education, resources, and technical assistance. Tim has brought OEMS and the VA-SORH together as

collaborators for many projects and has made the OEMS one of the most important partners the VA-SORH has. Together OEMS and SORH are engaging in activities throughout rural Virginia to educate policymakers and members of the healthcare system on the benefits of a seamless combination of pre-hospital care and the healthcare system.

Congratulations, Tim! We are so proud of you.

**NOSORH's Virtual Event:  
"Surviving and Thriving: The Power of Rural is  
100% Community"**

**November 19, 2020 from 2:00 –3:15 PM ET**

The National Organization of State Offices of Rural Health (NOSORH) will be hosting a virtual event on National Rural Health Day, November 19, 2020 from 2:00 – 3:15 PM ET featuring guest speakers: Matt Probst, PA-C, Teryl Eisinger, Senator William P. Soules, Katherine Ortega Courtney, Ph.D., and Dominic Cappello.

Katherine Ortega Courtney, Ph.D., and Dominic Cappello are the authors of *100% Community: Ensuring 10 Vital Services for Surviving and Thriving*. They will discuss their groundbreaking research and the roadmap they have created to help rural counties press reset and learn how to work together in new ways to create local systems of health, safety, education and economic stability.

*SPECIAL GUEST SPEAKERS:*



**Dominic Cappello**  
Author, 100% Community



**Katherine Ortega Courtney, PhD**  
Author, 100% Community



**Matt Probst, PA-C**  
Chief Quality Officer & Medical Director at El Centro Family Health

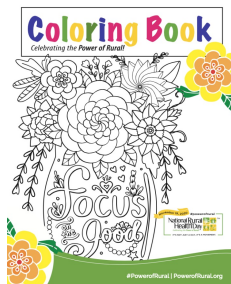


**Teryl Eisinger**  
Chief Executive Officer



**Senator William P. Soules**  
Senator, New Mexico

**For More Information and to Register**



**National Rural Health Day fun for all ages!**

Download the 2020 National Rural Health Day coloring book below.

Share your creations with us on [Facebook!](#)

**Download the 2020 NRHD Coloring Book**



