



Sophia E. Powell Nursing Scholarship

Established in 2022 by J. Robert Powell, the **Sophia E. Powell Nursing Scholarship** was created to honor the exemplary care his aunt received while a patient at UPMC Western Maryland's Comprehensive Inpatient Rehab Unit. Mr. Powell wanted to give back to Sophie's hometown hospital and the many skilled clinicians who helped her reclaim her vibrant health and independent lifestyle at the age of 96!

- * **Offers a \$20,000 award** to the selected applicant over a two-year period – \$10,000 in the fall of 2023 and 2024.
- * Accepts applications until **June 30, 2023**.
- * Must hold a bachelor's degree in nursing (BSN) and be **accepted into an accredited CRNP program**. Frostburg State is a preferred program, but not required.
- * Prefers nurses working for UPMC Western Maryland (but not required).
- * Recipient agrees to work at UPMC Western Maryland for one year for each year of scholarship received, upon graduation.
- * The awardee will be **announced by July 14, 2023**.

For more information about this scholarship, contact **Lisa Hout** in the WMHS Foundation at **240-964-8100** or visit our website address on the back of the brochure.

In support of UPMC Western Maryland, the WMHS Foundation makes a variety of scholarships available to those pursuing a healthcare career. For the 2023-2024 academic year, applications will be **accepted through May 26, 2023**, the Powell scholarship application is due June 30th, and the Kim and Marion Leonard Mindfulness Scholarship is available for application year-round.



Applicants are required to submit one application for each scholarship for which they are applying and are limited to one award from the array of funds. Submissions must include all required attachments and be

postmarked by **May 26, 2023**, unless otherwise noted.

Recipients will be **notified by June 30, 2023**, with the exception of the Powell and Leonard scholarships. Download an application today at www.wmhs.com, by typing '2023 Foundation Scholarship Program' in the search bar.



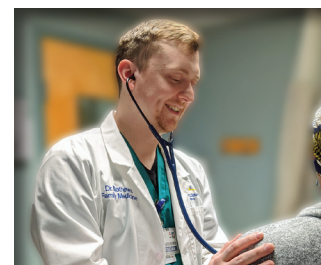
For more information, **contact Amanda Morris at 240-964-8061** or via email at morrisa12@upmc.edu. Mail your scholarship application with enclosures to:

WMHS Foundation

attn: Amanda Morris
P O Box 539
Cumberland, MD 21502

Healthcare Scholarship Opportunities

Academic Year 2023-2024



Coordinated by the



Nursing Excellence Scholarship

- ✳ **Available to UPMC WMD employees (.8 FTE and above) not currently working as an RN or CNA, and who have been accepted into a Registered Nurse program.**
- ✳ Covers tuition, books, uniforms, supplies, and fees.
- ✳ Provides two salaried days per week paid education time, and continues to accrue benefits at employee's usual rate. Paid hours may not exceed 40 per week.
- ✳ Upon graduation, the recipient agrees to work .8 FTE or higher at UPMC Western Maryland for one year for each year of scholarship received.
- ✳ Minimum 3.0 cumulative grade point average (GPA) required for consideration and continuation.

Community Healthcare Scholarship

- ✳ **Available to residents of the UPMC Western Maryland service area pursuing a degree in a healthcare occupation.**
- ✳ Provides up to **\$5,000 annually for a maximum of three years**, based on the costs and length of study associated with the program.
- ✳ Upon graduation, the recipient agrees to work .8 FTE or higher at UPMC Western Maryland for one year for each year of scholarship received.
- ✳ Minimum 3.0 cumulative GPA required for consideration and continuation.

Employee/Family Scholarship

- ✳ **Available to UPMC WMD employees, retirees, and their immediate family members (spouses, children, step-children, grandchildren, and parents) who are currently accepted or enrolled in a healthcare curriculum.**
- ✳ One recipient will receive **up to \$8,000 annually for up to four years**, depending on the costs and length of study associated with the program.

Nancy D. Adams Nursing Leadership Scholarship

Established in honor of Nancy D. Adams, former senior vice president/chief operating officer of UPMC WMD, to develop the next generation of strong, capable nurse leaders.

- ✳ **Available to employees in their junior year of college or above, seeking a BS or higher in Nursing or Business Administration.**
- ✳ The recipient will receive **\$2,000 for one year:** \$1,000 per semester for both fall and spring.
- ✳ Minimum 3.0 cumulative GPA is required and must be maintained to receive payment.
- ✳ Must submit a separate **Nancy D. Adams Nursing Leadership** scholarship application.



Medical Staff Scholarship

Funded by the UPMC Western Maryland Medical Staff.

- ✳ **Available to employees currently working in an ancillary position and seeking a degree to provide direct patient care. The employee must be accepted or enrolled (full- or part-time) in a healthcare curriculum.**
- ✳ Recipients receive an award of **up to \$2,000** (\$1,000 payable in the fall semester and \$1,000 in the spring), based on cost of tuition, fees, and books. Recipients may reapply for additional funding after a one year hiatus.
- ✳ Minimum 3.0 cumulative GPA required for consideration and full/final payment.
- ✳ Must have a good employment record with above average performance appraisals and two consecutive years employment at UPMC Western Maryland.

The Kim & Marion Leonard Mindfulness Health Care Scholarship

- ✳ **Available to UPMC Western Maryland employees for training eligible under the NIH Center for Complementary and Alternative Medicine.**
- ✳ Applications accepted year-round.
- ✳ Preference given to nursing and administrative staff with a demonstrated interest in mindfulness training, including integrative mind-body-spirit wellness, authenticity, self-awareness, self-acceptance, openness, trust, listening or respect.
- ✳ Available for credit or professional development
- ✳ **Must** train with certified instructors and/or complete certified programs. Examples include: certified training in meditation, yoga styles, mindfulness-based stress reduction, deep-breathing, guided imagery, hypnotherapy, progressive relaxation, etc.
- ✳ Must be a resident of Allegany or Garrett Counties in Maryland, Somerset or Bedford Counties in Pennsylvania, or Mineral County, West Virginia.
- ✳ Upon course completion, recipients will take a leadership role in furthering mind-body-spirit wellness skills in others.
- ✳ Dollar amount is flexible.

