

Sentara Cares



Major donors and friends of the Sentara Brock Cancer Center gather with Sentara leadership and the Beyond Cancer Campaign Leadership Cabinet members to celebrate achieving the \$15 million campaign goal.

Thanks To You, We Did It!

Back in 2019, just before the pandemic, the Sentara Foundation took on a bold endeavor—to launch a capital campaign to support the new cancer center on the Norfolk/Virginia Beach border. No one could predict that, a few months later, healthcare systems worldwide would be faced with one of the biggest challenges of the last century—the COVID-19 pandemic.

Yet, soon after launching the campaign, the Campaign Cabinet, which consisted of community leaders and philanthropists across the region, increased the goal from \$7 million to \$15 million, responding to the needs of the new cancer center and feedback from early donors.

Now, after three years of engaging the community in the goals of the cancer center—to create a place

of comfort, healing, and excellent care—we are delighted to announce that we have achieved our campaign goal!

With a cornerstone gift from grateful patient Joan Brock to name the center and contributions from donors ranging from \$10 to several million, we can now declare the campaign—the largest the Sentara Foundation has ever attempted—a success!

To celebrate that success, major donors to the campaign came together last November at the Beyond Cancer Donor Appreciation Event. Held in the Healing Garden on a lovely evening, Sentara President and CEO Dennis Matheis thanked all involved in the campaign success, especially the Campaign Cabinet co-chairs, Eric Coble and Bob Fort, as well as the hundreds of donors to the campaign who have

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Dear Friends,

It's hard to believe we are already halfway through our calendar year. If you're like me, it feels like summer took too long to arrive!

As a health care organization, we are more than ever committed to our mission of improving health every day and working as 'One Sentara' to accomplish our goal. **What that means to you, our partners, is that we are focusing on bringing our healthcare delivery and our health plans service offerings into closer alignment.** This shift will allow us to create a more simple, seamless, personal, and affordable experience for our consumers – our patients, members, and communities. You will hear more about our 'One Sentara' initiative as we continue to align, enhance, and redesign our services throughout the year. In the meantime, we're excited to update you on several areas within this newsletter that are focused on our mission.

Our Sentara Brock Cancer Center recently celebrated its third year in operation. **Because of you, our Sentara Foundation has successfully achieved our goal of raising \$15 million from the community to support our programs and**

services. We couldn't have done it without you! The Cancer Center has also celebrated the opening of the Luke Hillier Cancer Research Alliance—an innovative partnership between the Sentara Health Research Center, Eastern Virginia Medical School, and Virginia Oncology Associates. This research alliance will significantly advance oncology research in our communities and provide expanded access to those who need it most.

We're also pleased to announce a new Mental Health and Wellness Fund. The Centers for Disease Control and Prevention report that more than one in five Americans live with a mental illness, making it one of the most common health conditions in our country. Sentara is working to proactively address this mental health crisis, and this new fund will provide the opportunity to address these needs together.

Finally, you'll read an update on our Nightingale Air Ambulance. We are 48% toward our goal of raising \$1 million from the community to support an upgraded GPS for the Nightingale aircraft. With more than 26,000 missions over the last 40 years, every dollar we raise from the community allows us to continue this service and keep our Nightingale on the cutting-edge of flight safety for our patients. **Your charitable support saves minutes and saves lives—thank you!**

We hope you enjoy this issue of Sentara Cares. Your continued support really does make a difference. Together we create a safer and healthier Hampton Roads community.

In good health,

Anna James

Anna James
Senior Vice President

Thanks to You, We Did It! (CONTINUED)



Members of the Sentara Brock Cancer Center's Beyond Cancer Leadership Cabinet

invested in making Sentara's first comprehensive cancer center, a true home for healing.

The new Sentara Brock Cancer Center, which now serves an average of 850 patients daily, has transformed cancer care in our community.

The campaign has garnered support for programs that are now integral to the

Sentara Brock Cancer Center. Here is more information about the programs:

- The Thomas Alberico Distinguished Lectureship series will feature renowned cancer clinical practitioners sharing their insights on cancer care. The inaugural lecture was held on June 24, 2023.

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Beyond Cancer Leadership Cabinet

Howard Kern,
CEO Emeritus of Sentara Health
Eric Coble, Campaign Co-Chair
Bob Fort, Campaign Co-Chair
Thomas Alberico, M.D.
Yvonne T. Allmond

Joan P. Brock
Suzanne Carrillo Kern
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Jack Ezzell, Jr.
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Mrs. Suzanne Carrillo Kern and
CEO Emeritus of Sentara Health Howard Kern

- The Carrillo Kern Center for Integrative Therapies offers services such as acupuncture, nutrition, mindfulness meditation, massage therapy, reiki/healing touch, tai chi and yoga.
- The Luke Hillier Cancer Research Alliance is an innovative partnership between the Sentara Health Research Center, the Sentara Brock Cancer Center, the Sentara Foundation, Eastern Virginia Medical School, and Virginia Oncology Associates.
- The McLeskey Comprehensive Breast Center offers state-of-the-art digital mammography and a one-stop, caring environment for breast cancer patients.



The new 3D mammography van brings the same state-of-the-art technology that a patient would receive in a Sentara facility into our communities.

Just stepping into the lobby of the Carrillo Kern Center for Integrative Therapies, you feel your heart rate decrease and a sense of calm as you are surrounded by accents of glass, art and several living walls.

Integrative Therapies & Services Available



Garden Therapy



Peer Mentoring

A program where newly diagnosed patients are matched with a “mentor” who has been through a similar cancer journey.



Pet Therapy



Support Groups



Transportation

In partnership with the American Cancer Society, this program provides patients with transportation to their appointments.



Wellness Beyond Cancer

Patients and their caregivers are eligible for integrative therapy services from cancer diagnosis through five years of survivorship. Services are available for newly diagnosed cancer patients through five years of survivorship as well as their caregivers.

These programs are supported by an extensive network of caregivers and community volunteers who assist patients with wheelchair transport and support in various departments.

Additions to the cancer center keep coming. Most recently, in the center’s parking lot, physicians and Sentara leadership gathered to cut the ribbon on the new 3D mammography van. This van extends the cancer center’s state-of-the-art technology into communities across the region. Three-dimensional mammography is the current standard of care for breast cancer detection, and it has been proven to find smaller tumors earlier than traditional 2D mammograms.

Sentara has also recently launched a High-Risk Breast

Program in the Hampton Roads community. Aimed at identifying and educating women who may be at greater risk for developing breast cancer, patients are identified as high risk during their mammograms during their check-in process. Then they are paired with a high-risk advanced practitioner.

All these programs, and our future advancements to the Sentara Brock Cancer Center, are made possible by the generous support of donors like you. Thank you! ■

Luke Hillier Cancer Research Alliance

On November 1, The Sentara Brock Cancer Center celebrated the ribbon cutting for the new Luke Hillier Cancer Research Alliance. Adam Casagrande, speaking on behalf of the Hillier family, shared how important this endeavor is to those who have experienced cancer in their families — including himself and Luke Hillier, who lost his father to the disease last summer. It was a deeply moving event.

The Luke Hillier Cancer Research Alliance is an innovative partnership between the Sentara Health Research Center, the Sentara Brock Cancer Center, the Sentara Foundation, Eastern Virginia Medical School and Virginia Oncology Associates. **Researchers will also focus on health inequities in our communities in hopes of lessening them.** For more information, visit LukeHillierCancerResearchAlliance.com ■

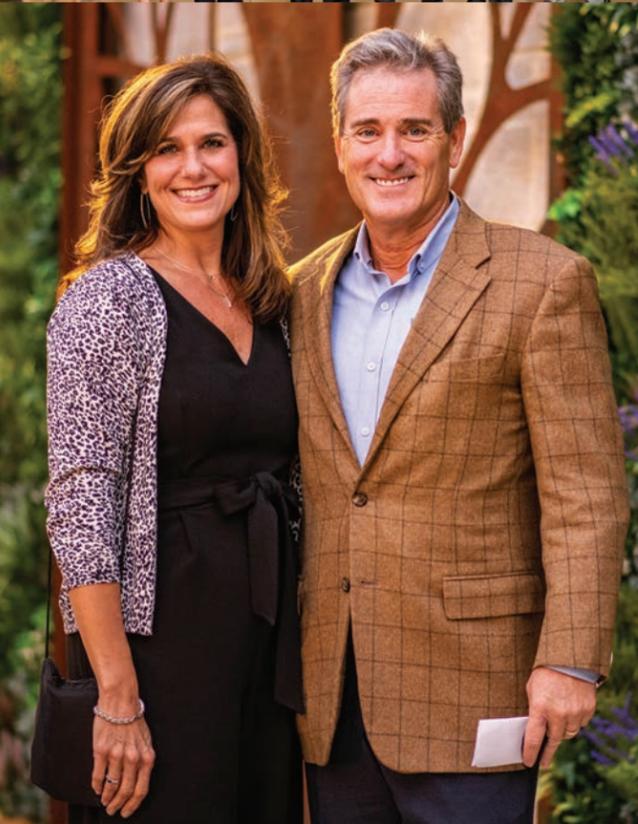


Adam Casagrande (center photo) addresses members of the Luke Hillier Research Alliance.



Donor Appreciation Event at the Sentara Brock Cancer Center

November 1, 2022



Supporting Community Need: Responding to Real Need in Real Time

Pastor Calvin Durham holds a photo of his late son Calvin Durham, Jr. outside his church, New Hope Church of God in Christ, in Norfolk.



The pandemic was difficult for everyone, but few suffered more than Pastor Calvin Durham.

Three life-changing events tested his faith and his ability to cope. His beloved mother died from cancer in February. In the midst of his grief, he delivered her eulogy and kept her death in the context of life's journey.

In June, his son, Calvin Durham, Jr., was killed at a barber shop in a gun violence incident. As a pastor at New Hope Church of God in Christ in Norfolk for 19 years and a volunteer chaplain, Calvin Sr. knew what was coming when two chaplains at Sentara Norfolk General Hospital approached him with the news. Then, he had to be the one to break that terrible news to his wife. He compartmentalized that event, too, and carried on. They are still waiting for their son's alleged killer to go to trial.

Death was front and center for many of Pastor Durham's parishioners during the pandemic. Gun violence in Norfolk felt rampant to some. The pandemic caused social isolation and depression and the challenge of maintaining hope.

Then, with plenty already on his emotional plate, Pastor Durham was diagnosed with prostate cancer.

"At that point, I needed to be ministered to," he recalls. "It brought to mind how vulnerable we all are and the need to be mindful of our mental state."

Pastor Durham's church had hosted Sentara's first community COVID-19 vaccine clinic, and more than 30 parishioners attended a virtual seminar called Nutrition as Medicine. Those successes led Pastor Durham and church member Kim Richardson to approach Sentara's senior director of health equity, Iris Lundy, about a series of webinars on mental health.

"I needed it," he says. "I figured others did, too."

Lundy says, "Pastor Durham allowed us to walk beside him and his congregation during their most trying times. We learned from one another. We learned how impactful it is to demonstrate presence in the community and provide resources and services needed in real time. We earned their trust, which enabled them to be vulnerable with us and to feel comfortable talking about the issues that were important to them."

Lundy and her team presented a series of webinars on topics including mental health during COVID-19, which 200 people attended. Two events were in-person, focused on young people of color at Hampton University and Elizabeth City State University. Another webinar on "Saving our Seniors" included virtual attendees from Colorado and the Philippines.

The success of the webinars led the Sentara Foundation to establish the Mental Health and Wellness Fund, to support the increasing need for mental wellness in a world that has become increasingly difficult to navigate.

Funds to the Mental Health and Wellness Fund will support community training and education, resource sharing, and enhanced programs and services to better respond to identified needs within the community. Collaborating with our stakeholders and community partners, including mental health

providers treating children, adolescents, adults and aging adults, faith-based leaders, law enforcement services, and academic institutions, we strive to meet the evolving needs of the community and overcome the stigma of mental health and bring progressive, holistic alternative treatment programs and modalities of care to support the communities we serve.

The first contribution came from a grateful patient in the community in memory of her daughter.

You, too, can make an impact on the lives of community members struggling with their mental health through a contribution to the Sentara Foundation's Mental Health and Wellness Fund.

It's hard to imagine a more timely need for our community. ■

Sentara College of Health Sciences Announces First Endowed Scholarship

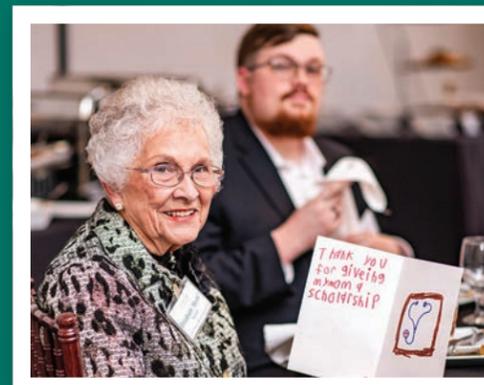
Nurses are the lifeblood of Sentara.

If you've ever been a patient in a hospital, you know the important role nurses play in your care.

But did you know that many of the nurses that serve Sentara hospitals are graduates of the Sentara College of Health Sciences? The school has been educating future healthcare professionals for more than 130 years.

Elizabeth "Boots" McBride was one of those graduates—the class of 1951. She credits the college with preparing her for a rewarding career of helping others.

To "pay it forward," recently "Boots" made a contribution to the college to fund its first-ever endowed scholarship, so other students could have the opportunity to serve their community and find the satisfaction she did through nursing. She says "because of my love and education at the nursing school and the wonderful career it afforded me, I



Elizabeth "Boots" McBride smiles as she holds a hand-made thank you card from a child of a Sentara College Endowed Nursing Scholarship recipient.

want to give others the opportunity to advance their education, too."

At a reception at the college on March 14, Dr. Angela Taylor, college president, had the pleasure of announcing the establishment of the Elizabeth "Boots" McBride Endowed Nursing Scholarship. All local scholarship donors and their recipients were invited to participate in the inaugural scholarship reception.

An endowed scholarship provides much needed financial aid to students and is set up in perpetuity. If you are interested in finding out more about how you can establish a lasting legacy through an endowed scholarship, please contact Melissa Fuquay at 757.388.5613 or mafuquay@sentara.com. ■



GPS is a Powerful Tool in Sentara Nightingale's **"Flying ICU"**



Chet Flemming, far right, helps transport a patient to the Sentara Nightingale Regional Air Ambulance.

Nightingale flight paramedic Chet Flemming remembers using street maps with navigation overlays to help pilots determine latitude and longitude for accident scenes based on street addresses from Norfolk's 911 dispatchers. That's how rudimentary Nightingale's navigation was 34 years ago when Flemming began his career.

Fast forward three decades and three aircraft. Flemming is retired from the Norfolk Fire Department, currently a full-time captain with Currituck County, and still a flight paramedic with Nightingale, which is nearly halfway to a \$1 million fundraising goal for a replacement GPS.

GPS contributes to Nightingale's current instrument flight capabilities, which allows the team to fly safely in marginal weather and accept more flights than ever. The program accepted a record 862 patient flights last year.

"One thing that hasn't changed is our safety culture," Flemming says. "It's been rock steady since the beginning. It's a mindset we all have, with assistance from the GPS and our other technologies.

"GPS improves our situational awareness," Flemming continues. "It has detailed maps and

coordinates, weather data, terrain features, tower heights, restricted air space, all information we use to fly safely."

Nightingale's clinical capabilities have evolved, too. There are fewer on-scene flights than in years past and more urgent transfers from other hospitals. The Nightingale team has integrated with the most sophisticated service lines at Sentara Norfolk General Hospital.

Nightingale is a flying ICU equipped with an aortic balloon pump, a 12-lead EKG, ultrasound, IV pumps, and a unit of whole blood for transfusion. Nightingale can fly heart patients on ventricular assist devices and newborn premies in incubators. Often, speed makes the difference in the outcomes.

Join us in Nightingale's growing mission and help save lives by supporting the Sentara Foundation's Nightingale GPS fund. Your gift will help us invest in the most modern GPS available, keeping Nightingale on the cutting edge of flight safety for the current aircraft's service life. ■



Chet Flemming has been a Flight Paramedic with Sentara Nightingale for 34 years.

"I'm one of the thousands whose lives have depended on Nightingale."

- Derby Brackett, grateful Sentara Nightingale patient who suffered a serious car crash in March 2021

"I've been in ICUs all over the country and have never seen such meticulous, coordinated, and thoughtful care."

- Dr. John McCraw, grateful Sentara Nightingale patient and retired plastic surgeon specializing in traumatic injuries

"I'm alive because of Nightingale."

- Logan McDaniel, grateful Sentara Nightingale patient who acknowledges that he wouldn't have been so lucky if his sudden heart failure happened in his small hometown in Texas, which has no similar service



**49%
of Goal**

Help us reach our fundraising goal of \$1M for a replacement GPS for the Sentara Nightingale Regional Air Ambulance.

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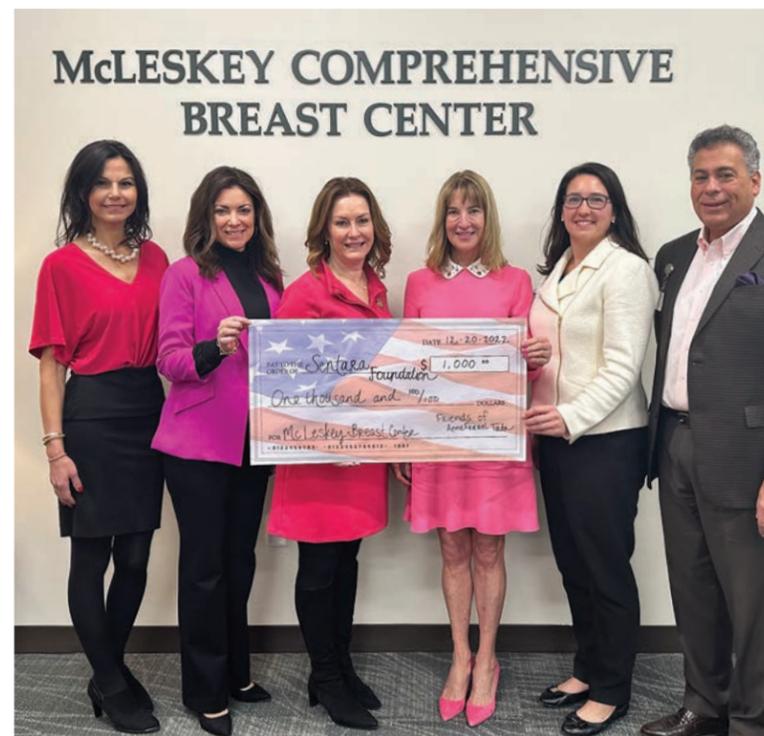
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The Sentara Foundation is a nonprofit organization that supports Sentara Health's mission to improve health every day. There are several reasons why you may want to consider giving to the Sentara Foundation:

1 Improve access to healthcare: Your gift can help ensure that people in need have access to quality healthcare services, regardless of their ability to pay.

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Your gift to the Sentara Foundation can make a real difference in the lives of patients and families in our community and help support the mission of Sentara Health to improve lives every day. ■



Sentara Legacy Society members with President and CEO Dennis Matheis (third from left) and other Sentara Health Leadership at a Sentara Legacy Society Luncheon in November.

Your Kindness Today Heals Someone Tomorrow

For those who wish to continue their support of Sentara programs and services beyond their lifetime, we invite you to join our Sentara Legacy Society. No matter the size of the gift, your commitment to the future of health care in Hampton Roads is meaningful and appreciated.

We are proud to offer this opportunity of fellowship and to recognize your generosity.

Benefits include:

- Annual event to acknowledge society members and to meet Sentara executive leadership and other like-minded members of the Legacy Society
- Invitation to Sentara-sponsored special events and classes in Hampton Roads
- Insider newsletter from Sentara Executive Leadership



Sentara Legacy Society

To receive a FREE brochure, *Planning for the Future*, please contact us at foundation@sentara.com or 757-455-7976.

Tribute Gifts

The following individuals, corporations, and organizations made gifts or pledge commitments to Sentara programs and services in honor or in memory of a physician, staff member, or loved one from July 1, 2022 to December 31, 2022.



The Splash20 Express Car Wash team presents proceeds from their car wash sales to support programs and services at the Sentara Brock Cancer Center.

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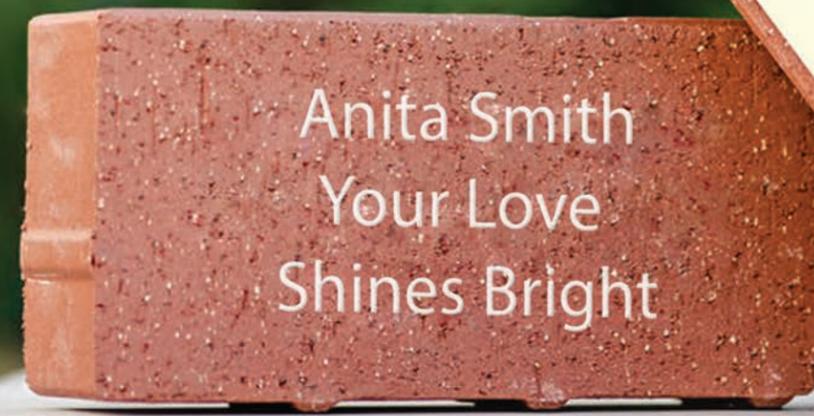
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