

# Sentara Cares



*Grateful patient Dr. John McCraw and his wife, Cynthia, reunited with Nightingale pilot and friend, Scott Nance.*

## Dr. McCraw Reflects on Nightingale's 40th Anniversary as Both Surgeon and Patient

As a plastic surgeon specializing in traumatic injuries, John McCraw saw hundreds of patients flown into Sentara Norfolk General Hospital on the Nightingale Regional Air Ambulance during his 20 years of service at Sentara Norfolk General Hospital. When minutes matter, patients with crushed chests, mangled extremities, electrical burns, and facial injuries rely on rapid transport from accident scenes or outlying hospitals aboard Nightingale. **When treating many of those critically ill patients, John never thought he would be a Nightingale patient himself.**

"I woke up at 3:00 AM with the worst chest and back pain I'd ever had," John recalls. "I knew it was coming from my heart or aorta, so time was not on my side."

His wife, Cynthia, called 911. James City County EMTs, firefighters and police were at their house within five minutes. "They established two intravenous lines, read the EKG, and called Sentara Williamsburg." Twenty minutes later, John was in the cardiac catheterization lab at Sentara Williamsburg Regional Medical Center.

Dr. Surgya Das, an interventional cardiologist and golfing partner, quickly determined that John's heart was barely functioning, with an ejection fraction of only 20%. He was dying. Dr. Das removed the blood clot from the heart vessel and inserted a stent in a matter of minutes. Nightingale was already waiting on the hospital's helipad, rotors turning, ready to fly John to Sentara Heart Hospital in Norfolk.

*Continued on Page 3*



## Dear Friends,

The year began with a sign of hope that we could gradually return to our 'new normal' following the global pandemic. After many months of virtual meetings and events, many of us started to physically reconnect in person with friends and loved ones, traveling to near and far destinations, and attending concerts, events and parties to celebrate all the things we enjoy most in life.

You will read in this issue of the Sentara Foundation newsletter that the Sentara Brock Cancer Center also had much to celebrate as we dedicated our new Carrillo Kern Center for Integrative Therapies and the dedication of our Kay Morgan Stockwell Grand Lobby. Both events were in support of our Beyond Cancer campaign to raise \$15 million from the community to support the programs and enhanced services at the cancer center. **We are grateful to report we have raised 99% of our philanthropic goal because of friends like you**

*Anna James*

**Anna James**  
Senior Vice President

who have generously given to support hope, healing and recovery for our cancer patients and their families.

You will also meet retired Sentara surgeon, Dr. John B. McCraw, and read his personal experience with the Sentara Nightingale Regional Air Ambulance. We are celebrating Nightingale's 40th year and the more than 26,000 missions this program has completed to support our region.

Last, but definitely not least, we're incredibly excited about introducing our new President and CEO Dennis Matheis. While not new to the Sentara family, Dennis brings a fresh perspective and enthusiasm as the new executive leader in our organization. His impressive experience, strong values and commitment to the community will further Sentara's continued success. Of course, we could not be more grateful to retired President and CEO Howard Kern for his more than 40 years of dedication and service to the region and supporting our mission of improving health every day.

We are proud of our Foundation friends, volunteers, and community partners. Thank you for your continued support. Together, we are building a healthier community.

In good health,

## Dr. McCraw Reflects... (CONTINUED)

**"I would not have survived an hour-long drive by ground," John believes. The flight to Sentara Heart Hospital took only fifteen minutes.**

Coincidentally, the pilot that early morning was John's friend and neighbor, Scott Nance. In 2011, Scott gave John a tour of the current aircraft and showed him the sophisticated clinical equipment on board and told him how the critical care nurses and experienced paramedics on the flight crews were trained. John was astonished by their level of organization.

**"The elapsed time from the 911 call and my arrival at Sentara Heart Hospital was less than an hour," John says. "That shows great planning and leadership, and perfect execution. Nightingale truly made the difference for me in making it or not making it."**

John spent two weeks in the ICU at Sentara Heart Hospital, much of it intubated on a ventilator. "Spectacular" is the word he uses to describe the care team. **"I've been in ICUs all over the country and have never seen such meticulous, coordinated, and thoughtful care."**



*Dr. John McCraw shared a laugh with the Nightingale crew that cared for him during his flight.*

John and Scott remain neighbors and friends. "Almost every time Scott comes down the street, he stops to talk. He knows how grateful I am," John says.

The McCraws donate to Nightingale every year through the Sentara Foundation. Their gifts are currently supporting a campaign to fund a replacement GPS guidance system, with state-of-the-art technology to assure safer instrument flying during poor visibility. The estimated cost of the new GPS is \$1 million.

**Join John and Cynthia and so many others to make a lasting impact – consider making your gift today at [SentaraNightingale.com](https://SentaraNightingale.com).** ■



## Welcome to Our New President and CEO Dennis Matheis

The Sentara Healthcare Board of Directors has chosen Dennis Matheis to succeed Howard Kern

as Sentara Healthcare's next President and CEO, effective September 1, 2022.

Dennis previously served as President of Sentara Health Plans and has been an executive vice president with Sentara since 2018. "Dennis' innovative and visionary mindset, people-focused leadership style, and personal character distinguished him as a candidate and as an individual," said Allan Parrott, Chair of Sentara Healthcare's Board of Directors. **"Dennis cares deeply about our organization, our people, those we serve, and those who are underserved,"** said

**Parrott. "Under Dennis' leadership, we will move forward in a manner that embraces our not-for-profit mission and fulfills our purpose of becoming a trusted partner to all we serve and care for as a more integrated organization focused on the experience of our patients, members, and communities."**

"My family and I are looking forward to embracing this new, expanded role and meeting and engaging with our Sentara donors and the greater Sentara community," adds Dennis Matheis. ■



**To learn more about Dennis, scan this QR code or visit <https://bit.ly/SentaraDennis>**

# 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 January 1, 2022—June 30, 2022.

- Ms. Mary Adams
- Mr. Bernard Aden
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- Ms. Betty Allgood
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- Mr. William Brown Sr.
- Mrs. Beverly Brown
- Ms. Anne Brown
- Ms. Pamela Brown

*Patrick Roberts, Meredith Strand, Chris Dilkes, Kim Taylor, Chris Taylor, Cheryl McLeskey and Paul Gaden attended the July 15th ribbon cutting ceremony for Smoothie Stop, a healthy new addition to the Sentara Brock Cancer Center.*



*"I personally know the value and benefit of having a place like Smoothie Stop inside the Cancer Center," says Smoothie Stop co-owner Chris Taylor. "In 2017, my father, Douglas Taylor, Sr., was battling cancer. While driving him to his many appointments and also while waiting around, I would have loved a one-stop shop like this to get us something healthy to snack on."*

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*SBCC staff and friends of Smoothie Stop co-owner Kim Taylor (center) sampled some of the most popular juices. Smoothie Stop proudly offers no-sugar-added juices and smoothies, as well as grab-and-go salads and wraps as healthy options for patients, visitors and staff.*



*The Morgan and Stockwell families and friends gathered—along with many others in the cancer community—to honor their beloved Kay.*

## Kay Morgan Stockwell Grand Lobby Dedication Event Honors an Extraordinary Life

Kay Morgan Stockwell lived an extraordinary life. Kay was smart, hard-working, and tough when she needed to be. She was also unfailingly kind, humble, polite, and very funny.

In 2021, at the age of 54, Kay was diagnosed with glioblastoma (brain cancer). With no known cure for this cancer, Kay succumbed to the disease in September of last year.

**To celebrate the incredible life of this mother, wife, lawyer, superb host and generous and loving friend, the lobby of the Sentara Brock Cancer Center was recently dedicated in her name.**

On June 23rd, friends and cancer community supporters joined the Morgan and Stockwell families to unveil the signage that now adorns the wall across from the Cancer Center reception desk and dedicate the bright, airy lobby space in admiration of Kay, her life and her brave fight with her cancer.

The generous gift made in memory of Kay Morgan Stockwell will be used to fund the region's first multidisciplinary neuro-oncology clinic as well as expand upon the offerings needed to support a comprehensive neuro-oncology program.

**The neuro-oncology multidisciplinary clinic strives to enhance the patient and caregiver experience by coordinated intake appointments, expedited treatment, and expanding integrative and supportive services. These services include clinical trial and research offerings, patient assistance programming, and lectureships to advance the knowledge of the local interdisciplinary team.** To make a gift to this fund, visit [www.sentara.com/foundation](http://www.sentara.com/foundation).

Through this memorial to Kay's life, her impact and spirit will live on. ■

*Continued on Page 10*



Karen Kern, Samantha Kern, Suzanne Carrillo Kern, and Sentara CEO Emeritus Howard Kern in the lobby of the new Carrillo Kern Center for Integrative Therapies at the Sentara Brock Cancer Center.



### Services at the Carrillo Kern Center for Integrative Therapies Include:

- Acupuncture
- Art Therapy
- Garden Therapy
- Healing Touch
- Integrative Nutrition
- Massage Therapy
- Mindfulness Meditation
- Music Therapy
- Peer Mentoring
- Pet Therapy
- Reiki
- Stress Management
- Tai Chi
- Wellness Beyond Cancer
- Yoga

Many of the services are free to patients (such as Reiki, group nutrition classes, and art therapy), while other services not covered by insurance will be offered at discounted rates. Ongoing contributions to the center will help offset the cost of these services for patients who are in need of financial assistance.

If you or someone you know could benefit from the services at the Carrillo Kern Center for Integrative Therapies, please visit the website at [sentarabrockcancercenter.com](http://sentarabrockcancercenter.com) or call **888-220-2214**.

If you are interested in supporting this new addition to cancer care in our community, please contact David Proffitt at the Sentara Foundation – [foundation@sentara.com](mailto:foundation@sentara.com) – or visit [www.sentara.com/foundation](http://www.sentara.com/foundation) to donate today. ■

## Carrillo Kern Center for Integrative Therapies Adds to a Comprehensive Approach to Treating Cancer

The new Sentara Brock Cancer Center, which now serves more than 700 patients daily, has transformed our community's cancer care. The Center itself is also constantly updating and transforming its comprehensive approach to treating cancer—body, mind and soul—even two years after its opening.

On June 8th, the Sentara Brock Cancer Center furthered its commitment to serving the whole patient with the dedication of the Carrillo Kern Center for Integrative Therapies.



*Therapeutic working dogs such as Ollie bring smiles and comfort to cancer patients.*

Friends of Suzanne Carrillo Kern and Howard Kern joined them in dedicating the new Integrative Therapies Center and getting a first look at the space, which includes massage and treatment rooms with salt walls and a dedicated space for exercise, meditation, Tai Chi, and yoga classes. The couple decided to dedicate the Center for

Integrated Therapies to their siblings—Jeanne Carrillo Johnson and David Kern—who fought and lost their battle with cancer. **"I have experienced first-hand how integrative therapies can support a patient's mind, body, and soul when undergoing cancer treatment. It is important for these services to be accessible and affordable to all cancer patients in Hampton Roads,"** said Suzanne Carrillo Kern.

Integrative therapy is an approach to wellness that combines traditional medicine with holistic treatments such as acupuncture, massage, nutrition, Reiki, art therapy, pet therapy, and more. **The Carrillo Kern Center for Integrative Therapies was designed and modeled after several of the country's most successful integrative therapy clinics and will be the first in the region to integrate a range of these services into a patient's care plan.**

Patients are eligible for integrative therapy services from the time of cancer diagnosis through five-years post-treatment. Services are not limited to patients of the Sentara Brock Cancer Center; any cancer patient or survivor can visit the Carrillo Kern Center for Integrative Therapies. And some services are available for caregivers of active cancer patients as well as patients enrolled in Hospice services and their caregivers.

## Supporting Community Need American Red Cross' New Community Emergency Vehicle



*Leadership from Sentara Norfolk General Hospital and American Red Cross of Coastal Virginia gathered to celebrate the addition of the new Community Emergency Vehicle to the fleet.*

There are few cargoes more precious than blood. The American Red Cross provides 100% of Virginia's blood supply. Their Community Emergency Vehicles (CEVs) are pivotal in driving blood on its complex journey from donors to patients. Sentara recognizes the Red Cross' lifesaving role in providing blood products.

"With this need in mind, the Sentara Foundation granted \$30,000 to the Red Cross' Coastal Virginia Chapter to purchase a new CEV," says David Proffitt, Director of the Sentara Foundation. "COVID-19 restrictions on large gatherings cut deeply into blood inventories over two years. Sentara Foundation donors generously provided enough to our COVID-19 Community Relief Fund to purchase the van to help quickly transport blood inventories."

***Now that COVID-19 restrictions are easing and blood drives are resuming, this van will transport equipment and supplies to more than 1,700 blood drives each year at businesses and community groups in our region. It will deliver thousands of units of blood and blood products to hospitals and cancer centers throughout Coastal Virginia, including all Sentara Hospitals.***

The Red Cross and Sentara co-branded this vehicle to demonstrate the vitality of the partnerships that significantly contribute to the quality of life in our region. **Thank you for your contributions to meet this community need.** ■

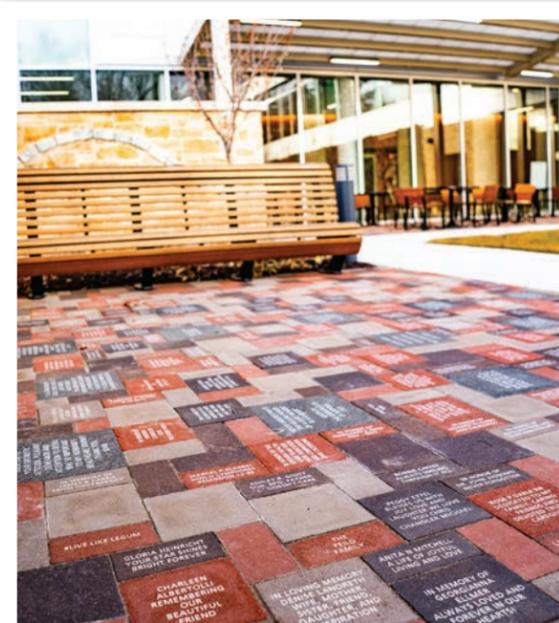
# Brick Donors

The following individuals, corporations and organizations have purchased a personalized brick between September 1, 2020 and September 1, 2022 to celebrate a cancer survivor, honor a loved one, or recognize a caregiver who supported their journey. Proceeds benefit the Sentara Brock Cancer Center programs and services.

Carmel Adamo  
Michael Adams  
Arthur Aikin  
Karen E. Albright  
Bernice Algood  
Margaret Allen  
Debbie Anuswith  
Melissa L. Asbell  
Jason Azar  
Keith Q. Bailey  
Hugh Ball  
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Roberta Davis  
Lani Dayday  
Ronald Dederick  
Robert DeFord  
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Margurite Dickerson  
Kristin Dolensky  
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Carl Ellmer  
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Carol Faircloth  
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Cynthia C. Fordham  
Edward D. Forrest  
Robert Fort  
Graham Fox  
Kimberly Frerck  
Susan S. Frey  
Melissa A. Fuquay  
Sherrylyn Furchtenicht  
The Garden Club of Norfolk  
Gertrude S. Garland  
Jamia Garrett  
Ellen Gaskey  
Edward R. George  
Pamela S. Gibson  
Lydia J. Gilson  
Leisa R. Glisson  
J. H. Godwin  
Kathyn Golden  
Robert Goodrum  
Diane M. Gray  
Amelia Greene  
Virginia Lynn H. Grey  
Monica L. Grimes  
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Sue Halstead  
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Gregory & Charlotte Johnson  
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June P. Kates  
Staci Katsias  
Sandra W. Kiah  
Phyllis Kitchin  
Veronica A. Klauenzer  
Sondria Lamb  
Lageia Lane  
Brenda Layton  
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Albert Lee

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John M. Profilet  
Donna Reuss  
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Kimberle A. Rizzo  
Iva Robinett



Personalized bricks are displayed at the Sentara Brock Cancer Center's healing garden – an outdoor space dedicated to tranquility and peace.

Scott W. Rogers  
Dolores Ruth  
Robin J. Sanchez  
Donna Sanson  
Jan Sarmiere  
Theresa Sawyer  
Mary Saylor  
Marcel Scarbel  
Robert P. Scott  
Mary Seemueller  
Monique M. Serges  
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Dena Woodward  
Paula S. Wykle  
Marilyn A. Zimmer  
Mo Zoll

Celebrate.  
Remember.  
Honor.

Order by  
November 17<sup>th</sup>  
to get your replica  
brick in time for  
the holidays!



## Community Brick Campaign

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.

Replica bricks are crafted with the same personalized message as your installed brick and are shipped to your home or office—perfect for giving the gift of a lasting legacy this holiday season. Order by November 17 and your replica brick will be shipped in time for December holiday delivery.



Scan QR code to order your brick today. You can also visit [BeyondCancerBrick.com](https://BeyondCancerBrick.com) or call 1-833-954-2425.

## Contributors (cont.)

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Joan Brock and Marnie Morgan at the Kay Morgan Stockwell Grand Lobby Dedication at the Sentara Brock Cancer Center.



Members of the Carrillo and Kern family came to support the dedication of the Carrillo Kern Center for Integrative Therapies. Shown here are (from left to right) Evelina Sheridan, Margaret Carrillo-Sheridan, Suzanne Carrillo Kern, and Jaclyn Haring.

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"From my surgeon to the cafeteria worker to my physical therapist, it took a team to return me to the quality of health I now enjoy." - Patricia Faison

# 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 January 1, 2022 to June 30, 2022.

## A Grateful Patient: Patricia Faison's Story

When you least expect it, a serious medical issue can pop up out of nowhere.

Just ask Patricia Faison. "I was picking flowers in my garden after work," the 60-year-old Navy veteran and avid cyclist recalls. "I felt fine, but a quiet, persistent voice told me I should go to the ER. I had a sense it was God speaking to me. I'd heard that voice before at key moments in my life, and I thought I'd better listen."

**Concerned, Patricia drove herself to the hospital—much to the astonishment of the admitting nurse—and a few hours later was diagnosed with heart failure and a cardiac function of only 14%.**

On day three in the hospital, Patricia received the formal diagnosis; Takotsubo Cardiomyopathy, also known as Broken Heart Syndrome, which can be caused by extreme stress. Patricia had plenty of that. She had been caring for many of her near and distant family members for years. She worked out regularly to stay in shape, but chronic stress has taken its toll on her heart.

To accommodate her dire condition, her doctors at Naval Medical Center Portsmouth suggested she transfer to Sentara. Things were going downhill quickly—shortness of breath, nausea, vomiting and a 'crazy' rapid heart rate. She remembers the back doors of the ambulance opening at the entrance to Sentara Heart Hospital, and little else.

"They put me on an ECMO machine," Patricia says. ECMO is short for Extracorporeal Membrane Oxygenation. The machine was pumping oxygenated blood to vital organs her failing heart could not reach. She remembers her niece Alicia, at her bedside with her care team, telling her she needed a heart

transplant and that, amazingly, there was a donor. She remembers feeling happy. **Then, she woke with a new heart beating in her chest.**

Recovery lasted "from Thanksgiving through Valentines' Day," Patricia recalls. There was speech therapy to help her swallow and restore her voice after removal of the ventilator tube. There were physical and occupational therapies to help her stand and walk again.

**"Your team is awesome," Patricia says of Sentara Heart Hospital. "I have a military mindset and they're one of the smoothest running operations I've ever seen, kind of like the flight deck of an aircraft carrier. They are involved every step of the way. Every person, from the doctors and nurses to the people cleaning my room, treated me with dignity and respect—like I truly mattered."**

Patricia also appreciates the heart coordinators assigned to follow her through the recovery process. "There are not enough words in the dictionary to describe the role heart coordinators play in your new life."

Almost a year after her transplant, Patricia is now focused on her recovery.

**From her experience, Patricia decided to become a donor to the Sentara Foundation in support of heart programs as well as a donor to the Nightingale Regional Air Ambulance, which often flies critically ill heart patients, like she was, from outlying hospitals.**

Contributions to the heart program and the Nightingale Regional Air Ambulance make a difference in lives such as Patricia's every day. ■



Friends and supporters at the Kay Morgan Stockwell Grand Lobby Dedication at the Sentara Brock Cancer Center.

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*Front row, left to right: Wendy Pierce, David Proffitt, Sherry Norquist, and Cassandra Howard*

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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

### *more to explore*



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