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Sentara Cares



Inside: Stories of grateful patients who are making an impact in our community

Sentara Foundation – responding to community need

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“Philanthropy is proof of the trust they have put in us”

Sentara Brock Cancer Center celebrates fifth anniversary

In this issue:

- New 3D mobile mammography vans added to fleet
- Critical Home Repairs Program helps community
- Sentara Albemarle Medical Center opens new hospital



Dear friends,

We are pleased to share this issue of Sentara Cares, centered on a theme that is at the heart of everything we do—gratitude.

This issue reflects our deep appreciation for you and for the many individuals whose generosity makes our work possible. Gratitude and philanthropy are closely intertwined; they often inspire one another. Because of your support, we can invest in innovative programs, strengthen clinical services, and respond to the evolving needs of our patients and families. Your generosity continues to drive meaningful progress across our health system, helping enhance the quality of care and expand access to vital services throughout the communities we serve.

Inside, you will find stories that highlight philanthropy in action, from supporting our caregivers and advancing innovation to improving patient experiences and outcomes. Each story reflects the difference your support makes every day. You will read about the Sentara Brock Cancer Center as we celebrate five years since its opening. Serving approximately 900 patients each day, the cancer center has become a beacon of hope and holistic healing for patients and families across our region.

You will also learn how your generosity helped fund three new 3D mobile mammography vans, expanding access to screenings and providing lifesaving mammograms to our community. Early detection saves lives, and these vans are helping bring critical care closer to those who need it most.

In addition, you'll also read about the announcement of our cardiac fellowship program. The program will focus on research and clinical trials to better understand advanced heart failure, pulmonary hypertension, cardiac transplantation, and clinical leadership with an emphasis on state-of-the-art innovation and excellence.

We hope you will continue to stand united with us in our shared mission to support high-quality healthcare for all served by Sentara Health. Together, we are making a lasting difference.



With gratitude,

David Proffitt, MBA
Director, Sentara Foundation



Pictured: A donor-supported 3D mobile mammography van outside the Sentara Brock Cancer Center helps bring life-saving breast cancer screenings closer to home

Five years of hope & healing: Celebrating the Sentara Brock Cancer Center

2025 Impact Report Numbers



147,895 community members in Hampton Roads reached through Sentara's 281 education, prevention, and screening events in 2025



3,040 patient visits to the Carrillo Kern Center for Integrative Therapies



581 rides provided for patients with transportation barriers



900+ patients served a day

Five years ago, the doors of the Sentara Brock Cancer Center opened with a bold vision: to create a place where world-class cancer care, cutting-edge research, and compassionate support could come together under one roof. Since that time, more than 875,000 people have walked through those doors, and the center has become a beacon of hope and healing for patients and families across our region.

At the anniversary celebration last July, leaders, donors, staff, and grateful patients gathered to reflect on what the cancer center has accomplished in the past five years—and to look ahead to its future. The one word used repeatedly was gratitude: gratitude for the donors whose generosity made this cancer center possible; gratitude for the staff and clinicians who pour their

Continued on page 3



Pictured: (from left to right): Amber Price, senior vice president and enterprise chief nursing officer; Shannon Murphy, vice president, corporate services; Jacqueline Colbert, supervisor, chaplaincy services; Iris Lundy, vice president of health impact and engagement; and Sherry Norquist, executive director of community engagement & impact, are Sentara leaders committed to the mission — to improve the health of our communities every day

hearts into caring for patients; and gratitude for the community that continues to support Sentara’s mission.

The story of the cancer center began long before the ribbon-cutting in 2020. It started with a vision from former Sentara President and CEO Howard Kern, who imagined a facility where patients could receive comprehensive cancer care—diagnosis, treatment, supportive therapies, and research participation—without the stress of traveling between multiple locations.

Making that vision a reality required not only a \$90 million investment from Sentara, but also an extraordinary outpouring of philanthropy from the community. More than \$15 million was raised to fund the innovative programs and services that set the cancer center apart. Thanks to donor support, patients now benefit from acupuncture, massage, nutrition services, reiki, patient assistance, transportation, and integrative therapies that address the whole person, not just the disease.

“This engagement of the community through philanthropy is proof of the trust they have put in us,” said Aubrey Layne, Sentara Health’s executive vice president and chief administrative officer. “And we don’t take that lightly.”

In just five years, the cancer center has achieved national recognition for excellence. The cancer center has streamlined referrals for high-risk cancer patients, reduced PET scan waitlists, and expanded its palliative care program to ensure early involvement for those facing advanced disease. It has also become a hub for research, with hundreds of patients participating in studies that advance treatments and outcomes.

Beyond clinical excellence, the cancer center has welcomed thousands of community members to their many lectures, events, cancer support groups, and educational programs. Over 8,000 patient visits have been provided through the Carrillo Kern Center for Integrative Therapies. With 144 infusion chairs, and many overlooking the Healing Garden, patients are treated in a serene, restorative environment that reflects the cancer center’s commitment to dignity and healing.

One of the highlights of the anniversary celebration was the dedication of a new 3D mobile mammography van, named in honor of philanthropist and three-time cancer survivor Joan Brock. Mrs. Brock has been a steadfast supporter since the earliest days of the cancer center, inspired by her own experience as a patient of Dr. Thomas Alberico and others at Sentara.



Pictured: Dr. Thomas Alberico shares a smile at the five-year anniversary event

“I knew first-hand the struggle a cancer patient goes through—the fear, the prodding, the pain, and the disruption of normal life,” Mrs. Brock shared. “This cancer center represents a holistic way to treat patients, and I have watched with awe the growth of this cancer center in just five short years.”

When the need for additional mobile mammography services became clear, Mrs. Brock was among the first to step forward. Her support has helped ensure that Sentara can provide additional screenings each year across the region—from Northeast North Carolina to Williamsburg. With three vans in service by year’s end, Sentara will be able to meet people where they are, making early detection more accessible and saving lives. These three vans will create up to 6,000 additional screenings available in our community.

Throughout the evening, speakers reminded guests that philanthropy has always been at the heart of Sentara’s story. From the \$5,000 raised in 1888 to establish the Retreat for the Sick—today Sentara Norfolk General Hospital—to the more than \$1.1 million raised to add new mobile mammography vans, community generosity has fueled innovation and patient-centered care.

David Proffitt, director of the Sentara Foundation, summed it up best: “Looking around this cancer center and at the new mammography van, you can be proud of the role you have played in making all this possible—whether you are a donor, staff member, or member of the community. Community support has a tremendous impact on our ability to serve.”

As the cancer center enters its sixth year, the commitment to innovation, compassion, and community remains as strong as ever. With advancements in treatment, expanded access to screenings, and continued investment in supportive services, the cancer center is poised to make an even greater impact in the years ahead.

For patients and families facing the uncertainty of a cancer diagnosis, the cancer center represents more than just a building. It is a place of comfort, dignity, and hope.

And thanks to the ongoing partnership of donors, staff, and the community, it will continue to serve as a living testimony to resilience, generosity, and healing.

“This cancer center is fulfilling all that we hoped for and more — with one-stop services, integrative therapies, increased research endeavors, and clinical trials. Almost daily, I hear patients and physicians relay how grateful they are to have this cancer center in their community.”

Dr. Thomas Alberico
 Medical Oncologist,
 Virginia Oncology Associates
 Former Medical Director,
 Sentara Brock Cancer Center



Healing through art

The Loaned Art Program at the Sentara Brock Cancer Center

Pictured: Contributing artists Rowena Finn and Brandon Thompson with their artwork

When the Sentara Brock Cancer Center was first conceived, the creation of spaces that promoted healing and a comforting environment was foremost in the design concept. **Today, beautiful original art adorns the walls and outdoor spaces of the center, surrounding patients and families with works that inspire health, healing, and resiliency.** Featuring the engagement and work of local artists was also central to that vision. Since its opening, the cancer center's Loaned Art Program has showcased rotating exhibits from regional artists, making art an integral part of the healing journey.

The center also features permanent works that anchor its healing spaces. Sculptures such as "Gratitude" by Jennifer Madden and Jeffrey Reed at the main entrance, "Wind Dancers" by David Turner, and "Brock Victory Ribbon" by Avery Shaffer are just a few examples of how art conveys themes of hope, strength, and renewal. Together with the rotating loaned works, these pieces create an environment where patients find comfort and inspiration.

This year, the Loaned Art Program marked its sixth rotation. The call for entries was widely shared with schools, museums, galleries, and arts organizations across Virginia and North Carolina. The response was overwhelming: more than 80 artists submitted over 175 works, ranging from paintings and printmaking to quilts, fiber art, and sculpture.

A multi-round jury process selected the final works. The Community Art Committee — comprised of respected leaders from local cultural institutions and the community, including representatives from the Chrysler Museum of Art, Virginia Museum of Contemporary Art,

and Sentara staff—evaluated each piece. **Their scoring and discussions ensured that the selected works met the program's dual goals: to uplift the spirit and to reflect the diversity and creativity of the community.**

This year's selections include a wide range of artistic voices, continuing the program's tradition of variety and inclusivity.

The Loaned Art Program is not simply an art exhibit; it is a partnership between healthcare and the arts community. Local artists gain exposure while contributing to a cause that deeply matters: supporting patients and families through some of life's most challenging moments. Donors, too, play a vital role, with many pieces gifted in honor or memory of loved ones, linking personal stories to the collective story of healing.



Pictured: Oil on canvas by artist Mary Jane Bowers Willis, donated by her family

With each new rotation, the Loaned Art Program renews its commitment to engaging the community and enhancing the patient experience. The ongoing partnership of artists, donors, jurors, and staff ensures that the cancer center remains a place where healing is fostered not only through advanced medical treatment, but also through the transformative power of art.

Community Art Committee members have helped curate a rotating, juried exhibition of regional art to foster hope and healing, featuring themes of nature and resilience.

Art Committee members include:

- Lyncia Berry
- Alison Byrne
- Suzanne Carillo-Kern
- Kendall Chandler
- Marcia Clark
- Carrie Coleman
- Suzanne Mastracco
- Jay Mears
- Chelsea Pierce PhD
- Gabriel Ross
- Karen Rudd
- Meredith Rutter

Staff Art Committee Members

- Staci Katsias
- David Proffitt
- Arkeisha Smith
- Meredith Strand
- Virginia Thumm



Pictured: "Stargazer" by artist Barbara Kobylynska can be found in the SBCC Healing Garden

Pictured: Contributing artist Poetry Jackson with her painting, "Joy"



Thank you to each of the Sentara Brock Cancer Center contributing artists who have fostered health, healing, and resiliency through art.

Contributing artists* include:

- | | |
|------------------------|--------------------|
| Luisa Adelfio | Emily Juel |
| Leonette Adler | Staci Katsias |
| Nancy Topping Bazin | Lauren Keim |
| Mensah Bey | Barbara Kobylynska |
| Sukenya Best | Carolyn Main |
| David Brashear | Sue Mangan |
| Debra Clark | David Marion |
| Valentina Copeland | Kim McCoy |
| Monica Crandall | Kimberly McKinnis |
| Clarissa David | Wade Mickley |
| Donna Iona Drozda | Isabelle Moore |
| Marlowe Emerson | Janet Ogren |
| Jeff Fine | Bob Petersen |
| Rowena Finn | Grace Popp |
| Amber Goins | Karen Rudd |
| Kelly Goldman | Ellen Sinclair |
| Daniel Goodman | Gale Smith |
| Jeanne Goodman | Joshua Solomon |
| Carol Gruppe | Lily Stremouchow |
| Mia Guile | Kate Thomas |
| David Gwaltney | Brandon Thompson |
| Roxy Hall | Shelly Wasileski |
| Walt Hardy | Hollister Weber |
| Mike Haubensstock | Echard Wheeler |
| Kay Hofler | Valerie White |
| Poetry Jackson | Christian Williams |
| Sarah Jackson | James Williams |
| Matthew Jacob | Autumn Wilson |
| Marilyn Lowney Johnson | |

*Contributing artists 2020-2025



Pictured: (from left to right) Sentara Foundation Director David Proffitt; Senior Director Meredith Strand; grateful patient and philanthropist Joan Brock; and Sentara Brock Cancer Center Medical Oncologist and Former Medical Director Dr. Thomas Alberico

Sentara launches two 3D mobile mammography vans thanks to generous donors

For Joan Brock, supporting mobile mammography is about turning survival into service.

In 2025, the Sentara Foundation completed a \$1.1 million campaign to expand access to 3D mobile mammography across Hampton Roads. More than 600 generous community members contributed — including grateful patient and philanthropist Joan Brock, who funded a second mobile mammography van.

The campaign focused on communities with limited access to breast cancer screenings, bringing life-saving technology directly to neighborhoods where it is needed most. With Brock's latest gift, Sentara's Hampton Roads fleet is now three vans strong, capable

of providing up to 6,000 mammograms each year. During Breast Cancer Awareness Month in October alone, the vans hosted 67 screening events.

Two additional Sentara mobile units serve the Harrisonburg and Northern Virginia regions, bringing the total fleet to five vans. Together, they can deliver up to 10,000 screenings annually — expanding early detection for thousands of women.

Brock's generosity is rooted in her own journey. A survivor of uterine, breast, and lung cancer, she understands firsthand the importance of early detection. The namesake of the Sentara Brock Cancer Center, she has spent more than a decade prioritizing her health through eating healthier and getting regular exercise, and encouraging others to do the same.

"I love seeing the van. It looks friendly with its colors and patterns, and it's great knowing you don't have to go to Sentara, they come to you," Brock said.

"My son made me a shirt that says, 'Joan says go for it!' And that's what I'm telling every woman: Go for it, get screened," said Brock.

"Early detection saves lives." For Cheryl McLeskey, those words are more than a slogan — they are a calling.

When Sentara launched its first 3D mobile mammography van in Hampton Roads in 2023, it brought state-of-the-art breast cancer screening directly to underserved communities. In its first year, the van screened 2,600 women and detected 20 breast cancers. Demand quickly overwhelmed capacity, with appointments fully booked months in advance.

To meet the need, the Sentara Foundation launched a \$1.1 million campaign to fund two additional vans. Cheryl McLeskey stepped forward to help solve the problem, generously donating the third mobile mammography van.

McLeskey's commitment is deeply personal. After losing her husband, Wayne, to cancer in 2012, she

became a passionate advocate for cancer awareness — painting her boat and home pink to support the cause. Then, on January 6, 2017 — exactly five years after Wayne's passing — she was diagnosed with stage 3 breast cancer.

"The first thing I thought was, 'Wayne, no I'm not ready to go,'" she recalled. After extensive treatment, including the removal of 42 lymph nodes, McLeskey emerged determined to help other women avoid delayed diagnosis.

"There's a lot of women that are fearful of mammograms and so they just don't go," she said. "The mammography van is a blessing on wheels."

"The highest calling one can have is to be of service to others and to be generous. I feel really blessed to be able to do that," said McLeskey.

Because of Cheryl's generosity, thousands more women now have access to convenient, life-saving screenings.

To learn more about 3D mobile mammograms, qualifications, or to schedule an appointment, visit sentara.com/mammo



Pictured: Grateful patient and philanthropist Cheryl McLeskey (on van steps in top row) celebrates the addition of the newest 3D mobile mammography van in Sentara's Hampton Roads fleet with family and friends



Pictured: Friends and community members gathered at the Obici Healthcare Foundation in Suffolk, VA, for the annual Obici Porch Party, which also celebrated the dedication of a new Sentara 3D mobile mammography van

Obici Porch Party celebrates new 3D mammography van

Friends and community members gathered at the Obici Healthcare Foundation offices in Suffolk, Virginia, in May for the annual Obici Porch Party — a celebration of community, philanthropy, and innovation in healthcare. The event carried special significance, as it featured the dedication and ribbon cutting of a brand-new Sentara 3D mobile mammography van, made possible through the generosity of the Obici Healthcare Foundation and other philanthropic partners.

Guests enjoyed warm fellowship and inspiring remarks during the dedication program. Amber Price, senior vice president and enterprise chief nursing officer for Sentara Health, highlighted the impact of mobile services in removing barriers to care. **“This new, state-of-the-art 3D Mammography Van promises to be a game changer in how women in Western Tidewater and the Peninsula access health screenings,”** she shared.

With three mobile vans now serving Southeastern Virginia, Sentara is expanding access to life-saving screenings across Eastern North Carolina, Western Tidewater, and beyond. **These three new vans will deliver up to 6,000 additional mammograms annually, helping ensure that early detection is available to more women, closer to home.**



Pictured: Care team members welcome visitors aboard a donor-supported 3D mobile mammography van that brings life-saving screenings directly to the community

Following the ceremony, attendees toured the van to experience its welcoming, patient-friendly design. Many patients report feeling more at ease receiving mammograms in the mobile setting than at traditional facilities — a testament to the program’s focus on comfort, accessibility, and compassion.

The evening closed with a lively networking reception, celebrating both the progress already achieved and the shared commitment to advancing health equity across the region.

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Since graduating from the Sentara Norfolk General Hospital School of Professional Nursing back in 1951, Elizabeth “Boots” McBride (center, in denim) has been one of Hampton Roads’ top nursing advocates and Sentara Foundation donors. She celebrated her 95th birthday with nursing colleagues and Dr. Angela Taylor, President of Sentara College of Health Sciences and a graduate of our Class of 1987 (in white jacket)

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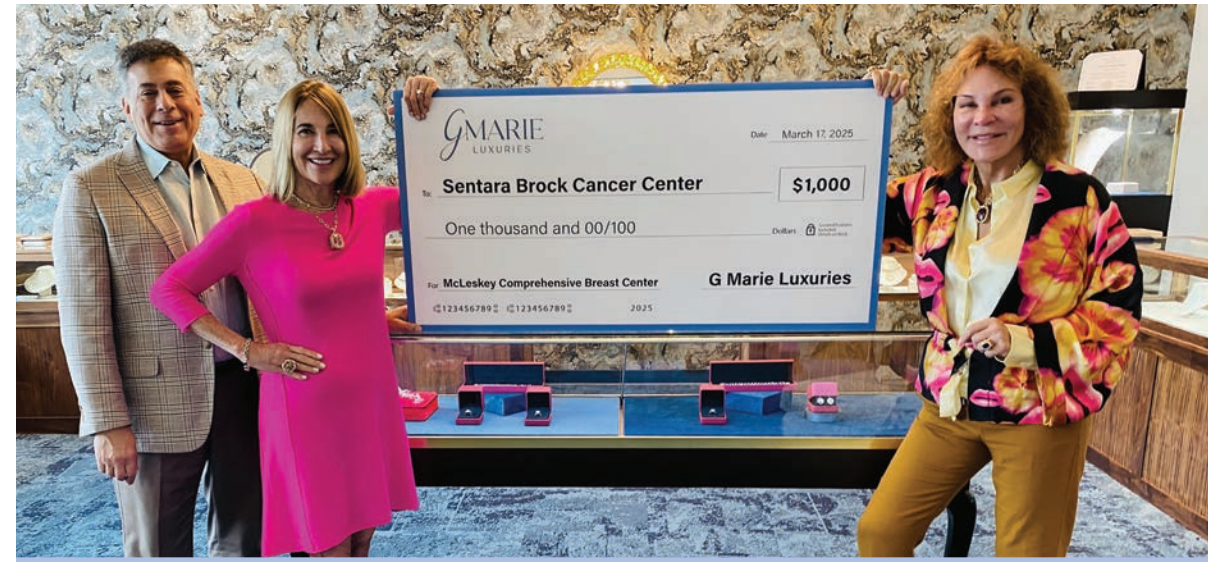
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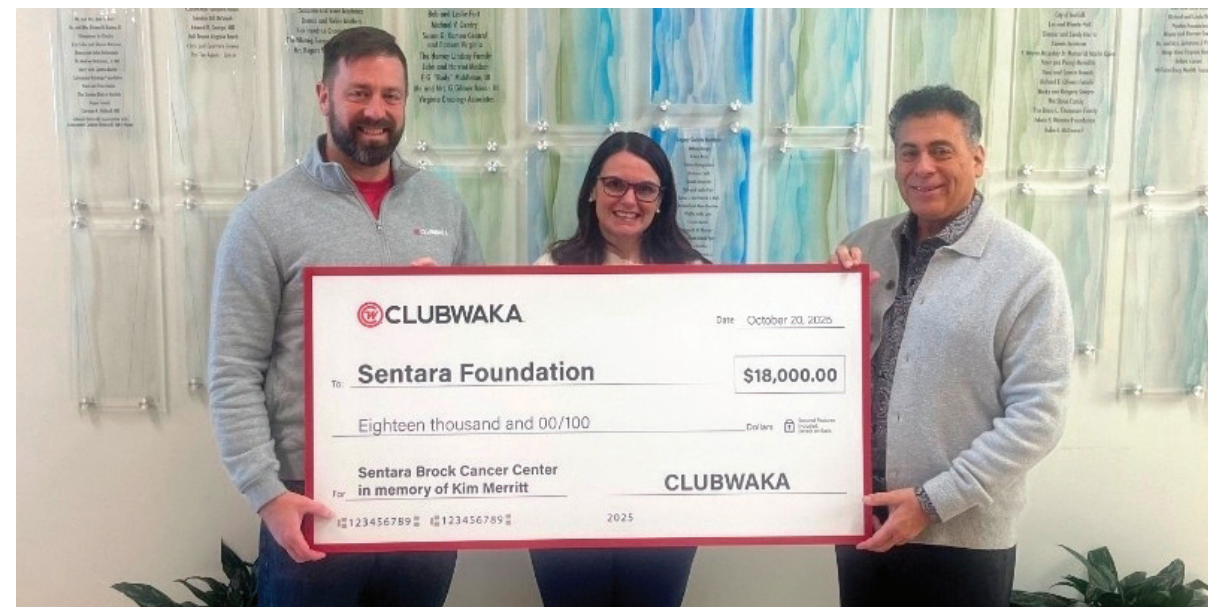
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Continued on page 17 >



CLUBWAKA members designate their charitable gift to the Sentara Brock Cancer Center in memory of Kim Merritt, valued player and beloved teammate

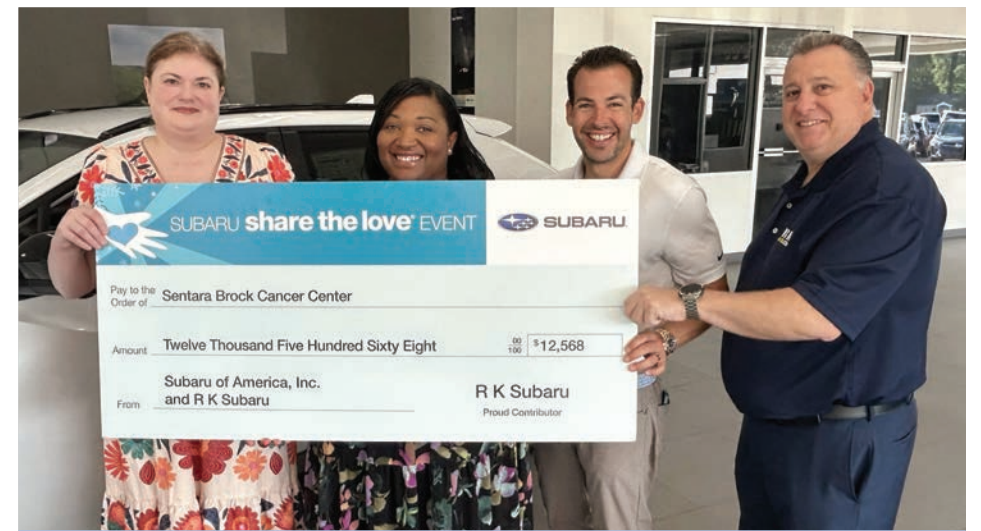
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Subaru of America, Inc. and RK Subaru make a generous contribution to the 3D mobile mammography van fund



Pictured: Sentara Albemarle Medical Center leaders and community partners celebrate the grand opening of the new hospital in Elizabeth City, North Carolina

A new era of care begins in Northeastern North Carolina

Sentara Health proudly celebrated the grand opening of Sentara Albemarle Medical Center, a new 90-bed hospital in Elizabeth City, North Carolina. The state-of-the-art facility completes a four-year, \$278 million campus project that replaced a 65-year-old hospital with a modern medical center designed to serve the community for decades to come.

The transition to the new hospital was as carefully planned as it was meaningful. On opening day in summer 2025, a coordinated fleet of ambulances from surrounding counties safely transferred more than 60 patients—including ICU patients, mothers with newborns, and medical-surgical patients—from the former hospital to the new facility. As the old hospital quietly closed its doors, the new emergency department opened at dawn, welcoming its first patients and signaling the start of a new chapter.

“This is a historic moment for our region,” said Teresa Watson, president of Sentara Albemarle Medical Center. “We have replaced a hospital from another era in health care with a state-of-the-art facility, right sized for today, and positioned to serve the community for decades to come.”

Nearly 900 Sentara team members work at the new hospital—many representing second and third generations

of employees. Among them is longtime employee and now volunteer, Willie Mae Overton, 86, whose family legacy spans three hospitals and more than six decades of service.

The new hospital includes expanded maternity services, advanced robotic surgery technology, and an adjacent medical office building offering precision radiation therapy—allowing patients to receive high-quality cancer care close to home.

This milestone would not have been possible without the generosity of our donors.

Your philanthropic support helped bring this vision to life—strengthening access to advanced medical care, supporting the caregivers who serve this region, and ensuring that families in northeastern North Carolina can receive high-quality care close to home. Through your commitment, you are helping build a healthier future for this community, and its impact will be felt for generations to come.

To learn more about our new hospital, schedule a tour, or make a charitable donation, please contact foundation@sentara.com with your request.

Dr. Raymond Benza appointed as first Kaufman Academic Chair of Cardiology



Pictured: (Left to right) Sentara President and CEO Dennis Matheis, Kaufman Academic Chair of Cardiology Dr. Raymond Benza and his wife Edwina Chan, and Executive Vice President and Chief Clinical Officer Dr. Michael Hooper

Sentara Health announces the appointment of Raymond L. Benza, M.D., as the inaugural George M. and Linda H. Kaufman Academic Chair of Cardiology. The new cardiovascular fellowship is located at Macon & Joan Brock Virginia Health Sciences Eastern Virginia Medical School at Old Dominion University. Dr. Benza is an internationally recognized leader in advanced heart failure, pulmonary hypertension, cardiac transplantation, and mechanical circulatory support. He brings a distinguished career of academic excellence, translational research, and innovative clinical leadership to Sentara.

Dr. Benza has held key leadership roles at Mount Sinai Health System, The Ohio State University, and Allegheny Health Network, where he built and directed nationally acclaimed cardiovascular programs. His work has significantly advanced the fields of heart failure, pulmonary vascular disease, and cardiology education, with an emphasis on cutting-edge clinical trials and novel treatment approaches.

“Dr. Benza’s expertise and vision are aligned with Sentara Health’s commitment to advancing academic medicine, pioneering research, and improving patient care and outcomes,” said Michael Hooper, M.D., executive vice president and chief clinical officer for Sentara Health. “We’re confident he will lead our academic cardiology program into a new era of innovation and excellence!”

Dr. Benza has led or supported more than 150 clinical trials in heart failure, pulmonary hypertension, and cardiac transplantation. He has authored or co-authored more than 300 peer-reviewed articles in professional journals. He holds multiple patents related to cardiovascular medical devices, including a groundbreaking catheter for right heart failure. He has conducted pioneering research in risk prediction modeling that led to the international standard for risk stratification in pulmonary hypertension.

Dr. Benza’s national and international collaborations, including leadership roles with the American Heart Association, the Pulmonary Vascular Research Institute, and the International Society of Heart and Lung Transplantation, further highlight his impact on the field.

The Sentara Foundation would like to thank Linda H. Kaufman for her generous support in this effort to improve cardiac care in our community.



Pictured: Dr. Michael Hooper, Mrs. Linda H. Kaufman, and David Proffitt greet guests at a reception to celebrate the announcement of the Kaufman Academic Chair of Cardiology

Five-year anniversary event





Norfolk Academy's Live Strong Club members gather to share their gift with the Sentara Brock Cancer Center's Patient Assistance Programs, which assists patients with care needs such as transportation to and from appointments and help paying for medication

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Charitable giving & taxes

What Donors Should Know in 2026

Philanthropy has long been a powerful force in advancing healthcare. At the Sentara Foundation, donor generosity supports everything from advanced technology to programs that help ensure patients receive the care they need regardless of their circumstances.

While charitable giving is first and foremost about making a difference, it can also offer meaningful tax advantages. Recent changes in federal tax law—particularly those included in the One Big Beautiful Bill Act—are reshaping how charitable contributions are reflected on your taxes.

Understanding these rules can help you maximize the impact of your giving.

What's new

One of the notable changes included in the One Big Beautiful Bill Act expands the tax incentive for charitable giving.

The new rules allow:

- A tax deduction for your charitable gifts even if you don't itemize your taxes— non-itemizers have the opportunity to deduct charitable deductions up to \$1,000 for individuals or \$2,000 for couples each year starting in 2026.

- If you give more and itemize, you can still deduct gifts, although new limits apply for high earners.
- Companies can still deduct charitable gifts, but only larger gifts above a percentage of income (exceeding 1% of AGI).
- Older donors (70½+) can continue to give directly from an IRA to charity (called a Qualified Charitable Distribution) to reduce their taxable income.

Qualified charitable distributions: A powerful tool for retirees

For donors age 70½ or older, one of the most powerful tax-efficient ways to give is through a Qualified Charitable Distribution (QCD).

A QCD allows an individual to transfer funds directly from an IRA to a qualified charity. Because the distribution goes directly to the nonprofit, the amount transferred:

- Counts toward required minimum distributions (RMDs)
- Is not included in taxable income

This is particularly valuable for retirees who do not itemize deductions. Even without claiming a charitable deduction, a QCD can lower taxable income and may help reduce taxes on Social Security benefits or Medicare premium surcharges.

Incorporating some of these strategies can help you amplify your charitable giving and make an even larger impact in building stronger communities and changing lives.

And that, ultimately, is the most meaningful return on investment.



Pictured: Volunteers from businesses throughout Hampton Roads shared in the joy of a day spent giving back to their community

New shoes, new hope

Community partners step up for 433 local students

Cheering, laughter, and the squeak of brand-new sneakers echoed through the gym of Bettie F. Williams Elementary School in Virginia Beach, Va., as 433 students walked in — and ran out — with new shoes, fresh confidence, and big dreams.

Through a partnership with the Sentara Foundation, Samaritan's Feet, Mr. Rogers Windows Foundation, and community partners, every Pre-K through fifth-grade student at the Title I school received a new pair of properly fitted sneakers and socks.

At Title I schools like Bettie F. Williams, where many families face financial challenges, something as simple as proper footwear can make a profound difference. Without appropriate shoes, some students are unable to fully participate in physical education and recess.

A new pair of sneakers means more than comfort — it means belonging, confidence, and the freedom to play and learn. And because we know that access to basic needs is one of the most powerful social drivers of health, investing in Title I schools like

this one isn't just an act of generosity — it's how we change a life for a generation.



Pictured: Gerry Rogers from the Mr. Rogers Windows Foundation helps a student into their new shoes



Pictured: Sentara's Vice President of Health Impact and Engagement, Iris Lundy, and Health Impact and Engagement Medical Director, Dr. Francine Pearce, take a moment to share their smiles at the event

More than shoes

Volunteers from across Hampton Roads, and team members from Sentara, lined the gym floor, kneeling to tie laces, offer high-fives, and speak words of encouragement. Business leaders, healthcare professionals, and community partners served side by side, united by a shared purpose.

"No matter your status in life...you can come tie a pair of shoes and make a kid smile," said Gerry Rogers, owner of Mr. Rogers Windows, who spent the day personally fitting and tying shoes for students.

Students were celebrated as they entered the gym, receiving standing ovations from volunteers. After being fitted, each child visited a "My Dream Is" station,

where they wrote what they hope to become one day — from travel nurse and firefighter to marine biologist and therapist.

The day didn't stop with shoes. Children participated in informal conversations about health and wellness, heard encouragement from adults in a variety of careers, and left with an orange H.O.P.E. tote bag — symbolizing Health, Opportunity, Peace, and Education — carrying their old shoes inside and wearing their new ones out.

A reflection of our mission

For Sentara, the event was a powerful expression of our commitment to health equity and whole-person well-being.

"I see a child dancing because they have new shoes. I see a child smiling because someone is calling their name, giving them a high five, and letting them know that they are seen," shared Iris Lundy, Vice President, health impact and engagement at Sentara. "Seeing people come together to put a smile on a child's face, it fills my cup."

Events like this help to remind students that their community believes in them. And they demonstrate what's possible when philanthropy and partnership align around a shared goal: helping children thrive.

Thank you to volunteers from Communities in Schools – Hampton Roads, Cox Communications, Dominion Energy, Mr. Rogers Windows Foundation, Samaritan's Feet, Sentara Health, and Truist Bank for spending the day encouraging and empowering the children.



Pictured: Volunteers and community partners fill the gym at Bettie F. Williams Elementary School, working side by side with students to ensure every child walked away with a perfectly fitted pair of new sneakers

Making an impact with our community health partners

Our mission to improve health every day drives everything we do to keep individuals, families, and the communities we serve healthy. Part of this mission involves establishing partnerships that create positive impacts in our communities.

Through the support of Sentara Cares grants and the Sentara Foundation, we provide grant funding to community health partners located throughout Virginia and North Carolina. Sentara Cares awarded more than \$3.3 million in grants and microgrants to 96 partner organizations in 2025.

A few of our grant recipients include:

Hampton Roads

Catholic Charities of Eastern Virginia
Chesapeake Care Inc.
Children's Hospital of The King's Daughters, Inc.
Childrens Health Investment Program, Inc.
Chrysler Museum of Art
Complete The Puzzle
Eastern Virginia Medical School Foundation
Envisionleadgrow, Inc.
First Star, Inc.
The Genieve Shelter

Greenbox Foundation
Hope for Suffolk
Horizon Health Services, Inc.
NAMI Coastal Virginia
New Hope Christian Community Center
Park Place Health & Dental Clinic, Inc.
PIN Ministry
Portsmouth Community Health Center, Inc.
Trails of Purpose
Union Mission
The Up Center
Western Tidewater Free Clinic
WINKS - With INTentional Kindness and Support
YWCA South Hampton Roads

Virginia Peninsula

Bacon Street Youth And Family Services
Child Development Resources, Inc.
Fear 2 Freedom, Inc.
Gloucester Mathews Care Clinic
Here for the Girls, Inc.
Lackey Clinic



Picture: When a pharmacy closure disrupted access to care, Sentara and Rx Partnership acted quickly to ensure no patients were left behind. Together, they rebuilt, launching new pharmacy partners, restoring service to clinics, and expanding access. Soon, medications were flowing again, helping uninsured patients manage chronic conditions and regain stability.

Virginia Peninsula (continued)

Literacy for Life
Love the Tree of Life Clinic
NAMI Williamsburg
Northern Neck-Middlesex Free Health Clinic, Inc.
Peninsula Pastoral Counseling Center, Inc.
Urban Baby Beginnings
When The Trumpet Sounds

Central Virginia

Capital Area Health Network
Cross Over Ministry, Inc.
Daily Planet Health Services
FeedTheStreetsRVA
Free Clinic of Powhatan
GoochlandCares
Health Brigade
Pathways
YWCA Richmond

Northern Virginia

Birmingham Green Adult Care Residence
CASA, Inc.
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Lunera Health
NAMI Prince William
Parkway Church - Food Pantry Ministry
Youth For Tomorrow - New Life Center Inc.

Southside Virginia

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Free Clinic of Central Virginia, Inc.
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College of the Albemarle Foundation, Inc.
Kids First, Inc.

State-wide & System-wide Organizations in Virginia

Gateway Homes
Let's Get Started Now
Rx Partnership
Safe House Project
Southeastern Virginia Health System
Virginia Community Health Worker Association

Visit [SentaraCares.com](https://www.sentaracares.com) for additional information about partnership and funding opportunities with Sentara

There's no place like home

Pictured: Volunteers pose on a newly installed wheelchair-accessible ramp—one of many critical home repairs made possible through the partnership between Sentara and Habitat for Humanity of South Hampton Roads to help homeowners remain safely in place



Sentara helps seniors age in place through Habitat for Humanity of South Hampton Roads grant funding

We all know there's no place like home, but for many members of our community, barriers such as wheelchair accessibility or the inability to keep up with costly home repairs can make aging in place difficult or impossible. Together, Sentara and The Habitat for Humanity of South Hampton Roads aim to change that.

Habitat for Humanity of South Hampton Roads' Critical Home Repairs program uses grant funding to provide essential home repairs for those who need it most with services such as roof, HVAC/furnace, or water heater replacements; ADA modifications to support individuals with disabilities or wheelchairs; door and window repairs and more. Those most often in need of help include income-constrained seniors and disabled or Veteran homeowners who can't afford the repairs needed to continue living safely in their homes. In 2024, Habitat for Humanity of South Hampton Roads received a \$200,000 Sentara Cares grant to support this important program.

"In many cases, a life-changing health event such as a fall, injury, or stroke can suddenly change a life and render an individual unable to work, disabled, or saddled with medical bills — all of which can make the cost of homeownership and maintenance increasingly difficult," explains

Megan Savali, executive director, Habitat for Humanity of South Hampton Roads. "Thanks to generous Sentara Cares grant funds, we've been able to provide prompt financial and operational support to keep dozens of residents right here in our community safe, warm, and dry in their homes. **The impact of this funding cannot be understated — it contributes directly to the health of individuals, families, and our Hampton Roads community.**"

Impact in action: Earl & Laura's Story

Earl and Laura, senior Chesapeake homeowners, were confined to their homes because they could not safely navigate their front steps. Because of this, they couldn't qualify for transportation assistance to attend critical medical appointments — putting their health in danger. While a local community organization generously donated a ramp, their son, a disabled Veteran, couldn't handle the installation — so it sat unassembled in front of the home while Earl and Laura remained unable to leave the house for important medical visits. With the support of Sentara grant funding, Habitat for Humanity of South Hampton Roads stepped in to install a safe, fully functional ramp - all at no cost to the homeowners. Now, Earl and Laura have the freedom to access the medical transportation needed to attend vital doctor's visits. **This important project has made a significant and lasting impact on Earl and Laura's lives, allowing them to age in place with comfort and dignity.**

Pictured: Volunteers smile after installing a handicap-accessible ramp



Did you know?

The average Habitat for Humanity of South Hampton Roads Critical Home Repairs cost for a single project is roughly \$8,000 — a staggering number that makes continued homeownership unsustainable for many aging or disabled residents.



Pictured: Volunteers work on home repairs needed to allow community members to continue living safely in their homes

Visit [SentaraCares.com](https://www.SentaraCares.com) for additional information about partnership and funding opportunities with Sentara.

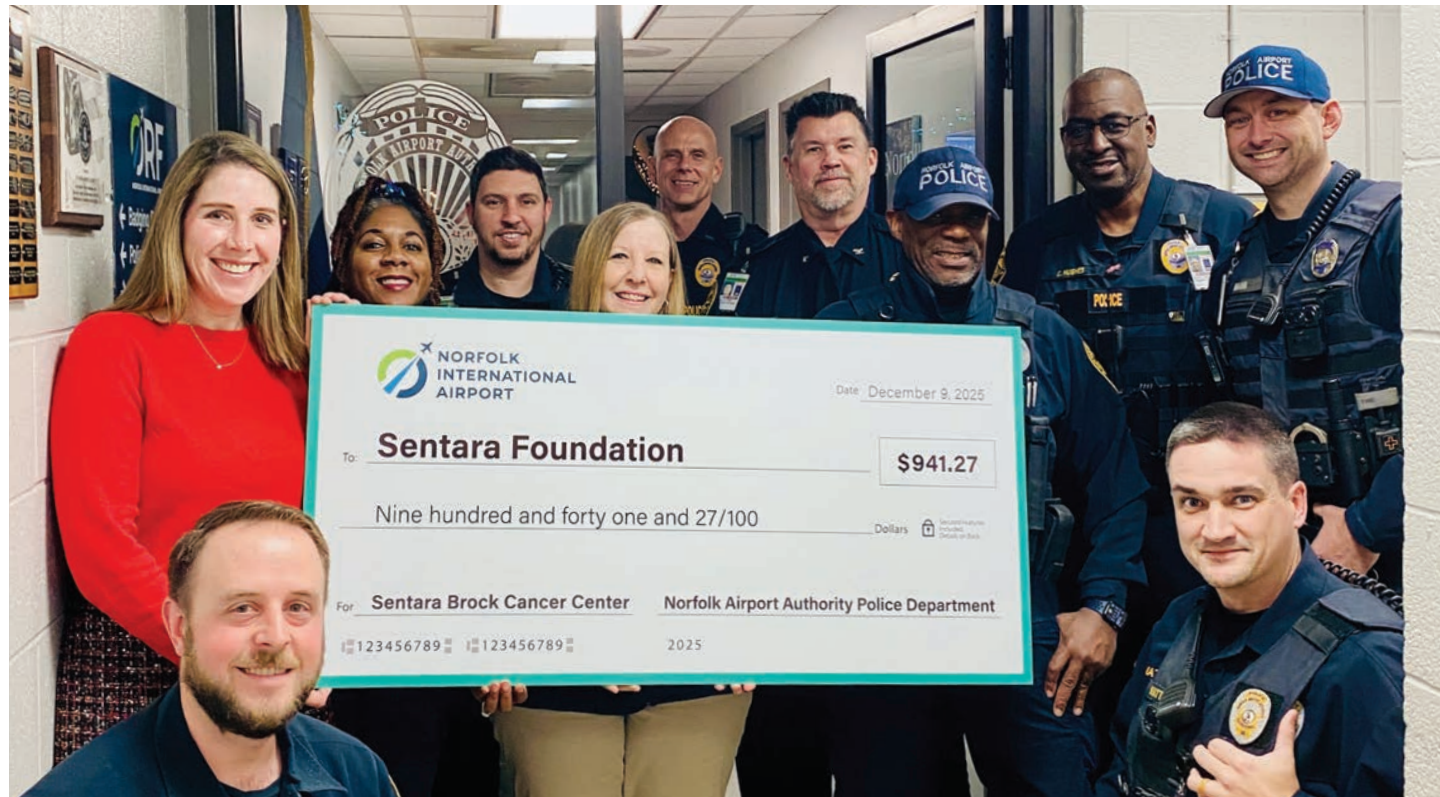
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The staff of Texas Roadhouse in Elizabeth City, N.C., supports breast cancer services with their generous gift to Sentara Albemarle Medical Center

Grateful for your recent care from Sentara?

Pictured: Stroke survivor Larry Robinson and his wife, Angela



No one plans for a hospital stay, yet for many, it becomes a turning point in the journey toward better health. We hope any time you stay at a Sentara Health facility, your stay is filled with comfort and compassion. Our team is honored to provide the highest level of care to every patient who entrusts us with their health.

Thanks to grateful patients like you, Sentara is able to offer exceptional care to everyone who needs it, regardless of their ability to pay. Each year, many patients require care that goes beyond what insurance or personal means can cover. As a not-for-profit health care delivery system, our commitment is to care for the communities we serve — but we cannot do that without community support.

That is why the Sentara Foundation exists: to make sure high-quality, compassionate care is accessible when it matters most. Because as we all know all too well, a health event can happen at any time, whether we are ready or not.

Larry's Story

Larry Robinson, a recent stroke survivor, understands this deeply. A 30-year United States Army veteran, Larry had relied on his instincts after multiple tours of duty in combat zones throughout his military career. When he began experiencing anxiety, lightheadedness, and blurry vision, those instincts told him to seek help immediately. After his wife called 911, Larry was rushed to Sentara Northern Virginia Medical Center.

Larry was having a life-threatening stroke. In moments like this, every second matters. Our experienced Sentara Stroke team stands ready — 24 hours a day, seven days a week. Within minutes, Larry received critical care and treatment. Just two

days later, Larry was on his way to making a full recovery — the best possible outcome.

Larry credits his wife's prompt actions and his Sentara care team with saving his life.

"Our faith in God and our trust in the Sentara Health team is what got us through," Robinson explained. "At every step, they took the time to explain what was going on and involved us in decision-making. They truly made me feel like I was the only person in the hospital. It was an awesome experience."

Today, Larry is back at work and living a healthier life. He remains deeply grateful for the life-saving care he received at Sentara Northern Virginia Medical Center.

Sentara Foundation

Turn your gratitude into lasting impact

Behind every gift is a story — and behind every story is a moment of care that mattered.

If you or a loved one received exceptional care and feel grateful for the physicians, nurses, or team members who made a difference, we would be honored to hear from you. Your experience may inspire generosity, strengthen our community of supporters, and help advance lifesaving programs through the Sentara Foundation.

When you share your story, you help connect gratitude to impact.

Please share your grateful patient story by emailing us at foundation@sentara.com

