

SENTARA FOUNDATION—HAMPTON ROADS 2018

# AUTUMN

## NEWSLETTER



NIGHTINGALE ON THE EASTERN SHORE:

## *Saving Minutes, Saving Lives... Together*

**David Rogers almost died on December 30, 2006.**

He woke up at his home in Machipongo on Virginia's Eastern Shore and told his wife, Linda, he needed to go to the hospital. Then, **he collapsed with what turned out to be a burst abdominal aortic aneurysm, a deadly condition.**

**Local EMS volunteers called for the Nightingale Regional Air Ambulance, but bad weather prevented the helicopter from flying.** Under the limitations of Visual Flight Rules (VFR), they had to be able to see where they were going. A trip by ground ambulance across the Chesapeake Bay Bridge-Tunnel would take hours. **Time was running out.**

*continued on page 2*

As luck would have it, the skies began to clear in about 30 minutes. **The Nightingale crew called back to report they had just enough visibility to make the life-saving flight.** After a six-hour surgery, David spent the first 100 days of 2007 in the hospital. He lost his left leg and kidney in the ordeal, but he considers himself lucky to be alive.

**“If Nightingale hadn’t gotten me to skillful people who could move me forward that day, I wouldn’t have made it,” David asserts.** He goes on to say that Nightingale is needed in all types of weather to ensure ready-access to emergency medical care.

David and Linda are among a group of Eastern Shore donors to the Sentara Foundation – Hampton Roads, who seized an opportunity to support development of Instrument Flight Rules (IFR) capability for Nightingale. In less than a year, **the partnership between Eastern Shore residents and Sentara brought a new IFR-enabled landing pad**

**to Northampton County. A celebration was held to honor contributors who made it all possible.**

“I don’t expect to use Nightingale again,” David predicts, “but it’s a wonderful resource for the community.”

“Sentara is committed to the Shore, but if Nightingale can’t fly, we’re out of luck,” says Spencer Murray, chairman of the Northampton County Board of Supervisors and a personal donor to the IFR program. **“This gives us a tremendous opportunity to get to the hospital during ‘the golden hour’ for a trauma, a stroke, or heart attack, even if the bridge-tunnel is closed.”**

You can help Nightingale continue saving minutes and saving lives by contributing to the Sentara Foundation – Hampton Roads in support of the IFR program.



NIGHTINGALE Regional Air Ambulance

© Mark Minnie 2013

Cover Photo by Ryan Livingston



Taken with his family, Dr. Ed George (centered above)  
Member of the Sentara Foundation Committee  
and committed donor

Photo by Ryan Livingston

As a practicing oncologist for over 40 years, I have my own perspective of what it means to heal. As a young physician, I learned that healing meant curing a disease or, at least, slowing down the progression of the illness.

Now, at age 73, my definition of healing has evolved. I now understand that healing includes much more than a physical process. **Not to get too metaphysical, but in the face of extraordinary debilitating cancer treatment, I've seen courage and strength that has transformed outcomes.** I have seen patients who, in the midst of their own personal health battle, have found ways to achieve calm and optimism as they care for the health of their loved ones. I, myself, experienced this when my wife, Charlene, at age 41, developed metastatic breast cancer.

**When all of our attempts to ward off the cancer had failed, Charlene began to turn her focus on the children and me.** She placed little notes on all the appliances to instruct me and our children on how to use them and continue our everyday existences. She even helped two dear friends who were in trouble with their marriage to focus on their bond through love and not on their anger. That couple is still together over 25 years later, by the way. **I suppose**

her incredible courage to serve others during such a heart-wrenching experience, made her stronger and perhaps, at peace with her fate. As for me, with two grown daughters, grandchildren, and my loving partner and longtime colleague, Karen, my life is full.

I've often thought about the power of healing through the acts of kindness we perform. **I have made it a priority to be a part of my Hampton Roads community and supportive of the organizations that touch others through the arts, medicine, and social services.** I find great joy in the work I do to promote the value of philanthropy for each and every one of us. The Sentara Legacy Society has adopted the phrase "Your kindness today heals someone tomorrow." For those of us who believe in the importance of making a difference beyond our lives, this rings true. I might even take this idea a step further to note that "Your kindness today heals you today and others tomorrow."

Leaving a gift in your will is easy to do and costs you nothing now. Please take a moment to consider supporting Sentara hospitals and programs. **To learn more about creating your lasting legacy, contact us at 757-455-7976.**

# CONTRIBUTORS

The following individuals, corporations, and organizations made gifts or pledge commitments to Sentara programs and services in Cardiac, Cancer, Hospice, Emergency Transport and Care, Nursing Scholarships, and more from January 1, 2018–June 30, 2018.

- Mr. Beril Abraham  
Ms. Linda F. Absalom  
Mr. & Mrs. Douglas Abt  
Mr. Robert Abulencia  
ACR Services, Inc  
Mr. Donald Adam  
Ms. Shirley Y. Adams  
Mr. & Mrs. Thomas Adams  
Mr. Thomas M. Addequay  
Ms. Edna Addison  
Mr. Bernard Aden  
Mr & Mrs. Robert Agnor  
Dr. & Mrs. John C. Agola  
Ms. Kathleen A. Ahern  
Ms. Janice Aleck  
Mr. Robert T. Alexander  
Mr. William Alexander, Jr  
Ms. Gloria Alfaro  
Mrs. Bernice Algood  
Ms. Betty Allgood  
Mrs. Sylvia Allgood  
Mr. Charles H. Allred  
American Burn Association  
Mr. John Ancellotti  
Mr. Floyd Anderson  
Mr. Maurice Anderson  
Mr. Rolando Angeles  
Anonymous  
Ms. Brenda Archer  
Ms. Eufemia Arellano  
Ms. Zelda M. Arviola  
Ms. Edna Augustus  
Ms. Patricia Averso  
Mrs. Vivan Bagwell  
Ms. Sharline R. Bailey  
Ms. Lula L. Baker  
Ms. Rossie V. Baker  
Mr. H. Furlong Baldwin  
Mr. Eyre Baldwin  
Mr. & Mrs. Michael Ball  
Mrs. Merry Balance  
Mrs. Donna Ballard & Family  
Ms. Alease Barham  
Ms. Maxine Elder Barnett  
Mr. & Mrs. Stephen M. Barresi  
Mr. Vincent Barresi  
Mr. Frederick Barrett, III  
Ms. Grace Bashara  
Ms. Audrey Battle  
Mr. & Mrs. Leon C. Baughns  
Mr. Terry Baxter  
Mr. David Bay  
Mr. John H. Beal, Jr  
Ms. Brenda Beale  
Mr. & Mrs. Henderson L. Beale, Jr  
Mrs. Yvette Beard  
Mr. Mark D. Beck  
Ms. Nenita S. Beliso  
Maudell M. Bell  
Ms. Ruby Bell
- Ms. Mary Ellen Belote  
Mr. & Mrs. John Benedetti  
Mr. John Bennett  
Ms. Vergie Benton  
Mr. Harold R. Benze  
Mr. & Mrs. David L. Bernd  
Ms. Carolease J. Berryman  
Ms. Brigitte Bibeault  
Mr. & Mrs. Robert Bingham  
Mr. Charles Bittinger, III  
Mr. Floyd M. Blackwell  
Ms. Mary Blair  
Ms. Gloria Blanchard  
Mrs. Janet Blanton  
Mr. & Mrs. Harry W. Bleh  
Ms. Shirley Blount  
Mrs. Tara Blue  
Mr. & Mrs. Joseph Bohi  
Mr. Sidney J. Bohm  
Mr. Jacob Boltz  
SMSGT Mathew A. Bonalewicz  
Ms. Tamika Bond  
Mr. Lawrence Bonko  
Mr. & Mrs. Robert E. Booth  
Mr. Steven Borland  
Mr. Vincent A. Borrero  
Ms. Kelsey Bottari  
Mr. Marc Boustany  
Mr. & Mrs. James E. Bowman  
Mr. & Mrs. Price Boxley  
Ms. Sylvia H. Boyer  
Mr. & Mrs. Cornell R. Bozek  
Ms. Agnes Brabrand  
Mr. & Mrs. Kyle Bradley  
Mr. Russell Brahm  
Mr. David Brandt  
Mr. Allen Brewer  
Mr. R. William Brewster  
Mr. William Brice, III  
Ms. Betty Britt  
Mrs. Claudia Brooks  
Mrs. Rosa Brothers  
Mr. Lloyd Brotzman, Jr  
Mr. Howard Browne  
Mr. William Bruffy  
Mr. & Mrs. William J. Brugeman  
Ms. Anna Bryant  
Mr. & Mrs. Melvin W. Bryant  
Ms. Vibe Bryant  
Estate of Mr. Edwin S. Buck  
Ms. Rita Buck  
Ms. Carolyn Buggs  
Ms. Geraldine Buhl  
Mr. Roy Bunch  
Mr. Elbert Burbage  
Mr. Vernon A. Burford, Sr  
Mr. John Burdiss & Mrs. Cela Burge  
Mr. & Mrs. Billy Burgess
- Ms. Mildred Burgess  
Ms. Bea Burns  
Mr. & Mrs. Christopher S. Burns, Jr  
Mr. & Mrs. Malcolm Burns  
Ms. Carrolyn Burton  
Mr. John Burton  
Ms. Leanne Bushaw  
Dr. & Mrs. James Butler  
Mr. & Mrs. James Byrd  
Mrs. Joanne Byrum  
Ms. Phyllis Byrum  
C. J. Prettyman, Jr, Inc  
Mr. F. Caccetta, Jr  
Mr & Mrs. Allen Callis  
Mr. Roberto Camana  
Ms. Anne Cappello  
Mr. & Mrs. Edwin P. Carboni  
Mr. Benjamin Carmon, Jr  
Mr. Samuel D. Carnahan  
Mrs. Betty Carpenter  
Ms. Bertha Carr  
Mr. Hector Carrington  
Mr. Charles Carroll, Jr  
Ms. Celestine Carter  
Ms. Ella Carter  
Mr. & Mrs. Hardy W. Cash  
Ms. Carolyn Caspary  
Mrs. Nicole Cassimore  
Ms. Mary Castonguay  
Ms. Dot Cates  
Ms. Diane Cervin  
Mr. William Chambliss  
Ms. Florence Chandler  
Ms. Rosa Chandler  
Mr. & Mrs. Willie H. Chapman  
Mr. Thomas Chappell  
Mr. George Chase  
Ms. Edna Cherry  
Ms. Naren Chhom  
Capt. & Mrs. William Chin, USN  
Mr. John L. Christiansen, Jr  
Ms. Jean Church  
Ms. Mildred A. Clark  
Mr. & Mrs. Charles Clay  
Mrs. Elizabeth Clayton  
Ms. Vivian Clement  
Mr. Milton Clemmons  
CLUBWAKA - Peninsula  
Mrs. Barbara Coates  
Coca-Cola  
Dr. & Mrs. John Cochran  
Mr. & Mrs. James Cockrell  
Ms. Leah M. Cockrell  
Mr. & Mrs. Richard V. Cocuzza  
Mr. & Mrs. John Coker  
Mr. & Mrs. Thomas M. Collins  
Mr. & Mrs. Franklin Combs  
Mr. & Mrs. George Comeau  
Mr. James H. Cones, Jr  
Mr. & Mrs. Thomas Conley
- Mrs. Bettie Minette Cooper  
Mr. Michael Coren  
Mr. & Mrs. Charles Corprew, Jr  
Ms. J. Castle Craddock  
Mr. John A. Craig  
Annette Crandall  
Mr. William Crowley  
Mr. & Mrs. Charles Cunningham  
Mr. & Mrs. Rex Curtis  
Mr. & Mrs. Larry Custis, Sr  
Ms. Judith Cytron  
Ms. Nellie F. Dabu  
Mr. Shane Daniels  
Mrs. Marilyn Danner  
Ms. Rose P. Daria  
Ms. Ernestine Davenport  
Ms. Nancy Davenport  
Mr. Mark Davidoski  
Ms. Ellen L. Davidson  
Col. & Mrs. Bruce Davis, Sr  
Ms. Darlene Davis  
Ms. Dolores D. Davis  
Mr. James C. Davis  
Mr. & Mrs. Michael Davis  
Mr. & Mrs. Richard R. Davis  
Ms. Shelly Davis  
Mr. William Davis  
Ms. Peggy D. Dawkins  
Mrs. Joyce J. Dedmon-Aladi  
Mr. & Mrs. Jose Deguzman  
Mr. James M. Dellaripa, Sr  
Ms. Cynthia Dellinger  
Ms. Ruth Deloatch  
Mr. Juanito Delrosario  
Mr. David C. Demko  
Ms. Jeanette Demko  
Democracy Alliance  
Ms. Hemantra Desai  
Mrs. Lola S. Dickerson  
Digestive & Liver Disease Specialists  
Ms. Dadie Diggs  
Dime Oil Co, LLC  
Ms. Carolyn Dittreck  
Ms. Linda Doult  
Mr. Steven Dowd  
Dr. Zack Owens & Martha A. Owens Trust  
Mr. Joseph Drory  
Duran-Sorto Family  
Mr. John Dutzer  
Mr. Peter Dwyer  
Mr. James Earls  
Ms. Joyce Early  
Ms. Mary Earnest  
Mr. Dempsey Eason  
Mrs. Susan W. East  
Ms. Anne Eastes  
Mr. Kalie Edwards, Jr  
Col. John Elder, III
- Ms. Essie C. Elliott  
Ms. Patricia Elliott  
Enterprise Holdings Foundation  
Mr. Jose Erfe  
Mrs. Julieta Ergin  
Estate of Louise Hutchinson  
Estate of Stuart P. Levy  
Ms. Elaine M. Etheridge  
Mr. Charles Etz  
Mr. & Mrs. Eric Evanoff  
Mr. & Mrs. Larry Evans  
Ms. Tina Everett & Ms. Brittany Everett  
Mr. Robert Ewald  
Col. John Falbo  
Ms. Ashton Farrar  
Ms. Lavdjala Farrington  
Ms. Karen Farris  
Mr. James Faulks  
Mr. James J. Fedor  
Mr. & Mrs. Joseph Felton  
Ms. Nina Fenska  
Ms. Janie Ferguson  
Ms. Magdalene K. Ferrell  
Mr. & Mrs. Robert Firestone  
Mr. & Mrs. L. Eric Fitchett  
Ms. Gloria Fletcher  
Mr. Elwood Flythe  
Mr. Apolonio F. Fontanares  
Mrs. Gracie Foster  
Mrs. Mary Franco  
Mr. & Mrs. James Frogge  
Mrs. Marianne Galella  
Mr. Robert Gardner  
Ms. Betty Garrett  
Ms. Pat Garrish  
Mr. Michael E. Gaughan  
Mrs. Marie Gentilini  
Dr. Edward R. George & Ms. Karen Pearson  
Ms. Sharon George  
Ms. Angelita Gibson  
Mr. Howard Gill  
Ms. Lorraine Gill  
Ms. Bertha Gillaspie  
Mr. & Mrs. Ronny Gillikin  
Ms. Helen O. Gillis  
Mr. & Mrs. Gene Glasco  
Mrs. Patricia Glock  
Mr. & Mrs. David Glover  
Mr. & Mrs. Gary G. Gobel  
Mr. Alfred Godwin  
Ms. Suram M. Goldner  
Mr. Enrico Gomez  
Ms. Joann Gorham-Richardson  
Ms. Lucy Goss  
Mr. & Mrs. George Govlick  
Mr. & Mrs. Robertus Graham  
Mr. Robert F. Grandfield  
Ms. Nancy J. Grant

# CONTRIBUTORS cont.

Mrs. Mildred Graves  
Mr. & Mrs. Lonnie Gray, Jr  
Ms. Jenny Greco  
Ms. Alveta Green  
Mr. J. Mason Green  
Mr. & Mrs. Clyde Greene  
Ms. Lucille V. Greene  
Ms. Cynthia Gregory  
Ms. Gloria Griffin  
Mr. & Mrs. Mario Grimes  
Dr. Deborah Grosser  
Mr. Stephen Gulakowski  
Ms. Margaret Gupta  
Mr. & Mrs. George W. Gurnee  
Mr. John Hall, Sr  
Mr. Pamela Hall  
Ms. Rosalind Hall  
Mr. Walter Hall  
Ms. Maria L. Halliday  
Mr. Kenneth Halsey, Sr  
Ms. Alice Hamilton  
Hampton Delta Foundation, Inc  
Hampton Roads Community  
Foundation  
Ms. Patricia Hand  
Ms. Karen Hanes  
Mrs. Romayne A. Hardy  
Ms. Estela Harper  
Mr. Benjamin Harps, Jr  
Mr. Derek Harris  
Mr. J. C. Harris, III  
Ms. Ethel Hart  
Mr. Robert Hartling  
Ms. Melvine Haynes  
HDR Architecture  
Ms. Brenda Heard  
Mr. & Mrs. William Hearst  
Ms. Harriet Heath  
Mr. Leonard Heath, Sr  
Mr. Leslie R. Heath, Sr  
Mr. Scott R. Hedrick  
Mr. Fred Helm  
Mr. Robert Hendricks  
Mrs. Alysia Hensler  
Mr. Edmund L. Hickey  
Ms. Sandra Hieber  
Mr. & Mrs. James High  
Col. J. Hilgers  
Ms. Linda Hilley  
Mr. & Mrs. Leonard W.  
Hindle, USN  
Ms. Janie Hinkley  
Ms. Lena S. Hobbs  
Ms. Rosa Hockaday  
Estate of Barbara O. Hodge  
Mr. & Mrs. Don C. Hodges  
Mr. Lloyd Hodges, Jr  
Ms. Lucille Hodges  
Mr. Allan Hoerup  
Mr. John Hoffman  
Mrs. Ann M. Hogg  
Ms. Wilma Hogue  
Ms. Louise W. Holbrook  
Dr. Clarence A. Holland  
Dr. Paul Hollandsworth  
Mr. Russell G. Hollowood  
Mrs. Marianne Holt

Mr. & Mrs. Eugene A. Homer, Jr  
Mr. Charles Hopkins, Jr  
Ms. Dianne L. Howard  
Mr. Harvel Howell  
Ms. Jane V. Howes  
Hudson Enterprises  
Mr. Willie Hudson  
Mrs. Helen C. Hughes  
Ms. Sandra T. Hunt  
Ms. Eva Hunter  
Mr. Melvin Hunter  
Mr. & Mrs. James Huntington  
Mr. & Mrs. John Hurst  
Mr. Gary Hurt  
Ms. Hannah Hurt  
Mrs. Edythe P. Husted  
Mr. Robert Hutchens, III  
Ms. Grace J. Hyatt  
Mr. & Mrs. Philip L. Idiart  
Mrs. Librada M. Ilamni  
Mr. Jeremy Ingram  
Ms. Tina Irby  
Ms. Donna Jackson  
Ms. Mattie L. Jackson  
Lt. Col. & Mrs. Robert  
Jacobson  
Mr. Jerry Jagger  
Mr. Thomas Jarrell  
Mr. Leland E. Jarrett  
Ms. Constance Jarvis  
Ms. Lillie Jefferson  
Mr. Thomas L. Jefferson, Jr  
Mr. Richard R. Jencen  
Ms. Dorothy E. Jenkins  
Ms. Leslee Jennette  
Ms. Laurie Jodziewicz  
Ms. Phyllis Johns  
Ms. Abby K. Johnson  
Ms. Helen Johnson  
Mr. & Mrs. James A. Johnson  
Mr. Joseph Johnson  
Ms. Katie Johnson  
Mr. Don R. Johnson, Jr  
Mr. Thomas J. Johnson  
Joint Staff J6 - Data Services  
Division  
Ms. Bette Jones  
Mr. George Jones  
Mrs. Margaret Jones  
Mr. William H. Jones  
Mr. & Mrs. Mark Joosse  
Ms. Rosanna Jordan  
Mr. & Mrs. Eric Joss  
Mr. & Mrs. James D. Joyner  
Dr. & Mrs. J. Steve Julian, Jr  
Ms. Val J. Kandis  
Ms. Claudia Kane  
Ms. Marlene Kapes  
Ms. Emilie Kappel  
Ms. Kathleen Kasley  
Mr. & Mrs. Nabil Kassir  
Ms. Susan Kauffman  
Mrs. Debra M. Keeling  
Mr. & Mrs. E. Polk Kellam, Jr  
Ms. Joan Kellam  
Ms. Linda Kelley  
Mr. Charles B. Kello, III

Mr. John Kelly  
Ms. Julie Kelsey  
Ms. Olga Kemp  
Ms. Mary Kenna  
Kennedy's Angel Gowns  
Ms. Virginia Kennedy-Shetler  
Mrs. Maxine Kennelly  
Dr. Lois Kercher  
Mr. Howard Kern  
Ms. Katherine M. Kessel  
Mr. William Keys  
Mr. William Kilgore  
Mr. Robert Kimble, Jr  
Mr. Edward Kincaid  
Mr. & Mrs. Timothy King  
Mr. Steven Kirschbaum  
Ms. Bonnie R. Kissell  
Ms. Anne P. Kitchen  
Mrs. Megan Klett  
Mr. Roger J. Knakal  
Mrs. Alicia Knotts  
Mr. Frank J. Koiro, Jr  
Mr. & Mrs. Walter A. Kordek  
Dr. Lori Korinek  
CMSGT & Mrs. Charles R.  
Kraeger USAF/Ret  
Capt. & Mrs. Gilbert L. Kraine,  
USCG (ret)  
Mr. & Mrs. Neil L. Kraus  
Dr. Gary Krebs  
Ms. Wilda Kruzinski  
Mr. & Mrs. John A. Kupyar  
Ms. Sondria T. Lamb  
Mr. Warren Lampkin  
Mr. & Mrs. William G.  
Lancellotti, Jr  
Mr. Ken Lancisi  
Ms. Elizabeth Lang  
Mr. Thomas Lang, USN Ret  
Mr. Willie J. Lanier  
Mr. David Lassalle  
Ms. Viola Lassen, TTEE  
Rev. Jesse Lassiter  
Dr. David T. Lavrischhoff  
Mr. & Mrs. Augustine  
Lawrence  
SMSGT Carlton Leary, AF Ret  
Mr. & Mrs. Robert Leavell  
Ms. Jean LeCato  
Mr. & Mrs. Richard D. Lee  
Mr. & Mrs. Edward Legum  
Mr. William E. Lehr  
Mr. & Mrs. Steve Leiberman  
Ms. Roberta Leibowitz  
Mr. Braeden Lentz  
Mr. James Levenseller, II  
Mrs. Carolyn H. Lewis  
Mrs. Lorraine Lewis  
Mr. James Liddell  
Mrs. Jean Lindsay  
Mr. Paul Lipscomb  
Mr. & Mrs. Matthew Littleton  
Mr. Donald Loch  
Mr. John Lockett, Jr  
Mrs. Monica Lohr  
Mr. John Lomax  
Mr. Charles Long

Mr. Arthur Lopes  
Ms. Teru Loring  
Ms. Judy Lotas  
Mr. Paul Lown  
Mrs. Joyce Loy & Family  
Mr. Joseph Ludvik  
Mr. Thu Ly  
Mr. & Mrs. Alfonso Lynch  
Ms. Claudia L. Lynskey  
Mr. Arturo Macaspac  
Mr. & Mrs. Benjamin A.  
Machinist  
Mr. Marshall Mack  
Mr. Ronald E. MacLeay  
Mr. Andrew J. Maggard  
Ms. E. Dione Maloney  
Dr. Gihan Mandour  
Mr. & Mrs. George H. Manges  
Ms. Jenifer Maninger  
Ms. Nancy Mann  
Ms. Marlene Mansfield  
Mrs. Joan Manuel  
Mr. Vincent I. Marquette  
Ms. Yvonne Marrero  
Ms. J. Dianne Marshall  
Mrs. Cynthia Martie  
Ms. Eileen Martin  
Mr. Steven Martin  
Ms. Jeanette Mason  
Mr. Robert B. Mathews  
Mr. & Mrs. William Mathews  
Mr. Paul Mathieu  
Ms. Brenda G. Matkins  
Mr. & Mrs. Michael R.  
Matthews  
Mr. Edward May  
Mr. Edward McCabe  
Mr. John McCoy  
Mr. Dale A. McCullough  
Ms. Anna S. McDaniel  
Mr. William McDaniels  
Mr. Phillip McDonald, Jr  
Mr. Michael G. McGinnis  
Ms. Joyce L. McKaig  
Ms. Oriana M. McKinnon  
Mr. Kenneth E. McLaurin  
Mr. Johnnie McNair, Jr  
Mr. & Mrs. David McNeil  
Mr. Charles Meador  
Mrs. Deborah Mears  
Mr. & Mrs. Buddy Meier  
Mr. & Mrs. Lyle Meier  
Ms. Julia Meldau  
Mr. & Mrs. Angelo Mele  
Mr. John J. Mellon  
Mr. & Mrs. Richard Mellor  
Mr. & Mrs. Gary Menefee  
Ms. Carole A. Meola  
Metropolitan Funeral Service  
Ms. Sharon Meyer  
Mr. & Mrs. Nicholas Michaels  
Ms. Judith A. Michalski  
Ms. Barbara Michlik-Bahr  
Mrs. Etta S. Midgette  
Midlothian System Protection  
Group  
Ms. Eileena Miley

Mrs. Ann Miller  
Mr. Robert Miller  
Mr. John Mills  
Ms. Jenniffer Minks  
Mr. & Mrs. G. Gilmer Minor, III  
Ms. Emma C. Miranda  
Mr. Ray R. Mishler  
Mrs. Shirley R. Mitchell  
Mr. Stephen Modlin  
Ms. Doris Modr  
Ms. Annette L. Monroe-Martin  
Ms. Theodosia Montague  
Mr. Robert Montgomery, III  
Mr. Robert Moore  
Mr. Benjamin Moore, Jr  
Mr. Johnny Moore  
Ms. Sandra Moore  
Ms. Jean Morelli  
Mr. Dale Morgan  
Mr. & Mrs. George Morgan  
Ms. Susan Moser  
Mr. & Mrs. Ben Moss  
Mrs. Mary Mueller  
Mr. Paul C. Muick  
Mr. Robert Mulloy  
Mr. Richard P. Multer, Sr  
Ms. June Munford  
Mr. & Mrs. John Murphy  
Mr. Millard Murphy, Jr  
Mr. Kennyth Murray  
Mr. & Mrs. Spencer Murray  
Ms. Evelyn Nash  
Mr. & Mrs. Chris Needels  
Ms. Linh Nguyen  
Mr. Loc Duy Nguyen  
Mr. & Mrs. Charlie Nichols  
Mr. & Mrs. George Nichols  
Mr. Merlin Nielsen  
Ms. Juanita Nordstrom  
North Beach Hair, Inc  
Northampton Medical Services  
Foundation  
Ms. Patricia Nothnagle  
Ms. Jennifer Obal  
Ms. Janyce L. O'Brien  
Mr. William A. O'Brien, Jr  
Ms. Claudia Odom  
Mrs. Darlene Oros  
Mr. Phillip Oswald  
Mr. Robert Owen  
Ms. Elizabeth Owens  
Ms. Susan L. Owens  
Mrs. Dolores Padilla  
Mr. & Mrs. Arthur L. Palmer  
Mr. Allan Parker  
Mr. Charles Parker  
Mr. Matt Parker  
Ms. Connie Parra  
Mr. Kermit G. Paschall, Jr  
Mr. B. Jashbhai Patel  
Mr. Charles Payne  
Mr. Ramon Perez  
Mr. Jerome Perry  
Mrs. Teresa W. Peters  
Ms. Dorena Peterson  
Mr. & Mrs. William J. Pfister  
Mr. Vance E. Phelps, Sr

# Talent & Treasure

Any discussion of philanthropy usually focuses on how a giver can help others—other people, other organizations or entities, or even the world. But a growing body of scientific evidence demonstrates that acts of philanthropy strongly benefit the giver as well.

**In the United States, millions of adults volunteer their time to help other people or a specific cause.** This “giving” population reports:

- ◆ An improved sense of well-being
- ◆ Lower stress levels
- ◆ Better physical health
- ◆ Enhanced emotional health
- ◆ Enriched sense of purpose in life
- ◆ Increased happiness

**In honor of all Sentara volunteers, we are thrilled to highlight some of our dedicated donors who make “giving back” their full time jobs.** They reap the rewards of friendship, fellowship, and feeling good about doing good:

**Sentara Obici Hospital volunteer Jack Ewald knows a thing or two about perseverance.** He survived the D-Day invasion, only to be captured two months later during brutal fighting in the dense hedgerows dividing farm fields in France.

**He persevered through nine months as a Prisoner of War in Germany.** Then, with the Soviet army advancing late in the war and gunfire all around, Jack and two other men bellied under the fence and took off running, rather than be liberated by the Soviets.

After the war, Jack had a long career with the Bell Telephone companies, starting as a cable splicer’s assistant and retiring as a manager in materials management. He and his wife, Helen, settled in Suffolk 27 years ago and built a house where he still lives alone since Helen passed away in 2009.

**Over the years, Jack had two knee replacements and a hip replacement after a fall, which made him keenly aware of the work involved in orthopedic**

**rehabilitation.** But nothing slows him down. For the last six years, Jack, now 93 has volunteered on Wednesdays with orthopedic surgery patients at Sentara Obici Hospital, serving as a counselor and cheerleader.

**“I tell them they can do it,” Jack says. “I’ve been through rehabilitation and I’m older than most of the patients, so I share my story and encourage them to keep going.”**



Jack Ewald, Sentara Volunteer

Photo by Ryan Livingston



**Five years ago, Ann Hogg lost her beloved husband, Jesse, and decided to find a new way to connect with her community.** Ann and Jesse had made generous donations to support Sentara programs and services previously, so it just felt natural to look to her Sentara hospital for even more connection. She began volunteering

at Sentara CarePlex Hospital in the Same Day Surgery unit, and been committed to supporting the staff and patients ever since. **She says she loves working with the girls in the unit and meeting the patients. “It gives me satisfaction to know I can help them.”** Ann’s Sentara CarePlex Hospital family feels the same towards her and couldn’t wait to celebrate with her as she turned 90 years young in September!



**Barbara Chalk grew up in New York not really knowing what she wanted to do with her life.** She knew that she wanted to be in a “caring profession,” and when she saw how her cousin was able help so many as a nurse, Barbara decided to give that a try. After attending nursing school in Watertown, NY, Barbara and some friends moved to Virginia to start their careers. **Barbara worked as a nurse for 43 years with the majority of that time spent in neurosurgery at Sentara Norfolk General Hospital.**

Now retired, Barbara continues to assist in the pacemaker clinic at Sentara Heart Hospital. She also volunteers with the Parkinson’s support group, not because she had a relative with Parkinson’s, but because she witnessed the struggles of patients and their families, and she wants to help.

**Barbara’s entire life has been focused on doing and not just standing by.** So, when she saw a letter from the Sentara Foundation – Hampton Roads that told the story of a family that left money for nursing scholarships in their will, her immediate thought was, “I should do that



Ann Hogg, Sentara Volunteer

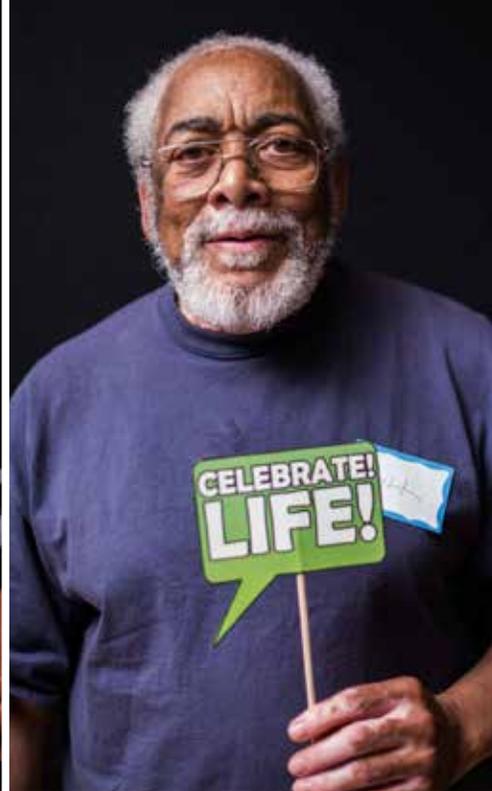
too.” **Barbara decided not to wait, but immediately pledged support for the Clinical Education Excellence Initiative in loving memory of her father who inspired her to be the person she is today.**

“It is one of the beautiful compensations of life,” said Ralph Waldo Emerson, “that no man can sincerely help another without helping himself.” Although philanthropy usually goes hand-in-hand with altruism, these special donor-volunteers know that the giving of one’s time and treasure makes the world a better place for both giver and recipient.

**You, too, can enjoy the perks of philanthropy with your gift of time and treasure to Sentara. Your kindness today heals someone tomorrow.**



Barbara Chalk,  
Sentara Legacy  
Society member  
and volunteer



## HOW WILL YOU LIVE WITH cancer?

Upon receiving a diagnosis of cancer, you (or your loved one) may encounter many issues that reach far beyond the medical treatment plan. **Aspects of your life that you never thought would change suddenly shift to a new reality.** Listen to the voices of those managing their cancer journey:

“I’ve spent days in cancer hospitals, driven to emergency rooms, attended countless oncologist and surgical appointments, heard devastating news, bought wigs. Today the pain is wearing me out, and it’s much worse than it has ever been. I’m scared. And I can’t tell anyone.” ~ Melisa, Sentara Cancer Patient

“I have had melanoma since 2013. I’m having issues with the way I feel towards my wife and 16-year-old daughter. The both of them are upset with me because I have shut off emotionally.” ~ Eugene, Sentara Cancer Patient

“I have had some neuropathy in hands and feet; the chemo treatment did the damage. That ended a year ago but some effects are still present: mostly a lack of feeling, increased sensation of cold.” ~ Larry, Sentara Cancer Patient

“I had breast cancer 15 years ago. I had difficulty remembering words and putting sentences together almost immediately, but my oncologist told me it was temporary. I have had six jobs in the last 5 years because I can’t concentrate on any one task for very long at all.” ~ Anne, Sentara Cancer Patient

“I worked all my life, becoming an executive in the U.S. chemical industry, and I saved all my life for retirement. And two years after I retired, I was diagnosed with breast cancer. As a breast cancer patient and survivor, the high out-of-pocket costs of the life-saving brand medication I needed cost me \$1,000 a month, despite Medicare coverage. I was supposed to take this drug for five years. I was devastated and fearful. I was fearful of losing my house. I was afraid I could die.” ~ Sarah, Sentara Cancer Patient

**Cancer survivors call life after cancer treatment “the new normal.”** With so many questions, concerns, changes, and feelings, where do we turn for help? The Sentara Cancer Network survivorship program can assist with exploring your individual legal, financial, physical, emotional and social needs. Working with you to create a post-cancer treatment plan helps to make life after cancer as good as it can be.

**Survivorship programs and other non-clinical services for cancer survivors are not reimbursable by insurance.** For this reason, your charitable donation to sustain and enhance this resource is critical. You can make a meaningful difference in continuing a life well-lived after cancer!

*Photos courtesy of Sentara’s National Cancer Survivor’s Day event, June 2018*

# CONTRIBUTORS cont.

Mr. Alexander Phillips  
 Mr. & Mrs. John Picco  
 Mr. Carl B. Pierce  
 Ms. Celestine Pierce  
 Mr. David Pietras  
 Piney Woods Friends Church  
 Mrs. Helen Pisek  
 Ms. Kristin Plummer  
 Mr. Pierre Ponson  
 Mrs. Marilyn Pope  
 Mr. Barry Porter  
 Ms. Fannie Powell  
 Ms. Susan Power  
 Ms. Betty Powers  
 Ms. June S. Powis  
 Mr. & Mrs. Charles Price  
 Mr. Donald B. Price  
 Ms. Gloria Pritchett  
 Mr. & Mrs. John Protinick  
 Ms. Robin Pruitt  
 Ms. Pauline F. Prusch  
 Public House  
 Ms. Phyllis Pugh  
 Mr. Ernest E. Putt  
 Dr. Edward Pyatt  
 Radman Radiological, Inc  
 Mr. & Mrs. Harvey Ragan, Sr  
 Ms. Rosa Rainey  
 Ms. Judith Raridon  
 Col. A. Allen Rasper  
 Ms. Eleanor V. Rathbun  
 Mr. Ilanders Rawlings  
 Mr. & Mrs. Thomas Rayfield  
 Dr. & Mrs. Orren L. Rayford  
 Mr. Silverio Reacido  
 Mr. Roscoe Redcross, Jr  
 Mr. Stanton K. Reed, USN Ret  
 Mr. Christopher Reich  
 Ms. Anna Louise Reid  
 Ms. Arleitha M. Reid  
 Mr. Darian D. Reid  
 Mr. & Mrs. Michael Rendon  
 Ms. Sophia Reynolds  
 Mr. & Mrs. William D. Rhodes  
 Mr. & Mrs. James Rice  
 Ms. Mary E. Rice  
 Mr. & Mrs. Joseph Rich  
 Mrs. Shirley A. Richards  
 Mrs. Sylvia M. Richendollar  
 Ms. Anita L. Riddick  
 Mr. Morgan Ridington  
 LCDR L. W. Riedel, USN Ret  
 Mr. Robert Rivenbark  
 Mr. Peter Roberts  
 Mr. & Mrs. Richard D. Roberts  
 Mr. Joseph Roche, Jr  
 Ms. Mary Rodgers  
 Mr. William Rodgers  
 Ms. Elizabeth Rodriguez  
 Mr. & Mrs. David Rogers  
 Mr. Paul Rogers  
 Ms. Katherine Roller  
 Mr. & Mrs. David Roop  
 Ms. Nancy Rose  
 Dr. & Mrs. John B. Rosenman  
 Ms. Alice Ross  
 Mr. & Mrs. Gene Royer  
 Mr. Timothy Ruck

Mr. Dexter C. Rumsey, II  
 Ms. Jean Rush  
 Mr. Warren Saffell  
 Ms. Yvonne Saffell  
 Mr. James J. San Giacomo  
 Capt. & Mrs. Dennis A. Sande,  
 USCG Ret  
 Dr. Carolyn Sands  
 Mr. John Saunders  
 Ms. Joyce A. Sawyer  
 Ms. Dorothy L. Schachtner  
 Mr. Ted Schaefer  
 Mr. David L. Schatten  
 Mr. Fred Schenker  
 Mr. Andrew Schiavone  
 Ms. Nanci Schultz  
 Mr. & Mrs. A. Glen Scott  
 Mr. Jimmy Scott, Sr  
 Mr. Kenneth R. Scott  
 Mr. Rodney L. Sechrist

Ms. Mary Simons  
 Ms. Williamae Skinner  
 Mr. Gerald Small, Sr  
 Ms. Dianne Smith  
 Ms. Dorsie Smith  
 Ms. Marilyn Smith  
 Mr. Nelson Smith  
 Ms. Norah Smith  
 Ms. Raye Smith  
 Mr. Roy E. Smith, Jr  
 Mr. James Snead  
 Mr. Roland Snead  
 Ms. Janet Snook  
 Mr. William Snovel  
 Mrs. MaryIn L. Speckheuer  
 Mr. Kenneth Spencer  
 Ms. Naomi Spivey  
 Ms. Peggy Spruill  
 St. Matthew's Sunshine Club  
 Ms. Joyce L. Stafford

Mr. Kenneth A. Taylor, Jr  
 Mr. Ralph P. Taylor  
 Mr. William C. Tennis  
 The Benevity Community  
 Impact Fund  
 Maj. John Thomas Ret AF  
 Mr. William R. Thomas, Sr  
 Mr. & Mrs. Jesse Thomasson  
 Mrs. Cindy Thompson  
 Mrs. Terri Thompson  
 Mr. Arthur Thornton  
 Mr. Carl Throckmorton, Jr  
 Ms. Carol Tickton  
 Mr. Gregory Tiernan  
 Ms. Consuello Timberlake  
 Mrs. Suzanne Tingley  
 Ms. Melissa Toms  
 Ms. Janice Touchton  
 TowneBank Foundation  
 Ms. Martha Trevathan

Ms. Evangeline Wajeeuddin  
 Mr. & Mrs. Jeffrey Walker  
 Ms. Fannie Walls  
 Mr. Andrew Walsh  
 Mr. & Mrs. John Walsh  
 Ms. Marion Walston  
 Ms. Monique Wansky  
 Ms. Audrey Ward  
 Ms. Mavis Ward  
 Mr. Robert C. Ward, Jr  
 Ms. Cynthia A. Warwick  
 Ms. Dorothy B. Wattlely  
 Mrs. Phyllis Weed  
 Mr. & Mrs. Clarence West  
 Mr. & Mrs. Joe Whalen, III  
 Ms. Sandra L. Whaley  
 Mr. John C. Whistler  
 Mr. David White  
 Ms. Mary White  
 Mr. Richard White  
 Ms. Shirley White  
 Mr. Willie White  
 Mr. Emmit Whitehead  
 Ms. Shirley Whitenack  
 Ms. Judith M. Whitlock  
 Mr. Gary W. Wiggins  
 Mr. F. Beale Wilhoit  
 Ms. Bonita Diane Williams  
 Mr. Mack Williams  
 Ms. Virginia Williamson  
 Dr. Delores Wilson  
 Ms. Edith Wilson  
 Ms. Eula M. Wilson  
 Ms. Betty Winburn  
 Ms. Athlyone H. Winfield  
 Mr. Dennis Winkelsaw  
 Mr. & Mrs. Paul Winslow  
 Mr. Matthew M. Winston  
 Mr. & Mrs. Lawrence J. Wiser  
 Mr. & Mrs. Pete Withers  
 Mr. Mihael Wittie  
 Ms. Teresa Wolford  
 Mrs. Catherine Woodard  
 Mr. & Mrs. Gregory Woody  
 Mr. Thurman Worthington, Jr  
 Rev. Elizabeth S. Wright &  
 Rev. Edward H. Wright  
 Ms. P. Wright  
 Ms. Mary Wyatt  
 Ms. Lou Ann Wyer  
 Mr. Stephen Yaros  
 Mr. & Mrs. Gary Yonke  
 Mr. A. Thomas Young  
 Ms. Margaret F. Young  
 Dr. & Mrs. Solomon  
 Zimmerman  
 Mr. Peter Zucker



Image courtesy of Sentara's National Cancer Survivors Day Event, June 2018

Ms. Marjorie Sedor  
 Mrs. Mary Seemueller  
 Mr. & Mrs. James E. Seibel  
 Mr. & Mrs. Theodore Sells  
 Sentara CarePlex Hospital  
 - Medical Staff  
 Sentara Princess Anne  
 Hospital - Auxiliary  
 Mr. & Mrs. Edward R.  
 Seward, Jr  
 Ms. Jacqueline Seymore  
 Mrs. Bonita Seymour  
 Mr. James P. Shaffer  
 Ms. Cleo L. Shannon  
 Mr. Art Sheehan  
 Mr. Arthur Sheehan  
 Mr. Scott Shephard  
 Ms. Delores R. Shields  
 Mr. James D. Shields  
 Ms. Maria Elisa S. Shores  
 Mr. Ronald Shriver  
 Mrs. Theresa Shukis  
 Mr. & Mrs. Joseph Silberholz  
 Ms. Donna Silva-Flibotte  
 Ms. Linda A. Simmons  
 Mr. Howard Simms

Mrs. Cathy Staiti  
 Mr. Lanan A. Staunton  
 Mr. Daniel Stewart  
 Mr. Earl Still  
 Ms. Jane Stone  
 Mr. & Mrs. Erwin Storck  
 Ms. Esther J. Sumler  
 Ms. Marilyn K. Summerford  
 Ms. Priscilla Summers  
 Mr. John Sunkins  
 Ms. Diane Surida-Middleton  
 Ms. Jacqueline T. Sutton  
 Mrs. Diane Swadley  
 Ms. Mary E. Swann  
 Ms. Claudia Sweeney  
 Mr. William Tally, Jr  
 Mr. & Mrs. Edward Tankard  
 Ms. Linda Tantum  
 Mr. Philip R. Taravella  
 Mr. & Mrs. Thomas Tarkenton  
 Mr. & Mrs. Donald A. Tartoni  
 Ms. Colleen Taylor  
 Col. George O. Taylor, Jr,  
 USA-Ret  
 Mr. Irvin Taylor  
 Ms. Jean M. Taylor

Mr. Ronnie Trice  
 Mr. & Mrs. Philip Trimble  
 Cmdr. Matthew Trudeau  
 Ms. Mary M. Turek  
 Twin Cedar Farms  
 Ms. Jacqueline Tynes  
 Mr. Eugene L. Ulmer  
 Mr. William J. Umphlette  
 United States Special  
 Operations Command  
 Ms. Leslie Unruh  
 Mr. & Mrs. John S. Urban  
 Mrs. Brenda Usdin  
 Mr. & Mrs. James Uzzell  
 Mr. Angelito Valencia  
 Vanguard Charitable  
 Endowment Program  
 Vannoy Construction  
 Ms. Wanda Vannoy  
 Ms. Laura Varner  
 Ms. Virginia Vaughan  
 Mr. Alexander Vazquez  
 Ms. Virginia Vernon  
 Virginia Beach Billfish  
 Foundation  
 Mr. Richard Wagner

# TRIBUTE GIFTS

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, 2018 - June 30, 2018.

## In Honor

**Dr. John Agola**  
Mr. Robert Abulencia

**Dr. Shola Aluko**  
Mr. Robert Abulencia

**Dr. Robin Anderson**  
Ms. Maria L. Halliday

**Ms. Joye Early**  
Ms. Joyce Early

**Dr. Kirk Fleischer**  
Mr. Robert Ewald

**Dr. George Hubbard**  
Ms. J. Castle Craddock

**Mr. Paul Hudgins**  
Mr. & Mrs. Richard D. Lee

**Ms. Sally Lassalle**  
Mr. David Lassalle

**Dr. Jonathan Mason**  
Mr. Charles S. Hopkins, Jr

**Ms. Nancy Papy**  
Mr. & Mrs. John A. Kupyar

**Mrs. Savitaben Patel**  
Mr. B. Jashbhai Patel

**Mr. David Proffitt**  
Mr. Charles S. Hopkins, Jr

**Mr. David Rogers**  
Mr. & Mrs. Chris Needels

**Ms. Georgia Sherlock**  
Mr. & Mrs. William Hearst

**Sentara Heart Hospital Staff**  
Ms. Shirley Y. Adams

**Ms. Traci Stewart**  
Mr. Daniel Stewart

**Mr. Theodore Still**  
Mr. Earl Still

**Mr. William Carr**  
Mr. William Brice, III  
Piney Woods Friends Church

**Ms. Edna Carroll**  
Mr. Charles Carroll, Jr

**Mr. James Carter**  
Ms. Celestine Carter

**Mr. John Chase**  
Mr. George Chase

**Mrs. Carol Chasse**  
Mr. Jeremy Ingram

**Mr. Richard Coates**  
Mrs. Barbara Coates

**Ms. Mary Coren**  
Mr. Michael Coren

**Mrs. Bessie Coston**  
Ms. Tamika Bond

**Ms. Joy Crowley**  
Mr. William Crowley

**Ms. Carline Curtis**  
Ms. Mattie L. Jackson

**Mrs. Roxie Davenport**  
Ms. Ernestine Davenport

**Mr. Micheal Dean**  
Ms. Dorsie Smith

**Mr. John Dietz**  
Ms. Sharon George

**Ms. Melissa Dowd**  
Mr. Steven Dowd

**Mr. Stuart Drummond**  
Mr. William Davis  
Mr. Charles Meador  
Mrs. Ann Miller

**Ms. Beatrice Earls**  
Mr. James Earls

**Mr. Frank Earnest**  
Ms. Mary Earnest

**Ms. Elly Emanuel**  
Ms. Mary E. Swain

**Mr. Donald Epperley**  
Mr. & Mrs. James Uzzell

**Mr. Vernon Everett**  
Ms. Tina Everett &  
Ms. Brittany Everett

**Mrs. Ruth Falbo**  
Col. John Falbo

**Ms. Margaret Ferguson**  
Ms. Janie Ferguson

**Mrs. Dorothy Fitchett**  
Mrs. Elizabeth Clayton  
Mr. & Mrs. L. Eric Fitchett  
Ms. Betty Winburn

**Mr. Philip Floyd**  
Mr. Howard Simms

**Ms. Eloise Franco**  
Mr. David T. Lavrischeff

**Mrs. Heather Gerber**  
Mr. Donald Adam

**Ms. Ann Gill**  
Mr. Howard Gill

**Mr. Robert Graves**  
Ms. Abby K. Johnson

**Mr. Ted Herbert**  
Mr. & Mrs. Edward R.  
Seward, Jr

**Ms. Vera High**  
Mr. & Mrs. James High

**Mr. Carl Hilley**  
Ms. Linda Hilley

**Mr. Charles Hogge**  
Ms. Wilma Hogge

**Mr. Gordon Holt**  
Mrs. Marianne Holt

**Dr. Kenneth Hyatt**  
Ms. Grace J. Hyatt

**Mr. William Jenkins**  
Ms. Mary Ellen Belote

**Mr. Everett Jordan**  
Ms. Rosanna Jordan

**Mr. John Kennelly**  
Mr. & Mrs. Robert Bingham  
Dr. & Mrs. James Butler  
Dr. Deborah Grosser  
Mrs. Margaret Jones  
Mrs. Maxine Kennelly  
Dr. Lori Korinek  
Ms. Eileena Miley  
Mrs. Mary Mueller  
Mr. Christopher Reich  
Mrs. Cathy Staiti

**Ms. Novella Knowles**  
Mrs. Merry Ballance

**Mr. Robert Krebs**  
Dr. Gary Krebs

**Ms. Rhoda Kushner**  
Ms. Evelyn Nash  
Mr. David Pietras

**Mr. James Lamb**  
Ms. Sondria T. Lamb

**Mr. Ronald Leach**  
Ms. Elizabeth Rodriguez

**Mr. Howard LeCato**  
Ms. Jean LeCato

**Mrs. Calvert Lester**  
Mr. & Mrs. Nabil Kassir

**Mr. Domon Lewis**  
Mrs. Carolyn H. Lewis

**Robert "Rivers" Loy**  
Ms. Geraldine Buhl  
Mr. & Mrs. James Cockrell  
Mr. & Mrs. Michael Davis  
Ms. Cynthia Dellinger  
Duran-Sorto Family  
Ms. Karen Farris  
Mrs. Joyce Loy & Family  
Mr. & Mrs. Gary Menefee  
Mr. & Mrs. John Picco  
Mrs. Bonita Seymour  
Mrs. Brenda Usdin

**Mrs. Janet MacLeay**  
Mr. Ronald E. MacLeay

**Mrs. Mildred Maggard**  
Mr. Andrew J. Maggard

**Mr. Steven Manges**  
Mr. & Mrs. George H. Manges

**Mrs. Pat Manges**  
Mr. & Mrs. George H. Manges

**LCDR Charles Mathiesen**  
Ms. Margaret F. Young

**Mrs. Catherine McCoy**  
Mr. John McCoy

**Mr. Philip Meola**  
Ms. Carole A. Meola

**Mrs. Sharon Mill**  
Democracy Alliance  
Mr. Pamela Hall  
Ms. Laurie Jodziewicz  
Mr. Braeden Lentz  
Ms. Melissa Toms  
Mr. Mihael Wittie

**Ms. Mary Mooney**  
Mr. Robert Mooney

**Mrs. Marjie Multer**  
Mr. Richard P. Multer, Sr

**Mr. Robert Napier**  
Mr. & Mrs. Nicholas Michaels

**Ms. Lois Norman**  
Ms. Karen Hanes

**Mr. Arthur Ostonal**  
Anonymous

**Mr. Alan Parker**  
Mr. & Mrs. Kyle Bradley  
Mr. Robert Gardner  
Ms. Emilie Kappel  
Mr. James Levanseller, II  
Mr. & Mrs. David McNeil  
Ms. Sharon Meyer  
Midlothian System Protection  
Group  
Ms. Susan Moser  
Mr. & Mrs. David Roop  
Ms. Joyce A. Sawyer  
Ms. Mary White

**Mrs. Pamela Parker**  
Mr. Allan Parker

**Ms. Peggy Pearce**  
Mrs. Gracie Foster

**Mr. John Peters**  
Mrs. Teresa W. Peters

**Mr. Berkley Pierce**  
Mr. Carl B. Pierce

**Mrs. Frances Ponson**  
Mr. Pierre Ponson

**Mr. Jerry Powell**  
Mr. & Mrs. Michael R.  
Matthews

**Mr. Calvin Randall**  
Mr. Ralph P. Taylor

**Ms. Dixie Rhodes**  
Mr. & Mrs. Price Boxley

## In Memory

**Mrs. Gladys Allred**  
Mr. Charles H. Allred

**Mr. Robert Ballard**  
Mrs. Donna Ballard & Family

**Mr. David Barnas**  
Dr. & Mrs. John Cochran

**Ms. Bessie Baxter**  
Mr. Terry Baxter

**Mr. Henderson Beale, Sr**  
Mr. & Mrs. Henderson L.  
Beale, Jr

**Mr. Robert Beale**  
Ms. Betty Allgood  
Ms. Brenda Beale  
Ms. Alice Hamilton  
Mrs. Cindy Thompson

**Dr. Alfred Bennett**  
Mr. John Bennett

**A. C. Bonko**  
Mr. Lawrence Bonko

**Ms. Shirley Bumgardner**  
Ms. Maxine Elder Barnett

**Mrs. Edna Burford**  
Mr. Vernon A. Burford, Sr

**Ms. Mary Butts**  
Ms. Lillie Jefferson

**Mr. James Carr**  
Ms. Bertha Carr

## 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.



# TRIBUTE GIFTS cont.

**Mr. M. Connor Richards**

Mr. Marc Boustany  
 Mrs. Nicole Cassimiro  
 Mr. Steven Dowd  
 Col. John Elder, III  
 Ms. Lavdjola Farrington  
 Mr. & Mrs. James Frogge  
 Mr. Stephen Gulakowski  
 Mr. Robert Hartling  
 Ms. Janie Hinkley  
 Mr. Gary Hurt  
 Ms. Hannah Hurt  
 Mr. Robert Hutchens, III  
 Mr. Thomas Jarrell  
 Joint Staff J6-Data Services Div  
 Mrs. Alicia Knotts  
 Mr. Thomas Lang, USN Ret  
 Mrs. Monica Lohr  
 Mrs. Cynthia Martie  
 Mr. Phillip McDonald, Jr  
 Ms. Jenniffer Minks  
 Mr. Robert Mulloy  
 Public House  
 Mr. & Mrs. Michael Rendon  
 Mr. Timothy Ruck  
 Mr. Scott Shephard  
 Mr. & Mrs. Erwin Storck  
 Ms. Diane Surida-Middleton  
 Cmdr. Matthew Trudeau  
 Ms. P. Wright

**Mr. Robert Richardson**

Ms. Joann Gorham-Richardson

**Mrs. Joyce Richardson**

Ms. Anna Bryant  
 Mr. & Mrs. Melvin W. Bryant  
 Mr. & Mrs. Eric Evanoff  
 Mr. & Mrs. Timothy King  
 Ms. Marjorie Sedor  
 Ms. Laura Varner

**Mrs. Ofelia Rios**

Mr. & Mrs. Thomas Tarkenton

**Mr. Jordan Rosenblum**

Mr. & Mrs. Steve Leiberman

**Capt. William Rush**

Ms. Jean Rush

**Mr. David Schaefer**

Mrs. Yvette Beard  
 Mr. Steven Borland  
 Ms. Helen Johnson  
 Mr. Ted Schaefer

**Mr. Ralph Schiavone**

Ms. Carole A. Meola

**Mr. Kenneth Shannon**

Ms. Cleo L. Shannon

**Dr. Melvin Slusky**

Ms. Carol Tickton

**Ms. Caroline Smith**

Mrs. Alysia Hensler

**Ms. Lara St. Peter**

Ms. Shirley Whitenack

**Mr. Dempsey Sumler**

Ms. Esther J. Sumler

**Mr. Johnny Sumner**

Mr. & Mrs. Billy Burgess

**Mr. Fred Thornton, Jr**

Ms. Gloria Fletcher

**Mrs. Ruth Thornton**

Ms. Gloria Fletcher

**Mrs. Sallie Twine**

Ms. Audrey Ward

**Ms. Frances Tyrrell**

Ms. Julie Kelsey

**Mr. Clinton Varner**

Ms. Eleanor V. Rathbun

**Mr. Alejandro Vazquez**

Mr. Alexander Vazquez

**Mrs. Mariana Vazquez**

Mr. Alexander Vazquez

**Mr. Mohemmed Wajeeuddin**

Ms. Evangeline Wajeeuddin

**Mr. Floyd Walston**

Ms. Marion Walston

**Mrs. Doris Washington**

Ms. Ernestine Davenport

**Ms. Helen Weber**

Mr. Robert T. Alexander

**Mr. Bill Whitehurst**

Mr. & Mrs. Billy Burgess

**Ms. Kennedy Wilson**

Ms. Rosalind Hall

**Mr. Vernon Winfield**

Ms. Athylone H. Winfield

**Mr. John Wray**

Ms. Ashton Farrar

**Mr. Spencer Wright**

Rev. Elizabeth S. Wright &  
 Rev. Edward H. Wright

**Mr. John Yaros**

C. J. Prettyman, Jr, Inc  
 Mr. & Mrs. Larry Custis, Sr  
 Dime Oil Co, LLC  
 Ms. Joan Kellam  
 Ms. Jenifer Maninger  
 Mrs. Deborah Mears  
 Mr. & Mrs. John Protinick  
 Ms. Robin Pruitt  
 Mr. Art Sheehan  
 Mr. Arthur Sheehan  
 Ms. Linda Tantum  
 Mr. Arthur Thornton  
 Twin Cedar Farms  
 Mr. Stephen Yaros

**Mrs. Gale Zucker**

Mr. Peter Zucker



Photo by Ryan Livingston

Jack Ewald with his daughter and the Sentara OrthoJoint Center® staff



**SENTARA®**

Sentara Healthcare  
6015 Poplar Hall Drive, Suite 308  
Norfolk, VA 23502-3819

Sentara Foundation – Hampton Roads

Non-Profit Org.  
U.S. Postage  
**PAID**  
Norfolk, VA  
Permit No. 156

Inside: Find out how..

*Your help changes lives!*

## 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  
**Vicky Gray** (*not pictured*), SVP, System Development

**Sentara Foundation – Hampton Roads**  
6015 Poplar Hall Drive, Suite 308  
Norfolk, VA 23502  
(757) 455-7976  
foundation@sentara.com  
www.sentara.com/foundation

## 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](mailto:foundation@sentara.com).