

# 2019 SENTARA FOUNDATION - HAMPTON ROADS SPRING NEWSLETTER



Boots McBride (far left) with other nursing students comprised the school's newsletter committee, class of '51.

## A Nurse's Life

Elizabeth 'Boots' McBride remembers the Norfolk General Hospital School of Professional Nursing in the 1940s and early 50s with affection and nostalgia. The former Jenkins Hall building, which housed the nursing school then, is long gone, but the memories are as clear as a modern digital photo.

"It was very strict, very regimented," she recalls, with rules of conduct for the resident women and a curfew and bed check at night. The result, she says, was a class of 24 graduates capped in 1951, prepared for careers in what she considers the best hospital in Virginia, now *Sentara* Norfolk General Hospital.

Continued on pg. 2 \*\*\*

"I've had a wonderful life thanks to my nursing career," says McBride, still spry at 89 years. "I loved every minute of it, to this day."

She loved it so much she agreed to take over the nursing alumni program in 1992. With help from her friend and 60s-era graduate Edith Smith, the association began to thrive. **The Norfolk General Hospital School of Professional Nursing alumni association, with McBride at the helm, has established a scholarship fund for student nurses.** "There was no tuition in my day," McBride says. "We even got a stipend of five dollars a month."

Things are different now, of course. Costs affect everyone advancing their education. **One of the first two recipients of the new alumni scholarship program is Mackenzie Lanthorn of Suffolk.** She is attending the Sentara College of Health Sciences and she's grateful for the boost.

"I love the family I've found at Sentara," Mackenzie says. She currently works as a care partner at Sentara Obici Hospital while closing in on her Bachelor's Degree in Nursing.

**"This was my first choice," she says of the College. "I've met great people and made great friends. The staff are wonderful and the scholarship allows me to focus on success and realize my dream."** She has her eye on pre-operative care or a post-anesthesia care unit (PACU) but the possibilities in modern nursing are endless, and the alumni scholarship program is helping her get there.

Nurses, like Mackenzie, are critical to successful medical care and hospitalization. **Your support of nursing scholarships provides more opportunity for each nurse to pursue their calling. Won't you consider a gift in support of those who, one day, may be at your hospital bedside?** All it takes is a minute to make a difference in the lives of countless people, including you and your loved ones.

*Will you take that minute right now and make your tax-deductible donation? Thank you in advance for your support.*

*Members of the Sentara Legacy Society include the following benefits:*

- Annual event to acknowledge society members and to meet Sentara executive leaders
- Invitation to Sentara Hampton Roads events and classes
- Insider newsletter from our CEO, Howard Kern
- Option to record a personal video message of your life and philanthropy

To find out how you can become a member of the Sentara Legacy Society, contact the Sentara Foundation – Hampton Roads at 757-455-7976 or email us at: [Foundation@Sentara.com](mailto:Foundation@Sentara.com)

*We look forward to saying thanks!*



*Sentara Legacy Society*

Your kindness today  
heals someone tomorrow.



Capping ceremony, class of '51.

# The Malbon Family Legacy

By John Malbon

Lots of people have heard the Malbon family name in Virginia Beach. Our family can be traced back to three brothers who were born in the 1800s: Rodney, Will, and David. My grandfather was David who served as a county supervisor. **The brothers were farmers by trade; they lived and prospered in southern Virginia Beach, then known as Princess Anne County.** From there, our family tree grew through several generations and the Malbon offspring ventured into a dizzying array of industries from artists to BBQ masters, clothiers to petroleum suppliers.

What keeps our family united is our sense of community. My father, Roger, served as the county sheriff, a state highway trooper, the appointed state highway commissioner and an influencer in Democratic local and state politics. So, I learned by example and I'm passionate about helping others succeed. **Whether that means attaining higher education, developing stronger career path opportunities or providing access to the best healthcare, it's important that those who were not as lucky as me are offered a chance.** As a former chairman of the Sentara Board of Directors, I've gained some insight into the tremendous investment needed to provide high-quality healthcare.

I'm most proud of Sentara's expansion of service in areas that are home to the economically disadvantaged. That's giving a community a hand up, not a handout. **When I think about a legacy, I think about those three brothers and what they created for the next generations and the same for me and my kids.** So, each of us has the chance to make things better for others right now and also, beyond our lives.

I suppose our 16th President Abraham Lincoln said it best; "In the end, it's not the years in your life that count. It's the life in your years."

## That's a powerful legacy!

*Please consider impacting the health of your community with a contribution to the Sentara Foundation in support of the programs and services you find most meaningful. A current gift or a gift through your will can make a difference in the lives of your friends, neighbors, and loved ones now and in the future.*

**John & Harriet Malbon**  
*Pictured at their home  
in Va. Beach*

## INSIGHTS

Sentara Volunteer Leaders Speak



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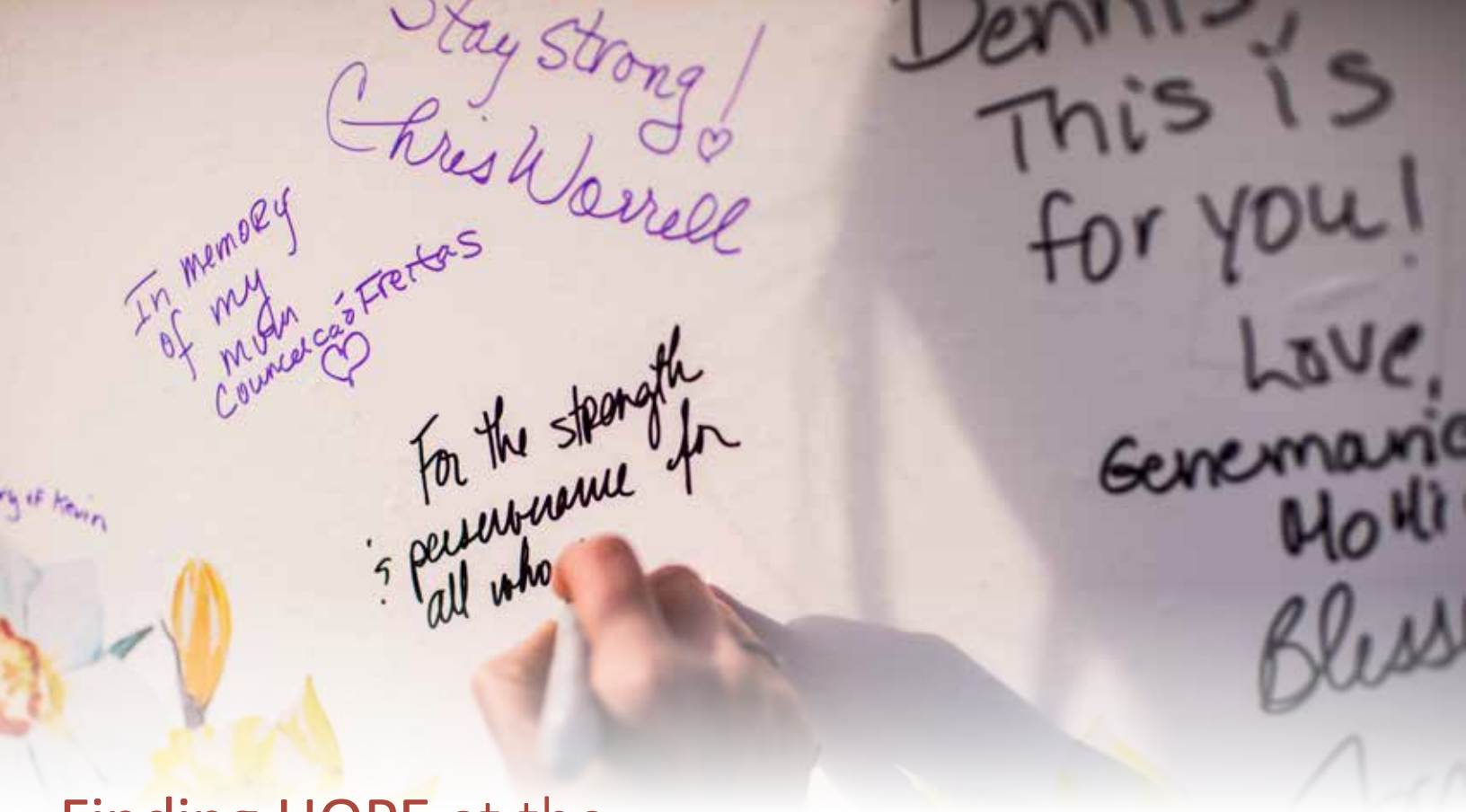
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## Finding HOPE at the Sentara Cancer Center: An Update

"I have never been quite this excited about something I hope I never need," said Sue Frey, an ovarian cancer patient at Sentara who spoke at the Sentara Cancer Center topping out ceremony. "About a month ago I had a CT scan that showed no evidence of disease."

The ceremony was a **chance for community cancer patients and survivors to join together and sign the final beam** before it was put in place at the very top of the new center.

"This building's not just a structure. This building is **about all of the hearts and minds and caring that people provide when they cross the threshold**," said Carolyn Carpenter, President of Sentara Norfolk General Hospital and executive sponsor of the cancer service line.

The \$93.5 million building is projected to be complete in mid-2020. The new center will bring together expert care teams from Sentara Medical Group, Eastern Virginia Medical School (EVMS), Virginia Oncology Associates, and other community physicians to provide compassionate, personalized cancer care.

Construction Superintendent Joe Buckner also spoke at the ceremony. Buckner lost his sister to breast cancer in 2006 and credits her battle with cancer as his personal reason for joining the Sentara Cancer Center project.

Managing cancer requires much more than traditional medical care. **Access to supportive complementary therapies like yoga and meditation, counseling, dietary guidance, and others are key to keeping cancer in check.** These programs, however, are not reimbursed by insurance, and we need your help to provide these essential services. With one in two individuals in this country experiencing cancer and growing, we will all be touched by it in some way. **Would you consider making a generous gift today to the Sentara Cancer Network? With your support, you're making an important difference in the lives of cancer patients.** None of us ever want to hear the word "cancer." But when we do, we can rest assured that the most innovative and comprehensive cancer care is available from a place that's close to home. And it's thanks to caring people like you.

To learn more and see a two-minute video of the ceremony, go to [www.sentara.com/sentara-cancer-center](http://www.sentara.com/sentara-cancer-center)

# The Miracle Patient

What would you think if you woke up tomorrow feeling tired and short of breath? **Maybe you have a cough, and you gained a little weight recently. Would you go to the hospital?** Probably not. What if this lasted a few weeks; a month; three? You might go to your doctor and find out you need to get more sleep and see a pulmonary specialist for your lungs. In fact, this is an all-too-likely scenario which can be life-threatening if it turns out the entire time you were experiencing heart failure.

**Unfortunately, heart failure and other cardiac complications can be very difficult to diagnose. The symptoms often resemble other minor illnesses such as heartburn or a bad cold.** It's very important that patients who are particularly at risk know the signs of heart disease (which can be found at [www.sentara.com/heart](http://www.sentara.com/heart)), but it's also important that the next generation of physicians are trained to quickly recognize these symptoms as potential heart function issues. **For this reason, Sentara Healthcare and Eastern Virginia Medical School (EVMS) have created a joint-initiative to enhance the curriculum for medical residents.** In the past, the residency program has focused solely on practical experience where EVMS residents make rounds with attending Sentara physicians. According to Dr. Thomas Klevan, Sentara Medical Director of Cardiac Services, *"this is a great way to learn, but a more developed syllabus would ensure that these critical topics are covered in the residents' training."*

*Adding a structured plan of study that is managed by a dedicated Sentara cardiologist would help improve overall outcomes in the future."*

Tyler Leinbach is a patient at the Sentara Heart Hospital and a survivor of heart failure. *"They call me the miracle patient,"* he recalls. **Tyler wasn't aware that he was experiencing heart failure until he showed up at the emergency room.** When talking with his cardiologists, he learned that he was not alone. *"When I found out about this new initiative with Sentara and EVMS, I thought it was a perfect fit for me."* Tyler tells his story to friends and family to make sure they are aware of the symptoms of heart failure. Also, **he has decided to make a gift to this Sentara/EVMS cardiovascular training enhancement which will provide essential cardiovascular education to the next generation of doctors.**

It is vital that these physicians - who may end up treating our children and grandchildren - get the best possible instruction in cardiology. Fortunately, Sentara has partnered with EVMS to make sure that Hampton Roads doctors are the best of the best. When it comes to matters of the heart, there is no time like the present to invest in the future of our community. **Won't you consider supporting the Sentara/EVMS cardiovascular curriculum project? Give the gift of heart health through a generous donation today.** Log onto [www.sentara.com/foundation](http://www.sentara.com/foundation) to make a difference in cardiac care now and in the future.



Mr. & Mrs. Tyler Leinbach and their family dogs.

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