

Community Benefits

October 2009

Throughout its long history, Sentara Healthcare has been committed to giving back to its communities. The following stories illustrate how we reach beyond providing high quality care to our patients, working with our communities to prevent disease, educate skilled professionals and collaborate with organizations to meet the healthcare needs of those who otherwise would be unable to afford services. We are proud of these partnerships and the people that contribute toward improving health every day!

Education

Touching Lives Far And Wide

If you've been put to sleep for surgery, it's likely that a certified registered nurse anesthetist (CRNA) administered the anesthetic. CRNAs work in collaboration with surgeons, anesthesiologists, dentists, podiatrists and other qualified healthcare professionals in every type of operation or procedure—from open heart surgery to pain

management programs. Thanks to the support of Sentara Healthcare, Old Dominion University's School of Nursing provides an accredited Nurse Anesthesia Program that helps provide well-trained professionals to fill the need for anesthesia services for hospitals in Hampton Roads and beyond.

Established in 1995, ODU's MSN program in Nurse Anesthesia began when DePaul Medical Center and Sentara merged their hospital-based programs. Sentara provided a \$225,000 endowment to support the program. "Sentara offers a significant amount of cooperation,"

says Michael Jackson, program director. "In addition to funding, Sentara provides clinical settings where our students can work with their anesthesia care team to provide anesthesia services."

Jackson says everyone benefits from the relationship between ODU's program and Sentara hospitals. "Students get to train at top-notch hospitals and the hospitals get highly trained, top-quality CRNAs. It's a good fit for the community."

"It would be impossible to run this program without the support and cooperation of Sentara," Jackson says. "If not for Sentara's role, we would need to send our students all over the country to get the same experience."

Sentara provided a \$225,000 endowment to support the program.



Commitment

Sentara Helps Smokers 'Get Off Their Butts'

Hampton resident Tom Woods, who smoked more than three packs of cigarettes a day, says he was on the pathway to death.

That was just over four years ago. Then, after a series of in-your-face realizations, the 58-year-old retired paint contractor declared, "I don't want to be a hacking old guy!" knowing tobacco is one of the leading contributors toward heart disease and many forms of cancer.

Woods admits he "hemmed and hawed" for several months before setting up a visit with Alverine Mack, a tobacco cessation specialist with Sentara. Mack, a retired Navy nurse, leads the free "Get Off Your

Being an ex-smoker herself, Mack knows her clients are dealing with a highly addictive drug.

Butt" community seminars to assist individuals in kicking the tobacco habit.

"This is a journey of self-examination and acting on what we discover," Mack says of the program that, unlike rigid, one-method-fits-all formulas, allows course adjustments. It teaches the psychological foundations of tobacco dependence, roadblocks to quitting, how to deal with cravings, tips on how those close to the smoker can help and action plans that yield the desired result.

"We explain that this is not about willpower, but commitment," she says. "It's meeting your responsibility to yourself!"

"You have to be ready to quit," Woods warns. "Quitting was hard, and I'll admit I still have my moments."

Being an ex-smoker herself, Mack knows her clients are dealing with a highly addictive drug. This underpins her understanding of the clients she serves in the free classes offered by Sentara Community Health and Prevention. A listing of upcoming classes and locations is available at 1-800-SENTARA or visit www.sentara.com.



Access

Putting Patients First

Before the Virginia Beach Family Medical Center opened in February 2009, Linda Wooten's healthcare strategy was to wait for a problem to get really bad – and then get to the emergency room as quickly as possible for treatment.

But thanks to the clinic's opening, she now has her health back on track. "It's a great blessing," says Wooten, a domestic worker diagnosed with high blood pressure.

Wooten is representative of the 600 patients seen each month at the center. A community assessment five years ago revealed many residents in the southern Virginia Beach area suffered from diabetes and high blood pressure. Equipped with that information, the Virginia Beach Health Advisory Board, Access Partnership and several community organizations sought out a partner to provide primary care resources that would serve all populations including low income and medically underserved, Medicare and Medicaid patients.



With a start-up grant of \$300,000 provided by Sentara Health Foundation, requests for proposals were published. The Peninsula Institute for Community Health (PICH), with five clinics across the Hampton Roads region, was selected as the source to provide medical services to adults who fell through the cracks of making too much income, yet not being able to afford insurance.

Services at the center located at 940 General Booth Boulevard include examinations, lab tests and referrals to specialists when necessary, with patients expected to pay according to income. It is staffed by a doctor, a nurse practitioner and a health educator.

"We are here to help provide a better quality of life. People are seen consistently by the same physician, who can do follow-ups and keep patients on their medications"

— PATRICIA REYNOLDS, EXECUTIVE DIRECTOR

The Virginia Beach Family Medical Center is open Monday, Wednesday, Thursday and Friday from 8 a.m. to 5 p.m. and on Tuesdays from 10 a.m. to 7 p.m. The center's phone number is 757-425-3610.

Southside

JT Walk & Beach Party For Grommet Island & ALS Research Sunday, October 4 9 am registration

34th Street Garage, Virginia Beach
Call 1-800-SENTARA to register for a team.
More information at www.jtwalk.org

Health Screenings

Cholesterol/BP

Tuesday, October 6
9 am – Noon, \$20

Bone Density Screening for Women

Tuesday, October 13
9 am – Noon, Free

Sentara Obici Hospital
No appointment needed.
More information at 757-934-4720.

Sentara Living: Flu Shots

Monday, October 12
10 am – Noon

Bayside Presbyterian Church
Virginia Beach
Free.

More information at 1-800-SENTARA
(1-800-736-8272).

Balance Seminar & Screening

Guest speaker/screener
Mark Casto, PT

Friday, October 16
10 – 11:30 am

Sentara Bayside Hospital
Free.
Register by calling 1-800-SENTARA
(1-800-736-8272).

Better Breathers' Support Group

Allergies

Monday, October 19, 2-3 pm

Sentara Obici Hospital
Free. For more information
call 757-934-4263.

Diabetes Support Group Wednesday, October 21, 7 pm

Sentara Bayside Hospital
Free. More information at
757-363-6834.

Peninsula

Sentara Living: Flu Shots Thursday, October 8 10 am – Noon

Sentara Williamsburg Regional Medical Center
Wednesday, October 21
10 am – Noon
Sentara CarePlex Hospital
Free. More information at 1-800-SENTARA
(1-800-736-8272).

Balance Seminar & Screening

Guest speaker/screener
Mark Casto, PT

Wednesday, October 14
10 – 11:30 am

Sentara Williamsburg Regional Medical Center
Tuesday, October 27
10 – 11:30 am
Sentara CarePlex Hospital
Free. Register by calling 1-800-SENTARA
(1-800-736-8272).

Man-to-Man Prostate Cancer Support Group

Tuesday, October 13
7 – 8:30 pm

ACS program to help men cope
with prostate cancer
Sentara CarePlex Hospital
Free. Call 757-827-2438 for more information.

Bosom Buddies Breast Cancer Support Group

Support group for women diagnosed with breast cancer
Tuesday, October 20
7 – 8:30 pm

Sentara CarePlex Hospital
Free. Call 757-594-1939 for more information.

Health Screenings

Cholesterol/BP

Tuesday, October 6
9 am-Noon, \$20

Bone Density Screening for Women

Tuesday, October 13
9 am – Noon, Free

Sentara Obici Hospital
No appointment needed. More information at 757-934-4720

Diabetes and Eating Out Let's Not Kid Ourselves...

Wednesday, October 21
4 – 5 pm

Dinner together at a local restaurant
Call 757-827-2160
for more information and
restaurant location.

**For H1N1 updates,
register at
www.sentara.com**

Click on "News"
select "Flu Updates"
to receive Sentara FluNews
e-mails.