

# 2017 SENTARA FOUNDATION - HAMPTON ROADS SPRING NEWSLETTER

## — THEIR JOURNEY — — CONTINUED —

By Meril Amdursky

Harold and Erma Lou lived life to the fullest *together*. He enjoyed farming and gardening. She enjoyed crafts, crocheting, and Bingo. ***For 59 years, they had been inseparable.*** Erma Lou started to decline in health after her mother died, but Harold and their son, Doug, took good care of her. As Erma Lou needed more and more attention and care, ***Doug and Harold determined that she needed to move to an assisted living facility and Harold would move with her.*** At Sentara Village, both Harold and Erma Lou spent time with Doug and his girlfriend, Lisa. Doug was a devoted son and tried to keep both of them comfortable as health issues brought them both in and out of the hospital.

Harold's health worsened as the weeks passed and it became clear that he would benefit from Sentara Hospice House to manage his final days with compassion and dignity. Just one building over, Erma Lou started to decline as well. ***It was the gift of the hospice team that brought the two together again.*** Two beds were situated side-by-side at the hospice house, and Harold and Erma Lou once again were *together*. On Friday, August 5th, ***Erma Lou passed away peacefully with her husband by her side holding her hand.*** The very next day, Harold left the earth to find his true love, Erma Lou, once again.



Harold & Erma Lou, Wedding Day (pictured)

\*\*\*Story continues on pg. 3



# Dr. Dickinson on Medical Miracles

Dr. W. Andrew Dickinson, Jr.  
Retired Cardiologist & Sentara  
Foundation Committee member  
Virginia Beach, VA | March 2017

## INSIGHTS

Sentara Volunteer Leaders Speak

You've heard the story before. *Larry* was having an ordinary day when he felt a sharp pain in his chest and had trouble breathing. Clearly, he had experienced a heart attack.

Now, think back 50 years ago. As a cardiologist, I remember that we treated cardiac arrest with morphine, rest, and holding the patient's hand. And we waited. And we hoped. **Having a heart attack in those years often meant your demise.**

Fast forward to today. That same patient is admitted and often leaves the hospital in two days, stable and safe. How did this happen? **How did we come so far in a relatively short period of time?** The answer is a collective effort—incredible clinical minds with the financial support from so many who came before.

That's why I find it so meaningful to be a part of the Sentara Foundation Committee of the Board. Knowing each donation that we receive for Sentara is used for the

advancement of our patients' healthcare and innovations for the future has instilled a sense of pride in me. **As a donor to the Sentara Foundation, I know that my support helps people like Larry.**

Imagine the future. Heart problems are diagnosed and corrected at birth, and cardiac emergencies are rare if not nonexistent. You can be a part of continuing medical miracles into the future.

By leaving a bequest in your will to the Sentara Foundation, you too can revolutionize healthcare for your children and your grandchildren. **Large or small, your legacy gift can help transform the face of healthcare!**

For more information or to hear of others from our community who have made a difference in healthcare for us today, contact the Sentara Foundation by phone or email at 757-455-7976 or [foundation@sentara.com](mailto:foundation@sentara.com).



## — THEIR JOURNEY — CONTINUED —

What is even more extraordinary is the notebook that Harold left for his son, filled with memories and hopes for the future. ***"I wouldn't trade the world for the girl I got"*** and ***"Doug's the best and I ain't sayin' this because he's mine,"*** were snippets of the love he felt for his family. His caregiver said Harold cried the whole time she penned his touching thoughts in the notebook for his son.

It's been said that ***"Love knows not its own depth until the hour of separation,"*** and Sentara Hospice knows this too well. Working to keep the end of life transition pain-free and meaningful, Sentara Hospice is committed to making the most of each patient's final days.

***Won't you consider supporting the Sentara Hospice program with a donation today?***

Your gift assists patients and families finding consolation in the precious moments that remain with their loved ones.

***"I wouldn't trade the world for the girl I got."***

Harold and Erma Lou, Christmas Day (pictured)



# CONTRIBUTORS

The following individuals, corporations, civic groups and organizations made gifts or pledge commitments to the Sentara Foundation – Hampton Roads of \$100 or more from July 1 2016 – December 31, 2016.

Donations were made to the following programs. We thank you for your generous contributions.

Camp Lighthouse  
Cancer Research Fund  
Cancer Services at Sentara Hospitals  
Clinical Education Excellence Initiative  
H.O.P.E. Fund  
Kidney Donor Program  
Krueger Foundation

Melissa A. Carpenter  
Cardiac Tech Scholarship  
Mobile Meals Program  
Music and Medicine Program  
Neonatal Care Unit at  
Sentara Princess Anne Hospital  
Nightingale Regional Air Ambulance  
Patient Assistance at Sentara Hospitals

Richendollar Scholarship Fund  
Sentara Cancer Network Programs  
Sentara Cardiac Research Institute  
Sentara College Nursing Scholarships  
Sentara Heart Fund  
Sentara Hospice House  
Sentara Hospice Services  
Sentara Leigh Upgrade Project

Mr. Ronald L. Ackerman  
Ms. Teresita C. Adams  
Ms. Carol J. Adams  
Ms. Delores Adams  
Advanced Vision Institute Inc.  
Ms. Foroozan Afsharchi  
Dr. & Mrs. John C. Agola  
Ms. Aleyamma Alexander  
Ms. Alice C. Alexander  
Ms. Rebecca A. Alexander  
Mrs. Brian Ali  
Ms. Esther K. Allen  
Mr. Mark Allen  
Ms. Tracy Allford  
Mr. Rudy Almanzor  
Dr. Jennifer J. Altman  
Ms. Candace Altschul  
Mr. Raymond K. Amankona  
Mr. Rahel T. Amare  
Mr. Joseph B. Hearst &  
Ms. Meril Amdursky  
Ms. Nancy L. Amundson  
Ms. Debra K. Anderson  
Ms. Monica Anderson  
Dr. Robin N. Anderson  
Mr. Stuart D. Anderson  
Ms. Melissa Andrews  
Anonymous  
Aramark Inc.  
Ms. Vernell T. Archie  
Ms. Ma Zaidelaine O. Arellano  
Mr. Carl D. Armstrong  
Mr. & Mrs. Ken Armstrong  
Ms. Anita L. Arneson  
Ms. Gloria B. Artajo  
Ms. Cathryn Ashe  
Mr. Malcolm G. Ashe  
Asian Indians of Hampton  
Roads Ltd.  
Ms. Maria I. Astudillo  
Mr. Lynn Auchey  
Ms. Mary Elizabeth N. Baber  
Mr. Frank Baez Jr.  
Ms. Sharon Elaine Baker  
Ms. Janet Balius  
Ms. Donna G. Ballard  
Ms. Tanya D. Banks, RN  
Ms. Helen E. Barnes  
Mr. & Mrs. Stephen M. Barresi  
Ms. Torie B. Bashay  
Dr. Sameh A. Basta  
Ms. Janie C. Bateman  
Ms. Virginia K. Batten  
Ms. Emily Hogg Battin  
Bayview Medical Center Inc.  
Mr. & Mrs. Khalis Bayyan  
Ms. Joyce T. Beasley

Mr. Robert L. Beauchamp  
Ms. Jaimie L. Beaudette  
Ms. Jane K. Bechtel  
Mr. Daniel E. Beck  
Ms. Gretchen E. Bedenbaugh  
Ms. Aerin M. Beecher  
Ms. Tonya Beeman  
Ms. Diana J. Behling  
Bel Fuse Inc.  
Ms. Deborah D. Bell  
Ms. Virginia M. Benko  
Ms. Robyn R. Benton  
Mr. John C. Berk  
Ms. Patricia G. Berkley  
Ms. Mary W. Berry  
Mr. Karl R. Bethea  
Ms. Barbara J. Beverage  
Mr. Eric Beyer  
Mr. Christopher S. Bibeault  
Ms. Kyra D. Bice  
Mr. Bruce R. Bischoff  
Mr. Taylor E. Blair  
Mr. Dave Blais  
Dr. & Mrs. David P. Blais  
Ms. Brenda Bland  
Dr. & Mrs. Aaron D. Bleznak  
Ms. Deborah L. Blotkamp  
Mrs. Mary Blunt  
Ms. Cindy Bocrie  
Ms. Lea L. Bolin  
Mrs. Shareena R. Bond  
Ms. Regina A. Bonds  
Mr. & Mrs. Elwood B.  
Boone III  
Mr. Shawn L. Bowman  
Ms. Judy L. Bowyer  
Ms. Lillian P. Branch  
Ms. Peggy Braun  
Ms. Karen C. Bray  
Ms. Karen J. Bray  
Mr. Robert C. Bray  
Mr. R. William Brewster  
Ms. Shelia M. Brickhouse  
Mr. Traven L. Britt  
Ms. Amy Brock  
Mr. & Mrs. Richard A. Brock Jr.  
Ms. Susan L. Brock  
Mr. & Mrs. Robert Broermann  
Bronson Family Foundation  
Ms. Bonnie J. Brooks  
Ms. Ginger L. Brooks  
Ms. Joani S. Brough  
Ms. Debbie Brown  
Ms. Elizabeth T. Brown  
Ms. Melanie K. Brown  
Mrs. Noelle Brown  
Mr. William M. Brown  
Ms. Pamela J. Brunner

Ms. Elizabeth A. Bruns  
Mr. Henry W. Bryant  
Ms. Leslie S. Bryant  
Ms. Carrie K. Buck  
Estate of Mr. Edwin S. Buck  
Mr. William S. Bullard  
Mr. & Mrs. Edison Bunch Jr.  
Ms. Rita A. Bunch  
Dr. Joel Bundy  
Ms. Penny J. Burd  
Mr. William H. Burdon  
Mr. Vernon A. Burford Sr.  
Mr. Matthew L. Burgess  
Ms. Margaret A. Burke  
Ms. Donna Burnett  
Ms. Helen D. Busby  
Busch LLC  
Ms. Danya P. Bushey  
Mr. Robert M. Butler Jr.  
C. Wright Contracting Corp.  
Mr. & Mrs. Felipe Cabacoy  
Ms. Girlyn Cachaper  
Lt. Col. Nannette Cain  
Ms. Dian T. Calderone  
Dr. Robert D. Callahan  
Ms. Jodi L. Canfield  
Ms. Lueda Canuela  
Mrs. Elaine Cardwell  
Ms. Shawnita C. Carey  
Mr. James M. Carr  
Ms. Michelle M. Carr  
Ms. Michele G. Carroll  
Ms. Amy Therese Carter  
Mr. James R. Carter  
Ms. Carolyn M. Carty  
Mr. & Mrs. Robert Casey  
Mr. Jason M. Casteen  
Ms. Patsy A. Caton &  
Mr. Christopher E. Caton  
Cerner  
Ms. Cheryl F. Chambers  
Ms. Sierra D. Chandler  
Ms. Linda Chelmow  
Drs. Paul & Betty Chidester  
Ms. Candice N. Childs-Frazier  
Mr. & Mrs. J. Whiting Chisman  
Mr. John L. Christiansen Jr.  
Ms. Brenda E. Cicero  
Ms. Sarah M. Clark  
Mr. & Mrs. John Clarke  
Dr. & Mrs. John P. Clarke  
Ms. Mary D. Claudio  
Ms. April M. Clements  
Ms. Diana J. Cline  
Ms. Carmen S. Clipper  
CMA Accounting & Tax Service  
Mr. Frederick C. Coble CPA  
Mr. David A. Cochran

Mr. Daniel A. Cohen  
Ms. Shelly Cohen  
Mr. Steven Cohen  
Ms. Daisy D. Cole  
Ms. Amanda Colley  
Mr. & Mrs. James Collins Jr.  
Ms. Leslie A. Comella  
Ms. Lisa L. Conaway  
Mr. & Mrs. Harry M. Connor  
Ms. Shelly R. Cook  
Mr. & Mrs. Charles R. Cooper III  
Ms. Olivia Y. Copes  
Ms. Diane B. Corner  
Katherine & Roy Meunier  
Ms. Jacqueline S. Cotton  
Mr. William W. Cox  
Ms. Robin C. Crane  
Ms. Catherine A. Credle  
Ms. Karen L. Cribb  
Mr. Wayne K. Crosby  
Mr. Dennis M. Cruff  
Mr. & Mrs. P. Daniel Crumpler III  
Ms. Bettie B. Cuddyer  
Dr. Douglas Culling  
Ms. Beth B. Culpepper  
Mr. & Mrs. Robert L. Culpepper  
Ms. Beth Cumbie, MSN, RN  
Mr. William S. Cummings  
Mr. & Mrs. Charles Cunningham  
Mrs. Lisa E. Curling  
Ms. Susan D. Cutrell  
Capt. & Mrs. James Dalberg Jr.  
Mr. David L. Dalton  
Ms. Lucie G. Damato  
Ms. Kathy J. Dangerfield  
Ms. Heather M. Daniels  
Ms. Thecla Daniels  
Ms. Betty J. Danner  
Ms. Sarah L. Darwin  
Davenport & Company LLC  
Ms. Patrice Davis  
Mr. & Mrs. Richard R. Davis  
Ms. Sherronda N. Davis  
Mr. Willie M. Davis  
Ms. Debra Davison  
Ms. Susan M. De Abate  
Ms. Marjorie J. De Pano  
Mr. Niel Dealeris  
Ms. Elizabeth R. Dean  
Mr. Kenneth Deaton  
Mr. Ronald O. Dederick  
Ms. Pamela S. Deehan  
Mr. & Mrs. John DeGruttola  
Mr. & Mrs. Larry Deguzman  
Mr. Martin H. DeHaan  
Mr. & Mrs. Leo DeLeon  
Mr. Frederick Demella  
Ms. Michelle Deramus

Ms. Beverly J. Derenske  
Ms. Regina Diacopoulos  
Ms. Jane A. Diana  
Dr. & Mrs. W. Andrew  
Dickinson Jr.  
Ms. Carolyn R. Diesman  
Ms. Diane Dofflemeyer  
Mr. & Mrs. James Dolney  
Ms. Kelly A. Doloresco  
Mr. Henry W. Domme  
Ms. Connie Donovan  
Ms. Audrey Douglas-Cooke  
Mrs. Courtney Railey Doyle  
Ms. Patricia M. Dressler  
Ms. Jodie A. Drew  
Mr. & Mrs. George Duck  
Dr. & Mrs. John Duckett  
Ms. Elizabeth Dudley  
Mr. & Mrs. Wesley C. Dudley  
Ms. Staci A. Dugan  
Ms. Stephanie P. Dukes  
Ms. Mahnaz A. Duncan  
Mr. Colin Dunn  
Ms. Yvonne Durham  
Mr. & Mrs. William Durr  
Ms. Kimberley K. Dustin  
E.T. Gresham Company Inc.  
Ms. Monique Earlington  
Ms. Alana E. Edelmann  
Ms. Clara S. Eden  
Dr. Teresa Edge  
Ms. Echoe O. Edmond  
Mr. & Mrs. Jon Edwards  
Edwin S. Webster Foundation  
Dr. Michael S. Eggert  
Dr. David M. Eich  
Ms. Ninpha M. Elicerio  
Ms. Joan M. Ellis  
Mr. John C. Ellis Jr.  
Mr. Dennis Ellmer  
Mr. Samuel D. Encabo  
Ms. Ruth A. Enlow  
EPIC Systems Corporation  
Ms. Kimberley Eskelund  
Ms. Edelmira S. Estampador  
Ms. Margaret W. Ettel  
Ms. Melissa G. Eubanks  
Evan Geor Mar Inc.  
Mr. David E. Evans  
Ms. Pamela S. Evans  
Ms. Anna M. Farach  
Mr. Douglas W. Farley  
Ms. Patrice J. Faulcon  
Ms. Cynthia P. Felton  
Ms. Joanne M. Ferraioli  
Mr. Robert C. Firestone  
Fish Safari  
Ms. Clara E. Fisher



# CONTRIBUTORS cont.

Ms. Jill A. Fitch  
Mr. Daniel Fitzgerald  
Ms. Tenecia L. Flippen  
Ms. Angela R. Flood  
Mrs. Debra A. Flores  
Mrs. Carol Via Flynn  
Mr. John A. Foltz  
Ms. Janice Foreman  
Mr. & Mrs. Robert C. Fort  
Capt. & Mrs. Thomas N. Fortenberry,  
USN Ret.  
Ms. Inez L. Foster  
Foundation of the American College  
of Healthcare Executives  
Mr. Albert H. Francis Jr.  
Mr. & Mrs. James Francis  
Mr. Vernon R. Francis  
Ms. Deena M. Franklin  
Ms. Mazie Franklin  
Ms. Betty J. Frierson  
Ms. Thyra Frink  
Ms. Mikel J. Fuller  
Mr. Peter L. Fullinwider  
Mr. & Mrs. F. Dudley Fulton  
Ms. Louise Funaiock  
Ms. Stacy R. Fuqua  
Mr. Jacob M. Futch  
Ms. Tracy L. Gable  
Ms. Donna M. Gagnon  
Ms. Delores A. Gaines  
Dr. Andrew D. Galbreath  
Ms. Melissa Gallegos  
Ms. Christine Galster  
Mr. Julio M. Garcia  
Ms. Janine N. Garcia-Sutton  
Dr. & Mrs. A. Randolph Garnett Jr.  
Mr. Robert E. Garris Jr.  
Ms. Frances Garris  
Ms. Velma J. Garris  
Ms. Josephine S. Garrison  
Ms. Diane M. Gaskin  
Ms. Karen R. Gearin  
Mr. Michael V. Gentry  
Mr. Robert C. George III  
Mr. & Mrs. Raymond Gerwe  
Ms. Najwa Ghazale  
Ms. Susan M. Gibbons  
Ms. Junko T. Gibson  
Ms. Pamela Gibson & Mr. Chris Bennis  
Ms. Christine M. Gilbert  
Ms. Sarah A. Gilliam  
Ms. Lenore C. Giovanelli  
Mr. Tim J. Glebus  
Mr. & Mrs. Edward H. Gockel  
Ms. Lafran C. Godwin  
Ms. Roben J. Goff  
Ms. Rebecca V. Goldbach  
Mr. Cordell H. Gomez  
Ms. Kathleen Gonzalez  
Ms. Teresa I. Gonzalvo  
Ms. Kathryn T. Gooch  
Mr. Keeshon D. Goodwin  
Dr. Maruthi V. Gottimukkala  
Mr. Robert F. Grandfield  
Ms. Ilham C. Grant  
Mr. & Mrs. McChesney Gray  
Ms. Beverly Green  
Ms. Kathryn M. Green  
Ms. Alisa C. Greene  
Ms. Allison K. Greene  
Ms. Cheyanne O. Greene  
Ms. Evelyn Green-Gunter  
Mr. Terrence A. Greenquist

Ms. Beverly R. Greenwood  
Mr. Byron J. Gregory  
Mr. & Mrs. Richard Gresham  
Ms. Julianne Griffin  
Ms. Joelle B. Griffith  
Mr. James L. Griggs  
Dr. & Mrs. George L. B. Grinnan  
Group for Women  
Ms. Stephanie M. Gruning  
Mr. & Mrs. Tom Guinane  
Ms. Nekisha C. Guity  
Mr. & Mrs. Raymond A. Gunter  
Mr. Andrew S. Gurkin  
Mr. Keith B. Gustafson  
Mr. Edwin L. Gutshall  
Ms. Gladys Mae Guzman  
H. D. Oliver Funeral Apartments Inc.  
Mr. Greg Hafer  
Mr. Howard Haga  
Mr. Dereje Haile  
Ms. Alice M. Hale  
Ms. Patti F. Haley  
Mr. John Hall  
Mr. & Mrs. Robert Hamilton  
Ms. Teresita M. Hammond  
Ms. Melissa L. Hanbury  
Dr. Edward S. Hanna  
Ms. Kimberly R. Hargrave  
Ms. Gale H. Hargroves  
Ms. Mike M. Harkins  
Ms. Bonnie S. Harlow  
Mr. & Mrs. Carlton Harrell  
Mr. & Mrs. Roy Harrill  
Ms. April K. Harrington  
Mr. & Mrs. Henry Harris III  
Ms. Shelley Harris  
Mr. William W. Harrison Jr.  
Ms. Sabrina K. Harshbarger  
Ms. Donna M. Hart-Becker  
Mr. Steven M. Hartline  
Dr. & Mrs. Carl W. Hartman  
Mr. Aubrey Haunhorst  
Ms. Mary E. Hawkes  
Mr. Donald J. Hayes  
Ms. Sarah L. Hayes  
Ms. Teresa S. Haynes  
Ms. Jennifer L. Hebert  
Mr. Scott R. Hedrick  
Mr. & Mrs. Jerry A. Henderson  
Ms. Alexis Hertzog  
Ms. Linda G. Heydn  
Ms. Amanda J. Hickman  
Highland Associates Inc.  
Ms. Charnetta A. Highsmith  
Mr. Philip D. Hightower  
Mr. Andy Hilbert  
Ms. Grace R. Hines  
Ms. Phyllis A. Hines  
Ms. Ashley Hinton  
Dr. & Mrs. E. Beaumont Hodge  
Mr. Kurt T. Hofelich  
Mr. Linwood E. Holden  
Dr. Clarence A. Holland  
Ms. Denise Holland  
Ms. Margaret Holland  
Mr. & Mrs. Oral V. Holland  
Ms. Shaneva G. Holland  
Ms. Lori Holleman  
Ms. Patti E. Holt  
Ms. Ava L. Hom  
Mr. & Mrs. Eugene A. Homer Jr.  
Ms. Susan M. Hon  
Ms. Latonya Y. Hooks

Mr. Stephen A. Hoover  
Ms. Suzanne J. Hopkins  
Ms. Janet D. Horton  
Ms. Balinda J. Houchens  
Ms. Jeannette A. Howard  
Mr. & Mrs. Marc Howard  
Ms. Katrina A. Howell  
Mr. Thomas L. Howell Jr  
Mr. & Mrs. Richard Hudak  
Ms. Michele A. Hughes  
Ms. Marilou Huling  
Mr. & Mrs. Doyle Hull Sr.  
Hunt, Calderone & Abbott PC  
Ms. Yvette Hunter  
Mr. & Mrs. Robert Hurdle  
Ms. Yumi Hutchins  
Ms. Ronalyn Ibanez  
Mr. & Mrs. Ryan Inman  
Mr. & Mrs. Banon Jackson  
Mr. Cecil Jackson  
Mrs. Lynn R. Jackson  
Ms. Soffia D. Jacobs  
Mr. & Mrs. Hugh James  
Mr. Noel G. Janolino  
Ms. Aisha Jarvis  
Mr. Paul R. Jarvis  
Ms. Robin L. Jefferson  
Ms. Denise P. Jeffries  
Dr. Mark W. Jenison  
Mr. & Mrs. John Jenkins  
Ms. Kathleen Jenkins  
Ms. Lori L. Jenkins  
Ms. Michelle A. Jenkins  
Ms. Sallie G. Jenkins  
Mr. Timothy S. Jennings  
Mr. Johnnie M. Jernigan  
Ms. Ellyn R. Jett  
Ms. Doris Johnson  
Mr. Melvin L. Johnson  
Dr. Sandra S. Johnson  
Ms. Sheila H. Johnson  
Mr. Thomas O. Johnson  
Mrs. Tracie Johnson  
Ms. Beryl D. Jones  
Mrs. Ellen Jones  
Ms. Jennifer M. Jones  
Ms. Julie Jones  
Mr. & Mrs. Kareem A. Jones  
Mr. Thomas R. Jones  
Ms. Tonya Jones  
Mr. William H. Jones  
Mr. & Mrs. Mark Jooose  
Ms. Grace A. Jordan  
Ms. Portia J. Joseph  
Dr. & Mrs. J. Steve Julian Jr.  
Ms. Sara Kaelin  
Ms. Michele Kaplan  
Mr. Thomas M. Kayrouz  
Mr. Michael B. Keaton  
Ms. Jennifer L. Keiser  
Ms. Anita B. Kelly  
Ms. Cammie C. Kelly  
Ms. Karen Kemp  
Ms. Shanna M. Kemp  
Mr. Tonza B. Kemp  
Mr. Steve D. Keogh  
Mr. Howard P. Kern  
Mr. Charles A. Kessler  
Ms. Janna Kestenbaum  
Mr. David G. Kidd  
Mr. Jeffrey P. King  
Ms. Jennifer R. Kirk  
Ms. Phyllis Kitchin



# At the Intersection of *Luck & Preparation*

by Meril Amdursky

"I was lucky," David Rogers told me. On the morning of December 30th David awoke at 5 am and told Linda that he thought he needed to go to the hospital. Minutes later, he collapsed on the floor.

When the Emergency Medical Technician (EMT) arrived, David had no pulse. As fortune would have it, the EMT that attended him was quite sure of his diagnosis... a ruptured abdominal aortic aneurysm (AAA) and treated it accordingly. Very often, this is a deadly condition without immediate surgical intervention to repair it. It was then that the Nightingale air ambulance was called for transport.

The news was not good — the weather made a flight impossible due to poor visibility. Without an immediate rescue, David would not survive. Fortunately, within 30 minutes, the cloud coverage cleared enough for the pilot to call back and initiate the rescue mission.

Arriving at Sentara Norfolk General Hospital, David underwent six hours of surgery to stop the internal bleeding. The next 101 days were spent in the hospital and required amputation of his left leg and the loss of his left kidney.

David was kept in an induced coma during most of his recuperation in the ICU. Over the next several months, David worked to regain his strength and heal his wounds from the surgeries. With additional medical care, he was able to be fitted for a prosthetic leg and begin walking again.

David refers to his experiences as lucky: *Lucky* for his wife Linda having been a nurse and the fortitude to endure the sleepless nights and endless medical appointments. *Lucky* that the EMT and the first hospital physician suspected that the symptoms dictated a ruptured AAA. *Lucky* that the emergency didn't happen six days earlier on a long drive out to Colorado in the middle of nowhere. *Lucky* that the weather cleared enough for the Nightingale to make that life-saving flight in 2006.

**I've heard it said that luck happens when  
"preparation meets opportunity."**

What David and Linda could not have known was that the Nightingale team is prepared and driven to reach as many patients as possible within their stringent safety protocol. In 2006, the crew maintained very concise determinations on ground visibility for safe passage. Countless simulations and years of experience have led to a 35-year record of 20,000 flights with no

accidents or incidents. Continued practice and enhancement of care delivered by the Nightingale clinical team afford them the ability to stabilize the most injured and vulnerable en route to the hospital. He wouldn't have known that standard procedure has been developed to communicate patient vitals during transport so that there is no delay upon arrival. He couldn't have known that our cardiovascular team has repaired thousands of AAA ruptures over the years with success.

**So, is David lucky? I say yes.**

He is lucky to live within range of a highly practiced and nationally ranked cardiovascular program as well as a Level I trauma center with an air transport program.

*We are all lucky* that Nightingale has continued to advance and serve our region with dedicated skill and expertise.

Now, the Nightingale team is looking at installing a helipad with a beacon on the Eastern Shore which allows the helicopter to land under "instrument flight rules." That means that Nightingale will be able to fly during weather conditions that currently would prevent it, *just like David's flight*.

They need your help to continue to expand the number of sites where the helicopter can land safely even if weather conditions make it hard to see.

**Won't you consider  
supporting the Nightingale  
crew in reaching more  
patients in dire need of help?**

Your donation, large or small, makes a vital difference in the lives of your neighbors, friends and loved ones. To join us in saving minutes and saving lives, go onto [www.sentara.com/foundation](http://www.sentara.com/foundation) and *make a gift today!*



# H.O.P.E. for the Holidays!

During the 2016 holiday season, Sentara Leaders celebrated and honored their staff and co-workers by making additional donations to the H.O.P.E. fund which helps fellow employees in need.

*Thank you for your tributes!*

*Mary Blunt  
Bernie Boone III  
Robert Broermann  
Terrie & Jon Edwards  
Michael V. Gentry  
Vicky G. Gray  
Joanne & Ryan Inman  
Howard P. Kern  
Jeffrey P. King  
Genemarie W. McGee  
Bruce S. Robertson  
Diana H. Ross  
Michael V. Taylor  
Lance Torcom  
Denise B. Winfrey*

## CONTRIBUTORS cont.

Mr. & Mrs. Seth Klarman  
Ms. Barbara Kline  
Ms. Tracie Knight  
Ms. Krystal S. Kohlman  
Ms. Lori Koltuniak  
Mr. James Koske Jr.  
Ms. Jennifer Kreiser  
Mrs. Ola Krueger  
Ms. Alyssa B. Kuhn  
Ms. Deborah C. Kurtz  
Ms. Janine M. Lackey  
Mr. William T. Laffond  
Ms. Lucie M. Lafontaine  
Mr. Joshua D. Lagasse  
Ms. Sara M. Lamb  
Ms. Sarah A. Lamb  
Ms. Alison G. Land  
Mr. Michael E. Landis  
Ms. Lageia N. Lane  
Ms. Cynthia D. Langley  
Ms. Cheryl E. Lerner  
Mr. & Mrs. Robert L. Larsen  
Ms. Shannon W. Lavender  
Ms. Carmen K. Lawrence  
Ms. Carolyn M. Lawrence  
Ms. Frayer E. Lawrence  
Ms. Malissia L. Lee  
Ms. Torea P. Lee  
Legal Resources of  
Virginia Inc.  
Dr. & Mrs. Joseph J. Legan  
Ms. Ruth F. Legaspi  
Ms. Mary C. Lehman  
Ms. Jennifer Leigh  
Ms. Kirsti A. Lenzi  
Ms. Nora E. Leonard  
Ms. Lisa L. Letchworth  
Ms. Elizabeth A. Lilliston  
Mr. William J. Lindner Jr.  
Ms. Molly Lingua  
Mr. David Liss  
Mr. & Mrs. Gregory Lobdell  
Mrs. Judith Logue  
Ms. Brandy R. Lokey  
Ms. Phyllis F. Lonergan  
Ms. Patricia R. Long  
Dr. & Mrs. Bruce I. Longman  
Mr. & Mrs. Adam Longoria Jr.  
Ms. Brenda C. Loper  
Dr. Bartholomew M. Lopresti  
Lori's Gifts Inc.  
Ms. Mary E. Loyd  
Dr. Thomas G. Lundquist  
Ms. Lucia Lusen-Lanford  
Ms. Antoinette Lyles  
Mr. & Mrs. Alfonza Lynch  
Ms. Martha Lyne  
Ms. Kieshenna Mabry  
Dr. James P. Majdic  
Mrs. Earl Manby Jr.  
Dr. Jonathan R. Mann  
Ms. Marie A. Manning  
Ms. Judy W. Marlow  
Ms. Leslie B. Martin  
Mr. Zachary T. Martin  
Mr. Niel Mason  
Mr. David J. Masterson  
Mr. & Mrs. Vince Mastracco Jr.  
Ms. Cheryl Matthews  
Ms. Robin A. McAlpin  
Ms. Joyce A. McCord  
Ms. Linda M. McCormick  
Dr. & Mrs. John McCraw

Ms. Linda C. McCreddie  
Ms. Anna S. McDaniel  
Ms. Deborah S. McDermott  
Mr. Barry A. McElyea  
Mr. Matthew Mceneaney  
Ms. Genemarie W. McGee  
Ms. Rhonda A. McGhee  
Ms. Shawnice B. McIntyre  
Ms. Linda McKee  
Ms. Oriana M. McKinnon  
Ms. Annie Lenore McQuillen  
Ms. Tracy A. McRacken  
Ms. Angelic Meadows  
Ms. Jessica M. Means  
Ms. Mima G. Medina-Gonzalez  
Ms. Delores R. Medley  
Mr. John J. Mellon  
Ms. Carole A. Meola  
Mr. John Mercogliano III  
Mr. & Mrs. Peter Meredith Jr.  
Ms. Kathleen E. Merkh  
Ms. Judy Merring  
Ms. Andrea L. Metts  
Ms. Carol D. Meyers  
Mr. Paul Michels  
Ms. Stephanie V. Middleton  
Dr. Edward Miller  
Ms. Dori A. Mills  
Mr. John Mills  
Ms. Paulette V. Mills  
Ms. Nancy Millstein  
Ms. Shelly W. Minor  
Mr. Steven L. Minter  
Mr. Ray R. Mishler  
Mr. & Mrs. Edwin J. Mitchell  
Ms. Jacque L. Mitchell  
Mrs. Shirley R. Mitchell  
Ms. Valeria D. Mitchell  
Ms. Ranjana N. Mitra  
Mr. & Mrs. Patrick Modglin  
Ms. Lisa M. Moffett  
Mr. Alan Monfalcone  
Ms. Patricia A. Montes  
Mr. Robert Mooney  
Mr. Barry R. Moore  
Ms. Kanio E. Moore  
Ms. Melanie S. Moore  
Mr. Robert E. Moran  
Ms. Andrea Morgan  
Mr. Bruce Morgan  
Mr. Chad W. Morgan  
Ms. Edith A. Morgan  
Ms. Lillian R. Morgan  
Ms. Lisa B. Morris  
Ms. Marjorie M. Moss  
Mr. Andrew T. Moynahan  
Mr. Daniel P. Mulcrone  
Dr. William L. Mulligan  
Ms. Amy Murphey  
Ms. Shirley E. Murphy  
Nelsen Funeral Home Inc.  
Mr. Jesro M. Nesbitt  
Ms. Kathy M. Nestor  
Mr. David Neuwirth  
Ms. Gail New  
Mrs. Barbara Newby  
Mr. Cary Donald Newsome  
Mr. Albert L. Nichols  
Ms. Erica Nichols  
Mr. Malverse Nicholson  
Ms. Shakia A. Nicholson  
Northern Neck Insurance  
Company

Mr. Marcelle K. Oberndorfer  
Ms. Judith Ocampo  
Ms. Kathleen C. O'Connor  
Mr. Shawn R. O'Donell  
Ms. Darlene R. Oduyelu  
Ms. Olukemi A. Olatunji  
Ms. Cynthia Olds  
Capt. Frederick A. Olds, USN Ret.  
Ms. Ashley M. Oliver  
Mr. John M. Ols  
Ms. Anna K. Osborne  
Ms. Lolita Ostonal  
Mr. & Mrs. Michael V. Padden  
Ms. Pamela Palmer  
Dr. John P. Parker  
Mr. Joseph Pascaros  
Mr. James R. Paschall  
Pasquotank-Camden  
Emergency Medical Services  
Mr. Charles A. Passarelli  
Ms. Yvette M. Pate  
Ms. Lori A. Patten  
Mr. Travis Patton  
Ms. Gloria N. Payton  
Dr. Thomas R. Pecsok  
Ms. Karen A. Pelham  
Peninsula Community  
Foundation of Virginia  
Mrs. Teresa W. Peters  
Mr. Anthony Peterson  
Ms. Zona Petty-Massey  
Mr. Vance E. Phelps Sr.  
Ms. Jennifer P. Phillips  
Dr. Fletcher N. Pierce  
Ms. Sandra Pierce  
Mr. & Mrs. Stephen Pierce  
Ms. Beverly A. Pierson  
Ms. Janet W. Pilchard  
Mrs. Johnna Pilipchuk  
Ms. Amanda A. Piper  
Ms. Alysia H. Pirrone  
Ms. Karen A. Pittard  
Ms. Leah S. Pixley  
Ms. Julia L. Plante  
Ms. Paulette N. Plaskon  
Mr. & Mrs. David Plum  
Mr. Scott Plum  
Mr. & Mrs. Chris Poleck  
Ms. Audrey N. Porter  
Ms. Julie L. Porter  
Mr. & Mrs. Stephen Porter  
Mr. & Mrs. Walter Potts  
Ms. Doris V. Poulos  
Ms. Sharon E. Poulos  
Ms. Deborah L. Powell  
Ms. Debra S. Price  
Ms. Jean Marie Price  
Ms. Valerie K. Price  
Ms. Kathy D. Price-Ward  
Productivity Leadership  
Systems LLC  
Ms. Barbara M. Prudoff  
Ms. Jean Pulizzi  
Quaker Custom Homes LLC  
Ms. Patti A. Quick  
Ms. Nikosha Quinerly  
Ms. Lauren Quinn  
Dr. Bryant Ramirez  
Ms. Julianne Ford Ramsey  
Mr. Dean A Ratzlaff  
Ms. Lynne F. Rau  
Ms. Caroline M. Rawls  
Ms. Katherine R. Rawls

## CONTRIBUTORS cont.

Mr. Richard Ray  
Mr. Gerald E. Reason  
Ms. Lucy F. Reasor  
Ms. Addie C. Redd  
Ms. Linda J. Reddington  
Dr. Anne M. Reddy  
Ms. Ann D. Reed  
Dr. Jennifer M. Reed  
Ms. Joyce A. Reed  
Ms. Janet E. Reitman  
Ms. Doris M. Reynolds  
Mr. Fenton R. Rhaney  
Mrs. Sylvia M. Richendollar  
Ms. Teresa S. Riddick  
Ms. Judy Ridgeway  
Ms. Doris M. Ridley  
Mr. Wilfredo V. Rimando  
Mr. & Mrs. Robert S. Rinehart  
Ms. Belinda Risher  
Ms. Evelyn S. Roberson  
Mr. & Mrs. Richard D. Roberts  
Mr. Bruce S. Robertson  
Ms. Lauren M. Robertson-  
Gebert  
Ms. Barbara T. Robinson  
Ms. Latisha A. Robinson  
Mr. T. Vernon Robinson  
Ms. Terry Robinson  
Ms. Diana E. Roca  
Ms. Donna M. Rogers  
Ms. Jeanne K. Rogers  
Mr. Scott W. Rogers, USN Ret.  
Mr. & Mrs. Robert Romero  
Mrs. Diana H. Ross  
Mr. Mark A. Ross  
Ms. Ann I. Rossik-Hatton  
Ms. Betty S. Rouse  
Ms. Leslie A. Routon  
Ms. Martha S. Rowe  
Mrs. Susan Rowley  
Ms. Leasha N. Roy  
Mrs. Linda Rudiger  
Mr. Hugh D. Ruegsegger  
Ms. Susan T. Ruetzel  
Ms. Kelley S. Russell  
Ms. Melinda G. Russell  
Mr. John M. Ryder  
Dr. Ghandi M. Saadeh  
Ms. Zena C. Saadeh  
Ms. Mary Jane V. Salvatierra  
Ms. Heidi M. Salway  
Sam & Omie's Restaurant  
Ms. Andrea R. Samuel  
Ms. Patricia M. Sanderl  
Ms. Irene D. Sanderlin  
Mr. Jesse O. Sandlin  
Ms. Leslie A. Santiful  
Ms. Faye A. Satterly  
Ms. Becky C. Sawyer  
Rev. Uwe C. Scharf, Ph.D.  
Mr. Peter A. Schiffler  
Ms. Cindy A. Schon  
Mr. Paul Schuellein  
Dr. Maria M. Scotce  
Mr. & Mrs. Eric J. Scott  
Mr. William Sebring  
Ms. Sabrena A. Seigler  
Ms. Sally L. Sekowski  
Mr. Peter J. Sengenberger III  
Sentara Obici Hospital -  
Auxiliary  
Sentara Obici Hospital -  
Medical Staff

Sentara Princess Anne  
Hospital - Medical Staff  
Sentara Virginia Beach  
General Hospital  
Sentara Virginia Beach  
General Hospital - Auxiliary  
Sentara Virginia Beach General  
Hospital - Medical Staff  
Sentara Williamsburg Regional  
Medical Center - Medical Staff  
Ms. Joan A. Sexton  
Ms. Georgia Seymour  
Mrs. Rachel Shapiro  
Mr. & Mrs. Marc B. Sharp  
Mr. & Mrs. Mark Sheard  
Ms. Anna Shepard  
Mrs. Barbara W. Shepherd  
Ms. Delores R. Shields  
Ms. Angela R. Shifflett  
Ms. Maria Elisa S. Shores  
Ms. Betsy Watkins Short  
Ms. Kim D. Shulze

Ms. Cornelia Ha Spencer  
Dr. Marianne Springer  
SRC Inc., Corp Comm  
St. Matthew's Sunshine Club  
Ms. Jacqueline D. Starkey  
Mr. Mitchell A. Stevens  
Mr. & Mrs. William Stevens  
Mr. David J. Stewart  
Ms. Erin Stewart  
Ms. Karen T. Stokes  
Ms. Cheryl A. Stolz  
Ms. Phyllis C. Stoneburner  
Mr. Dale J. Strickland  
Mrs. Linda Strickland  
Ms. Janet L. Stump  
Mr. & Mrs. David L. Suiter  
Dr. Neil M. Sullivan  
Ms. Margaret B. Summerville  
Summit Group of Virginia LLP  
SunTrust Foundation  
Surfside East Inc.  
Ms. Tammy Susko

Mr. & Mrs. Jack Thomsen  
Mr. Clarence Thornton  
Ms. Elizabeth A. Thur  
Tidewater Gastroenterology  
PLLC  
Dr. Terry D. Times  
Ms. Dina Todd  
Ms. Jennifer Toombs  
Mr. Lance Torcom  
Mr. Michael W. Toth  
TowneBank Foundation  
Mr. John Miller Trimble  
Ms. Mary O. Trosien  
Ms. Giorgi Tserediani  
Ms. Angela Turner  
Ms. Lucille E. Turner  
Mr. Ryan T. Turner  
Ms. Kathryn C. Turritin  
Drs. Thomas & Kathleen Tylman  
Mr. William J. Umphlett  
Ms. Cynthia A. Usher  
Ms. Noma G. Van

Ms. Lori J. Ware  
Ms. Mary Lee Warren  
Ms. Stephanie W. Warren  
Mr. & Mrs. Guy Warthan  
Ms. Shannon E. Warthan  
Ms. Diane M. Washburn  
Ms. Joanna N. Watkins  
Ms. Dale C. Watson  
Ms. Michele A. Watson  
Mr. William L. Weber III, USN Ret.  
Mr. Andrew J. Webster  
Ms. Cheryl Weimer  
Mr. David E. Weimer  
Ms. Robin J. Weisbrod  
Dr. Todd A. Weisman  
Ms. Susan M. Wenzel  
Mr. Arthur T. West  
Ms. Deborah B. West  
Ms. Rosemarie M. West  
Ms. Elizabeth A. Weston  
Ms. Sandra L. Whaley  
Mr. & Mrs. C. Bryan Wheeler  
Mr. John C. Whistler  
Ms. Felicia L. White  
Dr. & Mrs. Rolfe White  
Mr. John R. Whitemore  
Ms. Linda S. Whitt  
Ms. Donna C. Wicker  
Ms. Mary A. Wigfield  
Ms. Carrie Wiggins  
Ms. Daisy M. Wilder  
Ms. Chelsie Williams  
Mr. Everette Williams  
Ms. Marion J. Williams  
Ms. Patricia W. Williams  
Ms. Sabrena Williams  
Ms. Tracey M. Williams  
Ms. Wilmouth S. Williams  
Ms. Angel N. Williamson  
Ms. Christine G. Williamson  
Mr. Scott C. Williamson  
Ms. Joanne Williams-Reed  
Mr. Allister Wills  
Ms. Donna D. Wilmoth  
Ms. Parthenia Wilson  
Mr. & Mrs. Thomas E. Wilson  
Ms. Vernita Wilson  
Ms. Denise B. Winfrey  
Ms. Deborah M. Winn  
Ms. Kelly Winslow  
Ms. Susan Winslow  
Mr. Matthew M. Winston  
Dr. & Mrs. Mark Winters  
Ms. Patricia Winters  
Ms. Kimberly K. Wisdom-Wallace  
Ms. Elizabeth Wise  
Mr. Edward F. Wolf  
Ms. Sandra M. Wolford  
Ms. Debbie Wood  
Ms. Mary Wright  
Mr. Peter Wright  
Ms. Mary L. Writese  
Dr. Christopher J. Wrubel  
Ms. Louann Wyer  
Xylem Dewatering Solutions Inc.  
Ms. Tina J. Yomtob  
Mr. Brandon K. Young  
Ms. Claudia J. Young  
Mr. & Mrs. Eric Young  
Mr. & Mrs. Charles Zondorak



David and Linda Rogers (pictured)

Ms. Darla Simmons  
Ms. Belvadere R. Simon  
Ms. Elisa D. Simon  
Mr. Lewis B. Simon  
Ms. Jikerkhoun Simou  
Ms. Hope M. Slone  
Ms. Jessica L. Smith  
Mr. Mark Smith  
Dr. R. Lawrence Smith  
Ms. Stephanie Ann Smith  
Ms. Suzanne H. Smith  
Ms. Viola A. Smith  
Ms. Amy Smith-Peard  
Ms. Donna Smither  
Ms. Katherine M. Smyth  
Mr. & Mrs. Charles W. Snader  
Ms. Meehi Song  
Mrs. Laura Sonino  
Ms. Robin A. Sorensen  
Mr. Rex Soriano  
Mr. & Mrs. Robert L. Souders  
Mr. David A. Spain  
Ms. Judy L. Speas  
Mr. Michael L. Speckhart

Mrs. Marion V. Swaim  
Ms. Mary Sykes  
Mr. & Mrs. John D. Synnvestedt  
Mr. & Mrs. Bill Talbot  
Ms. Deborah L. Talbot  
Dr. Deepak Talreja  
Ms. Susan M. Tarkenton  
Ms. Sheila A. Tarnovsky  
Ms. Kathy H. Tate  
Ms. Cassandra R. Taylor  
Mr. & Mrs. Michael V. Taylor  
Ms. Patricia V. Taylor  
Capt. Patterson C. Taylor, USN  
Mr. & Mrs. R. Dawson Taylor  
Ms. Vanita R. Taylor  
Ms. Dinah S. Tenhagen  
Dr. & Mrs. Thomas Thames II  
The Select Group  
The Treasure Shop  
The Wilson Revocable  
Living Trust  
Ms. Deborah Thomas  
Mr. Eric Thomas  
Mr. & Mrs. Douglas Thompson

Ms. Elodie C. Vandemark  
Ms. Jennifer S. Varbero  
Ms. Bernadette M. Varnes  
Ms. Ada L. Vega-Diamantis  
Ms. Patricia Ver Schneider  
Ms. Joanne Vigerski  
Ms. Barbara N. Villers  
Mr. & Mrs. Ron Vinson  
Ms. Lynne M. Virgili, RN  
Virginia Beach Obstetrics &  
Gynecology  
Mr. Salvatore J. Vitale Jr.  
Mr. Arthur H. Von Steuben  
Mr. Abdelmoaty S. Wahba  
Mrs. Leslie Wahl  
Mr. & Mrs. Bernie J. Walker  
Ms. Cathy A. Walker  
Mr. Scott E. Walker  
Ms. Janice D. Wallace  
Ms. Elisabeth E. Wall-Smith  
Mr. George S. Walsh  
Mr. & Mrs. Daniel Walters  
Ms. Sharon M. Ward  
Dr. & Mrs. William B. Warden



# TRIBUTE GIFTS

## In Honor

**Mr. Benjamin Altschul**  
Ms. Candace Altschul

**Dr. Robert Bernstein**  
Ms. J. Castle Craddock

**Mr. Kevin Black**  
Ms. Kimberly Black

**Mr. Roger Burton**  
Mr. & Mrs. Roger L. Burton

**CCU Nurses Doctors & Staff**  
Mr. Travis Patton

**Dr. Suriya Das**  
Mr. & Mrs. Benjamin A. Machinist

**Dr. David Dexter**  
Mr. Salvatore J. Vitale Jr.

**Ms. Caroline Dietz**  
Mr. David Liss

**Ms. Jill Dittrick**  
Ms. Carolyn Dittrick

**Mr. Jerry Duck**  
Mr. & Mrs. George Duck

**Mr. Matthew Fine**  
Mr. & Mrs. Hugh Janes

**Dr. Gregory FitzHarris**  
Mr. & Mrs. Guy Warthan

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

**Mr. John Godfrey Sr.**  
Mr. & Mrs. John R. Godfrey Sr.

**Ms. Violet Goodson**  
Ms. Norma Machamer

**Mr. Andrew Gurkin**  
Mr. & Mrs. C. Bryan Wheeler

**Ms. Jane Hixon**  
Ms. Thia G. Waller

**Dr. E. Beaumont Hodge**  
Mr. Salvatore J. Vitale Jr.

**Dr. Richard Hoefer**  
Ms. Martha S. Rowe

**Ms. Aimee Howarth Sullivan**  
Ms. Patricia H. Lane

**Dr. George Hubbard**  
Mr. & Mrs. P. Daniel Crumpler III

**Dr. Naved Jafri**  
Ms. Joyce A. Lee

**Dr. Glenn Jones**  
Mr. John C. Ellis Jr.

**Ms. Shirley Kyle**  
Mr. & Mrs. William G. Ouzts

**Ms. Genevieve Mellor**  
Mr. Robert H. Price

**Mr. William Morgan**  
Ms. Edith A. Morgan

**Mr. Scott Nance**  
Dr. & Mrs. John McCraw

**Dr. William Naylor**  
Ms. Phyllis Kitchin

**Ms. Marcella Poindexter**  
Ms. Valerie E. Spencer

**Mrs. Shirley Roberts**  
Mr. Richard D. Roberts

**Dr. Sherry Scheib**  
Mr. Richard D. Roberts

**Sentara Clinical Education Department**  
Anonymous

**Sentara Heart Hospital Staff**  
Mr. & Mrs. John Clarke  
Ms. Mary Lee Warren

**Mr. Sage Spencer**  
Ms. Valerie E. Spencer

## In Memory

**Ms. Kathryn Stovall**  
Ms. Rose Mary Beal

**Mr. Jeff Wescott**  
Ms. Mildred Cooper

**Ms. Faye Whitehurst**  
Ms. Clara E. Fisher

**Ms. Virginia Akers**  
CMA Accounting & Tax Service

**Ms. Janice Allen**  
Mr. & Mrs. Billy Burgess

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

**Mrs. Marilyn Anderson**  
Mr. Earl Anderson

**Mr. Clarence Anthony**  
Mrs. Carolyn Wells Anthony

**Ms. Bessie Ashby**  
Mr. Robert Ashby

**Ms. Edith Atilano**  
Mr. & Mrs. Benjamin Sabater

**Mrs. Robin Auchey**  
Mr. Lynn Auchey

**Mr. Julian Austin**  
Ms. Sarah R. Grider  
Ms. Nita Jarman

**Mrs. Sallie Ballard**  
Ms. Ruth H. Ballard

**Ms. Linda Bernal**  
Mr. & Mrs. Harry M. Connor

**Mr. Rodney Berry**  
Mr. Ralph P. Taylor

**Ms. Edith Bobbitt**  
Ms. Nancy S. Mustin

**Ms. Evelyn Bonney**  
Ms. Dorothy Strawhand

**Mr. Michael Bowles**  
Ms. Irene Overstreet

**Mr. Orlando Brewer**  
Ms. Marion J. Brewer

**Ms. Audrey Briggs**  
Mr. & Mrs. Edison Bunch Jr.  
Ms. Beth B. Culpepper  
Ms. Bridgett B. Katz

**Col. Maynard Brown**  
Mrs. Mary L. Brown

**Ms. Marcia Brown**  
Mr. & Mrs. Seth Klarman

**Ms. Ernestine Bryant**  
Ms. Jean B. Summerville

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

**Mr. Walter Burges**  
Mrs. Sara H. Burgess

**Mr. Carl Burton**  
Ms. Deborah F. Jones

**Mr. Lawrence Butler**  
Mr. & Mrs. James Butler

**Mrs. Patricia Cain**  
Lt. Col. Nannette Cain

**Ms. Joni Camarda**  
Mr. Anthony Camarda

**Mrs. Marjorie Campbell**  
Advanced Vision Institute Inc.  
Mr. & Mrs. John McKenna

**Mr. Stephen Caplan**  
Quaker Custom Homes LLC

**Ms. Trinidad Carandang**  
Mr. & Mrs. Marcelino B. Castillo

**Mr. Ervin Case**  
Ms. Barbara J. Case

**Mrs. Doris "Jackie" Chrisman**  
Mr. Richard A. Chrisman

**Mr. Michael Clark**  
Mr. Jack T. Clark

**Ms. Barbara Clinton**  
Ms. Carol H. Berg

**Mrs. Shirley Collins**  
Mr. Robert R. Collins Jr.

**Mr. A. Douglas Connell**  
Mrs. Arlene D. Connell

**Ms. Josephine Copeland**  
Ms. Jo Ella Chappell

**Mr. Joseph Cotten Jr.**  
Katherine & Roy Meunier

**Mrs. Susan Cotten**  
Katherine & Roy Meunier

**Mr. Richard Cruz**  
Mr. Eladio F. Cruz

**Ms. Mary Cutting**  
Ms. Jean Pulizzi

**Mr. Craig Damiano**  
Mrs. Renate M. Damiano

**Ms. Audrey Danoff**  
Ms. Dorothy S. Slone

**Mrs. Elizabeth Dean**  
Mrs. Karen Barnes  
Ms. Vivian M. Connelly  
Ms. Patrice Davis  
Mrs. Lynn Pace  
Ms. Katherine A. Reynolds  
Ms. Betty Smallacombe  
Mrs. Linda Strickland

**Mr. Dennis Del Guercio**  
Ms. Madeline Ashley

**Mrs. Shirley DeVary**  
Mr. Robert E. DeVary

**Dr. John Dittrick**  
Ms. Carolyn Dittrick

**Mr. Vernon Dockery**  
Ms. Doris M. Dockery

**Mrs. Alvro Dorman**  
Ms. Cynthia M. Benson

**Ms. Janis Dryer**  
Ms. Joelle B. Griffith

**Ms. Lorraine Duck**  
Mr. & Mrs. George Duck

**Ms. Cynthia Dustin**  
Ms. Kimberley K. Dustin

**Ms. Dawn Ferguson**  
Mr. Ronnie Bryant Ferguson

**Mrs. Jacqueline Fisher**  
Cerner  
Mr. Dennis Ellmer  
Mr. Michael Ferrell  
Mr. & Mrs. Gregory Lobdell

**Mr. William Fitzgerald**  
Mr. Daniel Fitzgerald

**Mr. Frank Flierl**  
Ms. Hazel M. Koehler

**Mrs. Hazel Flierl**  
Ms. Hazel M. Koehler

**Ms. Irma Foltz**  
Mr. John A. Foltz

**Mrs. Rozelle Ford**  
Mr. James L. Ford

**Mr. Herbert "Bert" Fraser**  
Mr. Thomas D. Tuite

**Mrs. Rowena Fullinwider**  
Mr. Peter L. Fullinwider

**Mrs. Irene Galitos**  
Ms. Erin K. Bass  
Ms. Sarah Elizabeth Dukas  
Mrs. Cary Gaddy  
Mr. John A. Vanslyke  
Mr. Matthew L. Wilbricht

**Mr. Jerry Galla**  
Ms. Rosa Galla

**Mr. Franklin Garris**  
Mrs. Frances Garris

**Mr. James George**  
Ms. June A. Keller

**Mr. Richard Goodman**  
Dr. & Mrs. Herbert R. Boyd Jr.  
Mr. Michael Headen

**Mr. Emmett Granger**  
Ms. Gevonnia Freeman

**Mr. Clarence Greene**  
Mrs. Muriel G. T. Greene Sparrow

**Mr. Michael Griffin**  
Mr. & Mrs. James Griffin

**Ms. Hazel Haas**  
Mr. Richard A. Haas

**Mr. Manuel Hairston**  
Ms. Rosalind H. Guilmenot

**Ms. Frances Hall**  
Mr. & Mrs. Paul Culotta

**Mr. Roland Hardee**  
Ms. Jannet G. Hardee

**Mr. James Hargroves**  
Ms. Gale H. Hargroves

**Ms. Talmadge Hassell**  
Mrs. Jacqueline Blanks  
Mr. & Mrs. Walter Ward Jr.

**Mrs. Barbara Hayes**  
Mr. Richard J. Spivak

**Mr. Robert Haynes**  
Ms. Tracy Allford  
Ms. Shannie Curtis  
Ms. Teresa S. Haynes  
Mrs. Linda Lail  
Ms. Cindy D. Lancke  
Ms. Deborah M. Pittman &  
Mr. Ron Bergholz  
Mrs. Jessica Williams

**Mr. James Hayth**  
Mr. & Mrs. Donald Decker  
Mr. & Mrs. Aubrey Harrington

**Ms. Muriel Heckmann**  
Ms. Ellen A. Gaskey

**Mr. George Heckmann**  
Ms. Ellen A. Gaskey

**Mr. Jerod Henley**  
Mrs. Warthel P. Henley

**Ms. Judy Hobson**  
Mr. Matthew A. Hobson

**Mr. Harold Holland**  
Ms. Connie M. Holland

**Mr. Stanley Hutkin**  
Bel Fuse Inc.  
Mr. & Mrs. Larry Davidson  
Mr. Colin Dunn  
Ms. Loretta A. LaCorte  
Mr. Lawrence A. Sax  
Mrs. Heather Stoll

**Ms. Gwen Johnson**  
Mr. Arthur L. Scarborough

**Mr. Durman Jones**  
Ms. Clarine R. Jones

**Ms. Iris Joseph**  
Mr. Richard Ray

**Ms. Marjorie Joseph**  
Mr. & Mrs. John Greis

# TRIBUTE GIFTS

**Mr. Alexander Joseph**  
Mr. Andrew Schiavone

**Mr. Elliot Juren**  
Mrs. Rachel Shapiro

**Mrs. Louise Kaiser**  
Dr. & Mrs. David Gundlach

**Mr. Bobby Kellam**  
Ms. Ann Givens Kellam

**Ms. Ellenora Kinsler**  
Mr. John L. Kinsler

**Ms. Buff Koch**  
Mr. & Mrs. R. Dawson Taylor

**Mr. Edward Krikorian**  
Mr. Andrew S. Gurkin

**Ms. Keiko Kritzler**  
Mr. Gunther G. Kritzler

**Ms. Sandi Lahouchuc**  
Mr. Joseph J. Lahouchuc Sr.

**Mr. Michael Lawson**  
Mr. & Mrs. Neal Quinn Jr.

**Ms. Eileen Leonard**  
Ms. Donna Leonard

**Mr. Martin Leonard**  
Ms. Donna Leonard

**Ms. Irene Levin**  
Ms. Sharon Murphy

**Mr. Dwight Lockett**  
Mr. Barry Lockett

**Mr. Bao Ly**  
Mr. Thu Ly

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

**Mrs. Anna Majette**  
Mr. Grover Majette

**Mr. Earl Manby**  
Mrs. Earl Manby Jr.

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

**Mrs. Evelyn Matthews**  
Mrs. Noelle Brown  
Mrs. Kimberly Cherrix  
Ms. Lageia N. Lane

**Mr. William McKinney**  
Ms. Myrtle McKinney

**Mr. Jack Melton**  
Ms. Diane Daniel

**Mr. Peter Meyers**  
Mrs. Valeria A. Curry

**Ms. Helen Mitchell Wisner**  
Mr. Stephen L. Mitchell

**Mr. George Moses**  
Mr. Ralph P. Taylor

**Mr. Robert Napier**  
Mr. Chris Watson

**Col. Leendert Nijssen**  
Mr. William A. O'Brien Jr.

**Mrs. Victoria Null**  
Mr. & Mrs. Ken Rolston

**Mr. Manuel Odanga**  
Ms. Pacita A. Odanga

**Ms. Linda Olds**  
Capt. Frederick A. Olds,  
USN Ret.

**Mr. Richard Pancoat**  
Mr. & Mrs. Ron Vinson

**Ms. Wanda Parker**  
Ms. Geraldine Owens

**Mrs. Sarah Parker**  
Mr. Richard Parker

**Mr. Clyde Patterson**  
Ms. Mary Patterson

**Dr. Thomas Pellegrino**  
Mrs. Jane Pellegrino

**Ms. Betsy Peter**  
Ms. Barbara A. Hoover-Bergey

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

**Mr. John Petry**  
Mr. & Mrs. Chris Manlio  
Mrs. Mary Ann Manlio

**Mr. Daniel Pinto**  
Mr. & Mrs. Jerry Adcock  
Treasured Memories  
Charitable Funding

**Mr. Lawrence Place**  
Ms. Rebecca Ann Alejandrino

**Mr. Jeffrey Potter**  
Mrs. Judith Logue

**Mrs. Marylee Powell**  
Mr. & Mrs. Khalis Bayyan

**Mr. Adam Price**  
Mr. Barry J. Price

**Mr. Lenny Pulizzi**  
Ms. Jean Pulizzi

**Ms. Betty Jane Reber**  
Ms. Mary Jean Ford  
Ms. Christine Galster  
Ms. Hilda L. Galster  
Ms. Michele Kaplan  
Mr. Ervin Lawrence  
Mrs. Leslie Wahl  
Ms. Lori J. Ware

**Mrs. Irene Reed**  
Mr. Stanton K. Reed, USN Ret.

**Mr. Lawrence Reesman**  
Mrs. Lois J. Reesman

**Ms. Kelly Richendollar**  
Mrs. Deanna Reger  
Ms. Maria Elisa S. Shores

**Dr. Richard Robbins**  
Ms. Gale H. Hargroves

**Ms. Mildred Roberson**  
Mr. John C. Ellis Jr.  
Mr. & Mrs. Oscar Herzer  
Ms. Deborah J. Roberson

**Ms. Eunice Mae Roberson**  
Ms. Deborah J. Roberson  
Ms. Connie Tanedo

**Mr. George Robinson**  
YSK Corporation

**Mrs. Susanne Rogers**  
Capt. & Mrs. James Dalberg Jr.  
Ms. Terri Eberly  
Fish Safari  
Mr. & Mrs. Christopher Gifford  
Mr. Gregory Harrison, USN Ret.  
Mr. & Mrs. Nelson Jett  
Mr. & Mrs. Mark Miller  
Mr. & Mrs. Stephen Pierce  
Productivity Leadership  
Systems LLC  
Ms. Julianne Ford Ramsey  
Ms. Norma Resczynski  
Ms. Jeanne K. Rogers  
Mr. Scott Rogers & Family  
Mr. & Mrs. Frederic Schissler  
SRC Inc.  
The Select Group  
Mr. & Mrs. Jack Thomsen  
Mr. & Mrs. Daniel Walters

**Mr. George (Rusty) Roller**  
Ms. Katherine Roller

**Ms. Elsie Rowe**  
Mrs. Sharon Stakofsky-Davis

**Mrs. Anne Roy**  
Mr. Clarence C. Roy

**Ms. Janice Sahut**  
Ms. Patricia Faye Groves

**Mrs. Lois Sandford**  
Mr. Jerome M. Sandford

**Mrs. Madeleine Schneider**  
Mr. William J. Schneider

**Ms. Deborah Sebastian**  
Ms. Frances Garris

**Mrs. Jacquelyn Sessoms**  
Mr. & Mrs. Tyler Anthony  
Mr. Daniel E. Beck  
Mr. & Mrs. H. William Boyd  
Ms. Patsy A. Caton & Mr. Mr.  
Mr. Christopher E. Caton  
Mr. & Mrs. Larry Davis  
Mr. & Mrs. Joseph Duncan  
Ms. Margaret W. Ettel  
Ms. Barbara Humphreys Glasser  
Mr. & Mrs. Joseph Gorman  
Mr. & Mrs. Charles Hall  
Mr. & Mrs. Carlton Harrell  
Mr. William W. Harrison Jr.  
Mr. & Mrs. John Malbon  
Mr. & Mrs. Jim McCaa  
Capt. Stuart McCormick,  
USN Ret.  
Ms. Karen A. Olson  
Ms. Lucy F. Reasor  
Ms. Betsy Watkins Short  
Mr. & Mrs. Leland Simmons  
Mr. & Mrs. John E. Skoczynski Jr.  
Ms. Deborah Via  
Ms. Christine G. Williamson

**Mr. Joseph Shepard**  
Covington High School  
Ms. Constance M. Crites  
Mr. & Mrs. Richard Kelly  
Ms. Enneke P. Moser  
Mrs. Johnna Pilipchuk  
Ms. Anna Shepard  
Mr. Mark Shepard  
Ms. Donna S. Waddell  
Xylem Dewatering Solutions Inc.

**Ms. Barbara Shepherd**  
Mrs. Barbara W. Shepherd

**Mr. Craig Siska**  
Mr. & Mrs. Orin Corning  
Ms. Antoinette Gerritse  
Ms. Janet R. Noe  
Mr. & Mrs. David Williams

**Mr. Craig Smith**  
Ms. Kathryn Golden

**Mr. Mark Smith**  
Mr. & Mrs. Richard P. Smith

**Mr. Binford Snead**  
Ms. Shirley Stump

**Ms. Ourania Sowlakis**  
Mr. & Mrs. Nicholas Theodosakis

**Mr. Thomas Spivak**  
Mr. Richard J. Spivak

**Mrs. Grace Stanley**  
Mr. Woodrow L. Stanley

**Mr. James Sterling**  
Ms. Carolyn L. Craft  
Ms. Katherine L. Hearington  
Northern Neck Insurance Co.

**Mrs. Sylvia Suiter**  
Mr. & Mrs. James Francis  
Mr. & Mrs. Marc Howard  
Ms. Martha Lyne

**Mr. Kenneth Wesley Sykes**  
Mr. Howard Haga

**Ms. Fannie Thomas**  
Ms. Sandra Pierce

**Mr. John Thomas**  
Ms. Sandra Pierce

**Mr. Walter Timberlake**  
Mrs. Linda Rudiger

**Mr. Thomas Trice**  
Ms. Jean Trice

**Mr. George Tripp**  
Mr. George W. Tripp Jr.

**Mr. Paul Tysinger**  
Ms. Joyce Tysinger

**Ms. Frieda Vasconcellos**  
Ms. Alice Finkelstein

**Mrs. Marilyn Von Steuben**  
Mr. Arthur H. Von Steuben

**Mr. John Voss**  
Ms. Josefine Voss

**Mr. James Wagenbach**  
Ms. Joanne E. Tocce

**Mr. Bernie Walker**  
Mr. & Mrs. Bernie J. Walker

**Mrs. Veronica Walsh**  
Mr. Richard J. Spivak

**Mrs. Sarah Ward**  
Mr. Robert Ward

**Ms. Mary Watson**  
Ms. Lillie M. Scott

**Mrs. Martha West**  
Mr. Arthur T. West

**Ms. Mary West**  
Mr. Arthur T. West

**Mrs. Alice White**  
Mr. William L. White

**Capt. James Wilkins**  
Mr. Wayne Creef  
Mrs. Teresa Grigsby  
Mr. Henry Schwan

**Mr. Robert Williams**  
Ms. Janet R. Noe

**Mr. Robert Williams**  
Ms. Mazie Williams

**Mrs. Ruth Wolff**  
Ms. Kathy Hutter  
Mrs. Robin Wood

**Ms. Beverly Wright**  
Mr. Peter Wright

**Ms. Mary Young**  
Ms. Virginia Virkle

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.



**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  
**Rob Broermann** (*not pictured*), CFO of Sentara Healthcare

### **Sentara Foundation – Hampton Roads**

6015 Poplar Hall Drive, Suite 308

Norfolk, VA 23502

(757) 455-7976

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

[www.sentara.com/foundation](http://www.sentara.com/foundation)

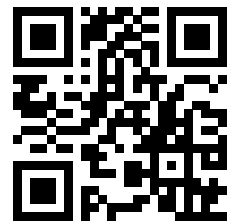
## **WAYS TO GIVE**

*Designate your gift in support of numerous community care programs  
or give directly to a specific hospital within the Sentara system.*

- |  |                               |                                 |
|--|-------------------------------|---------------------------------|
| • Outright Contributions               | • Planned Giving              | • Remember A Loved One          |
| • Cash Contributions                   | • Bequests In Your Will       | • Celebrate An Achievement      |
| • Stock and Securities                 | • Gifts In Trust              | • Honor A Friend or Caregiver   |
| • Real Estate                          | • Retirement Plan Designation | • Recognize An Event or Holiday |
| • Life Insurance Policies              | • Tribute Gifts               |                                 |
| • Your Company's Matching Gift Program |                               |                                 |

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).