

Sentara Cares



Alice Talbot and her husband Bill (center) reunited with the Nightingale Crew and Sentara Williamsburg Regional Medical Center leadership during the 40th anniversary of the Sentara Nightingale Regional Air Ambulance.

From left to right: Scott McClain (Flight Paramedic), Chris Cannon (Flight Nurse), Donna Wilmoth (Sentara Williamsburg Regional Medical Center Vice President and Chief Nursing Officer), Grateful Patient Alice Talbot and husband Bill, Amber Price (Sentara Williamsburg Regional Medical Center President) Denise Baylous (Flight Nurse-Nightingale Manager), John Tucker (Flight Paramedic), and Jason Hellauer (Nightingale Pilot).

A Grateful Nightingale Patient Reunion

Alice Talbot has no memory of the most important ride of her life. It was June 6th, 2003. She was unconscious, strapped to a stretcher aboard the Nightingale Regional Air Ambulance, speeding from Sentara Williamsburg Community Hospital to the Level I trauma center at Sentara Norfolk General, with no guarantee she would live to see the next day.

"I asked the ER doctor at Williamsburg if she would make it," Alice's husband, Bill, recalls. "He told me he'd seen it go both ways." Bill set off in his car for Norfolk, unsure if his wife would still be alive when he arrived.

Alice had been driving a pickup truck laden with bulk mulch for the Talbots' home in Charles City County. Alice doesn't recall what happened, but she crashed. The truck rolled over and buried her under

the load. She broke her neck and suffered broken ribs, a collapsed lung, a ruptured spleen and a torn tendon in her right hand. First responders extracted her from the vehicle and transported her by ambulance to Sentara Williamsburg Community Hospital, where that team had already called Nightingale.

"I believe if Nightingale had not flown her to Norfolk, she would not have survived," Bill says. "It was a miracle."

Nineteen years after her life-altering crash, Alice had a tearful reunion with the Nightingale clinical team who flew her that fateful day on the helipad at the new Sentara Williamsburg Regional Medical Center.

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Dear Friends,

Hope is on the horizon and presents a new season of health and healing in our region. This May, COVID-19 patient admissions to each of our Sentara hospitals were in only double digits. That is a considerable decrease in the trend we have experienced over the last several months. Throughout COVID-19, team members across our organization contributed more than 30,000 hours, helping to staff vaccination clinics to minimize surges and infection rates. After more than two years of COVID-19, we have said goodbye to too many loved ones and watched the strain of unprecedented world events leave their mark on every community and every individual.

And yet, everywhere we look, we see partners like you – lifting those around them and graciously meeting community needs.

We are proud to share that in 2021, Sentara Healthcare invested \$254 million to support Virginia and North Carolina communities, including \$23 million in health education and prevention programs, \$48 million in teaching and training opportunities for healthcare

professionals, \$16 million in community giving, and \$167 million in uncompensated patient care.

As another example of meeting community needs, we are wishing our Nightingale Air Ambulance a Happy Anniversary! We are celebrating 40 years of providing this award-winning program to our community. With more than 24,000 missions flown in its history, you will read about the Nightingale team reunion with grateful patient Alice Talbot and her husband Bill – and her recollection of the ride that changed their lives. Your continued support of this program means so much and every dollar raised this year will go towards outfitting a new GPS guidance system in the air ambulance.

Your charitable support saves minutes and saves lives – Thank you!

You will also read an update on our Sentara Brock Cancer Center and the upcoming second anniversary of the opening of this new facility. Serving approximately 700-900 patients patients a day, we have reached 98% of our philanthropic campaign to raise \$15 million to support our cancer patients and their families. Thanks to you, the programs and services of this new cancer center are bringing comfort, hope, and healing to our community.

Sentara is not a building, but a collaboration of a community and partners like you – committed to our mission of improving health every day.

There's hope on the horizon. Thank you for your ongoing support of our mission and our commitment to bringing comfort and care to body, soul, and mind.

In good health,

Anna James

Anna James
Senior Vice President

A Grateful Nightingale Patient Reunion (cont.)

Both the former hospital and the aircraft Alice flew on have been replaced, and the pilot retired. However, flight nurse Chris Cannon and flight paramedic John Tucker are still there, lending their vast experience to the stability and safety of the Nightingale program over the last 40 years.

"I always cry when I think about it," Alice says. "They saved my life."

Nightingale was just the beginning of Alice's long journey to recovery. She underwent surgeries and rehabilitation to walk and perform activities of daily living and return to a more normal life.

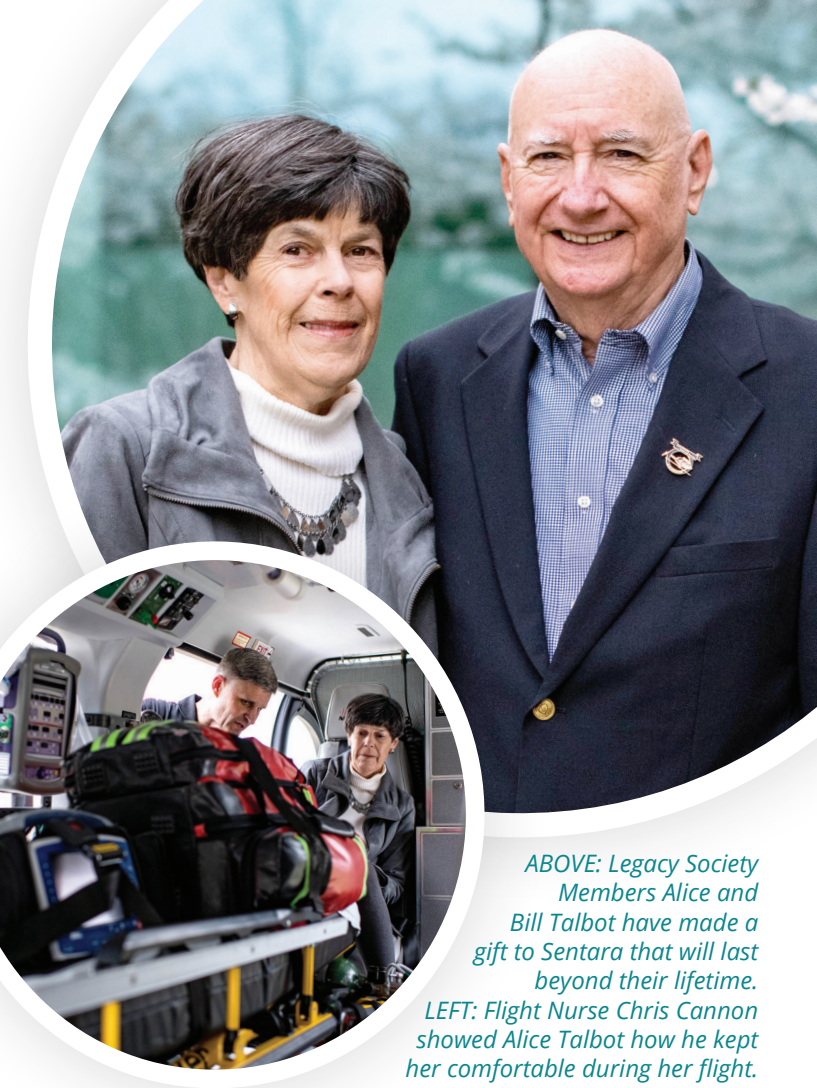
"The ICU (Intensive Care Unit) nursing care was phenomenal," Alice recalls. "If it had not been for Sentara, I would not have been able to return to work. These days, I can do everything I used to do except ride a bicycle." Alice was a teacher and has since retired, in her own time and on her own terms, to enjoy the rest of her life with her husband, Bill.

Alice and Bill wisely began planning what to do with their estate and programs to support philanthropy.

"The first thing we thought about was Nightingale," Alice says. The couple plans to leave a generous Legacy Gift to Nightingale through the Sentara Foundation Hampton Roads, and there is a reason for that. Nightingale operates at a fiscal deficit as part of the Sentara not-for-profit mission to improve health every day. They fly every critically ill and injured patient who needs them, regardless of their ability



Grateful patient Alice Talbot and her husband Bill reflect on the life-changing day the Nightingale Regional Air Ambulance saved her life.



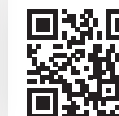
ABOVE: Legacy Society Members Alice and Bill Talbot have made a gift to Sentara that will last beyond their lifetime.

LEFT: Flight Nurse Chris Cannon showed Alice Talbot how he kept her comfortable during her flight.

to pay. Sentara has also invested over the years in clinical equipment and aviation technologies to improve responsiveness, ICU-level care in the air, and flight safety. These investments are critical to ensure Nightingale is able to save even more lives. This year, in honor of Nightingale's 40th anniversary, the Sentara Foundation is seeking to raise \$1 million to equip Nightingale with an updated, state-of-the-art GPS guidance system that allows for faster response times. Because when every minute matters, every dollar counts.

"Things happen in an instant," Bill says. "I tell people your Legacy Gift or your check has the potential to save someone's life and provide a miraculous recovery like Alice had. You will not find a better organization."

To make a lasting impact, consider making your gift today at SentaraNightingale.com. ■



Scan to see more of Alice's reunion or at SentaraNightingale.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, 2021 to December 31, 2021.

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- Dr. & Mrs. Gene Burke
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- Mr. Peter Burke



Phil Craig, Heath Wynn, Bill Baker, and Erin Bessey from Hall Toyota Virginia Beach presented a gift to assist oncology patients who qualify for assistance with their transportation needs to medical appointments. Accepting on behalf of the patients are Sentara Virginia Beach General Hospital President Bernie Boone (third from right) and Cassandra Howard (left) from the Sentara Foundation.

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- Ms. Carol Faircloth
- Ms. Helen Faith
- Mrs. Sandra Falk
- Mr. James Faulks
- Mr. James Fedor

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Employees of Rick Hendrick Automotive Group Chevrolet Norfolk raised funds to support the Sentara Brock Cancer Center. From left to right: Wesley McCullar, Dawn McBride, David Proffitt (Sentara Foundation), and Fernando Gaitan.



The Wilsons attend a Dedication Ceremony at Sentara Princess Anne Hospital for the new cenotaph cradle in memory of Kennedy Milan Wilson. Pictured in front of the Family Maternity Center Baby Wall, another beautiful tribute made possible by the Wilson's generosity. From left to right: Ryleigh Wilson, Heather Wilson, Corrine Wilson, and John D. (Demitri) Wilson.

Supporting Community Need

In August 2009, Heather and Demitri Wilson's first-born daughter, Kennedy, was stillborn at Sentara Leigh Hospital after Heather suffered a placental abruption. Their grief was overwhelming and their time with Kennedy was short – brief visits in Heather's room as nurses brought the baby's body from the hospital's morgue, then took her back – precious snippets of time to bond before letting Kennedy go and having to plan her funeral.



These handmade "angel gowns" and tuxedos are made by a team of volunteers and given for free to grieving families around the world.

"There was nothing for her to wear," Heather recalls. "There were no burial gowns small enough." **Amid her grief, Heather found inspiration.** Over time, the Wilsons channeled their pain of loss into Kennedy's Angel Gowns. This home-based charity sews tiny girls' gowns and boys' onesies from donated wedding dresses, which are then gifted to families grieving their lost newborns.

At first, Heather made all the gowns herself. As word got around, demand overtook her time. Volunteer seamstresses joined her in solidarity. The charity now produces artistically decorated garments and ships them free overnight when hours count.

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Members of the Beyond Cancer Community Leadership Cabinet include (back row) Sandy Harris, John Malbon, Joan P. Brock, Allan Parrott, Howard Kern (Sentara President and CEO), Yvonne T. Allmond, (front row) Eric Coble, and Bob Fort. Not pictured are Thomas Alberico, M.D., Adam Casagrande, Jack Ezzell, Jr., Edward George, M.D., Vincent Mastracco, Jr., Cheryl P. McLeskey, and Gil Minor, III.

A Cancer Center Serving Our Community

Two years ago, at the height of the COVID-19 pandemic, the Sentara Brock Cancer Center opened its doors to support our regional community.

With careful planning and implementation, since that time the Cancer Center has added services and programs which now contribute to a thriving hub of activity, serving approximately 700-900 patients a day.

Walking through the Sentara Brock Cancer Center today, you will notice the meticulous attention to detail that ensures patients feel supported through their cancer journey. The only one of its kind in Southeastern Virginia, the Sentara Brock Cancer Center addresses cancer holistically. By bringing together specialists across disciplines, the Sentara Brock Cancer Center treats the whole person and stewards patients and their loved ones through the entire process and into survivorship.

One of the first things you notice as you enter the Cancer Center is the airiness of the spaces and the calming colors and features. The building design has the patient's health journey and customer experience as a top priority, including:

- A calming environment that features an outdoor Healing Garden which includes 300 commemorative bricks honoring loved ones who have endured the cancer journey and the caregivers who have supported them.



The new PET Suite at the Sentara Brock Cancer Center offers scans to detect early signs of cancer.

- Support services for advanced illnesses, including Sentara's first outpatient palliative care clinic in the Hampton Roads community.
- Integrative Therapies, such as massage, art, and music therapy.
- Silhouette Mastectomy Boutique - A retail shop for wig services, headwear, and mastectomy products.
- Opening this Summer: Smoothie Stop, offering delicious and healthy smoothies, cold-pressed juices, grab-and-go wraps, and salads.
- A rehabilitation gym with two certified lymphedema therapists and fitness classes led by a certified cancer exercise specialist.

Created especially for the Sentara Brock Cancer Center, an Art Committee has contributed to the thoughtful implementation of art throughout the building, including a rotating donated art program and permanent pieces purchased from local artists. Soon to be installed—an original mural on the garage wall, sculptures in the Healing Garden, and a signature sculpture for the front of the building by California artists Jennifer Madden and Jeffrey Reed.

To make all this possible, a committee of community leaders that make up the Beyond Cancer Executive Cabinet, led by co-chairs Eric Coble and Bob Fort, has spearheaded the successful \$15 million Beyond Cancer campaign, begun in 2019. **The Sentara Brock Cancer Center and its programs received more than 800 gifts through their leadership.** Some of the programs made possible through the philanthropic support of donors include:

- The Thomas Alberico Distinguished Lectureship series will feature renowned cancer clinical practitioners sharing their insights on cancer care. The inaugural lecture is scheduled for October 1, 2022.
- The Carrillo Kern Center for Integrative Therapies will offer services such as acupuncture, nutrition, Mindfulness Meditation, massage therapy, Reiki/Healing Touch, Tai Chi, Yoga, Garden Therapy, and Pet Therapy.
- The McLeskey Comprehensive Breast Center, which offers state-of-the-art digital mammography and a one-stop, caring environment for breast cancer patients.

As the \$15 million Beyond Cancer campaign comes to a close, there are still opportunities to support the center and its programs for cancer patients. To make a lasting impact on cancer care in our community or to purchase a brick in the healing garden please visit sentarabrockcancercenter.com. ■

Patients at the Cancer Center are further supported by innovative programs to help them in their cancer journey, including:

-  **Garden Therapy**
-  **Peer Mentoring**
-  **Pet Therapy**
-  **Support Groups**
-  **Transportation**
-  **Wellness Beyond Cancer**

Luke Hillier Cancer Research Alliance

is an innovative partnership between the Sentara Health Research Center, the Sentara Brock Cancer Center, the Sentara Foundation, Eastern Virginia Medical School (EVMS), and Virginia Oncology Associates. A lead gift from the Hillier Ignite Foundation will enable Sentara's collaboration with longtime partners EVMS and Virginia Oncology Associates to advance oncology research in the communities we serve. Clinical research is a significant force in the advancement of treatments for different cancers. Many of our treatment therapies are a result of previous clinical trials. It is critical to understand the role of clinical research in oncology, as it is central for discovering and improving cancer treatments for people worldwide.

Celebrate.
Remember.
Honor.



“

"I lost both my loving parents to this most terrible disease. I miss them every day and pray that one day very soon a cure is found so that no one ever has to lose a loved one again to cancer."

- Trudy G.

”

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.



Scan QR code to order your brick today.

You can also visit BeyondCancerBrick.com or call 1-833-954-2425.

Supporting Community Need (cont.)



Sentara Princess Anne Hospital staff celebrate with Heather Wilson at the Dedication Ceremony.

From left to right: Paige Crunk (Director of SPAH FMC), Nikki Lowery (Manager of SPAH MBU and NICU), Sonia Cooper (Nurse Executive SPAH), Heather Wilson (Kennedy's Angel Gowns), Reagan Boomer (Manager of SPAH L&D), Lue Ann Arzola (L&D RN and Bereavement Coordinator), and Lenore Giovanelli (L&D Unit Coordinator and Nurse Educator).

Heather is an outreach manager for a local nonprofit. Demitri is a battalion chief with Suffolk Fire & Rescue. They had their hands full, managing inventory, shipping gowns, and raising their rainbow daughter Ryleigh, who blessed their lives just over a year later. **But their too-brief time with Kennedy kept gnawing at them until they found a way to give other grieving parents more time with their babies.**

The Wilsons began raising money - through an annual 5k run and their 'Angel Ball' event - to donate cooling devices to Sentara Family Maternity Centers through the Sentara Foundation Hampton Roads. The bassinet-style "cooling devices" of various designs gently circulate chilled air around babies' bodies, slowing decomposition and allowing families more time to bond before saying goodbye. The Wilsons also remembered there was no safe space for them to grieve away from the joyful hubbub of a hospital birthing center, and they decided to address that issue as well.

In August 2019, almost ten years after losing Kennedy, the Wilsons and eight-year-old Ryleigh dedicated The Butterfly Room at Sentara Norfolk General Hospital. The 12-by-10-foot space features muted colors, soft lighting,

comfortable furniture, a softly flowing fountain, and a place for a cooling device, so families can privately visit with their lost babies as long as they need. Staff also use the space to decompress from the ups and downs of their work. "Heather and Demitri's organization has been a great inspiration to many of us. They took their pain and made it their passion. Today, the mission they serve through Kennedy's Angel Gowns is their purpose and all of us in Hampton Roads benefit from their philanthropic investment in the community," says David Proffitt, Director of Development & Community Engagement at the Sentara Foundation.

The Wilsons have also donated cooling devices to six Sentara hospitals and Naval Medical Center Portsmouth, Baby Memorial Walls at Sentara Leigh and Sentara Princess Anne Hospitals, and the Butterfly Room at Sentara Norfolk General - more than six figures worth of products and services. They continue to raise funds for replacement devices as earlier ones wear out and newer designs become available. There is always a need. **Heather and Demitri Wilson have been meeting that need for more than five years through tireless volunteerism and boundless generosity to families in Hampton Roads and around the world. ■**

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The Norfolk Airport Police Department contributed to the Sentara Foundation in honor of Breast Cancer Awareness Month. From left to right: Mable Pierce, Kimberly Williams, Tamara Parlett, Angel Barnhill (Sentara Foundation), and Chief of Police David Huffman.



The Splash20 Express Car Wash team presented proceeds from their October car wash sales to support Breast Cancer Awareness Month and programs and services at the Sentara Brock Cancer Center. From left to right: David Proffitt (Sentara Foundation), Liz Tilbury, Shawna Thompson, and Noel Locher (Splash20 Express Car Wash)

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Sentara Legacy Society

Your kindness today
heals someone
tomorrow!

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

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

Benefits include:

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

Estate Planning Quiz



Are you certain that your current estate plan is up to date?

Take this brief quiz to see where you stand.

- Do you have a will or living trust to direct the distribution of your property?
 Yes No
- Is the makeup of your family the same as when you last reviewed your plans?
 Yes No
- Do you live in the same state as when you last updated your will or other plans?
 Yes No
- Is the person you have named to settle your affairs still able and willing to serve?
 Yes No
- Has the value of your assets remained the same since you last reviewed your plans?
 Yes No
- Are all the people and charities important to you mentioned in your plans?
 Yes No

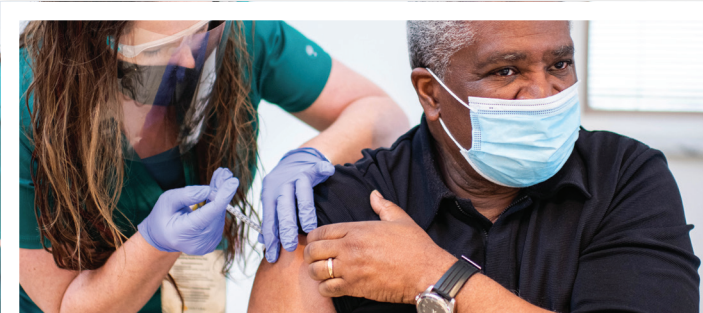
Your score

If you answered *No* to any of the above questions, you may need to update your estate plans. Professional advisors and attorneys who specialize in such matters can offer advice and help to coordinate various parts of your plan.

To receive the FREE brochure *Planning for Your Future*, please contact Cassandra Howard at cehowar1@sentara.com or 757-455-7976

Tribute Gifts

The following individuals, corporations, and organizations made gifts or pledge commitments to Sentara programs and services in honor or in memory of a physician, staff member or loved one from July 1, 2021 to December 31, 2021.



The Sentara Team keeping the community safe.

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- Mr. Jeff Bangley**
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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.



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Sentara Healthcare has been nationally recognized for excellence among the 15 Top Health Systems in 2021 by IBM Watson Health. This is the second time Sentara received this prestigious honor, which highlights top-performing U.S. health systems with excellent clinical outcomes, operational efficiency, and patient experience. Winning health systems have demonstrated exceptional performance in quality outcomes, clinical efficiency, and community value. This recognition would not be possible without our clinical teams, nurses, physicians, team members, and leaders across the communities we serve.



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Responding to community need



Sentara Foundation - Hampton Roads Team

Back row, left to right: LaBridget Bailey, Cassandra Howard, Leigh Anne Giblin, Michael Rhodes, David Proffitt, Wendy Pierce, and Sherry Norquist

Front row, left to right: Anna James and Angel Barnhill

Not pictured: Melissa Fuquay

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