

# Sentara Cares



*Howard Kern, President and CEO, Sentara Healthcare, and Joan Brock proudly highlight the Sentara Brock Cancer Center*

## Journey of a Grateful Patient

Like most of us, when Joan Brock first heard the words “You have cancer,” she was shocked. By diagnoses two, and three, she had become accustomed to the word, cancer, but never the fear and uncertainty that came with it.

Through multiple diagnoses and treatments, Joan put her faith in the team at Sentara and Virginia Oncology Associates to help her through the journey.

That is why, when plans for a new cancer center were announced, Joan Brock was one of the first to step up to help—first as a member of the Beyond Cancer Leadership Cabinet, then as the lead

*“Without Sentara,  
I wouldn't be here.”*  
- Joan Brock

donor to the new center, which now bears the name of her family—The Sentara Brock Cancer Center.

The Sentara Brock Cancer Center opened its doors on June 1, 2020. A small ceremony was held to unveil the new name a few weeks later, on June 19. At that event, Joan Brock was honored, along with her late husband, Macon, and her family, several of whom had flown in from Wyoming and California. Also in attendance were many of the physicians who had treated Joan in her cancer journey.

*Continued on Page 3*



## Dear Friends,

This year started with all the signs for great success. Who would have ever believed that our lives would change in a matter of seconds due to a pandemic? But even with this dark cloud of COVID, I am humbled by the outpouring of community support for Sentara and our front-line employees and first responders. Your generosity and dedication has been overwhelming and has made Sentara proud to be a member of this community.

You will read in this newsletter how you and your neighbors gave both in-kind gifts of much needed personal protective equipment (PPE) and financial contributions to support our COVID-19 Community Relief Fund. I am also happy to share information about the opening of our Sentara Brock Cancer Center, a state-of-the-art, holistic care facility dedicated to supporting cancer patients and their families in our region. We

are very grateful for the philanthropic spirit of Joan Brock, her family and so many others that have recognized the importance of bringing this facility to our community. As cancer patients are some of the most vulnerable in the midst of the pandemic, we are grateful for the expertise of our clinical team and the tireless dedication of many community leaders that have worked collaboratively to make this a priority for our region.

The Sentara Foundation—Hampton Roads exists to support our mission of improving health every day. Through the generous giving of our grateful patients, we support a plethora of programs and services that are nationally ranked. It's our partnership with the community combined with our high standard for clinical quality and excellence that Sentara has been nationally recognized year after year.

Philanthropy is the spirit of making this world a better place by sharing the gifts and resources we have each been given. I hope you enjoy reading this newsletter and learn more about the great work of the foundation. We are very grateful for each one of you and the support you bring to spread our mission.

Together, we can make a difference and improve the health of our community every day!

Sincerely,

*Anna James*

Anna James  
Senior Vice President

## Journey of a Grateful Patient (Continued)

At the dedication, Dr. Thomas Alberico of Virginia Oncology Associates, remarked "It is not hyperbole to call this transformational. We certainly thank and express our immeasurable gratitude and words to Joan and her family for this incredibly generous donation. However, we will thank them and show our gratitude in a much greater way by making this institution more than the beautiful brick and mortar structure that we see behind me today. **It should and will reflect the hope, dedication, perseverance and survivorship that all patients will experience when they cross that threshold.**"

Anyone going through cancer treatment knows the process isn't easy. Which is why Sentara decided to create a comprehensive cancer center, where all the services a cancer patient needs can be found in one building. As Ms. Brock says, to a patient facing cancer, "every convenience is appreciated." No longer do patients need to travel to areas far and wide to purchase wigs and other needs. The new Sentara Brock Cancer Center also boasts a new, permanent PET lab, as well as a rehabilitation gym and a streamlined, central registration process.

Howard Kern, President and CEO of Sentara Healthcare, shared his thanks to the Brock family for their investment, adding "**Our community needs a holistic approach to preventing, treating, and improving cancer care. I'm confident that the Sentara Brock Cancer Center will be a force turning that vision into a reality for Hampton Roads.**"

In her modest, demurring way, Joan Brock takes little credit for her generosity to the new Sentara Brock Cancer Center, and answers simply, "**I'm a grateful patient. It is the least I can**



*Joan Brock and members of the Brock Family celebrate opening day.*

**do. Now, everyone in our community will have access to our region's community cancer partners in one location right here at home."**

It takes a certain type of grit to survive three cancers.

Ms. Brock credits her good outcomes to early detection. As she says, she never felt ill. All of her diagnoses were discovered during routine examinations. "You don't have to feel bad to have cancer." She encourages everyone to not put off regular tests and exams, as they really do save lives, like hers.

The Beyond Cancer campaign has a goal to raise \$15 million to support the new and innovative programs in the center. Thanks to the Brock family's generosity and the hard work of the Beyond Cancer Leadership Cabinet, the campaign has raised more than half of that goal.

"Sentara was there for us," Joan says. "Now is the time for us to pay them back for all of the excellent care they have provided to the community."

For information on how you can get involved in supporting the Sentara Brock Cancer Center, please visit: [SentaraBrockCancerCenter.com/giving](https://SentaraBrockCancerCenter.com/giving). ■



*Sentara Legacy Society*

**Your kindness today  
heals someone  
tomorrow.**

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

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

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

**Please visit**

**[Sentara.com/LegacySociety](https://Sentara.com/LegacySociety)**

to find out how to join a group of like-minded Sentara donors and learn more about the benefits of membership.

Call **757-455-7976**

or email

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

# Contributors

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Paul Gaden (Corporate Vice President, Sentara Healthcare), Dr. Michael Danso (Virginia Oncology Associates), Dr. Mark Fleming (Virginia Oncology Associates) & Mike Gentry (Executive Vice President & Chief Operating Officer, Sentara Healthcare) in the healing garden at the Sentara Brock Cancer Center.

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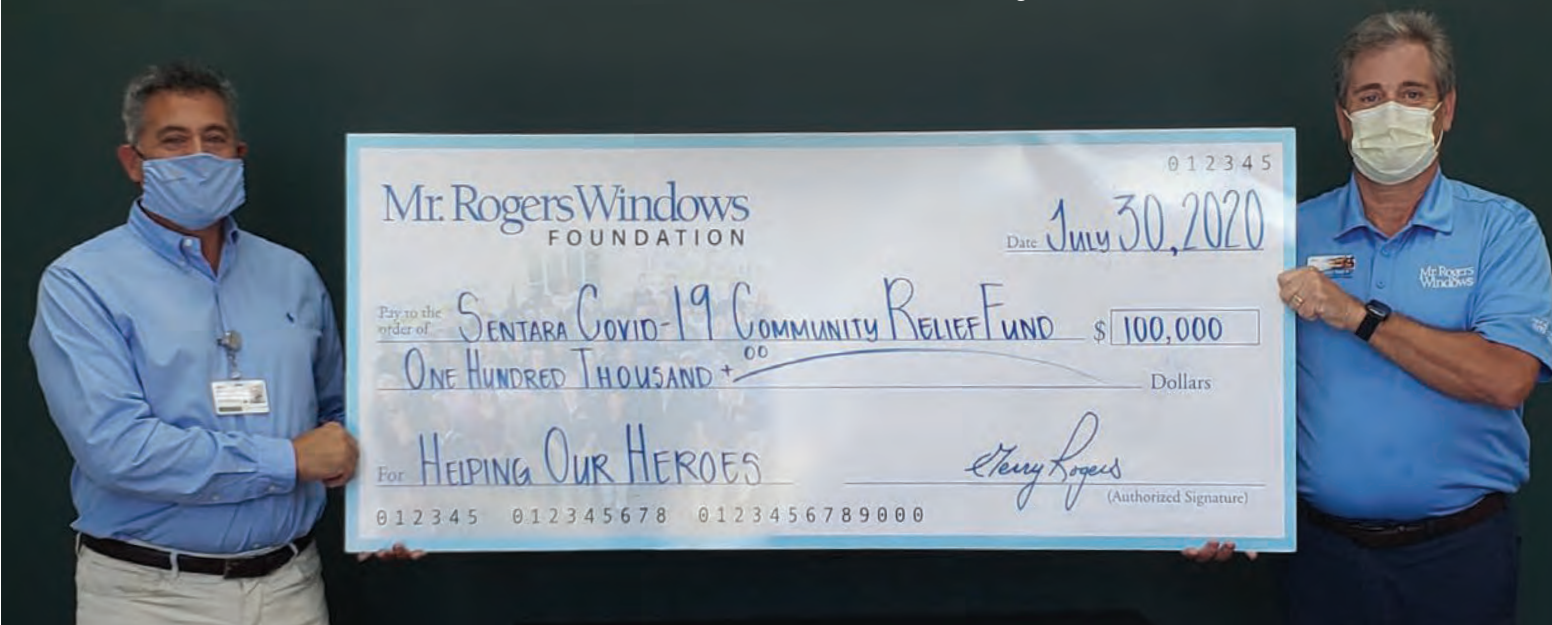
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# Grateful Community Support

## Sentara COVID-19 Community Relief Fund



Gerry Rogers (far right), presenting their \$100k check to the Sentara COVID-19 Community Relief Fund

As soon as the far-reaching effects of COVID-19 spread throughout our communities, the goodwill of others multiplied in Virginia and beyond.

That includes dozens of donations—large and small—to **the Sentara COVID-19 Community Relief Fund, created to support Sentara programs, partners and employees throughout the pandemic.**

“We use these funds from generous donors in many ways,” says Anna James, senior vice president of Sentara Healthcare. “When the coronavirus took hold, it affected people’s health, jobs, financial security and so much more. Our community fund tries to take some of this hardship away.”

The COVID-19 Community Relief Fund has been used to purchase personal protective equipment, patient assistance, transportation, medication and other COVID-19-related needs,” James says.

The fund receives financial donations, as well as “in-kind” gifts, such as masks and other personal protective equipment.

### Help from Around the Neighborhood

After decades at the helm of Mr. Rogers Windows and Doors, Gerry Rogers felt an obligation to share some of the company’s financial success with others, forming the Mr. Rogers Foundation in the mid-90s.

“I think the Lord showed me in time that it wasn’t for my gain but for what He wanted me to do with the gain,” says Rogers, who started the company in 1986. “That’s when my mindset changed. The business became about helping others.”

The foundation’s primary goal is to help children and widows in their time of need, especially younger children.

**“As the mission continued to grow, it became apparent to me that we had a responsibility to our local community, too,” Rogers says.**

That’s why he took action when the coronavirus crisis struck. He set a goal to raise \$100,000 for the Sentara COVID-19 Community Relief Fund. The company would commit 5% of its sales in April and May to the fund.

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## Organizations Step Up to Fill Gap in PPE Supplies

In addition to financial donations, Hampton Roads-area individuals and organizations have contributed in-kind donations—primarily masks and other PPE—totaling approximately \$475,000 to Sentara Healthcare hospitals since March.

Some companies even stopped their production lines and rebooted them to create personal protection equipment for healthcare workers and patients.

For example, London Bridge Trading Company, which makes military and law enforcement gear, stepped in to sew 2,000 masks made of germ-fighting, copper-infused hospital bed sheets. The masks can be laundered and reused to stretch the supply. Cupron, a Richmond company, donated the copper-based materials.

Sick patients who arrived at the hospital received the masks, as well as medical staff performing routine procedures. That left a greater supply of N-95 masks for healthcare workers treating COVID-19 patients.

In another effort to increase the supply of N-95 respirator masks, Rock Church in Virginia Beach donated the supply they had saved for a mission trip overseas. The church gave four Sentara hospitals over 14,000 masks and also supplied disposable gowns for our patients and staff.

“Church members went to a warehouse and opened up six cartons of masks to donate to us,” says David Proffitt, senior development consultant for the Sentara Foundation—Hampton Roads “This is another example of how the community came together to rally around frontline healthcare workers and support COVID-19 relief efforts.”

## Grateful Community Support - Continued

“It was a little scary at first to set that high goal,” Rogers says. “It was a leap of faith, but we were blessed by doubling our sales from what we’d normally do in April and May. It was a blessing to be able to help.”

### Trying their Luck on T-Shirt Sales

In mid-March, an Instagram photo inspired two Cape Henry Collegiate alumni. The picture showed nurses holding signs that read, “We stay here for you. Please stay home for us.”

At the time, Dakota Timm, 25, was in his first year in the MBA program at College of William & Mary, and his childhood friend Jason Friedman, 24, worked for Merrill Lynch in Virginia Beach. Jason lost his grandfather to COVID-19 in May, so he was especially eager to help in some way.

“We both grew up in the same neighborhood and have known each other since we were eight,” Timm says. “We’ve done a lot of philanthropic work together. In high school, we started a T-shirt company. Since that was the only thing we knew how to do, we went with that idea.”

Within a couple of weeks, Timm and Friedman created a business model, designed the shirt, built a website and looked for sponsors, all while still going to school and working. The white shirts had a light blue stethoscope and heart on the front and on the back read, “Helping nurses help us: COVID-19 Response Fund.”

“We were both moved by photos and videos of nurses on the front line,” Friedman says. “I have family in the healthcare and hospital industry. I know the kind of toll it takes on their mental and physical health.”

Timm and Friedman initially planned to provide the seed money for the project themselves but received a \$2,000 anonymous donation to help cover the cost of shipping and supplies.

Sales launched at the beginning of April and ran through June. Timm came back to Virginia Beach from Williamsburg on weekends to print labels, package shirts and ship orders with Friedman, who also delivered shirts locally.



Dakota Timm and Jason Friedman present to David Proffitt a T-shirt from their fundraising campaign.

In the end, they sold just under 400 shirts at \$25 apiece, primarily through word-of-mouth and social media advertising. A hashtag #hnhu—an acronym for “Help Nurses Help Us”—branded the posts. Local musician Chris Keys wrote a song and created a video to advertise the shirts. A Virginia-Pilot article also featured their efforts.

All told, the duo doubled their \$6,000 goal and raised \$12,000. They gave half to the American Nurses Foundation and half to the Sentara COVID-19 Community Relief Fund.

**“We appreciate all of the efforts of these two young men who contributed so much of their time and talents during a hectic time in their own lives with school, finals and work,”**

David Proffitt, senior development consultant for the Sentara Foundation—Hampton Roads. ■

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

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

## Sentara, Truist & the Commonwealth of Virginia Partner to Strengthen Virginia’s Emergency Food Support System

Sentara Healthcare and Optima Health, in partnership with Truist, the Commonwealth of Virginia and the Federation of Virginia Food Banks, kicked off a new statewide initiative Friday, July 31 to bolster Virginia’s emergency food support system. Spearheaded by Sentara and dubbed the “We Care” COVID-19 Virginia Emergency Food Support Plan, the initiative, which is currently underway at food banks across the state, provides free and accessible meals and nourishment to families during the COVID-19 pandemic and beyond.

The “We Care” initiative’s model to meet increased food insecurity centers around a 20-pound box filled with a five-day food supply that can be easily assembled to provide safe, low-touch distribution at existing locations managed by the Federation of Virginia Food Banks. Our event, held at the Foodbank of Southeastern Virginia and the Eastern Shore, marked the first of dozens of volunteer packaging events at food banks across the state and culminated in the production of roughly 300 boxes. The “We Care” initiative has already distributed over 100,000 boxes.

The Commonwealth’s commitment of \$1.4 million from CARES Act funds and the start-up contributions of \$500,000 each from Sentara Healthcare and Truist provided the first step to establishing the program, and other organizations, including Humana, Northern Neck Virginia Insurance, CVS Health/Aetna, the Wawa Foundation and Tito’s Vodka, have since joined the cause, helping to bring total public and private contributions over \$10 million. ■

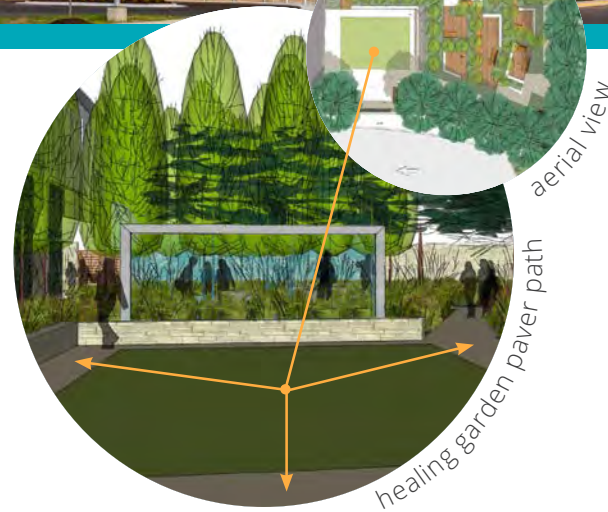
# BEYOND cancer

## SENTARA BROCK CANCER CENTER

### COMMUNITY BRICK CAMPAIGN

Commemorate your journey with the Sentara Brock Cancer Center and support this important community.

Transforming cancer care in Hampton Roads requires more than a dedicated team of caregivers. It will take an entire community, our community, to make the Center a destination for hope and healing.



## Celebrate. Remember. Honor.

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



### Three brick options available\*:

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

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

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

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

Your commitment to this destination for hope is an investment that will echo across generations and change lives throughout Hampton Roads. Together, we will do something more than erect a building. We will create an enduring symbol of hope and healing. Join us.

To place your order: [www.BeyondCancerBrick.com](http://www.BeyondCancerBrick.com) | 1-833-954-2425

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



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Members of the Foundation team volunteer with community partner, Mercy Chefs

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Eric Coble, Co-Chair Beyond Cancer Leadership Cabinet, and his mother, Alicia Coble, in front of the Reflection Room at the Sentara Brock Cancer Center

# Contributors

Joan Brock's family attending Sentara Brock Cancer Center naming ceremony.



- |                               |                                 |                                |
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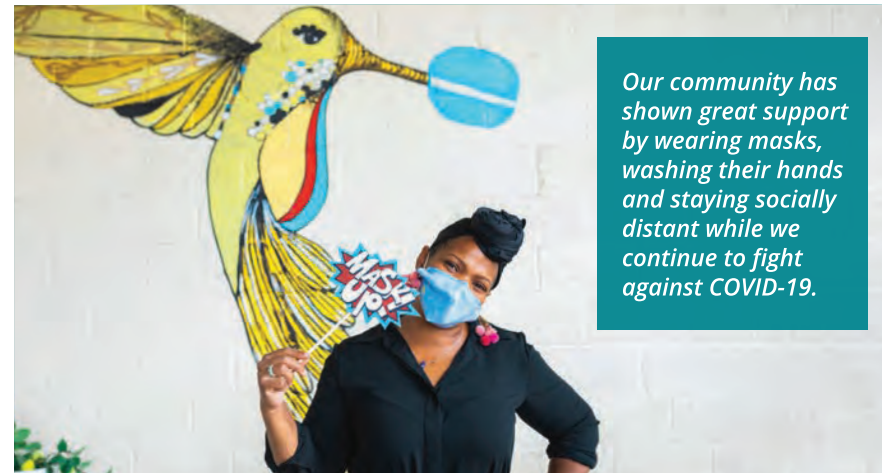
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**Sentara Norfolk General Hospital lights up to show support for our Healthcare Heroes during COVID-19. Please continue to wear a mask while we continue our battle against COVID-19.**

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*Mr. & Mrs. Richard Cocuzza*

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*Mr. James Gilman*

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**Sentara Healthcare Heroes work at COVID-19 drive thru events for testing in our communities.**



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**Beyond Cancer Leadership Cabinet tour the Cancer Center in January 2020**

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**Sentara Norfolk General Hospital employees collected school supplies for students at local elementary schools. They generously donated over 80 bags of supplies!**

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Group tours the Sentara Brock Cancer Center at the naming ceremony.

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*Mrs. Marjory Oliver*
- Mr. Robert Owens  
*Mrs. R. Lynn Owens-Goodrich*
- Mrs. Rebecca Owens  
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Family buys brick to honor a loved one in the healing garden at the Sentara Brock Cancer Center.

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If your name or loved one's name is misspelled or otherwise incorrect, please give us a call at **757-455-7976** and we'll make sure to fix it right away.

**We Want To Connect With You!**  
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*Your help changes lives!*

# SENTARA FOUNDATION—HAMPTON ROADS

*Responding to community need.*



Members of the foundation team dedicate their time to 'give back' and volunteer at the Foodbank of Southeastern Virginia.  
Left to right: Laurel Brown, Bob Garris, Anna James, David Proffitt, Janet Johnson, Ryan Livingston and Sherry Norquist.

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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.

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