

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.**

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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

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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.

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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

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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

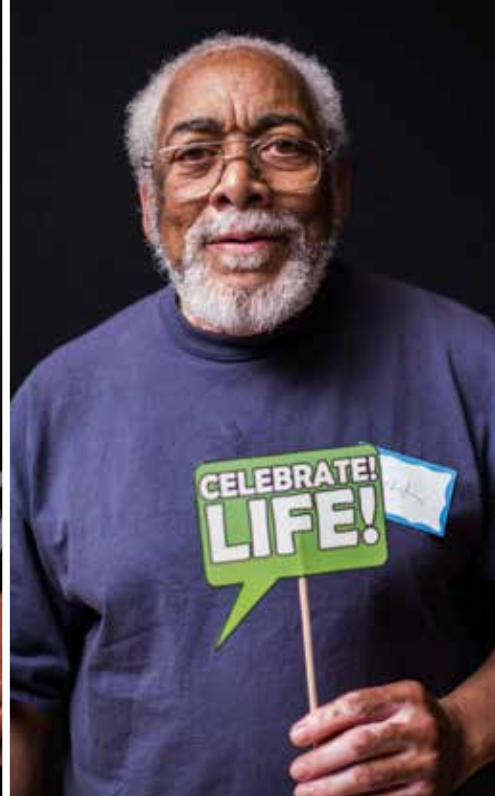
too.” **Barbara decided not to wait, but immediately pledged support for the Clinical Education Excellence Initiative in loving memory of her father who inspired her to be the person she is today.**

“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

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