

2018 SENTARA FOUNDATION - HAMPTON ROADS SPRING NEWSLETTER



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A New Mode of Cancer Care

By Meril Amdursky

Recently, I read a letter written by an oncology nurse who had been diagnosed with cancer, and because of the experience had gained a completely different view of what it means to be a cancer patient.

This nurse writes how she apologized to all of her former patients because **before this she didn't "get it."** She admits that she didn't get how painful it was to receive the diagnosis. She didn't realize how terrifying it was to wait for biopsy results and

endure multiple scans, tests, and procedures. And mostly, she didn't understand how the disease would change the relationship with friends and coworkers, family and children. She wrote of not having energy to socialize, yet it hurt when she was avoided or felt excluded by friends who just didn't know what to say. The pity, the guilt, the confusion are now her constant companions.



Sentara Cancer Center: Front Lobby; rendering, not actual picture.

At the end of her letter, she shares how this "new reality" never ends. Never. "The world you once knew has changed," and the journey ahead remains difficult. Even once the treatments are complete, **"you are changed in a way that redefines you."** The worrying, the uncertainty, and the imminent fear of recurrence or an awful end never goes away.

Most of us have either experienced cancer ourselves or seen its devastation through the eyes of a loved one. **Wouldn't it be life-changing to find a place that could address all of the facets of cancer treatment?** One place where you go for your doctor, your treatments, your biopsy, and your support group.

Continued on pg. 3 ***

The Value of Saying... *"Thank You!"*

By Robert Fort

Like many of you, I am the very proud grandparent of two remarkable individuals: Audrey, who is almost 13 and Ethan, who is 11. **Recently, my wife and I received a thank you note from each of these two adorable kids.** (Did I mention that I am a very proud grandfather?) Now, I know that these notes came at the insistence of their parents, but I was still delighted by receiving these expressions of appreciation. **It made me think about the value of sharing gratitude with those who have done something nice.** I was struck by the idea that the joy of appreciation is therapeutic to both sides of the equation – the giver and the recipient.

As Chair of the Sentara Foundation – Hampton Roads, I am focused on how we can say “thank you” in meaningful ways to our donors, which, by the way, includes me. **The Foundation recently received a most incredible estate gift from a long-time Virginia Beach resident, Frances Kelley. Unfortunately, we never got a chance to thank her.** It’s a real shame because her donation is going to impact so many Virginia Beach patients who are in need of critical care services. Her gift is being used to advance the medical capabilities at Sentara Virginia Beach General Hospital to include a brand new, state-of-the-art, Intensive Care Unit.

If Frances were alive today, I would urge her to join our new Sentara Legacy Society. **The Sentara Foundation has found a way to say “thank you” before it’s too late.** If you are interested or have made plans in your will to continue supporting Sentara programs beyond your lifetime, I extend my personal invitation to you. Don’t wait. No matter the size of the gift, your commitment to the future of healthcare in Hampton Roads is meaningful and appreciated.

We are proud to introduce this opportunity of fellowship and to recognize your generosity.



INSIGHTS

Sentara Volunteer Leaders Speak

Benefits of the Sentara Legacy Society include:

- 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, contact the Sentara Foundation – Hampton Roads at **757-455-7976** or email us at **Foundation@Sentara.com**.

We look forward to saying thanks!



Sentara Legacy Society

Your kindness today
heals someone tomorrow.

A place where you are part of a community and not an **outsider**. This is the goal of a new approach to cancer care, and now is the time to meet the needs of those of us living with cancer. **Construction has begun on the new center for a projected 2020 completion.**

At Sentara, we've asked patients and caregivers what they want to see in this new center dedicated to cancer diagnosis, treatment, research, education, and support. For clinicians, the new building will allow them to work closely with other specialists leading to new insights into the best approaches for individualized care for a particular diagnosis.

For patients, this comprehensive center will offer:

- Faster diagnostics results, sometimes same day
- Multi-specialty physician consultation
- Navigation and coordination of related appointments
- Access to participation in national and local clinical trials (e.g. drugs, treatments, etc.)
- Financial counseling onsite
- Support group meeting space
- Caregiver counseling
- Retail shops to include specialty garments, wigs, beauty supplies, mastectomy tattoo services
- Zen garden for meditation and contemplation
- Assistive therapies to include massage, art therapy, yoga

Across the nation, people are surviving and living with cancer. **Having the services that you need to live fully with cancer means a new approach to cancer care.** Convenience, coordination, and compassion are defining our new center. Soft lighting and natural sunlight along with quiet rooms and access to healing music streaming will be central to an inviting and comfortable environment for patients and their caregivers.

As a donor and friend of Sentara, we are grateful for your support and pleased to provide you with this **insider information**. We, at Sentara, "get it" and are working to change your experience of cancer care, right here in Hampton Roads.



Robin, Sentara cancer patient

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The following individuals, corporations, civic groups and organizations made gifts or pledge commitments to the Sentara Foundation – Hampton Roads of \$100 or more from July 1, 2017 - December 31, 2017.

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CAMP LIGHTHOUSE: *a beacon of hope*

By Dale Gauding

The personal stories at Camp Lighthouse can tug at your heart. The kids who participate have lost a loved one in the past two years. For some, they have lost a parent to an accident, a health crisis, or even war. For others, it's a grandparent they adored or a brother or sister. They gather on the Saturday morning as strangers but their unspoken bond, through the mutual experience of loss, offers a starting point to healing.

Since its beginning in 2007, Camp Lighthouse, a grief support camp for children run by Sentara Hospice, has been a beacon of hope for hundreds. The weekend day-camp provides a safe space to meet other children who have also lost a loved one.

More than 100 chaplains, social workers, nurses and other Sentara staff volunteer with Camp Lighthouse each time it is held — usually twice a year in the spring and fall and covering both south Hampton Roads and the Peninsula at different camp venues in each geographic region.

Children attending Camp Lighthouse enjoy two days of guided activities including team-building exercises, rock climbing, crafts, and horseback riding. A service of remembrance at the close of the weekend helps kids move ahead

when they get back home. Parents and guardians are also encouraged to participate, and there are group sessions held for the adults to find fellowship with others.

“Camp Lighthouse provides a safe place to open up,” says Meril Amdursky, director of the Sentara Foundation – Hampton Roads, which supports Camp Lighthouse.

Campers' ages range between kindergarten and high school. Referrals are accepted through Sentara Hospice, churches, schools, counselors, therapists, or family members.

There is a fee for each child to help cover food and programming costs, but for some families, even a small amount is a fiscal challenge. For that reason, scholarships are available, and that's where donors to the Sentara Foundation – Hampton Roads can help. Your gift of \$100 can sponsor five campers who would otherwise be unable to attend.

Please help a child through the grieving process by sending a contribution via check or visiting www.sentara.com/CampLighthouse. Let your generosity provide comfort for those in mourning.





Do you believe in angels?

By Meril Amdursky

Conjuring images of little cherubs with wings may not ring true to your sensibility but to John Moller, angels definitely saved his life on February 24, 2017.

John woke up that day with some serious heartburn. As a certified CPR instructor, John knew the signs of a heart attack, but he was sure that he was not in cardiac arrest. As it worsened, he started doubting his initial “diagnosis.” He called his wife, Karla, and she immediately got him in the truck and headed to the ER at Sentara Princess Anne Hospital.

When John got to the hospital, he received the bad news: he was having a heart attack at that very instant. The next words he heard were “The Nightingale is on its way.”

Terrified, John began tearful goodbyes to his family expecting the worst. At that point, the flight paramedic, Carroll, showed up in the doorway and said to John,

“I’m with the Nightingale team. Everything is going to be okay.” John felt a sense of relief that he had never felt before and now refers to Carroll as “Angel #1.”

Once up in the air, John craned his neck so he could see out the window. “I just needed to make the most of what I thought were my last moments. I thought I was going to die.”

John’s catheterization procedure was performed by his “Angel #2,” cardiologist Dr. Edward Miller. Dr. Miller found that John’s artery was 98.9% blocked, causing the cardiac event. **After having a stent implanted, John’s doctors had a very stern conversation with him about his lifestyle. They told him that if he went back to his old life habits, he would be seeing them again soon - very soon.** He knew that he needed to make some serious changes. Since then, his family has rallied to help him and it shows. John has a new lease on life.

John was already familiar with the Nightingale. He contributed to the new Nightingale campaign in 2011 because he thought someone might be saved by this program. Just like you, he never imagined that it would be him. Angels come in many forms; emergency medical technicians (EMTs), doctors, nurses, supportive family members, and helicopter pilots. Maybe angels do have wings...or maybe they reach their destination on the Nightingale!

Like John, you can be an angel that keeps the Nightingale Air Ambulance in flight.

Please consider a charitable gift that will save minutes and lives; donate now by check or online at www.sentara.com/Foundation.

H.O.P.E. for the Holidays

During the holiday season,
Sentara leaders celebrate and
honor their staff and co-workers
by making donations to the
H.O.P.E. Fund; which helps our
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Thank you for your gift of H.O.P.E.!

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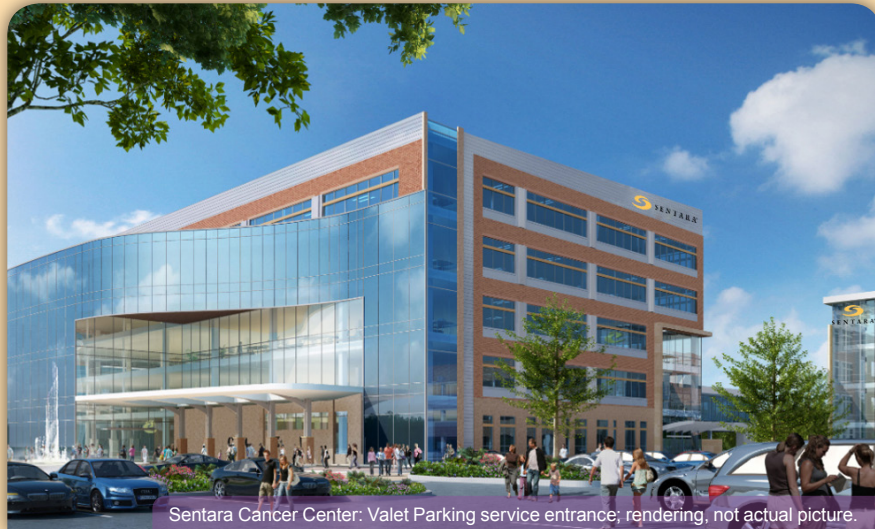
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