

Sentara Cares

McLESKEY COMPREHENSIVE BREAST CENTER



Cheryl McLeskey with friends and family celebrating the dedication of the McLeskey Comprehensive Breast Center.

Charting a Course for Cancer Warriors

Cheryl McLeskey is many things—avid swimmer, champion angler, licensed pilot, business owner, cancer survivor, and premier philanthropist.

Whether it is reeling in a 94-pound white marlin, running a multimillion-dollar real estate development company, or overcoming her battle with breast cancer, Cheryl faces every task with a determination and perseverance that belies her petite frame.

So when Cheryl discovered a lump under her arm on New Year's Day 2017, she was shocked because of her lifelong healthy habits, but she immediately went to work educating herself about the disease, determined to do everything she could to defeat it. Her late husband, Wayne, passed away from lymphoma five years to the day before Cheryl was diagnosed with her own cancer, so she knew all too well the life changes that cancer can cause.

What kept her going?

Cheryl credits the care of her physicians Dr. Jenny Reed of Sentara and Dr. Michael Danso of Virginia Oncology Associates—and messages of support she received from many friends and other cancer survivors. “I’ve been so blessed all my life and lucky,” she says.

Now a four-year cancer survivor, Cheryl has made a remarkable gift to the Sentara Brock Cancer Center to name the McLeskey Comprehensive Breast Center in honor of her late husband. Her support of cancer organizations



Cheryl and her late husband, Wayne McLeskey

Continued on Page 3



Dear Friends,

As our Hampton Roads region and the world are slowly recovering from a global pandemic, I am excited to highlight how our community rallies together to support one another during difficult times. At the time of this printing, Sentara has distributed more than 151,000 vaccines. We're committed to keeping our community safe and fulfilling our mission to improve health every day!

You will read in this newsletter how your generous contributions to our COVID-19 Community Relief Fund directly support people in need during the pandemic. We partnered with several non-profits, including Hampton Roads Ecumenical Lodging & Provisions, to provide meals and housing for the homeless. We collaborated with Rx Partnership to coordinate access to prescriptions and medications to high-risk patients who quarantined during the

pandemic. Your generous giving makes a difference!

Our Sentara Brock Cancer Center officially opened in June 2020, and since we opened, we've had over 93,000 cancer patient visits. We opened the Sentara Brock Cancer Center amid a global pandemic because we recognize cancer patients are some of the most vulnerable in this healthcare crisis. It's been said we heal, to heal others. A cancer survivor herself, you will read Cheryl McLeskey's inspiring story of healing. Cheryl has generously directed her philanthropic resources to name the McLeskey Comprehensive Breast Center and to inspire hope and healing for others. This breast center offers patients a calm, patient-centered environment to make leading-edge treatments as easy and comfortable as possible. The breast center sees approximately 75 patients per day and diagnoses 345 breast cancers per year. Sentara Cancer Network diagnosed 1,896 breast cancers in 2019.

Sentara cares and is committed to our mission, which is why we constantly look for ways to transform care and improve outcomes. We also know that to be the best our patients and our community need us to be, we can't do it alone. Thank you for your continued support. Together, we create a safer and healthier Hampton Roads community!

In good health,

Anna James

Anna James
Senior Vice President

Charting a Course for Cancer Warriors *(Continued)*

predates her and her late husband's diagnosis. In addition to the cancer center, she has supported the American Cancer Society, Crush Cancer, Cycle for Survival, Wine, Women and Fishing Tournament, and will, once again, be hosting the F. Wayne McLeskey Memorial Marlin Open this August.

"I know how devastating cancer can be. I have a heart for those who suffer," Cheryl said.

Cheryl also serves on the Leadership Cabinet of the Beyond Cancer campaign, which seeks to raise \$15 million to support the programs at the new Sentara Brock Cancer Center. Already 80% to its goal, the Beyond Cancer campaign will fund screenings, holistic services, research, transportation, education programs, and peer mentoring programs.

Cheryl's vision for the Sentara Brock Cancer Center is to serve as a premier national cancer resource center, offering patients in Southeastern Virginia state-of-the-art care without having to travel out of town for treatment. "The support of friends and loved ones is so important to healing. By not having to travel out of town, patients can have their support system around them always. You really need faith, family, and friends to battle cancer well."

Through her gift to the Sentara Brock Cancer Center, Cheryl hopes to educate others on the disease, especially the fact that breast cancer can be diagnosed early and can affect anyone. Cheryl had no family history of the disease and points out that while 1 in every 8 women are diagnosed with breast cancer, 1 in 833 men will also hear those dreaded words, you have breast cancer.



In August of 2015, at the world's largest White Marlin Open in Ocean City, Maryland, Cheryl became the first female to ever win the open in 43 years, and her winning-catch was the third largest ever caught in 43 years.

Receiving the news that she had stage 3C HER2+ breast cancer was challenging enough, but in addition to the usual course of two lumpectomies, radiation, and chemotherapy, she also struggled with lymphedema, shingles, pneumonia, as well as being hospitalized for other related ailments due to her treatments.

Cheryl's advice to current patients undergoing the journey: "Take one day at a time. Don't get flustered by the ups and downs." She also encourages cancer patients to empower themselves with knowledge and to practice good habits—"Exercise, get enough sleep, don't smoke, limit alcohol and sugar intake, and don't get on the scale while going through chemotherapy!! You need to stay positive and believe that you will survive."

To join Cheryl in supporting the work of the Sentara Brock Cancer Center or make a gift to honor a loved one, please visit SentaraBrockCancerCenter.com. ■



Sentara Legacy Society

Your kindness today
heals someone
tomorrow.

Each and every day, meaningful contributions from Sentara Legacy Society members touch lives of thousands of patients, doctors, nurses and community members.

Your vision and commitment to make a difference in the health and well-being of others is a most powerful legacy.

Donors who make a gift through their will or other planned gift are welcomed as honored members of the Sentara Legacy Society.

Please visit
Sentara.com/LegacySociety
to find out how to join a group of like-minded Sentara donors and learn more about the benefits of membership.
Call 757-455-7976
or email
foundation@sentara.com

Contributors

The following individuals, corporations, and organizations made gifts or pledge commitments to Sentara programs and services in Cardiac, Cancer, Hospice, Nightingale, Nursing Scholarships, COVID-19 support, and more from July 1, 2020 to December 31, 2020.

- Mr. Joshua Adams
- Ms. Constantia Aguirre
- Mr. Arthur Aikin
- Ainsley's Angels Hampton Roads
- Ms. Eileen Alewine
- Mrs. Bernice Algood
- Mr. Mark Allen
- Ms. Esther Allen
- Ms. Edith Alley
- Ms. Yvonne Allmond
- Dr. Jennifer Altman
- Mr. Raymond Amankona
- Ms. Rahel Amare
- Mrs. Heidi Ambrose
- Ms. Dorcas Ameka
- Ms. Baryalay Ameree
- Dr. Robin Anderson
- Mr. Charles Anderson
- Mrs. Monica Anderson
- Ms. Traci Anderson
- Mr. James Andrews
- Mr. & Mrs. Chris Anuswith
- Mr. Carl Armstrong
- Mr. & Mrs. Michael Ashe, Esq.
- Dr. Jordan Asher
- Asian Indians of Hampton Roads, Ltd. AIHR
- Ms. Kianna Auguste
- Ms. Felisa Aycud
- Mr. Randall Baber
- Ms. Mary Elizabeth Baber
- Mr. Keith Bailey
- Ms. Sharon Baker
- Ms. Janet Balius
- Mr. Hugh Ball
- Ms. Donna Ballard
- Ms. Kathy Banner
- Mr. Michael Banton
- Mr. Albert Banwell
- Ms. Mary Barholm
- Ms. Jeanette Barnes
- Ms. Susan Barr
- Ms. Torie Bashay
- Mr. Sameh Basta
- Ms. Janie Bateman
- Mr. Oliver Battiste
- Mr. Ervin Bay
- Mr. & Mrs. Billy Beachum
- Ms. Pamela Beamon
- Ms. Joyce Beasley
- Ms. Jaimie Beaudette
- Mrs. Lori Beeson
- Mr. Sissay Befikadu
- Ms. Diana Behling
- Ms. Natalie Beiler
- Mr. Jason Bell
- Mr. Tyler Bennett
- Ms. Fonda Bennett
- Ms. Robyn Benton
- Ms. Patricia Berkley
- Ms. Kyrach Bernhardt
- Mr. Keith Berry
- Ms. Mary Berry
- Ms. Jennifer Bettano
- Ms. Lindsay Betts
- Ms. Kyra Bice
- Ms. Kristina Bing
- Mr. George Birdsong
- Mr. Bruce Bischoff
- Mr. Taylor Blair
- Dr. David Blais
- Ms. Cindy Bocrie
- Ms. Kathy Boddie
- Mr. & Mrs. Terry Bodkin
- Ms. Carol Bogoslowski
- Ms. Lea Bolin
- Ms. Roswitha Bollinger
- Ms. Judith Boltz
- Ms. Regina Bonds
- Mr. Bernie Boone III & Dr. Dorothy Boone
- Ms. Emily Bosch
- Ms. Emily Bowden
- Ms. Shawn Bowman
- Mr. Bruce Bradley
- Ms. Caroline Brand
- Ms. Karen Bray
- Mrs. Susan Brewer
- Ms. Janet Brinkley
- Mrs. Amy Brock
- Mrs. Joan P. Brock
- Mr. & Mrs. Robert Broermann

- Mrs. Kim Brogan
- Dr. Arnita Brooks
- Dr. Bonnie Brooks
- Mr. Peter Brooks, Esq.
- Mrs. Debbie Brown
- Ms. Jacquelyn Brown
- Ms. Elizabeth Bruns

- Ms. Brevonda Carothers
- Mr. Joel Carp
- Mr. James Carr
- Mr. Miller Carr
- Ms. Hattie Carr
- Ms. Hope Carr
- Ms. Michelle Carr

- Ms. Evelyn Cooper
- Mrs. Charlotte Corey
- Ms. Rebecca Correa
- Dr. Jacqueline Cotton
- Mr. Noah Coultrip
- Mr. William Cox
- Ms. Suzanne Coyner



From left to right: Bruce Thompson, Christy Marscheider, Cheryl McLeskey, Nancy Creech and Martha McLees celebrate the dedication of the McLeskey Comprehensive Breast Center.

- Ms. Rebecca Bryner
- Ms. Debi Bucci
- Mr. Edwin Buck
- Mrs. Carolyn Bunch
- Mr. Matthew Burgess
- Mr. Peter Burke
- Ms. Margaret Burke
- Mrs. Deb Burton
- Ms. Ronda Burton
- Ms. Danya Bushey
- Mr. Stanley Butts
- Ms. Eloise Byrd
- Ms. La Tonya Byrd
- Ms. Anne Cabacoy
- Ms. Girlyn Cachaper
- Ms. Nannette Cain, USAF, Ret.
- Ms. Dian Calderone
- Mr. David Calhoun
- Dr. Robert Callahan
- Ms. Elana Campbell
- Ms. Eloisa Campbell
- Ms. Kristin Campbell
- Mrs. Jodi Canfield
- Ms. Lueda Canuela
- Capital Group Companies

- Mrs. Amy Carter
- Ms. Johnella Carter
- Mr. Jason Casteen
- Ms. Georgia Catlin
- Ms. Anne-Marie Cauldwell
- Mr. John Christiansen Jr.
- Ms. Sarah Clark
- Dr. John Clarke
- Ms. Mary Claudio
- Dr. Gregg Clifford
- Ms. Diana Cline
- Ms. Carmen Clipper
- Ms. Candace Clocker
- Ms. Laura Coakley
- Ms. Patricia Cobery
- Mr. Eric Coble, CPA
- Ms. Patricia Coble
- Ms. Daisy Cole
- Ms. Katherine Conard
- Ms. Carolyn Conley
- Mr. Joseph Cook
- Ms. Wanda Cooksey
- Ms. Joy Cooley-Doles

- Ms. Emily Craig
- Mr. Neil Cribb
- Ms. Karen Cribb
- Mr. Wayne Crosby
- Dr. Dennis Cruff
- Mr. Rayminton Cuffee Sr.
- Ms. Mary Culotta
- Ms. Evelyn Culver
- Mrs. Lisa Curling
- Ms. Susan Cutrell
- Mrs. Lucie Damato
- Ms. Kathleen Dangerfield
- Ms. Betty Danner
- Ms. Elizabeth Darden
- Darden Family Foundation
- Ms. Rose Daria
- Data Business Systems, Inc.
- Mr. & Mrs. Richard Davis
- Ms. Beverly Davis
- Ms. Bobbi Davis
- Ms. Roberta Davis
- Ms. Sherronda Davis
- Ms. Robyn Davis
- Ms. Debra Davison

Continued on Page 9

Supporting Community Need

How Sentara's COVID-19 Community Relief Fund provided critical support to our community during the pandemic.

As COVID-19 spread across the globe and into our communities, life as we knew it changed. Individuals and businesses alike were suddenly operating in a world with new rules and expectations. This was especially challenging for our community's non-profits who built their budget on donations and charitable giving and served an already vulnerable and often under-served population who now needed them more than ever.

The desire to be a part of the solution was the impetus behind the creation of the Sentara COVID-19 Community Relief Fund. A heart-felt thanks to all of our donors who have contributed to this special fund. Over the past year, hundreds of Sentara Foundation partners have come together to raise half a million dollars in order to give back to our community. This is no small feat!



Matthew Stearn, Executive Director at HELP Inc., with a dental chair and equipment serving the homeless community. Photo credit: Rob Ostermaier / Daily Press

Spotlight: Hampton Roads Ecumenical Lodging and Provisions Center

The Hampton Roads Ecumenical Lodging and Provisions Center, HELP for short, includes over 60 supporting congregations in the cities of Hampton and Newport News. They provide emergency shelter,

transitional housing, a winter shelter program, food, financial assistance, healthcare, and dental care to those in need.

When the pandemic hit, the demand for services grew even greater. The challenge was how to provide those services safely, especially in their shelter programs.

Continued on Page 6

Prior to the pandemic, each week of HELP's 20-week shelter program would be hosted by a different church. This past year, however, HELP had to select a single location to better manage health and safety screenings, and they had to lease the space for the duration. Their financial needs ballooned to four times that of prior years.

That's where the Sentara COVID-19 Community Relief Fund was able to make a difference. Through the fund, they were able to cover the entire cost of the lease for that 20-week winter shelter.

Executive Director Matthew Stearn reflected on some of the individuals they've had the opportunity to help. One gentleman in particular had been on a rocky road. He had found himself homeless during the pandemic, and he had nowhere else to turn. Access to HELP meant he had a safe and warm place to stay. The support gave him his dignity back and quite literally kept him from sleeping under a bridge.

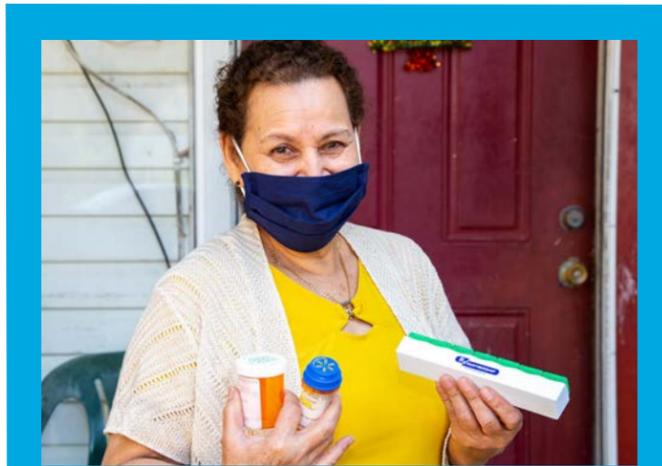
Matthew went on to say, "HELP has enjoyed the support of Sentara for a long time. We are incredibly grateful to have a partner who believes in supporting other organizations looking out for the health and well-being of the community."

Spotlight: RX Partnership

RX Partnership provides medication for low-income, uninsured patients who have a household income at or below 300% of the federal poverty level. Most of their patients have one or more chronic conditions and are on between two to six medications. These individuals are often faced with the choice of buying food or filling a prescription. They can't afford to do both.

This last year as COVID-19 made life even more challenging, RX Partnership looked at what new barriers might be arising. To eliminate concerns about public transportation and even fears about contracting the virus while out and about, they designed and launched a prescription mail delivery service in April 2020.

Executive Director Amy Yarcich shared it wouldn't have been possible without the support of funds by organizations like Sentara. Those funds helped get their mail system setup, train and pay staff,



Maria, a patient at CrossOver Ministry in Richmond, lives in a house 15 minutes from the clinic. Sometimes she doesn't have anyone to drive her to the clinic, so mail delivery has been a great benefit. Maria receives multiple medications from the clinic in the same mailer – along with a pillbox from Rx Partnership to help manage her medications. Photo credit: Kim Lee Photography

and even pay for postage. In 2020 over 1,700 packages were distributed to patients across the state.

Dianne Guse, Pharmacist-In-Charge at Lackey Free Clinic in Yorktown, reflected, "I had a patient who needed a refill for one of his meds, but he was extremely sick and didn't know how he was going to get to us. To be able to say we could mail it to him was amazing. He was so relieved and appreciative."

Amy Yarcich added, "With all the problems thrown at our patients, support like that from Sentara meant we could at least take the stress of getting medications off the list. The mail prescription program is a new tool to use in support of health in our communities." ■

Sentara Foundation - Hampton Roads deeply appreciates the support it has received this year to build our COVID-19 Community Relief Fund and ensure we meet the needs of our healthcare workers, patients and communities, especially during a crisis.

Please consider donating a gift of any size to help us continue to develop this vital community fund.

Connecting with Compassion. Impacting Lives.



The Sentara Brock Cancer Center invites you to become part of our volunteer family. Volunteers are an integral part of our mission at Sentara to improve health every day.

We strive to place volunteers where they feel most comfortable so you enjoy your experience and thrive. If you are looking to give back in a meaningful way, become a volunteer.

Connecting with compassion. Impacting lives.

We have shifts for adult volunteers in the following locations:

- Lobby Greeter Desk
- Rehabilitation Department
- Peer Mentoring Ambassadors
- Office Environments
- Pet Therapy
- Imaging Departments
- Community Outreach
- Integrative Programs
- Wayfinding Escorts
- Golf Cart Drivers

OTHER VOLUNTEER OPPORTUNITIES

The Sentara Brock Cancer Center offers several types of volunteer opportunities, including for college students and High School students. ■

All volunteer positions require a completed application. To apply, visit [sentara.com/cancer](https://www.sentara.com/cancer) or contact Arkeisha Smith at 757-624-0378.

Sentara Healthcare Supports Community COVID-19 Vaccine Clinics



Just as quickly as the nation responded to the COVID-19 vaccine rollout, Sentara team members organized community vaccination clinics in partnership with local cities, faith leaders and community organizations to vaccinate those eligible in Phase 1b, Phase 1c, and all adults. As of July 1, 2021, Sentara administered more than 149,500 vaccines, with an emphasis on community members in underserved and minority populations for whom access may be a challenge.

This momentous act would not have been possible without strong partnerships with faith-based community leaders and non-profit organizations. Sentara's commitment to Improve Health Every Day is portrayed through the unique clinics designed to meet our communities' needs. On a Friday evening during Ramadan, one clinic was hosted in partnership with an Islamic community after dark to not interfere with their spiritual fasting. Another clinic focused on serving homeless community members, who are at some of the highest risk of contracting COVID-19. Every clinic we hosted was filled with grateful patients expressing their heartfelt thanks, and relief to be receiving the life-saving vaccine.

Sentara team members organized and staffed the vaccination clinics, often with extra shifts on nights and weekends, to support the nation-wide effort to end the COVID-19 pandemic. It has been a tremendously rewarding undertaking that has no doubt saved lives throughout our communities. ■

BEYOND cancer

SENTARA BROCK
CANCER CENTER

COMMUNITY BRICK CAMPAIGN

Celebrate. Remember. Honor.

The purchase of your brick in our Healing Garden or surrounding areas can celebrate a survivor, remember a loved one, or honor a caregiver or doctor that supported your journey. Your personal message will make a permanent imprint on the Sentara Brock Cancer Center and the future care of patients in our community.



"My husband, Capt. Frederick Wilson Gray, USMC, served his country in Vietnam and by doing his patriotic duty, he developed sarcoma caused by Agent Orange exposure, which he fought four years. Cancer won. He may have benefited from such a center had it existed." ~ Diane Gray

Leave your imprint on the fight against cancer!



Three brick options available*:

4" x 8" Brick: \$145 (includes 3 lines of text)

8" x 8" Brick: \$225 (includes 6 lines of text)

12" x 12" Brick: \$2,500 (includes 10 lines of text)

*Limited quantities; installed brick colors vary, color selection is not an option.



Order your brick today at:

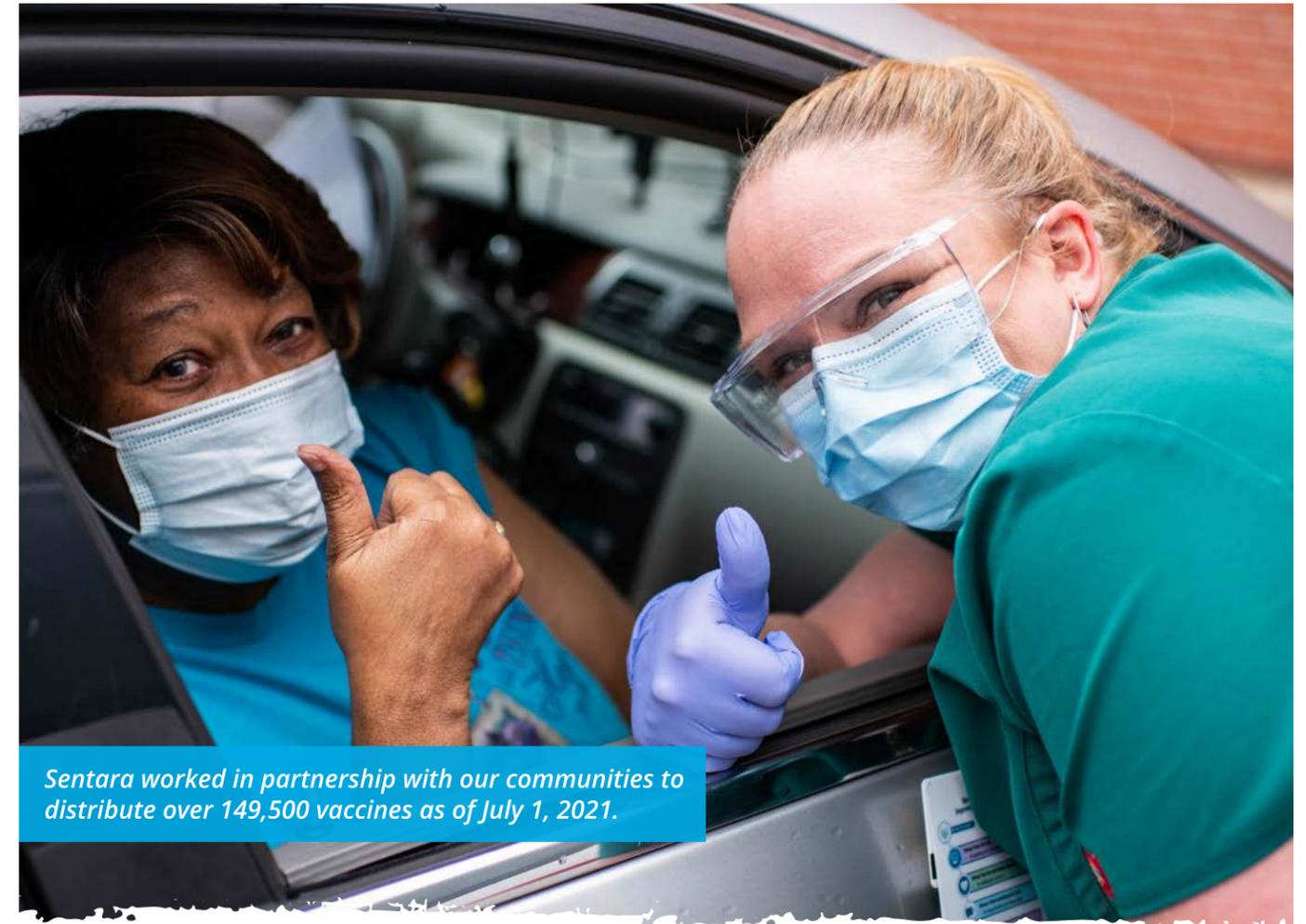
www.BeyondCancerBrick.com | 1-833-954-2425

Deadline for ordering bricks is August 27, 2021

Beyond Cancer Foundation is a division of Sentara Healthcare, a 501(c)3 charitable entity. Installed bricks are considered gifts made to Sentara and are tax deductible to the fullest extent of the law.



Contributors (Continued from page 4)



Sentara worked in partnership with our communities to distribute over 149,500 vaccines as of July 1, 2021.

- | | | | | |
|-------------------------------|-----------------------------|--------------------------|-----------------------------|-------------------------------------|
| Ms. Julie Day | Mrs. Elizabeth Dudley | Mr. Jack Ezzell Jr. | Ms. Tamara Franz | Ms. Karen Pearson |
| Mr. Niel deAlteriis | Mrs. Staci Dugan | Ms. Tanya Fanti | Ms. Sharon Freeman-Raines | Ms. Nancy Gerwe & Mr. Raymond Gerwe |
| Mr. Kenneth Deaton | Ms. Mahnaz Duncan | Ms. Jane Farner | Ms. Susan Frey | Ms. Susan Gibbons |
| Ms. Pamela Deehan | Ms. Nancy Durr | Mr. David Fazendin | Ms. Betty Frierson | Ms. Ruth Gibson |
| Ms. Rosamond Deiderich | Ms. Lynne Dyer | Mrs. Theresa Feild | Ms. Thyra Frink | Mrs. Sarah Gilliam |
| Mr. & Mrs. Leo Deleon | Eagle Construction | Ms. Suzanne Felber | Mr. & Mrs. F. Dudley Fulton | Ms. Gina Gilmore |
| Ms. Rebecca Devlin | Ms. Sarah Easter | Ms. EllineGrace Fellroes | Ms. Louise Funaiock | Ms. Leisa Glisson |
| Ms. Regina Diacopoulos | Ms. April Eaton | Ms. Nina Fenska | Ms. Stacy Fuqua | Mr. Cordell Gomez |
| Mrs. Jane Diana | Edwin S. Webster Foundation | Ms. Joanne Ferraioli | Ms. Sherrylyn Furchtenicht | Mr. Robert Goodrum |
| Dr. & Mrs. Andy Dickinson Jr. | Dr. Michael Eggert | Dr. Colin Findlay II | Ms. Delores Gaines | Ms. Jennifer Gordon |
| Ms. Diane Dofflemeyer | Dr. David Eich | Ms. Lisa Fisher | Ms. Kimberly Gallo | Dr. William Gough |
| Dr. & Mrs. James Dolney | Mr. Chuck Eley Jr. | Ms. Brittany Fitzgerald | Dr. Daniel Garland | Ms. Katie Gough |
| Ms. Kelly Doloresco | Mrs. Barbara Ellis | Mrs. Carol Flynn | Ms. Jamia Garrett | Dr. Ilham Grant |
| Mr. Stuart Doughtie | Mr. Carl Ellmer | Ms. Janice Foreman | Mrs. Velma Garris | Ms. Diane Gray |
| Ms. Audrey Douglas-Cooke | Ms. Cheryl Emery | Ms. Rebekah Forrest | Ms. Ellen Gaskey | Ms. Robin Gray |
| Ms. Pamela Downs | Mr. Samuel Encabo | Mr. Bob Fort | Ms. Diane Gaskin | Ms. Alisa Greene |
| Ms. Courtney Doyle | Ms. Kelly Engesser | Ms. Rosalyn Fountain | GEICO | Ms. Amelia Greene |
| Ms. Charissa Drake | Epic Systems Corporation | Mr. Graham Fox | Dr. Philip Gentlesk | Mr. Terrence Greenquist |
| Ms. Dana Dreher-Rodwell | Ms. Tammy Ernsberger | Mr. Albert Francis Jr. | Dr. Edward George | Ms. Beverly Greenwood |
| Ms. Patricia Dressler | Ms. Kimberley Eskelund | Ms. Mazie Franklin | | |

Contributors

Mr. Michael Gentry	Mrs. April Harrington	Ms. Danna Hogge	Mr. Cecil Jackson	Ms. Sara Joseph
Mrs. Linda Greer	Mr. & Mrs. Sandy Harris III	Mr. Linwood Holden	Mr. William Jackson	Ms. Wendy Jouad
Ms. Anita Gregory	Ms. Shelley Harris	Mrs. Margaret Holland	Mrs. Stephanie Jackson	Ms. Jean Jun
Ms. Julianne Griffin	Ms. Theresa Hartsell	Ms. Lori Holleman	Ms. Audrey Jackson	Mr. Nabil Kassir
Mr. Donald Grigolite	Ms. Anna Haupt	Mr. & Mrs. Herbert Hollowell Jr.	Ms. Connie Jacobson	Mrs. Natalie Kaszubowski
Ms. Jennifer Gronniger	Mr. Donald Hayes	Ms. Andrecia Holmes	Mr. & Mrs. Hugh Janes	Ms. June Kates
Mrs. Suzanne Gruelle	Ms. Sarah Hayes	Ms. Patti Holt	Ms. Robin Jefferson	Kaufman & Canoles, PC
Ms. Mary Guadagni	Mr. Martin Haymon	Ms. Elizabeth Holzworth	Dr. Mark Jenison	Mr. Michael Keaton
Ms. Nekisha Guity	Ms. Mary Hayner	Mr. Tom Hong	Mr. Patrick Jenkins	Ms. Jennifer Keiser
Mr. Keith Gustafson	Health Plan Alliance	Ms. Latonya Hooks	Ms. Lori Jenkins	Ms. Shanna Kemp
Mr. Eddie Gutshall	Ms. Sharon Henley	Mr. Stephen Hoover	Kimberly Johnson	Mrs. Nancy Kennedy
Mr. Dereje Haile	Dr. Louis Henry	Dr. Suzanne Hopkins	Mr. & Mrs. F. Wendell Johnson	Ms. Cynthia Kenney
Mrs. Patti Haley	Ms. Linda Heydn	Ms. Katrina Howell	Ms. Charlotte Johnson	Mr. Steve Keogh
Mr. & Mrs. Les Hall	Ms. Coffiela Hill	Ms. Marilou Huling	Ms. Christine Johnson	Mr. & Mrs. Howard Kern
Suffolk Foundation	Ms. Phyllis Hines	Mr. Doyle Hull Sr.	Ms. Mary Johnson	Mr. Samreen Khan
Mrs. Mary Hanke	Ms. Callie Hinkley	Mr. Donald Hulton	Ms. Carmen Johnson	Ms. Sandra Kiah
Ms. Estherine Harding	Ms. Ronda Hodge	Mrs. Jennifer Hurr	Ms. Beryl Jones	Ms. Jennifer Kirk
Ms. Kimberly Hargrave	Mr. Harvey Hoffman	Mr. Michael Iacobellis	Ms. Ellen Jones	Mr. Frank Klein Sr.
Mrs. Jennifer Harmon	Ms. Frances Hoffman	Mr. & Mrs. Philip Idiart	Ms. Julie Jones	Ms. Lori Koltuniak
Ms. Stephanie Harper	Mrs. Ann Hogg	Ms. Joanne Inman	Ms. Grace Jordan	Dr. & Mrs. Joseph Konefal



Sentara team members educate a community member on the COVID-19 vaccine during a clinic at New Hope Christian Community Center on February 26, 2021.

Contributors

Ms. Elizabeth Koscielny	Ms. Julie Long	
Ms. Karen Kossin	Ms. Patricia Long	
Mr. Robert Krebbs	Dr. Bruce Longman	
Ms. Diana Kryston	Mr. & Mrs. Adam Longoria Jr.	
Ms. Marilyn Kuhn	Ms. Kathryn Longworth	
Ms. Danielle Kulis	Mr. & Mrs. Everett Loppacker	
Mr. William Laffond	Dr. Bartholomew Lopresti	
Ms. Lucie Lafontaine	Ms. Mary Loyd	
Mr. Joshua Lagasse	Dr. & Mrs. Thomas Lundquist	
Ms. Sarah Lamb	Mr. Rusty Lusk	
Ms. Sondria Lamb	Ms. Antoinette Lyles	
Ms. Shannon Lambert	Mrs. Jennifer Mack	
Mr. Michael Landis	Ms. Crystal Mackie	
Mrs. Jill Lane	Ms. Jean Madden	
Mrs. Cheryl Larner	Mr. John Malbon	
Mr. & Mrs. William Laz	Dr. Jonathan Mann	
Mr. Patterson Lee	Mr. Steve Marilley	
Ms. Ruth Legaspi	Mr. George Markham	
Dr. Larry Legum	Mr. John Marshall	
Mrs. Mary Lehman	Ms. Jennifer Marshall	
Ms. Kirsti Lenzi	Mr. Thomas Martin	
Ms. June Lesnak	Mr. Zachary Martin	
Lewis and Minta Wood Charitable Foundation	Ms. Jacklene Martin	
Ms. Margaret Lignon	Ms. Jennifer Martin	
Ms. Kathy Lindblad	Ms. Leslie Martin	
Ms. Tammy Little	Ms. Patricia Martini	
Mr. & Mrs. James Loisel	Ms. Patricia Mast	
Ms. Amanda Long	Mr. & Mrs. Vincent Mastracco Jr.	
	Mr. & Mrs. Dennis Matheis	
	Mr. Matthew Mather	Mr. Michael Mcginty
	Ms. Angelina Mavropoulos	Mr. John McGuigan
	Mrs. Robin McAlpin	Ms. Janice Mckay
	Ms. Gina McBride	Mr. Michael Mcleod
	Ms. Mitzi McCoy	Mr. Michael Mcracken
	Ms. Linda McCreadie	Ms. Tracy Mearns
	Mrs. Jill McElhiney	Ms. Angelic Meadows
	Mr. Matthew McEaney	Ms. Tamara Mears
	Ms. Genemarie McGee	Mrs. Mirna Medina-Gonzalez
	Ms. Amy McGinnis	Ms. Michelle Meekins
		Mr. Robert Meier
		Mr. Marcus Meiring
		Mr. Sunil Menawat
		Mr. Moss Mendelson
		Mr. John Mercogliano III
		Mr. & Mrs. Peter Meredith Jr.
		Dr. Gregory Merti
		Dr. James Meyers II
		Ms. Ruth Mickelberry
		Ms. Stephanie Middleton
		Mr. Matthew Mildonian
		Dr. & Mrs. Scott Miller
		Ms. Jean Miller
		Ms. Kate Millman
		Ms. Dori Mills
		Ms. Nancy Millstein
		Mrs. Gabrielle Milner
		Ms. Tawney Milton
		Mr. Jean Minier
		Mr. & Mrs. Gil Minor III
		Mrs. Shelly Minor
		Mr. Jon & Cheri Mitchell
		Mrs. Shirley Mitchell
		Ms. Mary Mitchell
		Ms. Valeria Mitchell
		Mr. John Moller
		Mr. Alan Monfalcone
		Ms. Patricia Montes
		Mr. Barry Moore
		Ms. Jeanne Moore
		Ms. Lori Moore
		Ms. Melanie Moore
		Mr. Bruce Morgan
		Ms. Andrea Morgan
		Dr. Robert Mosby Jr.
		Mr. Douglas Moses & Ms. Tina Moses
		Mrs. Marjorie Moss
		Mr. Andrew Moynahan
		MR Rogers Foundation
		Mr. Daniel Mulcrone
		Mr. & Mrs. Michael Mulford, USN, Ret.
		Dr. William Mulligan
		Ms. Evelyn Munden
		Mr. & Mrs. Ray Murphy
		Mr. Rodric Nave
		Ms. Kathy Nestor
		Network for Good
		Mr. David Neuwirth
		Mrs. Barbara Newby
		Mr. Albert Nichols



Two thumbs-up after a successful community vaccination clinic in Suffolk, Va.

Contributors



Cheryl McLeskey & Howard Kern celebrating the successful Beyond Cancer philanthropic campaign benefitting cancer patients in Hampton Roads.

Ms. Cinda Nichols
 Ms. Octavia Nickle
 Norfolk Airport Authority Police Department
 Norfolk Pearls Foundation of Virginia
 Mr. & Mrs. Thaddeus Nowak
 Mr. Marcelle Oberndorfer
 Mr. & Mrs. Robert O'Brien
 Ms. Judith Ocampo
 Old Dominion Soccer Club
 Mrs. Cynthia Olds
 Ms. Ashley Oliver
 Mr. Robin Olsen
 Ms. Rebecca O'Neill
 Mr. Todd Osborne
 Ms. Lolita Ostonal
 Mr. William Overton
 Ms. Michelle Packer
 Ms. Elizabeth Padgett
 Mr. John Pair
 Ms. Rebecca Palasek
 Mr. & Mrs. Michael Paolantonio
 Col. & Mrs. Dino Papas, USA, Ret.
 Mr. L. Allan Parrott Jr.
 Mr. Charles Passarelli
 Mr. Ronak Patel
 Ms. Sharon Pearce
 Dr. Steven Pearman

Ms. Jennifer Perkins
 Ms. Joyce Perry
 Ms. Jini Persons
 Ms. Diane Peters
 Mrs. Brennan Peterson
 Mr. Tarkten Pharr
 Mrs. Jennifer Phillips
 Ms. Beatrice Phillips
 Dr. Jonathan Philpott
 Dr. Fletcher Pierce
 Ms. Beverly Pierson
 Ms. Lorene Pinto-Johnson
 Ms. Amanda Piper
 Mr. Robert Pitsenbarger
 Ms. Leah Pixley
 Mr. Scott Plum
 Ms. Cheryl Poirier
 Ms. Connie Portlock
 Dr. Carlos Pottinger
 Ms. Sharon Poulos
 Ms. Joann Powell
 Mr. Curt Prasky
 Presbytery Of Eastern Virginia
 Ms. Tirisha Preyor
 Mr. Michael Price
 Ms. Jean Price
 Mrs. Kathy Price-ward
 Ms. Deborah Proffer
 Mr. John Profilet

Mr. Peter Pruden III
 Mr. & Mrs. Charles Purcer
 Ms. Nikosha Quinerly
 Ms. Kathy Radoor Akulin
 Mr. Dean Ratzlaff
 Ms. Caroline Rawls
 Ms. Katherine Rawls
 Mr. & Mrs. Thomas Rayfield
 Ms. Kristina Redabaugh
 Mr. Robert Redding
 Mr. Isiah Reid
 Ms. Jamie Reiser
 Ms. Janet Reitman
 Ms. LeeAnn Reliford
 Mr. Fenton Rhaney
 Lt. Col. & Mrs. Michael Richards
 Ms. Mary Richardson
 Mr. & Mrs. Doug Richendollar
 Rick Hendricks Chevrolet
 Ms. Teresa Riddick
 Ms. Judy Ridgeway
 Ms. Amy Riggs
 Mr. Robert Rinehart
 Dr. Lane Ritter
 Ms. Patricia Robbins
 Ms. Iva Robinett
 Ms. Latisha Robinson
 Ms. Paula Rodgers
 Mr. Gerry Rogers

Ms. Donna Rogers
 Ms. Heather Rohman
 Ms. Martha Roman
 Mr. Ralph Rosignolo Jr.
 Mrs. Ann Rossik-hatton
 Dr. & Mrs. Dennis Rowley
 Ms. Beverly Ruane
 Mr. Herb Ruegsegger
 Ms. Susan Ruetzel
 Mrs. Melinda Russell
 Mr. John Ryder
 Dr. Ghandi Saadeh
 Mrs. Heidi Salway
 Mrs. Rene Sammons
 Ms. Irene Sanderlin
 Ms. Donna Sanson
 Mrs. Leslie Santiful
 Ms. Fatimah Sarki
 Mr. Whitney Saunders
 Mrs. Becky Sawyer
 Ms. Theresa Sawyer
 Ms. Mary Saylor
 Mr. & Mrs. Marcel Scarbel
 Ms. Kim Schilpp
 Mr. Greg Schmitt
 Ms. Stephanie Schnittger
 Ms. Cindy Schon
 Mr. Paul Schuellein
 Mrs. Kaeli Schutz

Dr. Maria Scotece
 Ms. Sharleen Scribner
 Mr. William Sebring
 Mr. Daniel Seenauth
 Ms. Sally Sekowski
 Sentara Princess Anne Hospital - Auxiliary
 Sentara Virginia Beach General Hospital - Medical Staff
 Mrs. Audrey Settle
 Ms. Joan Sexton
 Ms. Sara Shahan
 Mr. & Mrs. Valmy Shannon
 Ms. Jasmine Shelton
 Ms. Angela Shifflett
 Ms. Maria Shores
 Ms. Elizabeth Shumadine
 Ms. Darla Simmons
 Ms. Belvadere Simon
 Patrice Simpson
 Ms. Zizi Sipe
 Mr. Timothy Skeen
 Skydive Suffolk, Inc.
 Major Dee Ann Slover
 Dr. Larry Smith
 Mr. Robert Smith
 Mrs. Angela Smith
 Mrs. Corrine Smith
 Ms. Catherine Smith



Sentara healthcare heroes worked throughout our communities to help distribute COVID-19 vaccinations.

Contributors

Ms. Nancy Smith
 Ms. Stephanie Smith
 Ms. Viola Smith
 Ms. Amy Smith-Peard
 Ms. Corie Smock
 Ms. Katherine Smyth
 Ms. Carrie Snead
 Mr. Jeff Snyder
 Ms. Pamela Socolow
 Ms. Robin Sorensen
 Mr. Rex Soriano
 Mr. Paul Soricelli Jr.
 Mr. & Mrs. James Sova
 Mr. David Spain
 Dr. Michael Speckhart
 Ms. Marianne Springer
 Mr. Linwood Spruiell
 Ms. Lori Steiner
 Ms. Cheryl Stolz
 Ms. Christine Stopyra
 Mr. & Mrs. Jeff Storck
 Ms. Victoria Strasnick
 Mrs. Janet Stump
 Mrs. Christine Sturdevant

Dr. Neil Sullivan
 Susan G. Komen Central and Eastern Virginia
 Ms. Tammy Susko
 Sussex Development Corporation
 Ms. Marion Swaim
 Mrs. Mary Sykes
 Mr. & Mrs. William Talbot
 Ms. Deborah Talbot
 Dr. Deepak Talreja
 Mr. Christopher Tanner
 Ms. Kathy Tate
 Ms. Vanita Taylor
 The Treasure Shop
 Mr. Eric Thomas
 Mrs. Julie Thomas
 Ms. Carol Thomas
 Ms. Cynthia Thomas
 Ms. Rosiemaria Thomas
 Mr. & Mrs. Douglas Thompson
 Ms. Emilie Tilley
 Mr. Terry Times
 Ms. Dina Todd
 Ms. Nickol Todd

Ms. Ashley Tomes
 Mr. Lance Torcom
 Mr. Michael Toth
 TowneBank Virginia Beach
 Mr. John Trimble
 Mr. William Trimble Jr.
 Ms. Eugenia Tripp
 Mr. Shelton Trotman
 Ms. Giorgi Tserediani
 Ms. Cheree Tucker
 Ms. Lucille Turner
 Ms. Mildred Uber
 Ms. Cynthia Usher
 Mrs. Elizabeth Uzzle
 Mrs. Linda Vakos
 Ms. Jennifer Varbero
 Ms. Lori Vasquez
 Ms. Joanne Vogenski
 Ms. Barbara Villers
 Mr. Andrew Virga
 Ms. Lynne Virgili
 Mr. Salvatore Vitale Jr.
 Dr. Mary Voorhess
 Ms. Renata Wade A-Mohamed

Ms. Gina Waldron
 Mr. Robert Walker
 Mrs. Ruby Walker
 Ms. Cathy Walker
 Mrs. Lily Walla
 Ms. Janice Wallace
 Ms. Laura Walters
 Ms. Gloria Wardrup
 Ms. Diane Washburn
 Ms. Lelia Webb
 Mr. William Weber III, USN, Ret.
 Mr. Andrew Webster
 Mr. David Weimer
 Ms. Cheryl Weimer
 Ms. Robin Weisbrod
 Dr. Todd Weisman
 Mrs. Amanda Wendell
 Ms. Joyce West
 Ms. Elizabeth Weston
 Mr. John Whistler
 Ms. Eileen Whitby
 Dr. & Mrs. Rolfe White
 Ms. Deborah White
 Ms. Wilma White

Mr. & Mrs. Steven Whitehead
 Mrs. Betty Jean Whitehurst
 Mrs. Jamesina Whitehurst
 Whiting-Turner Contracting Co.
 Mr. Otis Williams
 Mrs. Miriam Williams
 Ms. Chantel Williams
 Ms. Regina Williams
 Ms. Tracey Williams
 Mr. Scott Williamson
 Mr. Allister Wills
 Ms. Cielito Wills
 Mr. Eric Wilson
 Mr. Thomas Wilson
 Ms. Parthenia Wilson
 Ms. Deborah Winn
 Mr. Matthew Winston
 Dr. & Mrs. Mark Winters
 Ms. Patricia Winters
 Mr. Theodore Wojnar
 Mr. George Woodley
 Mr. & Mrs. Eric Young
 Ms. Claudia Young
 Ms. Mo Zoll



Macon Brock III, Cheryl McLeskey & Joan Brock at the dedication ceremony for the McLeskey Comprehensive Breast Center at the Sentara Brock Cancer Center.

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, 2020 to December 31, 2020.

Sentara provided an opportunity for members of the Peninsula Islamic Community Center who were fasting during the month of Ramadan to receive their COVID-19 vaccine after breaking their fast, which is after sunset. By partnering together, we were able to provide our community with access to vaccinations while honoring their religious traditions.



In Honor

- Dr. Thomas Alberico**
Mr. & Mrs. Connie and Thaddeus Nowak
- Mrs. Joan Brock**
Mr. & Mrs. Gil Minor III
- Mr. Gary Brynes**
Mrs. Lily Walla
- Ms. Katlyn Conrad**
Mrs. Sandy Smith
- Mrs. Violeta Fellores**
Ms. ElineGrace Fellroes
- Mr. & Mrs. Jeff Ferns**
Mrs. Jennifer Hurr
- Mr. Carl Gaborik & Ms. Susan Gaborik**
Ms. Lynne Beaman
- Michael and Jessica Galfor**
Ms. Diane McCormick
- Mrs. Cindy Hardy**
Mrs. Linda Fawcett
- Mrs. Linda Kaufman**
Mr. Chuck Eley Jr.

- Dr. & Mrs. Thomas Lundquist**
Health Plan Alliance
- Ms. Ivey Marks**
Mrs. Nancy Kennedy
- Ms. Genemarie McGee**
Dr. Kathie Zimbro
- Karen and Gary Miller**
Lt. Col. & Mrs. Michael Richards
- Mr. Robert Moore**
Ms. Elizabeth Padgett
- Karen and Dave Seward**
Lt. Col. & Mrs. Michael Richards
- Mr. Pervez Shad**
Mrs. Tazeen Sufian
- The Storck Family**
Lt. Col. & Mrs. Michael Richards
- Ms. Bettina Williams**
Ms. Latysha Pigatt
- Sentara Workers**
Ms. Judith Boltz
- Mr. Brian York**
Aha Media Group

In Memory

- Mr. Peter Andrews**
Dr. Jordan Asher
- Mr. Glenn Beale**
Ms. Kathleen Donoghue
Ms. Eugenia Tripp
- Mrs. Jennifer Biller**
Ms. Margarita Ramirez &
Ms. Marisa Ramirez
- Mr. Ronald Bunch Sr.**
Mr. Keith Berry
Ms. Janice Bryant & Ms. Lois Bryant
Ms. Mary Elliott
Mrs. Barbara Ellis
Mr. & Mrs. John Hill
Mrs. Teresa Lowery
Mr. & Mrs. Valmy Shannon
Mr. George Woodley
- Mrs. Patricia Cain**
Ms. Nannette Cain, USAF, Ret.

- Mr. Joseph Campbell Jr.**
Ms. Eloisa Campbell
- Mr. Richard Chrisman, USAF, Ret.**
Mr. & Mrs. Daniel Fentress
- Ms. Maxine Church**
Mr. & Mrs. Connie and Thaddeus Nowak
- Mr. Richard Coates**
Mrs. Barbara Coates
- Ms. Cathy Creeks**
Mr. & Mrs. Howard Kern
- Mr. Julius Dolney**
Dr. & Mrs. James Dolney
- Mr. Brent Frye**
Softball Nation
Mr. & Mrs. Terry Bodkin
Ms. Mary Mitchell
Mrs. Brenda Haggart
Mr. & Mrs. Lee Sapiro
- Melissa Harmon**
Mrs. Jennifer Harmon
- Ms. Martha Hayes**
Mr. & Mrs. Jeffery Walker

Tribute Gifts



"For me, this is peace of mind, and not being so fearful when you're going out among people. It also means that I will be helping others. My sister just recovered from the virus, and I just want to do what I can for myself and for others." –Sylvester, COVID-19 Vaccine Recipient

- Mrs. Debra Tuttle**
Data Business Systems, Inc.
Mr. & Mrs. Bob Doxey
- Mr. Bernie Walker**
Mrs. Ruby Walker
- Ms. Lori Webb Bullock**
Ms. Patricia Webb
- Ronald Weber**
Mrs. Charlotte Weber
- Ms. Nancy Weekley**
Ms. Sharon Brown
Ms. Mary Ellen McInnis
Ms. Margaret Roberts
- Mrs. Judith Wheeler**
Ms. Tammy Ernsberger
- Mr. Robert Williams**
Ms. Janet Noe

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.

We Want To Connect With You!

Please send us back the envelope enclosed with your email and we will keep you up to date on the latest healthcare and philanthropic news.

Mr. James Haynes

- Ms. Jane Farnar
- Mr. & Mrs. Curtis Iverson
- Mr. & Mrs. Everett Loppacker
- Mr. & Mrs. Stephen Nash
- Mr. & Mrs. Thomas Proctor Jr.
- Mr. & Mrs. Charles Purcer
- Mr. Charles Richard
- Ms. Dorothy Trusz

Mr. Henry Hoffman

- Mr. Harvey Hoffman

Mrs. Dorothy Hudson

- Mr. & Mrs. F. Wendell Johnson

Mr. Willie Hudson Jr.

- Mr. & Mrs. Donald Beecham
- Mr. & Mrs. F. Wendell Johnson
- Mrs. Jackie Yates

Linda Hudson Ruegsegger

- Mr. Herb Ruegsegger

Mrs. Camilla Hull

- Mr. Doyle Hull Sr.

Mr. William Kenion & Ms. Dorothy Kenion

- Ms. Connie Portlock

Mary Liskey

- Ms. Linda Mason

Mrs. Lyla Longman

- Dr. Bruce Longman

Ms. Martine Mayfield

- Virginia Fundraising Consultants

Lt. Col. James Meyers, USAF, Ret.

- Mrs. Deb Burton
- Mr. & Mrs. Stephen Field
- Ms. Anne Karig
- Mr. & Mrs. Randy Manning
- Dr. James Meyers II
- Mr. & Mrs. Frederick Moore
- Ms. Julia Scales

Mrs. Caroline Miller

- Mr. & Mrs. Michael Ashe, Esq.

Mr. James Mitchell

- Mr. Jon & Cheri Mitchell

Mr. Richard Mizelle

- Mrs. Linda Greer

Mrs. Barbara Moore

- Mr. & Mrs. William Talbot

Mrs. Dorothy Myers

- Ms. Mary Hayner

Ms. Mary Ann Nowak

- Mr. & Mrs. Connie and Thaddeus Nowak

Dr. Thomas Pellegrino

- Mrs. Jane Pellegrino

Mr. Ronald Perry

- Mrs. Jill McElhiney

Mr. William Rhodes

- Ms. Brenda Rhodes

Mr. Connor Richards

- Mrs. Lori Beeson
- Mrs. Michele Couch
- Ms. Julie Day
- Ms. Callie Hinkley
- Ms. Ashley Lee
- Mr. & Mrs. Gary Miller
- Ms. Kate Mulloy
- Ms. Mary O'Donnell
- Mrs. Kaeli Schutz
- Mr. & Mrs. Jeff Storck
- Mr. & Mrs. Erwin Storck
- Mrs. Amanda Wendell

Ms. Kelly Richendollar

- Mr. & Mrs. Joseph Reger

Mr. John Riley

- Ms. Mary Noce

Dr. John Settle Jr.

- Mrs. Audrey Settle

Sylvia Skerl-Lesnak

- Ms. June Lesnak

Mr. Bert Snelling

- Eagle Construction

Mr. John Stryker

- Mr. Scott Plum



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. 171

INSIDE: Find out how...

Your help changes lives!

SENTARA FOUNDATION—HAMPTON ROADS

Responding to community need.



Sentara Foundation - Hampton Roads Team

Top row, left to right: Destiny Flanagan, Anna James, and Sherry Norquist

Bottom row, left to right: Ryan Livingston, Wendy Pierce, and David Proffitt

Not pictured: Angel Barnhill and Cassandra Howard

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 plans designation
- Tribute Gifts
- Remember a loved one
- Celebrate an achievement
- Honor a friend or caregiver
- Recognize an event or holiday



explore

For an inside look into some of our patients' lives, visit **sentara.com/foundation** or scan this QR code.

Hear from our patients personally how YOU have helped

change their lives!