

SENTARA HEALTH FOUNDATION

VOLUME 11

SPRING 2009

Sentara Legacy Society Aids in Support for Cancer Survivors

A cancer diagnosis is devastating, but thanks to advances in treatment, many patients with cancer have a higher chance of survival. The medical staff at Sentara Healthcare understands that physical recovery is not always the end of the cancer experience.

With the support of the Sentara Legacy Society, the Sentara Health Foundation's giving society, Sentara offers "The Journey Beyond The Diagnosis: Finding Your Path To Survivorship," a program for cancer survivors and their families. The program consists of nine workshops covering topics including new treatments, nutrition, emotional aspects of cancer and treatment, stress management, intimacy, financial and employment issues, and long-term effects from treatment.



The concept is the brainchild of oncology nurse coordinator/patient navigator Helen Mansfield and Dr. Michael Lee, an oncologist at Virginia Oncology Associates.

Dr. Lee is also a cancer survivor, so he understands the many challenges that survivors face. Helen makes it clear that the program is

Charlene Cattoi, a breast cancer survivor, knew that part of winning the fight was her participation in the Journey Beyond the Diagnosis program.

for everyone in the community, not just Sentara patients.

Feedback on the interactive workshops has been very positive. Charlene Cattoi is a breast cancer survivor who has benefited from the program and states, "Cancer is war. Now I am a fighter in this war. Sentara has offered this armor to help protect me. The information [from the workshops] empowers me to heal."

You too can become a member of the Sentara

Legacy Society to support unique programs like The Journey Beyond The Diagnosis that further healthcare excellence. If you would like more information about this program or to make a gift to the Foundation, please contact Meril Amdursky at 757-455-7233.



"This program is working to address long-term physical and emotional needs of cancer survivors and their families, and offers them tools to allow them to live life as fully as possible."

— ONCOLOGIST
MICHAEL E. LEE, MD

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Excellent Care, From Heart to Heart

Roy and Elizabeth Dudley are Norfolk natives who have a special place in their hearts for the Sentara Heart Hospital. In February 2002, Mrs. Dudley was diagnosed with atrial fibrillation, a condition in which the heart develops an irregular rhythm. As a result, Mrs. Dudley has had eight hospital stays over the last seven years.

Since the Sentara Heart Hospital opened in 2006, both she and her husband agree that it is superior to every other hospital they have visited. In fact, the Dudleys are so pleased with the quality of care received at Sentara that they have made a generous gift to further cardiac initiatives and education at the Sentara Heart Hospital.

Mrs. Dudley's most recent stay at Sentara Heart Hospital was in July 2008, when she spent one week there.

**She says about her stay,
"The service I received
was excellent.
The care was excellent.
What a wonderful facility
that we have right here
in Norfolk! My husband
and I are very proud of it."**

— ELIZABETH DUDLEY

As for her atrial fibrillation, Mrs. Dudley comments, "I do not know when it may occur. However, I am in excellent hands with the Sentara Heart Hospital." Thanks to the generosity of the Dudleys and other donors like them, Sentara Heart Hospital can

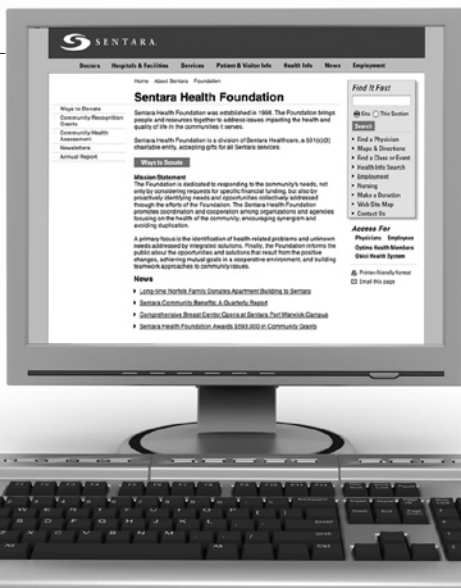
Mr. Dudley states "the staff is so courteous and caring. The rooms were nice, and I can't say enough nice things about [the hospital]. My wife's treatment was very thorough; I even like the parking!"

As for her atrial



Mr. and Mrs. Roy L. Dudley are grateful for the excellent care Mrs. Dudley received at Sentara Heart Hospital.

continue to provide Mrs. Dudley and all its patients with the highest level of care, and serve as a resource for learning to live a heart-healthy life.



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www.sentara.com/foundation

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Credit card gifts can be made online at www.sentara.com/foundation.

The Sentara Health Foundation is a division of Sentara Healthcare, a 501(c)3 charitable entity. All charitable gifts are directed through the Foundation to the appropriate intent.

H.O.P.E. for the Holidays

While thousands of employees give to the H.O.P.E. Fund (Helping Overcome Personal Emergencies) throughout each year, 2008 was a special year in the spirit of H.O.P.E.

During 2008's holiday season, employee groups, managers and executives across Sentara donated to the H.O.P.E. Fund in honor of their co-workers, in lieu of traditional holiday presents.

The H.O.P.E. Fund is designed to assist Sentara employees who experience catastrophic financial loss or hardship through no fault of their own, such as fire, death in the family, flooding, hurricane, tornado, or serious personal

family illness. For the past six years, Sentara employees have voluntarily donated cash or portions of their paychecks to the H.O.P.E. Fund to benefit co-workers in need.

At Sentara, there is no gift like H.O.P.E. for the holidays. Below is a list of employees, employee groups, managers and executives who honored their co-workers with gifts to the H.O.P.E. Fund. We hope this new Sentara tradition will continue!

H.O.P.E. Fund for the Holidays Recognition

Thank you to the contributors to the H.O.P.E. Fund for the Holidays **in honor** of their fellow co-workers and staff. Every effort has been made to recognize our contributors. If there are any corrections, please call (757) 455-7976.

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When Minutes Count, Nightingale is Ready

Patricia Jackson was saying goodbye to friends at a cookout, when suddenly she was struck with a piercing headache and soon fell unconscious. Mrs. Jackson had suffered a hemorrhagic stroke, specifically a brain aneurysm, and emergency surgery was needed—fast. Nightingale came to the rescue, airlifting Mrs. Jackson from Albemarle Hospital to Sentara Norfolk General Hospital, certified as a Primary Stroke Center by The Joint Commission.

The nurses at Sentara Norfolk General Hospital call me a ‘miracle lady’ because I’m not supposed to be here,” said Patricia, who not only survived the flight and the surgery, but was discharged after just ten days without the need for rehab.

Since its inception in 1982, Sentara Nightingale Regional Air Ambulance has speedily transported more than 16,000 critically injured patients like Mrs. Jackson to Sentara Norfolk General Hospital, one of the most advanced Level I Trauma Centers in Virginia.

Staffed by a team of six nurses, ten paramedics, four pilots and two mechanics, Nightingale crew members are

trained and equipped to provide an extremely high level of care, essentially making the helicopter an airborne ICU.

When someone in Nightingale’s service area — which spans from Greater Hampton Roads to northeastern North Carolina — experiences a life-threatening illness or injury and needs emergency treatment, the Sentara critical care staff and rapid transport helicopter cut vital minutes off the trip. What would take 45 minutes by ground takes only ten minutes by air.

Crew members stay focused on the task at hand, despite what often are troubling circumstances on the ground. John Tucker, a paramedic with Nightingale,



Patricia Jackson suffered a brain aneurysm and Sentara Nightingale Regional Air Ambulance was there when it mattered most.

explained, "In our position we have to look at things from a clinical approach, staying emotionally calm, because we want to do what's in the best interest of the patient and increase their chance of recovery."

Providing expert, professional care, however, does not mean being void of compassion.

**"Of course
at the back of your mind
you're always thinking,
'How will this impact a family?'
We never forget we are treating
somebody's loved one."**

– JOHN TUCKER,
NIGHTINGALE PARAMEDIC

During fall 2008, near the one-year anniversary of her collapse, Patricia brought gifts to the staff at Sentara Norfolk General Hospital and presented the Nightingale crew with a plaque to honor them for their part in saving her life. It read in part, "Thank you for giving me my future."

Because Nightingale is such a vital resource for the community and is currently in its 27th year of service, planning is under way to replace it with a newer, state-of-the-art helicopter in 2011. To learn more about Nightingale, visit www.sentara.com/Sentara/Services/NightingaleAirAmbulance.

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SENTARA HEALTH FOUNDATION

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common issues
impacting health
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quality of life in
the communities
we serve.**

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We thank everyone for their gifts **in honor** or **in memory** of family, friends and co-workers. Every effort has been made to recognize our contributors. If there are any corrections, please call (757) 455-4976.

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From One Family to Another: A Family's Charitable Spirit Benefits Moms and Babies

Jane Lyder's family decided years ago that they would not exchange gifts at the holidays. Instead, they would make charitable donations to organizations. Jane's mother, Miriam Lyder, and her sisters Alison Lyder and Roberta Paige, all participate in the tradition.



The Lyder family shared their tradition that it was better to give than receive during the holidays for the Maternal Infant Care Coordination program of Sentara Home Care Services. Pictured: Roberta Paige, Miriam Lyder, Jane Lyder, and Alison Lyder.

Roberta's spirit of giving extends beyond financial gifts—Roberta is the coordinator of the Maternal Infant Care Coordination (MICC) program, a part of Sentara Home Care Services. The program's three-member team (which includes Gloria Garza-Wood, social worker, and Dawn O'Flaherty, lactation consultant) provides services to at-risk pregnant women who would not otherwise have access to quality healthcare.

Jane notes, "We hear about the people Roberta and her team help and wanted to help them too." To that end, Jane, Alison, and Miriam all made generous gifts to MICC.

MICC helps patients receive prenatal care, car seats, cribs, counseling, baby care classes, and other life skills to give at-risk families a better life. Gifts to the program help patients receive quality care, as well as food, clothing, and even GED study guides.

Jane is glad to help the MICC program. She says, "I feel our family is very fortunate. We had parents who worked hard so the three of us could get an education and be successful. I want to give back in some way to show that gratitude. We get so much joy out of giving back, and I think others would get the same pleasure too."

"Our gift keeps what our sister does every day in our minds. An incentive to give is that we know all of the money donated goes directly to caring for women in need and their babies."

— JANE LYDER

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