



SENTARA HEALTH FOUNDATION

2 0 0 7 A N N U A L R E P O R T

A Decade Strong:

F U E L I N G I N N O V A T I O N

SENTARA HEALTH FOUNDATION: *A Decade Strong*



David L. Bernd
CEO, Sentara Healthcare

“The Foundation did not just award grants – It created a culture of collaboration, innovation and hope!”

Sentara Healthcare Board of Directors recognized a need to assist community organizations addressing healthcare-related community needs. In 1998 the Board, led by George Middleton, established a community health fund with an initial \$10-million investment. The money was to be invested with a portion of the interest given back to the community through Community Recognition Grants. We formed a grant distribution committee of community-minded employees to help decide which programs and organizations to support. Thus, the Sentara Health Foundation was born.

Every year the Foundation reports back to the Board the accomplishments, partnerships and new health initiatives that have been created. We are proud to report that the Foundation fund has grown to \$16 million over the last 10 years. As George Middleton reminds us, “This funding will continue to play a vital role in the community, helping to encourage new programs and keeping Hampton Roads healthy.”

John F. Malbon

Chairman of the Board, Sentara Healthcare

Sentara Health Foundation has assisted more than 400,000 people over the last decade. Residents from the Eastern Shore to Greater Hampton Roads have benefited from Sentara Community Recognition Grants of more than \$4.7 million. When the Board of Directors initiated this program, we could only imagine what it would accomplish. The Foundation has exceeded our expectations by working with community healthcare stakeholders to identify community health-related needs, assisting in the development of solutions and introducing programs to meet those needs. The Foundation did not just award grants – it created a culture of collaboration, innovation and hope!

Now the Foundation is engaging in a new venture, developing additional resources to support important hospital initiatives that serve the entire community. Philanthropy has long been a part of Sentara Healthcare as a non-profit organization, but the Foundation is helping individuals match their philanthropic wishes with community and hospital needs. Every day we receive donations from grateful patients who want to say “thank you” for the care they receive and want to assure the same is extended into the future. Please join me in celebrating the past, present and future connections that the Sentara Health Foundation is making to improve health every day.

David L. Bernd

CEO, Sentara Healthcare

SPARKING GREAT LEADERS



Susan Hellstrom (left) and previous agency leader **Angela Kellam**
Beach Health Clinic



Candice Driskell
Access Partnership



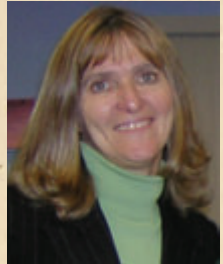
Previous agency leader **Edwina Davis Gary** and **Angela Futrell**
Peninsula Institute of Community Health



Paul Saley and previous agency leader **Kathy Jeffries**, Seton House



David C. Pribble and previous agency leader **Judy Knudson**
Olde Towne Medical Center



Cathy Lewis
Chesapeake Care Clinic



Amy Paulson and previous agency leader **Fran Butterfoss**
Consortium for Infant and Child Health (CINCH)

It has been so rewarding to play a role in bringing together the resources and leaders of the community to form networks, create innovative partnerships, and devise powerful strategies that so positively affect the lives of real people in real ways. We are fortunate to have so many true leaders that care deeply about alleviating the suffering of the poor and disenfranchised and giving our youngest and most vulnerable residents the best possible chance at a good and healthy life. We salute all the projects and agencies that we have funded over the past 10 years, but especially the leaders of these projects that have been our partners for a decade.

Gina Pitrone
Executive Director, Sentara Health Foundation



Barbara Willis, Portsmouth Community Health Center; **Dr. Subir Vij**, Park Place Medical Center; and previous agency leader **John Schalk**, Portsmouth Community Health Center (right)



Gloria Smith and previous agency leader **Cora Gray**
Minority Health Coalition



John Skirven, Senior Services of Southeastern Virginia
Bill Massey, Peninsula Agency on Aging



Lou Markwith and previous agency leader **Mark Cruise**, Virginia Association of Free Clinics



Charlotte C. Dillow and previous agency leader **John Johnson**
H.E.L.P. Free Clinic



Suzanne Puryear and **Claudia Gooch**
The Planning Council

FUELING INNOVATION OVER TIME



DENTAL

NEED: The Surgeon General has declared unmet dental needs the “silent epidemic,” affecting the elderly, uninsured and the youth of our community more than any others.

INNOVATION: Established an oral health coalition, supported free dental clinics and mobile dental care, encouraged replication of successful dental projects, advocated for increase in Medicaid funding for children’s dental care.

NUMBER SERVED: 11,513

Over the past 10 years Sentara Health Foundation has assisted the community with filling the health care gaps, developing new programs and building consensus around current health issues.

NEED: Lack of medication access for elderly prior to Medicare Part D and as they go through the “donut hole,” uninsured with chronic diseases and who lack resources for medications, working uninsured with acute medication needs, and growing pharmacy co-pay cost for the insured.

INNOVATION: Developed regional “stop gap” solutions for elderly; helped agencies and clinics provide free medication assistance programs; advocated for statewide initiative to provide free medications for Virginia uninsured and for state funding to assist with these initiatives.

NUMBER SERVED: 31,037

PHARMACY ACCESS



PRIMARY CARE



NEED: Growing number of uninsured, increasing number of uninsured accessing primary care in emergency rooms, reduction in primary care workforce, lack of collaboration and coordination among healthcare providers serving the uninsured.

INNOVATION: Developed the only regional collaborative focusing on access to care, Access Partnership, to assist in development of new reduced-cost primary care access points; expanded services of existing clinics and programs; advocated for federal and state funding to address needs in Greater Hampton Roads.

NUMBER SERVED: 268,180

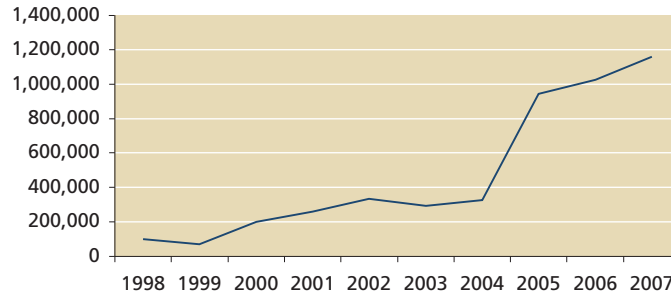
COMMUNITY RECOGNITION GRANT FUNDING: A Decade Strong

10 YEARS

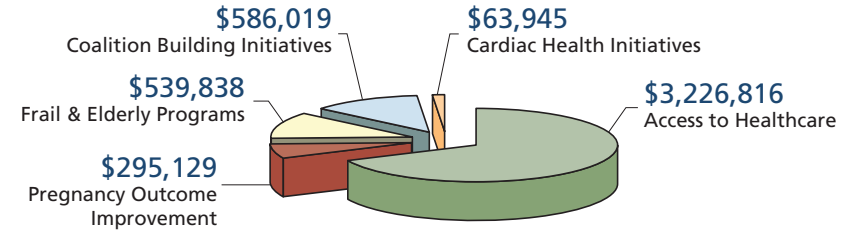
\$4.7
Million Awarded

339,000
People Served

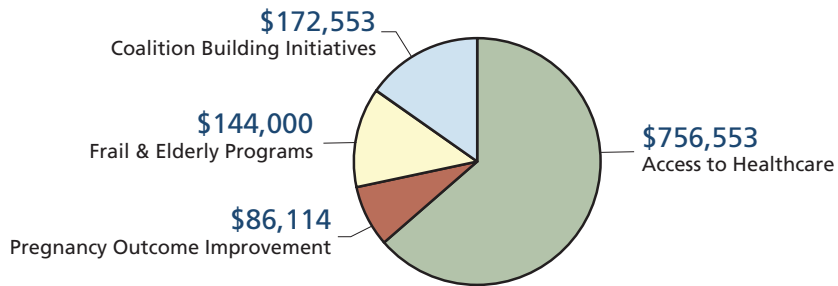
Grant Dollars Awarded 1998-2007



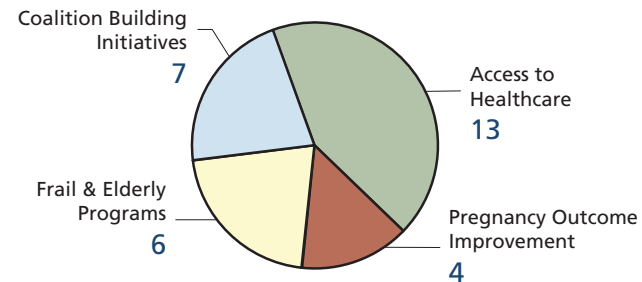
Grants Funded by Priority Area - 10 Years



2007 Grant Funds Awarded



2007 Community Recognition Grants Awarded



2007

\$1,159,220
Awarded

42,378
People Served



FANNING THE EMBERS OF

Gina:

Again this year, please accept my family's sincere gratitude for providing corporate sponsorship during the Juvenile Diabetes Research Foundation 2007 Walk for a Cure. We were comforted by Sentara's continued support to all the families participating.

By supporting JDRF research, Sentara is making a difference for our 5-year-old daughter, Sydney, and others living with Type 1 diabetes every day.

With heartfelt thanks,
Ruth

*There's a
Real Story
Behind Every
Contribution*

Dear Awards Committee:

Saturday I went to the walk for Cystic Fibrosis in Chesapeake. I was very pleased when I saw the t-shirts with Sentara on the back. I was proud to say I work for Sentara. Thank you so much. I desperately want a cure for Cystic Fibrosis.

My 14-year-old grandson has a really bad case. He was in the hospital just before Christmas for two weeks. We have started the proceedings for a lung transplant. Thank goodness, he is not ready yet. Our prayer is that there would be a cure before he needs one. Thank you Sentara for your contribution. I hope that in the future you will continue to help us fight the disease.

Jean

**In 2007, we sponsored
63 events in the Greater
Hampton Roads area
contributing \$165,770.**

**Over the last 10 years,
we have sponsored 446
events with \$1,426,270.**

OPTIMISM THROUGH COMMUNITY BENEFIT SPONSORSHIP

ACCESS College Foundation 2007 ACCESS Health Careers Project

Alzheimer's Association SE Virginia Chapter Memory Walks: Virginia Beach, Peninsula and Williamsburg; 18th Annual Education Conference

American Cancer Society Relay for Life: Southside, Peninsula, Williamsburg, Gloucester, Mathews County, Middlesex, Franklin/Southampton County, Isle of Wight/Surry, Suffolk and New Kent County

American Diabetes Association 5th Annual Diabetes Gala; America's Walk for Diabetes: Southside and Peninsula

American Foundation for Suicide Prevention Out of the Darkness Community Walk

American Heart Association Peninsula-Williamsburg Heart Gala and Heart Walk; Southside Heart Gala and Heart Walk

American Lung Association Asthma Walk: Hampton Roads and Eastern Shore

American Red Cross - Gloucester Chapter Local chapter event

American Red Cross - Hampton Roads Chapter Local chapter event

Arthritis Foundation Arthritis Walks: Norfolk, Suffolk, Newport News and Williamsburg; Arthritis Ball

Barrett Haven, Inc. 7th Annual Black and White Gala

Biz-Net, Inc. Dedication/ribbon cutting ceremony: Biz Net Village

Bharat, Inc. A Taste of India

Brain Injury Association of Virginia, Inc. Camp Bruce McCoy: sponsorship of one underprivileged camper and medical supplies

Camp Virginia Jaycee Foundation 13th Annual PIG OUT to benefit Camp Va. Jaycee

CaringBridge Enhanced website sponsorship

Cerebral Palsy of Virginia 15th Annual 5K Run & Walk-a-thon

City of Norfolk Norfolk Seniors' Conference

Cystic Fibrosis Foundation Great Strides Walk

District 8 Little League First aid kits

Down Syndrome Association of Hampton Roads 6th Annual Buddy Walk

Girls on the Run of South Hampton Roads Coaches' boxes and t-shirts

Hampton Roads Youth Center Ray of Hope 2007

I Need a Lighthouse, Inc. Beacon of Hope community event

Juvenile Diabetes Research Foundation International Walk for the Cure

L. D. Britt, M.D. Scholarship Committee L.D. Britt, M.D. Scholarship Fund

March of Dimes WalkAmerica: Virginia Beach/Norfolk, Peninsula, Suffolk and Williamsburg

National Kidney Foundation of the Virginias Kidney Walk

Samaritan House De-Feet Domestic Violence Walk

Sudden Unexplained Death in Childhood 2nd Annual Jacob's Run for a Reason

Susan G. Komen Breast Cancer Foundation 7th Komen Tidewater Race for the Cure

The Volunteer Center of the Virginia Peninsula Corporate Volunteer Recognition Dinner

Union Mission Ministries Wellness Program

United Way of South Hampton Roads Project Homeless Connect

Urban League of Hampton Roads Whitney M. Young Dinner

Virginia Association of Free Clinics 2007 VAFC Annual Conference

Virginia Beach Performing Arts Center Foundation Tribute to Sentara Healthcare providers

Virginia Breast Cancer Foundation Annual Fashion Show and Silent Auction

VOLUNTEER Hampton Roads Hampton Roads Institute for Nonprofit Leadership; Hampton Roads Volunteer Achievement Awards and Hampton Roads Corporate Volunteer Excellence Awards

WHRO 5th Annual Pioneer Awards Dinner and Auction

YWCA of South Hampton Roads 2007 Women of Distinction Awards

Every Person Deserves Medical Care

With the financial assistance from Sentara Health Foundation, H.E.L.P., Hampton Roads Ecumenical Lodgings and Provisions, opened a free evening medical clinic in 2001 for homeless and low-income individuals and families with no medical assistance coverage.

A non-profit organization founded in 1982, H.E. L. P ministers to the dignity and needs of people in the Hampton area by helping them with housing, food, health and dental care, in addition to providing financial assistance to help families avoid homelessness.

“Since the inception, Sentara was instrumental in getting the doors open and helping us keep them open,” says Executive Director Charlotte Dillow. Sentara funds a grant to pay the salary of a part-time nurse practitioner and a licensed clinical social worker who runs an “elder program” and assists clients with basic living skills. Patients also get lab work done at Sentara at no charge.

Last summer H.E.L.P. took another step forward and began a free dental clinic. Sentara recently awarded the organization a grant to add additional pharmacy hours and pay the salaries of a pharmacist and pharmacy tech.



“Since the inception, Sentara was instrumental in getting the doors open and helping us keep them open.”

I G N I T I N G N E W I D E A S A N D P A R T N E R S H I P S

“As more citizens rely on our health care safety net for their most basic health needs, we must strengthen that system. We must also look for new, innovative ways to provide access to health insurance, sharing responsibility with our private sector partners and our citizens.”

Virginia Governor
Tim Kaine

Access to Basic Healthcare

Beach Health Clinic, Inc. – \$23,787

To provide a cancer screening program for qualifying clinic patients serving both men and women in Virginia Beach.

Chesapeake Care, Inc. – \$30,000

To expand dental care for the uninsured through the volunteer-based dental program in South Hampton Roads.

Child & Family Services of Eastern Virginia – \$50,000

To implement mental health services, substance abuse counseling and psycho-educational groups for uninsured, underinsured and low-income citizens on the Southside and Peninsula.

ForKids, Inc. – \$23,796

To coordinate transportation and medical support for homeless shelter children who require immediate healthcare needs when entering shelter services on the Southside.

Menchville House Ministries – \$3,500

To provide in-house clinic services for women and children residing in homeless shelters and help them find affordable medical services on the Peninsula.

Seton Youth Shelters – \$17,500

To provide access to basic mental health crisis counseling for Greater Hampton Roads youth at shelter locations and van outreach counseling.

Operation Blessing – \$47,970

To staff a mobile dental clinic that will provide free basic dental care to the under and uninsured citizens on the Southside.

Virginia Health Care Foundation – \$60,000

To coordinate and implement health-improvement projects affecting Greater Hampton Roads and benefiting the healthcare safety-net providers.

We Work Together To Do What Cannot Be Done Alone

It often takes many organizations working together to find good solutions to complicated problems such as healthcare for the homeless. Claudia Gooch, Vice President for community planning and development at The Planning Council, asked Sentara to contribute \$15,000 to fund a community planning process in 2005, an important step in applying for a federal grant. Then she worked with Park Place Medical Center in Norfolk to provide healthcare services.

Working through the Norfolk Homeless Consortium, the eventual result was a two-year grant for nearly \$400,000 to provide healthcare to Norfolk's homeless. Since the grant began, there have been more than 300 patient visits.

"The great thing about this grant is that it continues if guidelines are met," Gooch says. "Sentara Foundation has a commitment to the planning process – not just to healthcare for the homeless, but Sentara supports the process that results in federal grants that just keep going."



"Sentara Foundation has a commitment to the planning process – not just to healthcare for the homeless, but Sentara supports the process that results in federal grants that just keep going."

THROUGH COMMUNITY RECOGNITION GRANTS

Peninsula Institute for Community Health (PICH) – \$100,000

To expand services to its Main Street Physicians with addition of one full-time family practice physician.

Portsmouth Community Health Center, Inc. – \$100,000

To hire a family practice physician to provide medical care to both adults and children in need of a primary care provider in Portsmouth and the surrounding area.

Park Place Medical Center – \$100,000

To hire and maintain the services of a family practice physician, providing primary care to Norfolk residents that do not have a medical provider.

Chesapeake Care, Inc. – \$100,000

To support a part-time nurse practitioner, expanding daytime program hours.

Olde Towne Medical Center – \$100,000

To provide a part-time pediatric dentist that will focus on the unmet dental needs of Medicaid and uninsured children on the Peninsula.

Coalition Building Initiatives

Access Partnership – \$70,000

To establish a regional healthcare collaborative and develop solutions that will improve access to medical services for underinsured and uninsured residents of Greater Hampton Roads.

Center for Sexual Assault Survivors – \$6,553

To provide advocacy and treatment services to victims of sexual assault by working in collaboration with each organization assisting these victims throughout the Peninsula.

Minority Health Coalition of South Hampton Roads, Inc. – \$20,000

To bring Southside faith-based organizations and individuals together to promote good health practices and disease prevention, and to improve access to healthcare.

“Approximately 75 percent of the Commonwealth’s one million uninsured work or live in households where someone works full time, many of them for small businesses that can’t afford to provide health insurance.”

Virginia Health Reform Commission 2007 report



Showing Compassion For Our National Heritage

When Mary Hill returned home to care for her 86-year-old mother when her dad died, she also thought about two other close relatives suffering from dementia and Alzheimer's living in an assisted living/nursing home. She felt there was more she could do. So she converted her empty rental house property into a place they could call home. Now they get 24/7 care because of her efforts.

"Taking care of my mom and my other relatives is my passion – a calling," says the 47-year-old, who is seventh-generation resident of Hobson, a small village in northern Suffolk, Virginia.

Fortunately, she found the resources and support to enhance her abilities as a caregiver through the Caregiving Training Program offered by the Suffolk Chapter of the American Red Cross and supported through a \$30,000 grant from the Sentara Health Foundation. A national program through the American Red Cross, the local Suffolk chapter provided almost 1,200 education sessions in 2007 with the grant from the Sentara Health Foundation.

"Our goal is to help caregivers help their loved ones stay as independent as long as they can," says Purkett-Harrell, health and safety director of the Suffolk Red Cross.

"Our goal is to help caregivers help their loved ones stay as independent as long as they can."

Nearly one in five U.S. adults – more than 40 million people – don't have adequate health care because they can't afford it, restricting their access to one or more of the following services: medical care, oral health care, prescription medicines, mental health care or eyeglasses.

Center for Disease Control
Report: *Health, United States, 2007*

RxPartnership – \$15,000

To coordinate statewide program facilitating access to free prescription medications for clinics serving low-income citizens without insurance in Greater Hampton Roads.

Self Protection Awareness (SPA) – \$15,000

A collaborative effort of homeless outreach agencies working to improve access to medical services for homeless on the Peninsula.

The Oral Health Improvement Coalition of South Hampton Roads – \$40,000

To improve the delivery of dental care to uninsured residents of South Hampton Roads through an innovative, collaborative process finding best-practice solutions.

Old Dominion University Research Foundation – \$6,000

To further analyze and report data measuring the behavioral rationale and compliance activity of uninsured and underinsured patients using the emergency room.

Frail and At-Risk Elderly

Circle of Love Faith in Action Seniors' Volunteer Program – \$7,000

To provide coordination of transportation services at no cost to the frail, elderly, handicapped and those with debilitating health conditions on the Peninsula.

Eastern Shore Community Services Network, Inc. – \$10,000

To provide African-Americans on the Eastern Shore with vital educational programs on diabetes management and alternative medical interventions.

Peninsula Agency on Aging, Inc. – \$7,000

To coordinate volunteer medical transportation program serving low-income, at-risk seniors on the Peninsula, providing transportation for non-emergency doctors' appointments, medical tests and the pharmacy.

There is No Second Chance to Give Babies a Healthy Start

There were 46 healthy babies born to 46 motivated teen moms in Norfolk last year because of a special program funded by Sentara Health Foundation.

The Brighter Tomorrow Project, a free program run by the International Black Women's Congress Inc., has two consultants and a coordinator funded by Sentara. Pregnant teens are matched one-on-one with mentors who counsel them about a variety of issues, including self-esteem, academics, career, health and delivery planning.

Spearheaded by retired schoolteacher Eleanor Brown, the purpose of the project is to improve pregnancy outcomes – to ensure more healthy, full-term, full birth-weight babies. She first saw the need for such a program when she was teaching and girls came to school pregnant, often trying to hide their pregnancies by dieting, resulting in low birth-weight babies, and not getting prenatal care until the very end of their pregnancies.

"Babies born under these circumstances often don't catch up their whole lives," she says. "Programs like this are vital to prevent children who are at risk for health, educational and social problems."

All teens involved with the program to date have given birth to healthy, full-term babies. "Brighter Tomorrow gives girls a realistic view of life and helps them learn to plan for their lives and children," says Brown.



"Brighter Tomorrow gives girls a realistic view of life and helps them learn to plan for their lives and children."

Portsmouth Community Health Center, Inc. – \$40,000

To provide full-time pharmacy technicians on the Southside to help indigent and frail/elderly patients obtain medications as part of their physicians' treatment plans.

Senior Services of Southeastern Virginia – \$50,000

To provide much-needed navigation and application assistance for high risk, low-income individuals on the Southside in need of free or reduced-cost medications.

America Red Cross – Suffolk Chapter – \$30,000

To provide elderly care training for individual caregivers who provide personal care for a frail elderly person in a family setting in Suffolk.

Pregnancy Outcome Improvement

Chesapeake Health Investment Program (CHIP) – \$37,114

Provide support, education and referrals for expectant new parents in Chesapeake through case management, home visitation and parenting classes.

Horizons Unlimited Youth and Family Development, Inc. – \$5,000

To conduct a Healthy Youth Healthy Family educational project designed to reduce teen pregnancy in at-risk communities of Hampton and Newport News.

House of Esther – \$15,000

To provide housing and coordination of crisis pregnancy services including prenatal and postpartum care, teen parenting classes and referrals to community agencies in greater Hampton Roads.

International Black Women's Congress – \$29,000

To provide support and monitoring of prenatal care to teens in Norfolk's public housing developments to prevent premature births and encourage healthy deliveries.

"Virginia has a high infant mortality rate. By providing more women with access to prenatal care services earlier on in their pregnancy, I am hopeful that we can begin to decrease the number of infant deaths in the Commonwealth."

Virginia Governor
Tim Kaine

INSPIRING PHILANTHROPY



Advancing Heart Research

Sentara Cardiovascular Research Institute provides access to medical innovations including new technology, investigational drugs and devices and novel approaches to care delivery. Contributions from the community, such as the endowment established by Dr. Marion "Pat" Robertson, help fund studies not supported by government or industry grants.

Fostering Breast Health

Mrs. Dorothy G. Hoefer made a contribution in memory of her two sisters who lost their lives to cancer. The \$500,000 gift was used to support the establishment of a comprehensive breast center in Port Warwick and encourage innovative new programs and services.



Fueling the Nightingale Air Ambulance

Receiving treatment and assessment within the first 60 minutes of an injury has a profound impact on a successful recovery. Mike Donckers, who was airlifted to Sentara Norfolk General Hospital after a car accident 10 years ago, understands this all too well. His injuries left him hospitalized for several weeks, but he was grateful for his full recovery. His gift to the Nightingale air ambulance fund keeps this bird in flight.

1 9 9 8



Expanding Growth in Medical Technology

The generosity of the late Mary H. Winder and The Sentara Auxiliary facilitated the purchase of an intracardiac ultrasound. This technology affords more accurate diagnostic capability without anesthetizing the patient, allowing ongoing communication with the physician during the procedure.



Developing Future Facilities for a Changing Population

The dream of civic leader James P. Guzzy in the 1950s to build a hospital in Princess Anne County is becoming a reality. His vision was to make provisions in his estate that resulted in a \$2.4-million bequest, at the death of Mrs. Elisabeth C. Guzzy in 1999, to help build a hospital.

Furthering Nursing Education

The Baker family's legacy is steeped in the nursing tradition, beginning with Mary Peed Baker, who graduated in 1897 from Norfolk General's precursor nursing school, Retreat for the Sick. Her daughter-in-law, Sara Lee Baker, continued the family heritage through her contributions of more than \$1 million to support the education of these noble caregivers.



Innovating Cardiac Care

Peter and Phyllis Pruden's generous gifts, totaling \$1 million, have been directed to the Sentara Heart Hospital, cardiovascular research and other innovations in cardiac care.



Remembering Loves Ones

Bringing care and comfort to the terminally ill is a mission of love and a joint effort between Sentara and the community. Gifts from more than 2,500 donors have helped us deliver the highest level of care to those facing their most difficult struggle.

2 0 0 8



Energizing Hospital Operations

Unrestricted gifts help our hospitals operate at top level by funding the area of greatest need at that time.

FUELING PHILANTHROPY AT SENTARA

	2007	10 Years
Dollars Raised		
Planned Gifts	35,765	6,107,747
Major Gifts	837,402	2,682,728
Annual Gifts	199,416	1,178,503
Grants Received	59,950	1,883,446
Totals	\$1,132,533	\$11,852,424



R A D I A T I N G H . O . P . E .

Helping Overcome Personal Emergency:

A Fund by Employees for Employees

Sentara employee Holly McGee turned to the H.O.P.E. Fund for help when she was about to lose her home because of her husband's medical bills due to his diagnosis of brain cancer. Because of assistance she received, she was able to make the mortgage payment and save her home.

After Richard passed away three years later, Holly and her 15-year-old daughter, Tiffany Lloyd, faced – once again – having to find resources to pay everyday bills on top of medical bills. Holly says that although her “pride was high, and it was hard to ask for help,” she went to the fund one more time when they had nowhere else to turn. H.O.P.E. provided assistance for the mortgage, the electric bill and groceries.

Holly is just one of many employees facing catastrophic financial loss and hardship that the H.O.P.E. Fund has been able

“The support we received from the H.O.P.E. Fund was the bridge we needed and we are forever grateful.”

to help because of the generosity of other employees. The fund celebrated its fifth year in 2007.

It began after Hurricane Isabel in September 2003, when many Sentara employees experienced property damage and injury from the storm and financial strain from loss of food and wages. The Sentara Health Foundation assisted with the organization of the fund so that employees could help each other.

After the storm ended, the fund continued to help Sentara employees like Holly experiencing crises such as a death in the family, a serious illness, a fire or other natural disaster.

“The support we received from the H.O.P.E. Fund was the bridge we needed and we are forever grateful,” Holly says.



Sentara employees have given generously to help their co-workers through unexpected hardships.

*Individually we provide help,
but together we provide hope.*

Total employee contributions in 2007: **\$100,476**

Funds awarded to benefit Sentara employees in 2007: **\$108,713**

Total employee contributions over five years: **\$287,497**

Funds awarded to benefit Sentara employees over five years: **\$239,570**

Employees donating over five years: **2,700**

Employees assisted over five years: **251**

WAYS TO GIVE

To join the efforts of the Sentara Health Foundation with a gift towards support of the Foundation's community care and advanced technology programs, or to make a designated gift for a specific program or hospital, go to www.sentara.com/foundation and click on "Ways to Donate" or contact the Sentara Health Foundation directly at (757) 455-7976. Outright donations to the Sentara Health Foundation can be made in the form of:

- Cash contributions
- Gifts of stocks and securities
- Gifts of real estate or other property of value
- Life insurance policies
- Your company's matching gift program

Other ways to support Sentara Healthcare include:

- Retirement plans
- Bequests in your will
- Planned gifts, life income gifts and gifts in trusts

For your consideration, memorial and honorary gifts can be made through the Foundation and notification of your gift will be sent to your designated honoree. This gift is often used to:

- Remember a loved one
- Celebrate an achievement
- Honor a friend
- Recognize an event or a holiday

*All gifts to Sentara are tax-deductible to the full extent of the law.
Sentara Health Foundation is a division of Sentara Healthcare a 501(c)(3) charitable entity.*

Your Support Makes a Difference



The Sentara Health Foundation staff: (seated) Advancement Specialist Cynthia Beckwith, Secretary Janet Johnson; (standing) Major Gifts Consultant Meril Amdursky, Executive Director Gina Pitrone and Sentara Healthcare Vice President Vicky Gray. Not pictured, Foundation Assistant Laurie Willis.

SENTARA HEALTH FOUNDATION

A Decade Strong: **FUELING INNOVATION**

CONNECTING WITH SENTARA

For 10 years Sentara Health Foundation has worked with many agencies in Hampton Roads that address the pressing healthcare needs of the uninsured and underserved. The Foundation has fueled the ideas generated by dedicated agencies and partnered with them to further the necessary work of bringing good healthcare to our entire community.

To learn more about Sentara Health Foundation, obtain grant guidelines and applications, or to make a contribution, please visit www.sentara.com/foundation or call 1-800-SENTARA (1-800-736-8272).

Sentara Health Foundation
6015 Poplar Hall Drive, Suite 308
Norfolk, VA 23502

(757) 455-7976



Your community, not-for-profit health partner