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Sentara Cares



“They treated me
 like family.”

Sydney Jordan's Nightingale Story

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 The Sentara Brand Evolution



Dear friends,

Happy New Year! Welcome to the winter edition of the Sentara Foundation publication. We are thrilled to share exciting updates with you as we embark on this new year.

In this issue, you will find an inspiring update on our Sentara Nightingale Regional Air Ambulance and Sydney Jordan's life-changing experience during a critical accident. Thanks to the Nightingale team, Sydney is now delighting in being a new parent to her baby daughter. **We are pleased to announce that we have reached 95% of our \$1 million goal to equip Nightingale with an updated GPS navigation system. Your generous support - of any size - is steering the future of this vital program in our region.**

Discover the details of our recent enchanting Evening of Art and Music at the Sentara Brock Cancer Center. As a state-of-the-art cancer center, our mission is to provide a sanctuary for hope and healing, supporting the mind, body and soul of the nearly 900 patients we serve daily. Thanks to the community, we have established an art and music program that contributes to the holistic healing of our patients.

This edition also features the compelling story of the Shepherd family and their legacy gift, a benevolent gesture to "pay it forward" to the Hampton Roads community. Their estate gift exemplifies a high standard of philanthropy and will continue to benefit our community long after our lifetime.

Exciting news - we have a new location! Our corporate headquarters has moved to 1300 Sentara Park in Virginia Beach, Va. If you're in the area, please stop by and say hello. We would love to see you.

We extend our heartfelt gratitude for your unwavering support of our mission to improve health every day.

Lastly, you may notice the fresh new look in this edition. Inside, you can read about our brand evolution, reflecting a broader shift in our industry toward promoting overall health, prevention and lifelong wellness. This evolution is centered around our enhanced focus on promoting the well-being of our consumers, patients, members and communities.

We hope you enjoy our new look! If you do, please let us know at foundation@sentara.com.



In good health,

Anna James

Anna James
Senior Vice President



Sentara treated me like family

- Sydney Jordan's Nightingale Story

At age 28, Sydney Jordan was a self-proclaimed adventure-seeker and "adrenaline junkie." Whether bungee jumping, diving with Great White sharks or working as a yacht captain, Sydney was always in search of her next adventure. In the fall of 2021, just before setting sail on another yachting job, she spent the weekend visiting with friends and family back home in Virginia. November 14 is a day Sydney will

never forget, a day when her love for adventure took a dangerous turn. **A dirt bike accident led to the ride of a lifetime — a helicopter transport on the Sentara Nightingale Regional Air Ambulance. This ride would save her leg and the life she knew.**

From the accident site in Pungo, Va., Sydney was initially transported to

Above: Sydney Jordan (center) reunited with her Nightingale care team — Flight Nurse Lynn Manning and Paramedic Chet Flemming

Sentara Princess Anne Hospital in Virginia Beach. She remembers thinking she'd just suffered a bad break — which was confirmed by a CT scan that showed a fracture in both her tibia and fibula. But, shortly after having her leg reset, she was awaiting surgery when a member of her Sentara care team noticed Sydney had no pulse in her foot. From there, things unfolded quickly.

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“The love & care I felt from everyone was so overwhelming... everyone at Sentara treated me like a friend or family — not like just another patient.”

Sydney delights in being a new mother

“They told me I’d need to be transferred to Sentara Norfolk General Hospital,” Sydney recalls.

“I assumed I’d be taken in an ambulance, but I quickly realized the urgency of the situation when they told me I’d be transported by helicopter. I was scared to death, but the Nightingale team comforted me the entire way.”

When Sydney arrived at Sentara Norfolk General Hospital, she was greeted by a team of clinicians and renowned vascular surgeon Jean Panneton, MD. As a result of her injuries, Sydney had developed acute compartment syndrome, a painful condition that occurs when pressure in the muscles builds up — causing decreased blood flow that can lead to amputation if not treated quickly enough. **“Before I went under anesthesia, I remember meeting Dr. Panneton. I was reassured by his calm confidence. When he told me I was in good hands and that he’d do everything possible to save my leg, I believed him.”**

Sydney then underwent a successful and highly complex vascular surgery that saved her leg — thanks in part to the speed of transport offered by Nightingale. During the two weeks that followed, Sydney would undergo three more surgeries and began the long

road to recovery. When she was discharged on Nov. 26, Sydney was in a wheelchair and couldn’t do much for herself. She moved in with her parents for the much-needed help that would get her through the next several months of therapy.

Sydney says the incredible care and support she received from friends, family and her Sentara care team allowed her to maintain a good attitude. **“The love and care I felt from everyone was so overwhelming. When I think about all the nurses and doctors who were there for me during my hospital stay and the physical therapist who helped me get back on my feet, I just start to tear up. Throughout the entire experience, I never felt alone, and everyone at Sentara treated me like a friend or family — not like just another patient.”**

Nearly two years later, Sydney is walking normally, doing yoga and living life to the fullest — and she believes the whole experience led her to where she is today. Her latest adventure is being a new parent along with her partner, Zach. “Building this family and enjoying a quieter, slower pace of life is all the excitement we need right now — and we’re having a blast with it.”

Sydney is incredibly grateful for the lifesaving care she received from Sentara, particularly from the trauma, vascular, orthopedic, nursing and physical therapy teams that supported her. She says the Nightingale helicopter ride made it all possible.

“I know I wouldn’t be where I am today physically if it weren’t for Nightingale — I was in a true make-or-break situation, and my positive outcome makes me so thankful for this important service and the generous donors who make it possible.”

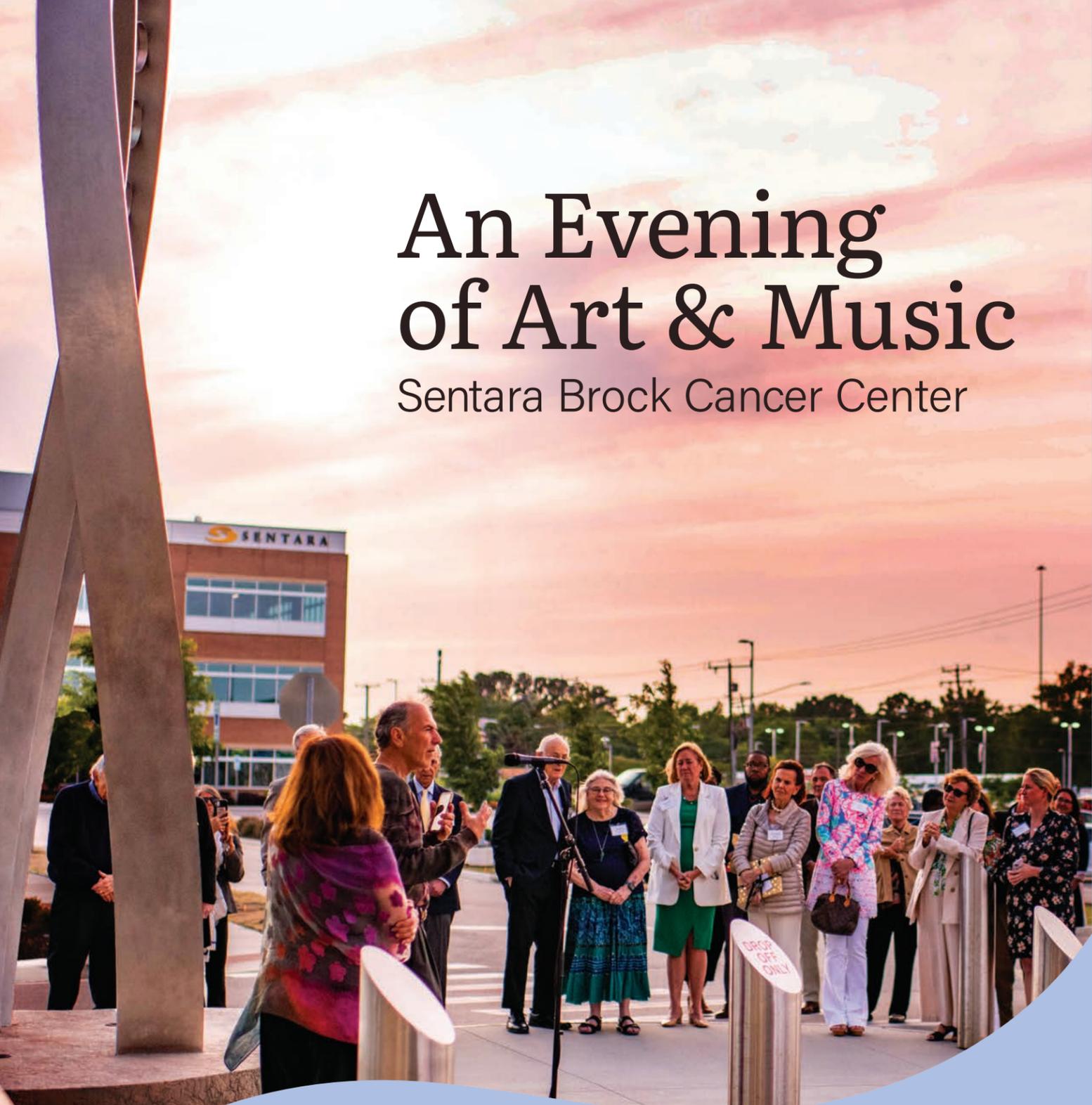
Nightingale provides life-saving transport for every critically ill and injured patient who needs it regardless of their ability to pay. While the air ambulance service has been in operation for 40 years, Sentara is continually investing in the most advanced equipment and technology to keep Nightingale running as quickly and safely as possible.

The Sentara Foundation is working to raise \$1 million to equip Nightingale with an updated, state-of-the-art GPS navigation system that allows for faster response times. We’re nearly 95% to our goal with nearly \$950,000 raised so far.

For patients like Sydney, every minute matters when it comes to receiving trauma care. To make a lasting impact, consider making your gift today at SentaraNightingale.com.

An Evening of Art & Music

Sentara Brock Cancer Center



Pictured: Artists Jeffrey Reed and Jennifer Madden address the crowd gathered for the unveiling of the signature sculpture “Gratitude” (shown in photo on right)

When early concepts for the Sentara Brock Cancer Center were designed, the vision was for the center to encompass not only state-of-the-art medical care but also to include an aesthetic that would lift patients’ spirits and give them a sense of peace and calm.

In the three years since the cancer center has been open, art and cultural elements have been continually added to the facility, fulfilling the promise to provide a haven for healing for patients and families traveling through the cancer journey.

Art possesses a unique ability to inspire and uplift the human spirit. For individuals facing challenging health circumstances, engaging with art can provide a renewed sense of purpose and meaning. Creating or experiencing art has also been linked to improved immune function and better treatment outcomes.

Art has emerged as a powerful tool for promoting healing and wellness, addressing the intricate connections between the mind, body and soul.

On the third anniversary of the cancer center’s opening, community members gathered to celebrate the artists who have created artwork for the facility and to honor the many donors who have made the art and music programs possible.

Speaking at the event, Dennis Matheis, president and CEO of Sentara Health, thanked the dozens of artists who created pieces for the Sentara Brock Cancer Center and the donors who supported their work, recognizing their “key role in making the cancer center a welcoming, nurturing and art-filled space — where daily we practice the ‘Art of Healing.’”

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Celebrating an evening of art & music with donors and friends

Photo credit: Stellar Exposures





Dennis Matheis,
president and CEO
of Sentara Health

Beyond the soothing art that is found at the cancer center, is the significant impact it has had on the Hampton Roads region. Matheis reported that in the past year, the Sentara Brock Cancer Center has served nearly 900 patients a day and coordinated over 1,900 outreach events. In addition, 540 patients have participated in research studies at the cancer center.

The evening culminated in unveiling the new signature sculpture, "Gratitude." This beautiful new piece, which greets guests as they arrive, represents the true spirit of gratitude. Artists Jennifer Madden and Jeffrey Reed explained their inspiration for the sculpture. **Whether someone sees the image of a ribbon, a leaf or praying hands their intention was to create a piece that represents harmony, hope and healing.**

"Gratitude" was made possible through a partnership between Sentara and the city of Norfolk's public art commission, which has been responsible for installing more than 100 pieces of artwork throughout the city. Donors Suzanne and Vince Mastraccco, Jody Mattison and Jordan Asher also contributed.

The evening culminated in the unveiling of the new signature sculpture, "Gratitude." This beautiful new piece, which greets guests as they arrive, represents the true spirit of gratitude.

The Sentara Brock Cancer Center Art Committee, along with resident artist administrator, Staci Katsias, curated the process of creating the call for artists for the sculpture — interviewing and selecting the final candidates. The art committee has also been responsible for identifying and commissioning other works in the cancer center, including the mural on the parking garage wall, "Cindy's Quilt," sculptures in the Healing Garden, "Stargazer" and "Wind Dancers," as well as the rotating art exhibit.

We encourage you to visit the Sentara Brock Cancer Center and take a tour of the art that can be found there. Please visit anytime Monday-Friday 10 a.m. – 4 p.m.

Sentara Brock Cancer Center Art Committee



"Untitled" by Mary Jane Willis

The Sentara Brock Cancer Center (SBCC) is fortunate to have an art committee comprised of dedicated volunteers who jury and commission the art that enlivens the halls and grounds of our cancer center. The committee is composed of philanthropists, curators, art dealers, interior designers and city officials, all passionate about enriching the lives of our community. Thank you for your continued support and enthusiasm for uplifting and energizing all the patients and their families we serve at the cancer center.

Our appreciation to the SBCC Art Committee:

Alison Byrne
Carrie Coleman
Suzanne Kern
Suzanne Mastraccco
Chelsea Pierce
Karen Rudd
Meredith Rutter
Julie Thomas

Sentara Staff:

Katie Hinkle
Staci Katsias
David Proffitt
Arkeisha Smith
Meredith Strand
Virginia Thumm

Inaugural Beyond Cancer event supports cancer survivors

More than 200 registrants, 10 speakers, 17 vendors and 20 volunteers filled the Westin Virginia Beach Town Center on Saturday, June 24, during



Dr. Alberico with Chris Taylor, Virginia Beach City Council Member

the Sentara Cancer Network's Beyond Cancer event. The Beyond Cancer: Thomas A. Alberico, MD Lectureship and Retreat is a premier event designed to educate, support and honor cancer survivors and their families, as well as healthcare professionals.

Survivors were fortunate enough to spend the day surrounded by a community of those affected by cancer — from patients to caregivers to healthcare professionals supporting patients in their journey.

This annual event strives to provide cancer survivors with a sense of hope. Whether it is through coming together with individuals on the same path, learning new recipes or finding a new stress reliever, the Beyond Cancer event strives for each attendee to leave feeling like they have gained a new tool to aid in their survivorship journey.

Attendees enjoyed a keynote address and book signing from



Survivors celebrated together

Pulitzer Prize-winning author Dr. Siddhartha Mukherjee, MD, as well as nutrition and fitness demonstrations, on-site massages, garden therapy, pet therapy, healthy snacks and more!

Events and support like this are made possible thanks to donors like you.

To see how you can support the Sentara Brock Cancer Center visit SentaraBrockCancerCenter.com.

The community came together to bring art and music to the cancer center

Photo credit: Stellar Exposures





Art With Meaning:

“Cindy’s Quilt” mural tells a story of love, hope & gratitude



Pictured: Becky and Greg Sawyer pose in front of “Cindy’s Quilt”



Gracing the side of the Sentara Brock Cancer Center parking deck, “Cindy’s Quilt” is a true work of art that touches the hearts of every patient, family member and visitor who witnesses the grand beauty of this meaningful mural.

Yet, the vibrant quilt pattern painted on the wall is more than a mere decoration — it tells a story of hope, love and gratitude. When Sentara Executive Vice President & Chief People Officer Becky Sawyer and her family lost her sister to cancer in 2011, finding a way to honor her legacy wasn’t easy. Cindy was a dear sister, a loving mother, grandmother and cherished friend to many.

More than 10 years later, Becky and her mother, Pam Cox, worked with the cancer center art committee to select an artist to bring their vision to life to celebrate Cindy and honor the healthcare heroes who supported Cindy and her family. “Cindy’s Quilt” was created in collaboration with Carl Medley III, a talented local artist with strong ties to Sentara. He wanted to portray the feeling of being wrapped in the love, comfort and security that a quilt provides.

The quilt pattern includes fluttering butterflies, symbolizing transformation and new beginnings. Hearts resonate with love and pennies signify “pennies from heaven,” small blessings we still receive from those who have passed.

Becky explains, “It is how she lived — a life always present, forever generous. Our hearts ache in her absence, but her essence — embodied in this mural — reminds us all to live with love.”



Above: Karen Stowe entertained guests with her music at the Evening of Art and Music event

Healing sounds for the soul

Walking into the Sentara Brock Cancer Center, visitors are often greeted by the soothing sounds of local harpist and therapeutic musician, Karen Stowe. Since 2021, Karen has shared her gift of “musical medicine” at the cancer center several times per month. The calming music she plays is designed to support the healing environment of the center — offering peace and solace to patients, visitors and Sentara staff as they care for individuals navigating their journey through cancer treatment.

“While I initially trained as a performance musician, playing for an audience looking for pure entertainment was never my calling,” Karen explains.

Being a therapeutic musician means Karen uses the intrinsic healing elements of live music to create an environment that’s conducive to healing. **She’s seen firsthand the immense power of music in helping to decrease stress, lessen the perception of pain, improve sleep and offer patients and visitors something positive to focus on.**

Interestingly, Karen’s connection to the Sentara Brock Cancer Center doesn’t stop there. She’s also a patient who’s been battling breast cancer since 2020. **“I lost both my mother and my grandmother to breast cancer, and because of the excellent oncology care I receive from Sentara, I expect to be the first survivor in my family;”** Karen relates.

Karen’s unique role as both a therapeutic musician and patient helps further strengthen her connection with those for whom she plays. **“Sharing the healing power of music is one of the most rewarding things I’ve ever done. Hearing that I’ve calmed a patient or soothed someone’s spirits during a difficult time is so powerful,”** Karen concludes.

Karen’s gift of music is made possible by your charitable contributions to the Sentara Foundation. Support programs and services at the Sentara Brock Cancer Center help patients and their families throughout the region.

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"When I'm Bored I Change Color" by Mia Guile

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The Shepherd Family Legacy:

A multi-generational impact



Pictured: Barbara Shepherd and her son, Winston, (both seated) at a luncheon with her daughter's nursing colleagues

Most of us want to make an impact. Often, we're not sure how to go about doing it.

With the desire to find a way to remember a loved one, two generations of the Shepherd family were able to memorialize a beloved daughter and sister and have a lasting impact on healthcare in their community.

Barbara "Bobbie" Shepherd, a nurse executive at Sentara Williamsburg

Regional Medical Center, suffered severe injuries in a car accident in 2008. Minutes after first responders reached her, she was airlifted by the Nightingale Air Ambulance to Sentara Norfolk General Hospital, saving precious minutes.

The family, upon learning the news of the accident, immediately drove to be by Bobbie's bedside, but the trip from Williamsburg to Norfolk took 60 minutes. They arrived with just enough time to say goodbye as Bobbie passed away.

Bobbie's mom, Barbara Shepherd, would later say, "I've always been so grateful to the air ambulance service because it gave us the 'gift of time' to keep her alive just long enough to reach her bedside and say goodbye."

Almost 10 years later, to honor the anniversary of Bobbie's passing, a

luncheon for Mrs. Shepherd and her son, Winston, was organized with many of Bobbie's co-workers at Sentara Williamsburg Regional Medical Center. The sweet memories shared by the staff on the impact Bobbie had on each one of them was so meaningful, that following the lunch, Mrs. Shepherd decided to fund a scholarship in memory of her daughter.

Unfortunately, before she could implement the scholarship gift, Mrs. Shepherd passed away.

Following his mother's death, Winston Shepherd fulfilled her wish to honor his sister by making a gift to establish the Bobbie Shepherd Nursing Scholarship. He created the scholarship for nurses who want to continue their education and advance their certification at Sentara Williamsburg Regional Medical Center. It was the perfect way to remember not only his sister, but also honor his mother.

In addition, Winston began to explore other ways to increase his family's



Pictured: Barbara "Bobbie" Shepherd was a nurse executive at Sentara Williamsburg Regional Medical Center

impact through an estate gift to Sentara. By doing so, he became a member of the Sentara Legacy Society — a group of like-minded individuals who desire to give back to the community, well beyond their lifetime. Sentara honors these individuals on the wall of each of its 10 hospitals throughout the region.

Winston decided to allocate a specific amount from his estate to Sentara to support the Bobbie Shepherd Nursing Scholarship. In addition, Mr. Shepherd cited the Sentara Foundation as a "residual beneficiary" of his estate — meaning, once all debts, disbursements and expenses had been paid, the Sentara Foundation would receive the final balance of the estate.

Sadly, Winston passed away in 2021 after a lengthy illness. By then,

the portion of the estate to benefit nurses had grown to \$2 million.

This incredible legacy gift from the Shepherd family will support the nurses at Sentara Williamsburg Regional Medical Center in memory of Bobbie Shepherd for years to come.

Now, the Shepherd family — mother, sister and brother — and their generous demonstration of philanthropy, will be forever remembered through their legacy gift to the Sentara Foundation.

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**.

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 January 1, 2023–June 30, 2023.



Warm smiles from staff greeted guests at the Evening of Art and Music

In Honor

All Medical Staff
Mr. Charles Franklin Sr

Ms. Michelle Amarillo
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Dr. Robin Anderson
Ms. Maria Halliday

Mrs. Joan Brock
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Ms. Janice Hofaker Tighe

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Mr. Howard Parrish

Medical Staff at SVBGH
Adm. & Mrs. Harold Gehman Jr.

Mended Hearts of Williamsburg Chapter 427
Mr. Craig Hardison

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Ms. Carolyn Milmoe

Mr. Nwabuo Okigbo
Mr. David Spencer

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Mr. Luther Palmer

Rev. Ken Phillips
Mr. James Fedor

SBCC Staff
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Staff at SVBGH
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Mr. Stephen Nnodim Jr.

The Tanguilig Family
Dr. Ernesto Tanguilig

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Dr. & Mrs. Richard Wilfong

Mr. Richard Wilson Jr.
Mrs. Anna Wilson

In Memory

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Ms. Christy Bowen

Ms. Flora Adams
Mr. Robert Adams Jr.

Addie and James
Ms. Doretha Lloyd

All Stroke Patients
Dr. John Agola

Dr. Percy Allen II
Ms. Fay Malcolm-Allen

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Ms. Diane Fields



"Camellia" by Bob Petersen



"Gratitude" was made possible through a partnership between Sentara and the city of Norfolk's public art commission, and supported by donors

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See any problems? If your name or loved one's name is misspelled or otherwise incorrect, please give us a call at 757-455-7976 and we'll make sure to fix it right away.

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.

The Sentara Brand Evolution

If you have visited a Sentara facility or received communication from us in the past few months, you may have noticed subtle – but important – changes to the Sentara brand. Earlier this year, we announced our new name, Sentara Health, which reflects our enhanced focus on promoting the overall health and well-being of our consumers – our patients, members and communities – who are at the center of everything we do. We also proudly unveiled an updated logo with a more inviting and modern design, reflecting Sentara’s approachability and connection to the communities we serve.

Our brand evolution also reflects a broader shift in our industry towards promoting overall health, prevention and lifelong wellness, rather than simply delivering care and service when it’s needed.

You are a valued partner in our continued evolution as a healthcare industry leader. Thank you for your steadfast commitment to our mission and for being a part of our Sentara family. Together, we are not just transforming healthcare; we are shaping a healthier future for the communities we serve.

Optima Health is now called Sentara Health Plans

New name.
Same trusted health plan.

Optima Health is now called Sentara Health Plans to better reflect our enhanced focus on promoting the overall health and well-being of our consumers.

You already know Sentara as a trusted provider with more than 300 sites of care in neighborhoods across Virginia and North Carolina. We are rooted together in the same mission — *to improve health every day.*

While the health plans have been a part of Sentara for over 35 years, under this new name — Sentara Health Plans — we will be able to further integrate them under a single, unified brand. And, by providing healthcare that is simple, personal and more affordable, we are practicing the future of healthcare today.

To learn more, visit [sentarahealthplans.com](https://www.sentarahealthplans.com).

