

Inside: Grateful patient stories that will inspire you

Sentara Foundation – responding to community need



Sentara Foundation team members
volunteer in the community

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“Our donors really came through, and we are so thankful for their generosity and belief in Sentara Nightingale’s mission.”

In this issue:

- Nightingale GPS Campaign exceeds \$1M goal
- Mobile mammography expands access to life-saving care
- Young philanthropists give back

Dear friends,

Welcome to the latest edition of Sentara Cares, the official publication of the Sentara Foundation. This space is dedicated to the stories, partnerships, and progress through philanthropy that reflect our mission: *we improve health every day.*

In this issue, you will find an update on our Sentara Nightingale Regional Air Ambulance. As we approach its 43rd year of service, we celebrate that Nightingale is one of the most successful air medical programs in the nation. Nightingale has flown more than 27,000 accident-free patient flights since program inception. **Thanks to your generosity, our campaign to install a new Garmin GTN 650/750 GPS system has been fully funded, significantly increasing safety and situational awareness on every flight.**

You'll also read about our 3D Mobile Mammography program and the campaign to raise \$1 million from the community to support the purchase of two new vans, which will add 4,000 more life-saving screenings to our region.

In addition, meet Greyson, Niko, and Syenna Pearl—young champions whose heartfelt contributions and philanthropic spirit prove that no gift is too small to make a powerful impact!

Finally, we're proud to recognize TowneBank for supporting our Beyond Cancer Campaign. Their generosity and community partnership are enhancing programs and services at the Sentara Brock Cancer Center and offering comfort, healing, and hope to our patients and their loved ones.

Whether it's expanding access to care, addressing social drivers of health, or fostering innovation in community-centered care, we are proud to stand with you in building healthier, more resilient communities.

Thank you for being a part of this journey. Together, we care—and together, we make a difference.



Yours in Health,

David Proffitt, MBA

Director of Development and Community Engagement

Cover story



Nightingale GPS campaign exceeds \$1M goal

Grateful patients drive fundraising to 104% of target

Thanks to the heartfelt generosity of our donors, and the gratitude of patients whose lives we've touched, the Sentara Nightingale Regional Air Ambulance fundraising campaign has soared beyond its goal. Our campaign to equip Nightingale with a cutting-edge GPS raised an incredible 104% of the \$1 million target. Now, with the new Garmin GTN 650 and 750 systems installed and operational, Nightingale is better prepared than ever to answer urgent calls for help

"Our donors really came through, and we are so thankful for their generosity and belief in Nightingale's mission," said Denise Baylous, Nightingale program manager and flight nurse. "Having this new system enhances our pilots' ability to fly safely and increases our availability when every second matters."

Few people understand the value of those crucial minutes better than Susan Byrne, a caterer who has served many Sentara events. Her mother, Marion Burgess, suffered a heart attack in Elizabeth City, North Carolina, and was rushed to Sentara Albemarle Medical Center where Susan says a series of miracles unfolded. Marion's cardiologist happened to be in the emergency department that day on another matter. He hurried to his patient and applied a temporary pacemaker to steady her heart rhythm, but Marion's condition was dire.

Recognizing the urgency, the care team called Nightingale for a rapid transfer to Sentara Heart Hospital in Norfolk, Virginia. **When minutes count, speed can make the difference between life and death.** Marion spent weeks in the hospital, followed by

Continued on page 3

Below: Sentara Nightingale crew offload equipment onto the Carova Beach Volunteer Fire & Rescue Helipad in the Outer Banks of North Carolina



cardiac rehabilitation, and eventually returned to full health. **Susan says the precious minutes her mother spent with the Nightingale flight team kept her alive to reach the life-saving care she needed.** She is “thankful to have had many more years with her mother since.”

Nightingale flew 742 missions in 2024, enabled by the technology of GPS navigation and nine FAA-approved instrument flight routes in the region. The new Garmin touchscreen GPS takes Nightingale’s unique capabilities to the next level.

“This GPS system enhances our situational awareness of obstacles and other aircraft,” says Nightingale Chief Pilot Scott Nance. “If it shows us another aircraft, I can touch the screen to see its tail number and the direction and speed it’s

traveling in relation to us,” Nance says. “If it identifies an obstacle, one touch tells me the elevation and what I need to do to avoid it.”

This state-of-the-art system provides pilots with access to navigation, radio tuning, terrain mapping, graphical flight planning, traffic surveillance, weather conditions, taxiway diagrams, and other advanced navigation features—all at their fingertips.

“The functionality and ease of use are amazing,” Nance concludes. “It will be top-of-the-line technology for years to come, and we’re deeply grateful to every donor who helped make this possible.”

First launched in 1982, Nightingale was the 34th hospital-based air medical program in the nation. The program puts flight safety first,

cross-training flight nurses and paramedics in aircraft operation and terminology so they can assist pilots on outbound flights before patients are placed aboard. **Over its 43 years of operation, Nightingale has safely transported more than 27,000 patients without a reportable flight safety incident.**

The current aircraft, an Airbus/Eurocopter EC-145, was delivered in 2011. It is owned by Sentara and operated by Metro Aviation of Shreveport, Louisiana. Nightingale features state-of-the-art avionics, including the new GPS, and ICU-level medical technologies to help the most critically ill and injured patients survive until they reach a destination hospital, such as Nightingale’s base at Sentara Norfolk General Hospital—a regional Level I trauma and tertiary referral center.

Every contribution to the Nightingale GPS campaign fuels one of the safest and most clinically successful air medical programs in the nation. As part of Sentara’s not-for-profit mission to improve health every day, we extend our deepest thanks to everyone who helped Nightingale reach new heights.

Join us in continuing this life-saving mission.



Make your gift today by visiting SentaraNightingale.com. Every donation helps Nightingale stay ready to save lives when every second counts.



Sentara Nightingale flight prompts donation of gratitude

On Nov. 1, 2024, Dr. John Watters and his wife, Nancy, were enjoying a nice dinner out with friends. As the evening came to an end, it became clear Dr. Watters was having a medical emergency, and he was rushed to Sentara Virginia Beach General Hospital by ambulance. After a few tests revealed he was suffering from a life-threatening aortic dissection, Nancy learned her husband would need to be airlifted to the Sentara Heart Hospital at Sentara Norfolk General Hospital. At age 86, the doctors indicated that Dr. Watters’ prognosis wasn’t very good, but Nancy maintained faith against all odds that her healthy, active husband would survive. He was quickly transported by the Nightingale crew, and underwent an 8.5-hour surgery that would save his life.

Just a few weeks later, Nancy expressed her gratitude with a donation to the Sentara Foundation as a token of her appreciation for the life-saving transport.

“That helicopter and those guardian angels working on board saved John’s life—I just know he wouldn’t have made it without their prompt response,” Nancy says. **“They are true lifesavers, and I felt such gratitude for the incredible care he received that I knew we wanted to give back. Having access to this critical service allowed my husband to make it safely to the hospital and back home after surgery. We are so grateful for Nightingale.”**

Post note: We are sorry to report Dr. John Watters passed away in Spring of 2025. We honor his memory and are grateful for John and Nancy’s contributions.

Mobile mammography expands access to lifesaving care

For Darlene North, breast cancer is deeply personal. Her mother had breast cancer. So did her grandmother. She knows the importance of mammograms.

“The earlier that breast cancer is detected, the higher the chances of successful treatment,” says North, who started having mammograms at age 32 because of her family history.

Now, she dedicates her career to helping other women take charge of their health. North is team lead for the Sentara Health 3D mobile mammography van serving Hampton Roads. In her role, she screens about 20 women each day for breast cancer.

The mobile van is more than a vehicle – it’s a beacon of

hope. When the van rolls into neighborhoods, churches, workplaces, and community events, it provides potentially lifesaving screenings to women who might otherwise go without.

Demand is high. “I get more requests than we have days in the month,” notes North. “We don’t want to tell anyone no.”

To meet this growing need, the Sentara Foundation is raising \$1 million to add two mobile mammography vans for the Hampton Roads and northeastern North Carolina region.

Like the current van, the new vehicles will focus on access for underserved communities. This includes women who face challenges such as

transportation or financial hardship.

“There are significant barriers in our community to obtaining a screening mammogram,” says North. “Whether it’s lack of time, transportation, or fear – we want to remove those obstacles and bring care directly to them.”

Care that comes to you

North wakes early each morning to commute one hour from her home in Elizabeth City, North Carolina, to Norfolk, Virginia, where the current van is kept.

After switching on the generator, she and the driver, Sophie Wood, head to the day’s site, which is always within an hour-and-a-half radius. **Whether setting up at a food bank, church,**

or local festival, North ensures that every woman who walks through the door is met with compassion and care.

Women begin entering the snug front room and signing in with Wood before the first screening at 8:30 a.m. They change into gowns in one of the two dressing rooms. These women can be insured or uninsured—the van serves both.

Appointments are encouraged, but walk-ins are welcome. “If somebody shows up, we don’t turn them away,” North says. For many women, the convenience is a huge factor, she explains. The van comes to you.

“We get thanked all day long,” she says.



Pictured: The Sentara 3D mammography units take away the barriers of time and accessibility

In 2024 alone, North and her team provided more than 2,600 screenings, resulting in 15 breast cancer diagnoses.

This past May, the van traveled to the North Carolina Potato Festival in Elizabeth City. An uninsured woman who had never had a mammogram before walked in for a screening, and her 3D x-ray revealed that she had cancer. Afterward, she underwent bilateral mastectomies and had breast

reconstruction. Now she is doing well, shares North.

“I looked on her social media and she had put a post there for breast cancer awareness, talking about how one visit to the mobile van had changed her entire life,” says North. “She encouraged everybody to go get it done.”

Your gift can help us expand this vital program and ensure that no woman lacks access to this lifesaving care. Together, we can save lives—one screening at a time.



Scan QR code to learn more

sentara.com/MobileMammoVan

Contributors

The following individuals, corporations, and organizations made gifts or pledge commitments to Sentara programs and services in cardiac, cancer, hospice, Nightingale, nursing scholarships, and more from Jan. 1 — Dec. 31, 2024.

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Friends of the Sentara Foundation pose with an actor from the Beautiful: The Carole King Musical (center), sponsored by Sentara.

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Pictured: Greyson, Niko, and Syenna Pearl (from left to right) making a difference, one cup of lemonade at a time

Young philanthropists give back

Greyson, Niko, and Syenna Pearl are young entrepreneurs with big hearts for giving. At the tender ages of 10, 9, and 7, their hard work is already making a difference in their Virginia Beach, Virginia, community.

When the Pearl children decided to host a series of lemonade stands this past summer, they knew they wanted to donate their earnings to a good cause. After experiencing the heartbreaking loss of their baby cousin Charlie in 2022 due to childbirth complications, the Pearl family developed a deep appreciation for neonatal intensive care unit (NICU) nurses and staff.

Charlie had received exceptional, around-the-clock care at a NICU in Maryland, so when the Pearl siblings wanted to give back locally, their search led them to the NICU at Sentara Princess Anne Hospital (SPAH).

After just two lemonade stands, the Pearl children raised an impressive \$250, which they personally delivered to the SPAH NICU team.

“We’re so proud that our kids are getting to experience what it feels like to give at such a young age,” says Krystin Pearl, mother of the generous donors. “Emptying their piggy banks taught them the meaning of making a difference and feeling appreciated.”

The kids’ kind gesture even drew the attention of Sentara leadership.

“These remarkable young philanthropists deserve to be celebrated for their hard work and generous hearts,” shares David Proffitt, director of development and community engagement. “The Sentara Foundation is so grateful to the Pearl children for supporting our community, one cup of lemonade at a time.”

Krystin adds, “Our family donates to philanthropic organizations every year, but we’ve never experienced the heartfelt gratitude like we’ve received from the Sentara Foundation.”

“This single donation sparked such an overwhelming response that our kids are now more motivated than ever to continue finding ways to give back,” Krystin adds. **“I feel like this experience has only strengthened their desire to give - and that’s a powerful gift that will keep on giving.”**

TowneBank covered patio dedication celebration



Pictured: Sentara Health President & CEO Dennis Matheis (left) with TowneBank Executive Chairman Bob Aston (right)

TowneBank is well-known in the community for its generosity. From its modest beginning in the garage of Bob Aston, TowneBank’s executive chairman, the bank has grown to become one of the largest charitable entities in the state.

The Sentara Foundation is most grateful to be one of the many recipients of TowneBank’s philanthropy. The bank’s investment in the Sentara Brock Cancer Center, located in Norfolk, Virginia, played a key role in the success of the recent \$15 million campaign to support vital services there. Now, the center can enhance programs and services that offer comfort, healing, and hope to patients and their loved ones.

To honor TowneBank’s deep-rooted commitment to the Beyond Cancer campaign, a dedication event was held in October. Bank representatives—including many who had been affected by cancer—and Sentara leadership officially dedicated the TowneBank Covered Patio in the Healing Garden of the Sentara Brock Cancer Center. The patio is a tranquil retreat thoughtfully designed to provide peace and solace to those on their healing journey.

The evening opened with sincere words from Aubrey Layne, Sentara Health executive vice president and chief administrative officer. He warmly thanked Aston, and spoke about the profound impact of the bank’s support of the cancer center.

Layne emphasized that it was only through the philanthropic support of partners like TowneBank that Sentara was able to implement many of the innovative initiatives at the

Sentara Brock Cancer Center. These programs include the Luke Hillier Cancer Research Alliance, The Thomas A. Alberico Lectureship Series, and the Carrillo Kern Center for Integrative Therapies, which offers services for the mind and body. All these initiatives have contributed so much to the calming ambiance of the building and were made possible by heartfelt philanthropy.

Many of TowneBank’s employees who have undergone cancer treatment attended the dedication ceremony along with Aston. Among them was Yvonne Allmond, TowneBank community financial engagement officer and dedicated Sentara Brock Cancer Center Advisory Board member.

She shared her personal story about the impact of the support she received from her fellow employees at TowneBank, the Sentara community, and caring staff at Virginia Oncology Associates during her cancer journey. Allmond’s touching words beautifully reflect the mission of the Sentara Brock Cancer Center—to offer a healing environment for patients at every stage of their journey, from initial diagnosis through long-term, healthy survivorship.

The evening concluded with the formal dedication of the TowneBank Covered Patio, led by Sentara Chaplain James Hoy. This peaceful sanctuary now stands as a lasting symbol of TowneBank’s unwavering commitment to nurturing our community.

Together, with compassionate partners such as TowneBank, we are building a future filled with hope, healing, and steadfast support for every individual on their cancer journey.

Celebrating TowneBank's dedication to the Sentara Brock Cancer Center with donors & friends





A vision for the future

The Sentara Legacy Society

Members of The Sentara Legacy Society recently joined Sentara staff to celebrate a shared vision for the future of healthcare in our community. These dedicated individuals have pledged support to the Sentara Foundation through their estate plans—whether through wills, trusts, retirement assets, life insurance, or other planned gifts. Regardless of gift size, each commitment helps shape the future of community health, leaving a lasting, positive impact on patients, providers, and families—well beyond our lifetime.

For information on joining or to learn more about membership benefits, please contact the Sentara Foundation at foundation@sentara.com or call **757-455-7976**.

Sentara Legacy Society Members

- | | |
|-------------------------------|--|
| Joan P. Brock | Kennyth M. Murray* |
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| Carole Meola* | *deceased |

Creating a healthier future together

Friends of the Sentara Foundation

Friends of the Foundation is an exclusive donor group within the Sentara Foundation, comprised of compassionate individuals who contribute \$1,000 or more in a calendar year.

Their generosity has a powerful impact—funding life-changing patient programs, cutting-edge medical research, crucial community health initiatives, and

facility enhancements that directly benefit those we serve. Members of Friends of the Foundation enjoy special recognition and take pride in knowing their support is instrumental in transforming healthcare.

We invite you to consider joining this dedicated circle of supporters. You will elevate patient care across our network and have the satisfaction of knowing you're part of a committed community. Together, we can build healthier futures.

Become a Friend of the Foundation today by contacting us at foundation@sentara.com or calling **757-455-7976**.

Contributors (continued)



Aubrey Layne, executive vice president and chief administrative officer for Sentara Health, speaks at the dedication of the TowneBank Covered Patio in the Healing Garden of the Sentara Brock Cancer Center

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(From left to right) Former Sentara Brock Cancer Center Advisory Board Chair Eric Coble, Sentara Health CEO Emeritus Howard Kern, Suzanne Kern and Sharon Coble attend Beautiful: The Carole King Musical in support of the 3D Mobile Mammography Unit

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Kennedy's Angel Gowns founder Heather Wilson (left) and Sentara Health Senior Vice President and Chief Nursing Officer Amber Price with a cooling cradle, which offers grieving families time to hold, love, and say goodbye to their precious baby

Donor profile

Lynn Grey honors dear friend & inspiring three-time cancer survivor

Pictured: Virginia “Lynn” Grey (right) & long-time friend Terri Foret (left)



Commemorating her dear friend's courageous victory over cancer, Virginia “Lynn” Grey invested in the Sentara Brock Cancer Center's Community Brick Campaign.

Beating cancer once is a true feat for many, but conquering a second cancer diagnosis is rare. Surviving a third diagnosis is ‘an absolute miracle’ – just ask Sentara Brock Cancer Center patient Terri Foret who was diagnosed with breast, pancreatic, and thyroid cancer over the period of less than 10 years. During this time, Terri's long-time confidant Virginia “Lynn” Grey watched her friend with awe as Terri fought cancer time and time again, until finally being declared cancer-free just before moving out West with her husband to enjoy retirement and travel.

When Lynn read about the Sentara Brock Cancer Center's Community Brick Campaign, she immediately knew that she wanted to honor her friend in this unique way. **“Walking in and out of the Brock Cancer Center, you realize that life is precious,” said Lynn. “Investing in a brick in Terri's honor felt like such a powerful way to recognize her for the courageous battle and victory she'd had over cancer.”**

Lynn also appreciated that the brick would be displayed in the Healing Garden of the Sentara Brock Cancer Center—allowing her and others to remember Terri and her many

years living in Norfolk, Virginia. For decades, the two women and their husbands enjoyed a meaningful friendship. Even from across the country, Terri and Lynn remain closely connected today.

“Terri is to be commended for her courage and bravery,” Lynn says. “She's always been a woman of many talents—serving as a loving mother and grandmother, military wife, retired school teacher, and much more. Now she can add three-time cancer survivor to her list of accolades – her perseverance is truly inspiring.”

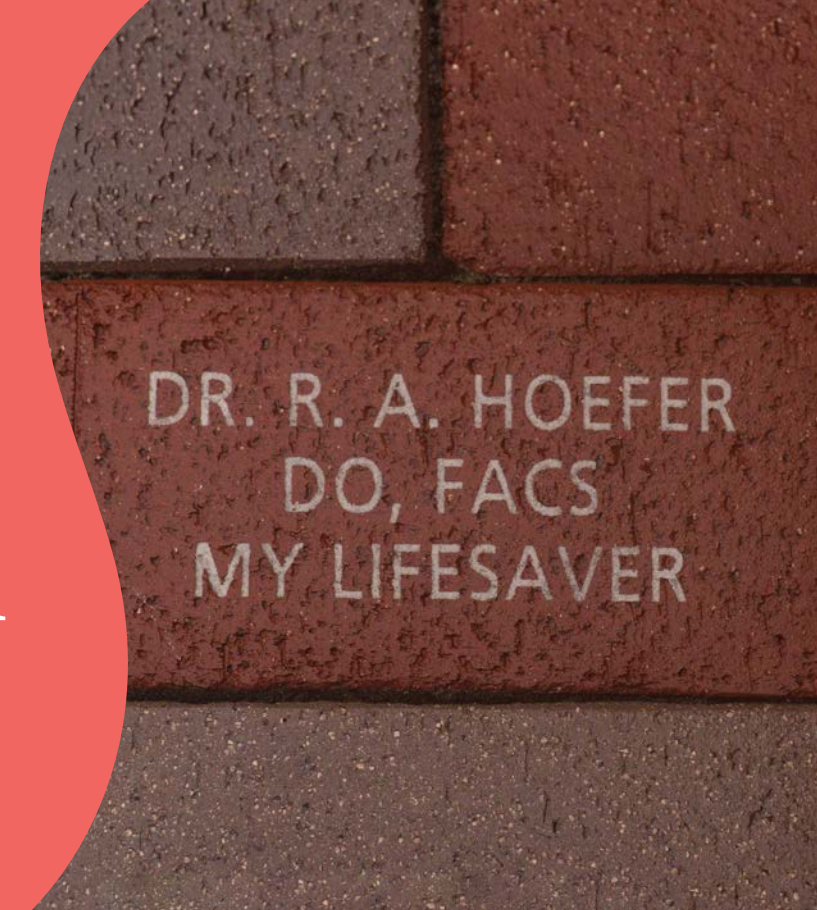
Today, Terri and her husband live in Oregon, but are forever grateful to their Sentara Hematology & Oncology providers—including Dr. Tom Alberico – for their commitment to saving her life.

“Giving in this way has been a joyful experience for us—it's rewarding to know that Terri's triumphant battle will forever be commemorated in the Sentara Brock Cancer Center Healing Garden,” Lynn concludes.

Donor profile

Grateful patient Susan Frey honors her cancer treatment care team

Pictured: Brick donor Susan Frey honored members of her care team with a commemorative brick in the Healing Garden of the Sentara Brock Cancer Center



Susan Frey is a grateful patient of Sentara Health. Investing in the Sentara Brock Cancer Center's Community Brick Campaign has allowed her to demonstrate her gratitude for the care team members who have supported her throughout her battle with ovarian cancer.

When Susan Frey learned she had ovarian cancer in 2014, she was scared and uncertain about what her future would hold. With two grown children and seven grandchildren, Susan was determined to live a full life despite her initial prognosis. Shortly after diagnosis, Susan learned her cancer had spread and that there were very few doctors with expertise in the type of surgery she needed. Fortunately, Susan found hope when she connected with Sentara Surgeon, Dr. Richard Hoefler.

While the cancer treatment journey ahead of her would be long and arduous—including two major surgeries and years of intense chemotherapy and treatment that continues even today—Susan's positive attitude has never wavered. Nearly 10 years later, Susan is still fighting and feeling good enough to enjoy gardening and spending time with her family. She attributes much of her success and continued survival to the many members of the Sentara team who were there for her during each phase of treatment, including Dr. Hoefler (now retired) and her current oncologist, Dr. Robert Squatrito. That's why Susan has purchased seven bricks in honor

of specific Sentara employees through the Sentara Brock Cancer Center's Community Brick Campaign.

“I just felt like I had to recognize and thank the Sentara caregivers and staff who have been instrumental in keeping me alive for my grandchildren and family,” Susan explains. “Throughout my treatment and even today – I can feel how deeply they care about me and what I am going through. **I think of them as silent angels whose work often goes unrecognized.** I hope these bricks make them feel appreciated for the impact they've had on my life.”

During her cancer treatment journey, Susan received infusion treatments once every three weeks at the Sentara Brock Cancer Center. Seeing her bricks displayed as she walked the Healing Garden reminded her of all she has to be grateful for. In fact, Susan tells us it's unlikely that she'll stop at eight bricks. “As long as my care team keeps on giving their time and talents to me, I'll keep giving back in return. I am so grateful they've helped keep me healthy for all these years.”

Sentara employee Rayven Johnson honors the memory of a colleague & friend

Pictured: Rayven Johnson (right) stands with her late co-worker and dear friend, Katie Felder (left)



Rayven Johnson is a long-time Sentara employee who contributed to the Sentara Brock Cancer Center’s Community Brick Campaign to honor the memory of a dear friend and colleague.

In 2019, Sentara Health employee Rayven Johnson lost her mother to colon cancer. In the years that followed, Rayven recalls often feeling like she lived her life in a blur—just going through the motions of her daily life. Then one day, colleague Katie Felder joined her Sentara team. Almost immediately, the two women became fast friends who shared a unique and special bond. “When Katie walked into my life with her bright blond hair and a smile that lit up the room, I had no idea the impact she would have on my life,” Rayven shares.

While cancer would take Katie’s life less than a year after meeting, Rayven describes the power of their unique friendship. “She became a mother figure to me, offering

heartfelt advice and guidance—both professionally and personally. I often feel like Katie was sent to Sentara just for me, and losing her has been so difficult.”

Rayven recalls previously hearing about the Community Brick Campaign, and after Katie passed, she began exploring ways to honor her coworker’s legacy. **“Having a real brick commemorate and honor Katie’s memory was so important to me. I knew flowers would wilt and sympathy cards would be filed away and forgotten, but it feels so good to know that a brick with Katie’s name will live on for her family to see today and well into the future.”**

Sentara Brock Cancer Center Community Brick Campaign

Celebrate. Remember. Honor.

By purchasing a brick in our healing garden or surrounding area, you can celebrate a survivor, remember a loved one, or honor a caregiver or doctor who supported your journey. Your personal message will make a permanent imprint on the Sentara Brock Cancer Center and the future care of patients in our community.

Replica bricks are crafted with the same personalized message as your installed brick and are shipped to your home or office—perfect for giving the gift of a lasting legacy.

Last chance to order for 2025

We are closing brick orders on Dec. 31, 2025, at midnight. Claim your space in our Healing Garden before the end of this year.



To place your order, please call **1-833-954-2425** or visit **BeyondCancerBrick.com**.