



SENTARA FOUNDATION—HAMPTON ROADS 2019

AUTUMN

NEWSLETTER

The Ripple Effect of Dr. Zack Owens

*The best way to find yourself is to lose yourself
in the service of others. - Gandhi*

Each of our lives is changed by those who came before, and we change those that come after. Take Albert Einstein, who transformed the way we perceive time and space. Or, Louis Pasteur whose discoveries in the causes and prevention of diseases still save countless lives.

I believe that Dr. Zack Owens (*pictured right*) understood this well. Born in 1904 and raised in Currituck County, NC, Zack was the youngest son of William and Annie, plantation owners. **Zack attended public school in Elizabeth City and went on to become a highly regarded physician and surgeon.** He treated patients from all walks of life and from all socioeconomic backgrounds, and he remained committed to serving his beloved community.

Often, his clients had no money to pay him so he would gladly accept fruit or chickens or firewood as payment. **When one of his nieces gave birth to a little girl that he felt was not receiving proper care, he stepped in to raise the child as**

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Dr. Zack D. Owens Comprehensive Breast Center



Medical leadership and staff are grateful for the renovations at the newly named Dr. Zack D. Owens Comprehensive Breast Center at Sentara Albemarle Medical Center (L-R: Cathy, Heidi, Jaime, Kimberly, Anna and Tammy).

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his own with his wife, Martha. Sadly, Martha died from a brain tumor at a young age, but the little girl, Marie, remained in his care.

Dr. Owens was a devoted Tarheels fan, and when his great-great-niece (Marie's daughter) decided to become a nurse and study at Chapel Hill, he couldn't have been more proud. His advice to the new nurse was to: "Learn to listen. It is the most important skill to possess in medicine." He was a savvy investor in the market and built significant wealth that he tended to spend on his loved ones. **A most generous soul, he helped fund the first Intensive Care Unit in Eastern**

NC in memory of his beloved wife, Martha. He was interested in cancer care and research, serving on the boards of the North Carolina Cancer Society and the National Cancer Institute of Brazil. **He was instrumental in the renovation and modernization of the Elizabeth City hospital, now Sentara Albemarle Medical Center.** He even funded scholarships for needy students preparing for a career in nursing.

The ripples that Dr. Owens created continue to enhance health care in his community today, over 20 years after his death. With his help, Sentara Albemarle Medical Center now has 3D mammography capability

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SENTARA FOUNDATION - HAMPTON ROADS

and renovated space, providing comfort and care for patients of the breast center, now named the *Dr. Zack D. Owens Comprehensive Breast Center*. **He would have benefited greatly from the new technology to detect irregularities in breast tissue as he, himself, was diagnosed with breast cancer and was one of the first men in North Carolina to have a mastectomy.** Understanding the importance and impact of early detection and intervention on survival, Dr. Owens was able to live cancer-free for many years after his diagnosis.

Dr. Owens' life represents the best a person can be; a lifelong student of serving others, a father to a child in need, a giver to his community and a man of great humility.

What is your ripple effect?

Find out how you can change the future for the good by contacting the Sentara Foundation - Hampton Roads online at www.sentara.com/foundation or 757-455-7976 for ways to support health care services today and forever.

Tammy (left) and Cathy (right) show off the new 3D Mammography Technology now available to breast center patients at Sentara Albemarle Medical Center.



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Expect the Unexpected

Imagine that you are a nurse for a day. You must decide at a given moment between staying with a patient who is alone, distraught, and anxious; leaving this patient to give a pain medication to another patient; checking on the new graduate nurse who seems to be overwhelmed by her assignment; or preparing a room for a different patient returning from the operating room. And this is just the start of your 12-hour shift!

The day-to-day duties of a nurse have increased tenfold in the past 20 years. As we have enjoyed the benefits of advancements and coordinated care, nurses and other providers bear the weight of

adapting to the requirements of today's health care delivery.

A comprehension of evidence-based practice, population health, electronic medical records, and the latest research are a prerequisite to effective nursing care. Leading other nurses to provide top-notch care requires even more in-depth knowledge and understanding of these concepts.

Because of your donations toward nursing scholarships at Sentara, we have been able to provide some of the brightest and most compassionate nurses with resources to pursue a

(continued)

“I want to be a leader in providing the kind of care I would want for my own family.

These folks deserve nothing less.”

~ Vanessa

Master of Science in Nursing (MSN). Tomorrow's nurse leaders need expertise in successfully managing patients, families, physicians, coworkers, as well as superb clinical knowledge—a tall order.

Meet Vanessa, an RN unit coordinator at Sentara Virginia Beach General Hospital. Vanessa became an RN a little later in life while she was raising four children on her own. She found that she has a passion for connecting with patients, particularly seniors, after having worked at a skilled nursing facility in Illinois. She moved to Hampton Roads with her children and began pursuing her Bachelor's Degree in Nursing (BSN) once she started working at Sentara. She shares that she is working towards a Master's Degree in Nursing (MSN) to become even more attuned to the special needs of the elderly. She loves to sit with her patients, and since she works the overnight shift,

she has the chance to spend quality time listening to their stories of days gone by.

Vanessa has also dedicated herself to championing the hospital's journey toward achieving “Magnet” status, a national recognition of a superior nursing program held by less than 10% of hospitals in the country.

You have helped nurses, like Vanessa, reach for their highest potential. **Your contribution benefits your neighbors, your loved ones, and you. Please consider a gift in support of nursing excellence and advancement at your Sentara hospital.** Send your check in the self-addressed stamped envelope provided or go online to donate at www.Sentara.com/Foundation (<http://www.sentara.com/Foundation>).

Bottom-right: RN Unit Coordinator, Vanessa (left), and Nursing Care Partner, Harley (right); Top-left: Vanessa alongside Nursing Care Partners, David and Donnesha.



What Is Important—To YOU?

When you or someone you love is diagnosed with cancer, what is most important? For most of us, medical expertise, technology and treatment options, and access to clinical trials are at the top of the list. The Sentara Cancer Center, scheduled to open in 2020, is being built to advance all of these components of exceptional care.

One location to diagnose and treat your cancer means less travel for you and more opportunities for your clinical team to join together.

In addition, there are many options to enhance the team approach where philanthropy can directly elevate cancer care in our region. Two options are:

Option 1: Virtual Tumor Board Equipment

A critical piece of providing multidisciplinary care comes from our tumor board meetings (*pictured below*). These sessions provide a forum to a broad range of specialists for in-depth, evidence-based discussion of tumor diagnosis and management. For example, one patient may require input on their case from medical oncology, surgery, radiology, radiation oncology, and pathology.

(continued)

Sentara Cancer Registry
Virtual Tumor Board Meeting



Sentara Physician Lecture Series Classroom

From this review, individualized treatment plans are created and potentially beneficial clinical trials are identified for the patient. For those clinicians that may not be available in person, we look to provide state-of-the-art broadband telemedicine technology for participation.

This “virtual tumor board meeting,” however, is a costly venture. It requires the ability to view specimens and charts in addition to audio-visual communication across various platforms. Your generosity can help us fill that gap through charitable support.

Option 2: Visiting Physician Lecture Series

Another opportunity to promote the most advanced oncologic diagnosis and treatment is through a visiting physician lecture series (*pictured above*).

On an annual basis, renowned national oncologists will be brought to Hampton Roads to share evolving innovations in cancer research, technology, and treatment protocol with our area’s clinical provider community. Once again, we need your help to make this available.

Providing the most comprehensive cancer care requires a team approach and a community to support it. Won’t you consider a gift to the Sentara Cancer Network today?

We look forward to providing you, our donors, all of the exciting updates on the opening of the Sentara Cancer Center as well as additional opportunities for your philanthropy to advance cancer care in our region.

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The following individuals, corporations, civic groups and organizations made gift or pledge commitments to the Sentara Foundation – Hampton Roads in honor or in memory of a physician, staff member or loved one from January 1, 2019 - June 30, 2019.

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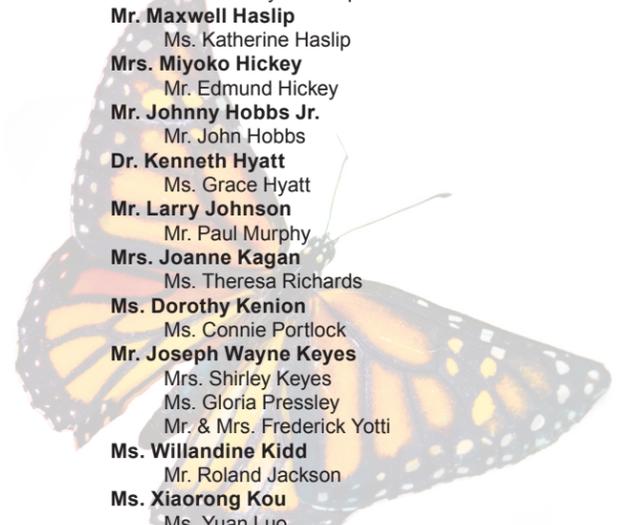
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Dr. Owens completed his medical education in 1930 at the University of Maryland then stayed in Baltimore to complete his surgical residency.

In 1960, Dr. Owens was instrumental in helping renovate the hospital in Elizabeth City which is still open and now known as Sentara Albemarle Medical Center.

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