



2017 SENTARA FOUNDATION—HAMPTON ROADS

# AUTUMN

## NEWSLETTER

My friend Gale created a special place at the Sentara Hospice House. When I first met Gale over 10 years ago, she was grieving from the loss of her beloved husband, Jim. It had been over a year since his death from cancer, but to Gale, it was yesterday. She shared with me that during the horrible time when Jim became bedridden, and she maintained round-the-clock care, it was the hospice program that began to help her heal. It was the hospice nurse that asked her, "How are you managing? Outside of Jim, how are you feeling?" That was the point that she broke into tears and realized that she needed to begin to accept what her life would be without Jim.

She struggled with that realization, and when Jim passed, she was plunged into a depth of sadness from which she would never fully recover.



Gale Hargroves with her therapy dogs (pictured outside Sentara Hospice House)

Photo by Melanie Wasko

Gale had two golden retrievers, Keeley and Tegan, who were much more than pets to her. They were incredibly well-mannered and trained as therapy dogs. These companions were like her children

and would become her lifelines during a time when she felt completely alone. It was just recently that we met, Zuri, her newest puppy after she lost Tegan earlier this year.

When I approached Gale to serve on a task force to upgrade our new hospice house through philanthropy, she was all in. With a small group of committed volunteers, Gale helped us raise over \$600,000 so that we were able to add a beautiful garden, a chapel, upgraded furnishings, and many more enhancements to the facility. It was made into a home-away-from-home for hospice patients and their families during such a difficult journey.

Gale, herself, contributed to the project and named a room in loving memory of her dear Jim. She often shared that she would like to be in this special place when it was her time to pass.

continued on pg. 2

*a special place*

by Meril Amdursky





*continued from cover*

Gale began to volunteer her time and bring her dogs to the hospice house every Wednesday. She worked closely with Chaplain Kim to visit the patients and families there. **She shared with me that the weekly act of bringing comfort to those in pain was helping her heal.** I've heard it said that "those who refresh others, will be refreshed." Gale was beginning to live again.

**It was last week that I received a call that Gale had fallen from her bicycle with her dogs in tow.** She had broken her ankle and hit her head, but had driven herself to the doctor and was evaluated in the emergency room. Tests were done, and while it was suggested to stay overnight for observation, she wanted to get back home to be with her dogs and a visiting friend. Only a few hours later, Gale told her friend that she did not feel well and to call the rescue squad. She slipped into a coma and was put on a ventilator at the hospital. She suffered a major hemorrhage in her brain and over the course of several days, showed no sign of brain activity. It became clear that Gale would not survive.

**With her son and daughter-in-law's agreement, we worked with Sentara Hospice, the hospital, and the medical transport to carefully move Gale to her room at the hospice house.** Maintaining her assisted breathing through the move was quite risky, but with a skilled transport team she made it safely. Gale's family gathered around her in the room, including her beloved dogs. They spent the night sharing tears, memories, and prayers together with Chaplain Kim. Truly, the Sentara Hospice House had become Gale's home-away-from-home.

**Gale passed away in Jim's named room on Friday, August 4, 2017.** For all of us who knew Gale, our lives will never be the same. She brought joy and comfort, healing and friendship to all those she met along the way. She was generous with her time and with her entire being. Gale was a dear friend to me, and I will miss her terribly. **She gave of her heart and now will always live in mine, my own special place.**

As a tribute, **the Gale Hargroves Memorial Fund for the Sentara Hospice House has been established to continue Gale's commitment to patients and families** during this difficult journey. Our own Sentara Foundation Chair, Joan Brock, made the very first gift and we invite you to join us in supporting Gale's legacy of love. 



Photo by Melanie Wasko



# How will we be remembered?

By Joan Brock

The age old question of **how we leave the world a better place** is one that is near and dear to me. As the Chair of the Sentara Foundation and committed donor to Sentara, I often think about my own efforts to make a difference. I am passionate about education, environment, healthcare, and Hampton Roads. I grew up here, and it is because of this community that I have led a life of great joy. For me, it's important to leave a positive mark on society. **So, the question is: how will we be remembered?**

In life, most of us at some time require some kind of assistance, whether it's physical, financial or spiritual. Perhaps your local church congregation or food bank supplied meals during a tough time.

Maybe you were given a scholarship that made the dream of college possible. You or a loved one may have been shown especially compassionate care in the hospital during an illness or injury. During life's challenges, we are often reminded that more must be done to continue positive, humane acts of kindness, and to sustain programs to enrich our lives. **How often have any of us wished more funding were available for medical research, for domestic abuse shelters, or a treasured arts or music program?** Charitable organizations, like Sentara, rely on people like you and me to continue their work.

By making bequests and other "planned gifts," you can continue to help these institutions that are making an important difference in your community.

**What better way to thank the people and nonprofits that have had an impact on your life, than to make a contribution from your estate through a bequest?** Gifts large and small are important. Charitable giving is not only for the wealthy, but for all who have benefited from the generosity of the many who gave before us.

As you may have already read, our friend Gale Hargroves was taken from us too soon. **In her memory, we are initiating the Gale Hargroves Memorial Fund for the Sentara Hospice House to continue her legacy of compassionate hospice care.**

I am proud to make the first donation to the fund and hope that others will join me as we remember the acts of kindness that made Gale a person we will never forget.

**Joan Brock**  
Chair of the Sentara Foundation  
and committed donor

**INSIGHTS**  
Sentara Volunteer Leaders Speak

Photo by Ryan Livingston

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# IT TAKES A VILLAGE

By Ryan Livingston

It takes a village to raise a **Cardiology and Heart Surgery program into the top 50 in the nation for 17 years running**. When I say, “It takes a village,” what I really mean is that it takes a team, strong leadership, and a community of supporters like you.

It’s difficult to understand the impact of the Sentara Heart Hospital without taking a look back to the beginning. **Who better to help us understand than two of the doctors who were at the vanguard of heart surgery both in our region**, as well as in the nation, Dr. Crile Crisler and Dr. George Grinnan. We sat down with them to hear their story of teamwork and innovation.

Dr. Crile Crisler studied at Johns Hopkins from 1962-1969, learning open heart surgery under the guidance of renowned cardiologist Dr. Henry Bahnson. At the time, all open heart surgery was high risk, and heart catheterization to show the blockages that cause heart attacks, as well as bypass surgery to correct those blockages, had only become available in the late 1960’s. **Prior to that time, when someone had a heart attack there was little that could be done. Open heart surgery had the potential to save thousands of lives.** However, there was a major problem: *not many people knew how to perform the procedure and few knew how to assist.*

Dr. Crisler had hurdles to overcome to begin building a robust heart program. He reached out to then Sentara CEO, Glenn Mitchell, who agreed to provide funding for the operating room, the equipment and the associated training needed to be successful. **Dr. Crisler was joined first by Dr. Robert Brickman, then by local cardiac surgeon Dr. George Grinnan, but they still needed nurses and anesthesiologists with specialized skills.** Fortunately, Norfolk General Chief Nursing Officer, Ms. Shirley Wharton, RN, helped develop the Cardiac Nursing team and Dr. Harry Jeroy, refined anesthesiology techniques for open-heart surgery.

Throughout the years, **they built the Heart Surgery program at Norfolk General into one of the best in the nation**. Dr. Grinnan remembers going to Cardio/Vascular conferences and thinking, “I was so proud, because our efforts at Sentara Norfolk General were exceeding what others across the country were doing.” Dr. Crisler maintains that it couldn’t have been done without the dedication of the entire staff including Glenn Mitchell, Shirley Wharton, RN, Dr. Harry Jeroy, Dr. Grey Johnston, Dr. Vince Machaj, Dr. A. A. Douglas Moore, Dr. Jack Taylor, Dr. Alan Bartel, Dr. Carl Hartman, and the list goes on. Dr. Grinnan was sure to interject, “None of it would have happened without Crile’s leadership.”

In just twenty years, Hampton Roads went from having no Cardiology and Heart Surgery program to one of the best in the nation, and now, one of the top 50 heart programs nationwide for its 17th consecutive year. **Yes, it does take a “village” of committed clinicians along with superb leaders, like Drs. Crisler and Grinnan, to continue the journey to excellence and beyond.** Won’t you consider supporting this effort with a donation to the Sentara Heart fund today?



Dr. George Grinnan  
Retired Cardiothoracic Surgeon

Dr. Crile Crisler  
Retired Cardiothoracic Surgeon



SENTARA HEART®

Photo by Ryan Livingston





2017

# National Cancer Survivor's Day

**Who do you know that has beat cancer?** If you're like me, you know quite a few. Their stories are inspiring and meaningful in redefining cancer as a treatable disease. **On the first Sunday in June each year, National Cancer Survivors Day is celebrated across the globe.** Events honoring those who have been touched by a cancer diagnosis fulfill the promise of victory, courage, and compassion in each of us. Parades, comedy shows, cook-offs, and contests, provide the chance to recognize, remember, and renewal for cancer survivors and their families. **And now the fun part... Sharing photos and stories.**

This year, Sentara joined the charge and created a rich and vibrant photo album highlighting the stories and celebrating the fellowship that cancer survivors posted on Facebook. **Over 140 people shared their experiences and pictures of loved ones battling and beating the disease.** Each one has a touching tale to tell.

**There's Nate**, celebrating his 5th anniversary of being diagnosed with acute myeloid leukemia (AML). Since his diagnosis and now in remission, he has made it his goal to enjoy life to the fullest. He relishes every sandwich he eats. He has hugged Mickey Mouse at Disney World, sang on stage in Mexico with his favorite band, swam with sharks in Australia, and embarked on several father-daughter road trips.

**Meet Falon**, a student at the College of William and Mary who beat leukemia twice, once at age 10 and again at age 16. She is studying psychology and aspires to work with children facing life-threatening diseases.

They are fathers, mothers, daughters, and sons. They are husbands, wives, grandparents, and siblings. **So, for all of those who survived, those who didn't, and those who love them, we say thank you.** You are the reason we remember that cancer will never define you!

*Donors to the Sentara Cancer Mission funds further our efforts to advance cancer treatments and care for patients with specialized needs.*

**Please consider supporting us with a donation today.**



# Celebrating 35 years!

## Happy Anniversary Nightingale!

This year marks 35 years that Nightingale has extended critical service to our communities in Hampton Roads, the Eastern Shore and Northeastern North Carolina. The region's access to immediate emergent care for the critically ill and injured remains intact due, in part, to your generosity. Many of you supported this life saving program and because of YOU, **thousands of lives have been saved by the Nightingale Air Ambulance program at Sentara.** Your commitment to support this service has made a profound difference in the lives of those who needed you.

With your help, the Nightingale helicopter was replaced in 2011. Since then, Sentara has implemented additional technological advances that bring state-of-the-art safety, navigation, and communication capabilities to the program. Even with all of these tools, **it is the program's team**

**members that makes Nightingale so successful.** Many of them have served the community in their roles for over 10, sometimes 20 years. They are physicians, pilots, mechanics, air communications experts, flight nurses, flight paramedics and program facilitators that work hand in hand with their Emergency Medical Services partners on the ground. This year marks the 35 year anniversary of the Nightingale's maiden voyage in 1982. It is cause to celebrate the **tens of thousands of patients saved during this time as well as the accomplishment of over 18,000 missions.**

If you so choose, you can continue to help **save minutes and lives every day with a donation to Nightingale.** For your convenience, please find an enclosed postage paid envelope or log onto [www.sentara.com/foundation](http://www.sentara.com/foundation) and click "Donate Now."

Nightingale's amazing team of caring professionals:

### Flight Paramedics:

Carroll, Chet, Eric, James, Jeremy, Joe G, Larry, John T, Scott M, and Tim

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Inside: Find out how...

*Your help changes lives!*

*This newsletter is dedicated in memory to our dear friend, Gale Hargroves.*

## SENTARA FOUNDATION – HAMPTON ROADS

*Responding to community need.*



(L-R): Janet, Bob, Ryan, Laurel, David, and Meril

Photo by Ryan Livingston

**Meril Amdursky**, Executive Director  
**Ryan Livingston**, Foundation Application Systems Analyst  
**David Proffitt**, Senior Development Consultant  
**Bob Garris**, Senior Development Consultant  
**Laurel Brown**, Foundation Specialist  
**Janet Johnson**, Foundation Assistant  
**Rob Broermann** (not pictured), CFO of Sentara Healthcare

### Sentara Foundation – Hampton Roads

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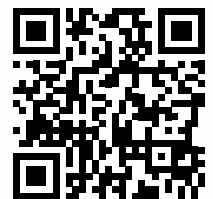
## WAYS TO GIVE

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

- 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 Plan Designation
- Tribute Gifts
- Remember A Loved One
- Celebrate An Achievement
- Honor A Friend or Caregiver
- Recognize An Event or Holiday

To explore an inside look into some of our patients' lives, visit [www.sentara.com/foundation](http://www.sentara.com/foundation) or scan this QR code.

Hear from our patients personally how **YOU** have helped **change their lives!**



Sentara Foundation – Hampton Roads is a division of Sentara Healthcare, a 501(c)3 charitable entity.

All gifts to Sentara are tax-deductible to the full extent of the law.

To be removed from future mailings, please call the Sentara Healthcare Privacy Contact Line at (800) 981-6667 or email us at foundation@sentara.com.