

**Sentara Foundation** 1300 Sentara Park, 1st Floor Virginia Beach, VA 23464

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Inside, see how your support makes an impact.

Sentara Foundation – responding to community need



Sentara Foundation team members volunteer with local community partner Operation Blessing.

#### Ways to give

Designate your gift in support of numerous community care programs or give directly to a specific hospital within the Sentara system.

Giving can take many forms, including:

- Outright contributions
- Cash contributions
- Stock and securities
- Real estate
- Life insurance policies
- Your company's matching gift program
- Planned giving
- Bequests in your will

- Gifts in trust
- Retirement plans designation
- Tribute gifts
- Remember a loved one
- Celebrate an achievement
- Honor a friend or caregiver
- · Recognize an event or holiday



### More to explore

Scan to donate now or visit sentara.com/foundation

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### "You should do your best to put good into the world."





#### In this issue:

- The giving gene: Philanthropy through generations
- Sensory-inclusive rooms at Sentara Williamsburg
- Connor Richards Memorial Scholarship

# Dear friends,

Did you know Sentara traces its roots to 1888? Back then, community leaders in Norfolk, Va., pooled together \$5,000 to open the Retreat for the Sick, a hospital dedicated to "care for all people, regardless of their origins or circumstances." With just 25 beds, it was one of fewer than 200 hospitals in the country. Today, this same hospital is known as Sentara Norfolk General Hospital, and it's ranked among the world's top 250 hospitals (World's Best Hospitals 2024 Newsweek Report).



**Above:** An operating room at the Retreat for the Sick in Norfolk, Virginia circa 1910

In 1998, Sentara grew by merging with Tidewater Healthcare. The proceeds from the merger established the Sentara Foundation. Proceeds were invested into a high-yielding interest account, allowing the earned interest to be distributed annually as grants to other nonprofits in our region that are also dedicated to improving the quality of life in our community.

Our origin shows the philanthropic roots at Sentara run deep. I'm excited about this issue of Sentara Cares because it highlights the enduring power of philanthropy across generations. In this issue, you'll read about the generosity of Mark Dreyfus and his son, Sam, as well as Jane Homan and her daughter, Celes Price. Both families have made philanthropy a key part of their legacy.

You'll see photos of the state-of-the-art sensory-inclusive care program offered at Sentara Williamsburg Regional Medical Center. Thanks to a generous legacy gift from the Shepherd family, the hospital became Virginia's first certified sensory-inclusive hospital. You'll also read about Connor Richards, a dedicated Sentara nurse whose life tragically ended too soon. His family created the Connor Richards Memorial Scholarship to support and inspire the next generation of nursing students.

We've also included a list of grants distributed through our Sentara Cares program, aimed at increasing access to care in under-resourced communities. This vision, inspired by our founding community leaders more than 100 years ago, focuses on advancing health equity and addressing social determinants of health in our region. These grants are a testament to our commitment to give back to a community that is moving forward.

Thank you for being a vital part of our history!



Yours in Health.

David Proffitt, MBA Director of Development and Community Engagement



# The giving gene

So many things are passed down through generations family traditions, genetics, recipes, hobbies.

For Jane Homan and her daughter, Celes Price, and Mark Dreyfus and his son, Sam Dreyfus, giving back and helping others is at the core of their family heritage.

Both families have passed down their passions and commitment to bettering the community for the next generation. Jane Homan and Celes Price are passionate about music—and for giving back.

Jane, now a young 96 years old, learned to play the coronet as a young girl, playing along with her best girlfriend who picked up the trumpet. That led Jane to some of the most interesting experiences of her life—including playing in an all-girls orchestra.

Jane handed down her love of music to her daughter, Celes, who

**Cover:** Mark Dreyfus with his son, Sam

**Above:** Jane Homan (right) was honored for completing 25,000 volunteer hours at Sentara Leigh Hospital.

is a musician and educator in the Hampton Roads area. A generation before, Jane's mother, and Celes' grandmother, was also a musician.

Music, and supporting musical endeavors, has created an enduring bond between mother and daughter.

After her husband passed away in 1989, Jane accompanied a friend who invited her to volunteer at Sentara Leigh Hospital in Virginia Beach, Va.



**Above:** Jane Homan celebrating her love for music

**Below:** Daughter Celes Price with her mother, Jane Homan, in 2021



Volunteering came naturally to her. Jane would get up at 3 a.m. on the two mornings she volunteered and arrive so early that she made coffee for the staff. She was known as the "coffee lady."

Jane volunteered in the breast center and in the outpatient surgery center. She took great pride in putting patients at ease before their surgeries.

Reluctantly, at 90 years old, Jane decided to retire as a regular volunteer. At the time of her retirement, she had clocked 25,000 volunteer hours.

But Jane still wanted to do more.

Pairing the family passion for music with Jane's experience as a Sentara volunteer, Jane and Celes recently decided to make a gift to the Sentara Foundation and chose to earmark their gift to the Sentara Music and Medicine Therapy Program. They believe that music, and other alternative therapies, can contribute greatly to one's recovery.

#### "Volunteering and giving back—whether it is your time or money—makes you feel good and just seems like the right thing to do. It makes you feel a part of things," Jane says.

By engaging younger family members in charitable activities and decision-making processes, older generations can pass on their values and nurture a culture of giving that extends beyond individual lifetimes.

For Mark and Sam Dreyfus, making an impact, especially in improving healthcare, is at the core of their giving philosophy.

And, like Jane and Celes, their family tradition of giving back precedes them.

Mark's father and Sam's grandfather, Alfred Dreyfus, taught them the importance of giving. The family set up a foundation for charitable philanthropy many years ago. "It's a part of what we do," Mark says.

When Sam was growing up, his parents instilled those values in him early on. Feeling fortunate in his own life, he wanted to give back. "If you are able to meet your basic needs, you should do your best to put good into the world," Sam says about his philosophy.



Through their family foundation, Mark and Sam have made a contribution to support Sentara's Behavioral Health Partial Hospitalization program. This gift will significantly impact access for patients with behavioral health-related issues.

The Dreyfus family's interest in donating toward a healthcare cause was a natural extension of working in the healthcare space. Their company, ECPI University, educates clinical and health science professionals. The family wanted to give back to make an impact in the world their students inhabit.

Their gift was also prompted by seeing families who struggled to get the care and good outcomes they needed—especially in behavioral health. As Mark says, when it comes to healthcare, philanthropic dollars can always help fill a need.

"The amount you give is not important. The important thing is to do something. A small gift can make a big impact," Mark adds.

"We have seen lives changed for the better by healthcare and Sentara has been a great partner in bettering our community."

Generational philanthropy allows families to create a lasting legacy that reflects their core beliefs and priorities. Each family's philanthropic endeavors are a testament to shared values and aspirations for a better world.

And giving as a family can create an indelible bond between children and their parents—as it has with Jane and Celes and Mark and Sam.

#### Post note:

We are sorry to report, just before the printing of this newsletter, Jane Homan passed away peacefully at home. In her obituary, the family requested, in lieu of flowers, contributions be made to the Sentara Music and Medicine Therapy Program at sentara.com/foundation.



### Legacy gift supports sensory-inclusive care

Responding to community need

While hospitals provide life-saving care, hope and healing—they are also very busy places, bustling with sounds, bright lights and unfamiliar environments that can be challenging for patients with sensory sensitivities. Individuals with autism, PTSD (post-traumatic stress disorder), dementia, anxiety, stroke or other conditions often find the hospital environment overwhelming. In some cases, these sensory issues can interfere with a patient's ability to receive the care they need.

Fortunately, thanks to the generosity of a legacy gift made to the Sentara Foundation by the Shepherd Family, Sentara Williamsburg Regional Medical Center recently became the first certified sensory-inclusive hospital in Virginia.

Resources offered as part of this initiative include two sensory rooms designed to provide a quiet, secure and soothing environment. The hospital also offers sensory bags with noise-canceling headphones, fidget toys and a feeling thermometer patients can borrow. This visual tool helps patients measure how they are doing emotionally. Outside, two bench swings offer an additional haven.

"I've witnessed firsthand patients with sensory needs who were too **Above:** Donna Wilmoth (left) and Amy Lassiter (right) in a sensory inclusive room at Sentara Williamsburg Regional Medical Center

overwhelmed with the hospital experience to allow our care teams to proceed with important medical evaluation and treatment," explains Donna Wilmoth, Sentara Williamsburg Regional Medical Center's chief nursing officer.

"Our goal is not only to make everyone feel welcome here, but also to make them at ease enough to receive the important care they've come to the hospital for."



This important annual certification, awarded by the Alabama-based KultureCity, requires at least half of the hospital's staff members to complete training to help them recognize and respond to patients experiencing sensory overload. According to Uma Srivastava, executive director of KultureCity, one in four individuals has sensory needs.

Since earning the certification, Donna shares the impact becoming sensory-inclusive is already having on patients.



**Above:** Sensory inclusive signage indicates the area is designed for individuals with sensory sensitivities

"Recently, a 5-year-old boy came into the hospital, but he was agitated and refusing to be examined," Donna says. "After learning from the boy's mother that he had autism, staff quickly brought in our mobile sensory station. The swirling fish, bubbles and multicolored lights calmed the little guy right down and made a complete difference in the care we were able to provide."

"His mother later reached out to me and said she was so appreciative and that we gave her a sense her son was welcome and included."

Around the world, KultureCity has certified more than 1,800 locations, including arenas, airports, zoos, restaurants, libraries and approximately 120 medical facilities.



**Above:** Sensory bags with noisecanceling headphones, fidget toys, and a feeling thermometer (a visual tool that helps patients measure how they are doing emotionally) that patients can borrow

"The legacy gift that funded this initiative is having a real and lasting impact on the many patients and families who struggle with sensory sensitivities, but need to receive essential medical care," explains **David Proffitt, Sentara** Foundation's director of development and community engagement. "We are incredibly grateful to the Shepherd family, who made it possible for the team at Sentara Williamsburg Regional Medical Center to pursue this certification and meet this important community need."

To learn more about leaving a legacy gift or to receive a FREE brochure, *Planning for the Future*, please contact us at **foundation@sentara.com** or **757-455-7976**.



## How to leave your legacy

As a donor to the Sentara Foundation, you already know that you are making a major difference in the lives of community members, your neighbors and your loved ones. Charitable contributions to Sentara are providing medications for the needy, advancing innovative treatment options, supporting health equity for everyone, ensuring continued education for nurses, and even keeping our air ambulance, Nightingale, state-of-the-art and ready for the next mission.

Because of you, medical miracles happen every day. But have you thought of making an impact that would last forever?

Gifts through your will or estate can do just that and so much more. Charitable giving through your will or estate lessens the tax burden on your heirs while continuing your generosity after you are no lonaer here.

These are a few of the "smart giving" strategies that can benefit your family and the organizations vou support:

- Name a nonprofit (or several) in your will to receive a set dollar amount.
- Dedicate a percentage of your estate to a charity.
- Leave a residuary bequest. The residuary is what remains of your assets after other distributions are made.
- Designate a charity as a beneficiary of your retirement funds.

Above: Sentara Legacy Society (SLS) members met with Sentara senior leadership at the annual SLS luncheon in fall 2023

Donors who make a gift through their will or other planned gift are welcomed as honored members of the Sentara Legacy Society.

> To receive a FREE brochure, Planning for the Future, or to talk to us about your future planswhether you have already included Sentara in your estate or are just seeking information, please visit sentara.com/foundation or contact us at foundation@sentara.com or 757-455-7976.

### Contributors

The following individuals, corporations or organizations made gifts or pledge commitments to Sentara programs and services in cardiac, cancer, hospice, Nightingale, nursing scholarships and more from July 1, 2023-December 31, 2023.



The ODU Women's Lacrosse Team presented a check to benefit the Burn Trauma Unit at Sentara Norfolk General Hospital.

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Friends of Anne Ferrell Tata (Anne Ferrell Tata, fourth from left) share their donation to support the McLeskey Comprehensive Breast Center (Cheryl McLeskey, fourth from right) at the Sentara Brock Cancer Center

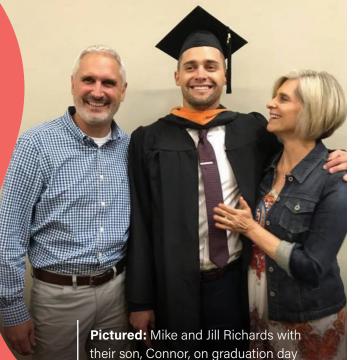
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### **Connor Richards** Memorial Scholarship



their son, Connor, on graduation day

From an early age, Connor Richards was known as a 'thoughtful and tender-hearted, yet rough and tumble' kind of boy, as his mother Jill Richards describes him. After graduating from high school and searching for the right career path, he discovered that the field of nursing could fulfill his love for adventure, science and serving others.



Pictured: Connor Richards with his nephews.

"Once he made that decision, he was all in," Jill explains. "Connor poured himself into his work, thriving as he pursued his bachelor of science in nursing degree. As a mother, it was incredible to see him find his true passion. He loved nursing school and found a way to connect with every patient by seeing himself through their eyes."

Connor graduated from the Sentara College of Health Sciences in 2017 with big dreamsand an incredible heart and passion for nursing. While Connor's life tragically ended in early 2018, his loving parents, Jill and Mike Richards, found a way to keep his memory alive.

Through a collaboration with the Sentara Foundation, the Connor **Richards Memorial Scholarship** was established in 2019 to honor Connor's life and continue his legacy of excellence in nursing, philanthropy and service.

Each year, the Sentara College of Health Sciences scholarship committee selects two nursing

school students (one junior and one senior) to receive scholarship funding through a competitive application process.

"Making a gift to the Sentara Foundation and creating this fund has given us a sense of comfort because in some ways, it's allowing us to fulfill the powerful impact we know Connor would have made on so many patients' lives," Jill explains.

The scholarship committee is able to find nursing students from all walks of life who have the heart and passion Connor had-and to help reduce the financial burden they face in paying for nursing school. "It helps us carry on and keep going to know that we've been able to play a role in encouraging and supporting people like Connor," Jill says.



Above: Connor Richards (in reflective vest) assists with a medical evacuation flight.

To date, nine students have been awarded funding through the Connor Richards Memorial Scholarships. Jill and Mike enjoy getting to know the students during an annual reception, and witnessing firsthand the impact their donation is making on the lives of aspiring nursing students like Lyle Watson and Noah Beethoven.

Lyle Watson, a native of Colonial Beach, Va., is finishing his junior year of nursing school at age 52. After spending 20 years working as a pastor in Costa Rica, Lyle is no stranger to helping others. Pursuing a degree in nursing seemed like a natural progression after moving back to the United States a few years ago. He is incredibly grateful to the Richards family for the scholarship he received earlier this year. "For me, nursing is a second career—and it's a relief that this scholarship will allow me to graduate with less debt as I enter this new phase of my life."

In addition to the scholarship itself, Lyle shares how impactful it has been to meet the Richards family and to learn about Connor. "Getting to know the Richards family has meant a lot to me—and I feel like Connor and I had a lot in common including our faith, love for serving others and mission work."

This summer, Lyle will complete an internship at Sentara Leigh

Hospital where he'll have the opportunity to work in various clinical settings and specialties. He will finish his senior year at the Sentara College of Health Sciences next spring. While he has not fully decided on a clinical specialty, Lyle sees himself focusing on working with elderly patients-possibly in a home health setting.

Much like Connor, Lyle feels like nursing gives meaning and purpose to his life-and that the work he is doing can make a difference in the lives of others.

"To be able to help and support someone while they're going through a difficult time is a true gift and that's what nursing is."

Noah Beethoven is a 25-year-old nurse working in the Emergency Department at Sentara Leigh Hospital in Norfolk, Va. Noah has always been drawn to healthcare and medicine-studying health sciences in undergraduate school and working as both a lifeguard and emergency medical technician (EMT) throughout his higher education years in Hampton Roads.

Last spring, before completing his nursing degree, Noah was awarded a Connor Richards Memorial Scholarship.

"The burden of student loans from nursing school is a lot to manage while balancing a new career," he explains. "Knowing that my total student loan amount is less due to this scholarship has really helped relieve some of my financial stress."

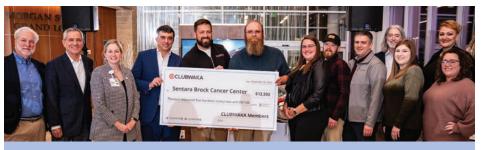
Like Connor, Noah thrives on the fast-paced environment in the emergency department. "It's an exciting place to work, and it allows me to practice critical decision-making skills during some serious moments," he explains. He tries to maintain an empathetic perspective about his work—always remembering that his routine workday is often the worst day in the lives of his patients.



**Above:** Jill and Mike Richards with scholarship recipient Lyle Watson

Noah is incredibly grateful for both the scholarship and the opportunity to meet the Richards family and learn more about Connor. "The **Richards family is carrying on** Connor's legacy in such an impactful way. I really enjoyed meeting them and learning more about who he was-the whole experience has been a blessing."

To donate to the Connor Richards Memorial Scholarship, please visit alumni.sentara.edu/connor



CLUBWAKA members and Sentara leaders gathered to celebrate their charitable gift to the Sentara Brock Cancer Center.

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The Norfolk Airport Police Department presented proceeds from their fundraiser to promote Breast Cancer Awareness at the Sentara Brock Cancer Center.

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Mrs. Celes Price



Ford's Colony Country Club members and friends of the Sentara Foundation, including hospital president Amber Price (fourth from left) enjoyed the Charity Classic Golf Tournament in Williamsburg, with proceeds benefiting Sentara Nightingale Regional Air Ambulance.

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Seaton LISN (RET)

Anne Hospital

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Members of the board and the executive team from the Potomac Health Foundation present a generous grant to support the Community Health and Wellness Fund for the Northern Virginia region through the Sentara Community Cares program. (Hospital president Jeff Joyner is fourth

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### Making an impact with our community health partners

Our mission to improve health every day drives everything we do to keep individuals, families and the communities we serve healthy. Part of this mission involves establishing partnerships that create positive impacts in our communities.

Through the support of Sentara Cares grants and the Sentara Foundation, we provide grant funding to community health partners located throughout Virginia and North Carolina. Sentara Cares awarded more than \$6.5 million in grants and microgrants to 171 partner organizations last year. The Sentara Cares fall 2023 grant cycle is the second and final series of investments for the year, bringing total annual giving to our community to \$12 million.

A few of our grant recipients include:

#### Hampton Roads

- Ability Center of Virginia, Virginia Beach
- Armed Services YMCA of Hampton Roads, Virginia Beach
- BizNet Inc., (doing business as Hearts & Homes), Virginia Beach
- Catholic Charities of Eastern Virginia, Norfolk
- Chesapeake Care, Chesapeake
- · Child & Family Services of Eastern Virginia Inc. (The Up Center), Norfolk

- City of Suffolk, Suffolk
- Connect With a Wish, Virginia Beach
- FACT (Families of Autistic Children of Tidewater), Virginia Beach
- Freekind, Hampton
- Hampton Roads Ecumenical Lodgings and Provisions, Inc., Hampton
- Hampton Roads Workforce Foundation, Norfolk
- Joy Ministries, Virginia Beach
- Lake Taylor Transitional Hospital Foundation, Norfolk
- NAMI (National Alliance on Mental Illness) Coastal Virginia, Virginia Beach
- New Vision Youth Services, Inc., Chesapeake
- Nursing CAP, Inc., Suffolk
- Old Dominion University, Norfolk
- Patient Advocate Foundation,
- Inc., Hampton Portsmouth Redevelopment and Housing Authority, Portsmouth
- Revive Community, Norfolk
- Southeastern Virginia Areawide Model Program, Inc. (doing business as Senior Services of Southeastern
- Virginia), Norfolk
- StandUp for Kids, Virginia Beach Tidewater EMS Council, Chesapeake
- Village Family, Norfolk

#### Virginia Peninsula

- Boys & Girls Clubs of the Virginia Peninsula, Newport News
- Child Development Resources, Williamsburg
- City of Williamsburg, Williamsburg
- Gloucester Mathews Care Clinic, Gloucester
- Habitat for Humanity Peninsula and Greater Williamsburg, Newport News
- Literacy for Life, Williamsburg
- Peninsula Agency on Aging, Newport News
- Peninsula Pastoral Counseling Center, Inc., Newport News
- THRIVE Peninsula, Newport News
- United Way of the Virginia Peninsula, Yorktown
- Virginia Living Museum, Newport News
- What's Next for Success Foundation, Newport News

#### **Central Virginia**

- Better Housing Coalition, Richmond
- Commonwealth Catholic Charities, Richmond
- CrossOver Healthcare Ministry, Richmond
- Daily Planet Health Services, Richmond
- Downtown Churches United, Inc., Petersburg
- River Street Education, Inc., Petersburg

Sentara is partnering with local organizations and faith leaders in our communities to distribute automated external defibrillators (AEDs) and provide life-saving education.

Our latest partnership provided 65 AEDs to faith leaders in Elizabeth City, NC. Partners received training on how to use them, perform CPR and recognize the signs of a stroke. These gifts followed last year's distribution of 100 AEDs to churches in south Hampton Roads.

The units cost \$1,500 each and were paid for by the Sentara Foundation's Heart Fund. For every minute a heart attack victim's heart is stopped, they lose 10% of survivability. If someone suffers a heart attack, an AED can shock a stopped heart back into rhythm while waiting for an ambulance after calling 911.

#### Sacred Heart Center, Richmond

YWCA Richmond, Richmond

#### **Northern Virginia**

- George Mason University Foundation, Inc., Fairfax
- HopeLink Behavioral Health, Oakton
- Literacy Volunteers of America, Prince William County
- Pathway Homes, Inc., Fairfax

#### Southside Virginia

- Halifax County Rescue Squad, Inc., South Boston
- North Halifax Volunteer Fire Department, Nathalie
- Southside Virginia Community College Foundation, Alberta
- Turbeville Volunteer Fire and Rescue, South Boston
- Gateway Homes, Williamsburg Safe House Project, Alexandria



#### Southwest Virginia

Inc., Norton

Burlington

in Virginia

Family Crisis Support Services

#### **Northeast North Carolina**

- Albemarle Area United Way, Elizabeth City
- Albemarle Pregnancy Resource Center, Elizabeth Citv
- Organization to Provide Equal Access to Technology, Inc.,

#### **Statewide Organizations**

- American Diabetes Association, Chesapeake
- American Parkinson Disease
- Association, Virginia Beach
- Federation of Virginia Food Banks, Richmond

- Virginia Health Care Foundation, Richmond
- Young Life, Old Dominion **Region, Newport News**

In addition to the Sentara Cares grants listed above, Sentara awarded \$685,200 in microgrants of \$15,000 or less to 89 community organizations across Virginia and Northeast North Carolina.

Visit SentaraCares.com for additional information about partnership and funding opportunities with Sentara

### Tribute gifts

The following individuals, corporations and organizations made gifts or pledge commitments to Sentara programs and services in honor or in memory of a physician, staff member or loved one from July 1, 2023-December 31, 2023.

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Sentara Legacy Society members Alice and Bill Talbot celebrate Catharina "Ineke" Schaller and her naming gift to support patients and staff at Sentara Williamsburg Regional Medical Center.



The Sentara Foundation accepts a donation from Splash20 to benefit the McLeskey Comprehensive Breast Center.

Mrs. Linda Peterson

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The Sentara Foundation accepts a donation from the Propeller Club of Newport News to help cancer patients in Hampton Roads

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CORE Personal Training and Pilates presented a gift to the Sentara Northern Virginia Medical Center to support the Sentara Cancer Network Resource Center/Cancer Mission Fund.

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We Want To **Connect With You!** Please email us at foundation@ sentara.com to get on our email list and we will keep you up to date on the latest healthcare and philanthropic news.



Sentara Brock Cancer Center **Community Brick Campaign** 

### Celebrate. Remember. Honor.

By purchasing a brick in our healing garden or surrounding area, you can celebrate a survivor, remember a loved one, or honor a caregiver or doctor who supported your journey. Your personal message will make a permanent imprint on the Sentara Brock Cancer Center and the future care of patients in our community.

Replica bricks are crafted with the same personalized message as your installed brick and are shipped to your home or office-perfect for giving the gift of a lasting legacy.

Order by December 31, 2024, to get your brick installed in Spring 2025



### **Tribute to Gil Minor**

On the anniversary of his passing in May 2023, the Sentara Foundation remembered Gil Minor, a treasured friend and supporter of Sentara.

A true community leader in both Richmond and Hampton Roads, Gil was an advocate for healthcare organizations and served on the Virginia Healthcare Foundation Board.

Gil also served on the Sentara Community Advancement Committee. He was a valued member of the Beyond Cancer Community Advisory Cabinet and was responsible for helping the Sentara Foundation raise more than \$15 million to support the programs and services at the Sentara Brock Cancer Center.

With his wife, Charlotte, he sponsored the art relief wall in the Cancer Center Healing Garden. That piece, Wind Dancers, by sculptor David Turner, reflects the message of positive change that swallows symbolize.

Gil will be forever remembered for his service to his community and for the positive change that he achieved.



the cast bronze Wind Dancers

To place your order, please visit BeyondCancerBrick.com or call 1-833-954-2425