

SENTARA HEALTH FOUNDATION

Making the **CONNECTIONS** that make a difference



“I had dental, vision and medical insurance, but I lost it all, overnight, in my divorce. On my bad days I can’t work. The clinic has been a lifesaver for me.”
Carolyn, a Beach Health Clinic patient.



“My meds alone run up to \$3,800 a month. I could not survive without the clinic. I’m grateful to everyone there and to all who make it possible.”
Gillian, a Beach Health Clinic patient suffering from asthma, fibromyalgia and hypertension.



“I know I can never repay people for the kindness they’ve shown me, but I can use the energy to help others.” Gloria, a Beach Health Clinic patient.

SENTARA HEALTH FOUNDATION

The Sentara Foundation brings leadership and vision to community health initiatives. We support the broadest variety of collaborative efforts, constantly connecting agency to agency, individual to agency, and continually searching for new ideas.

“True Prosperity is measured by the strength of our **RELATIONSHIPS.**” *Anonymous*

The agencies and organizations that help people in need gain access to health care, that see to the care of the uninsured and underinsured, that assist those with nowhere else to turn—those are the agencies and organizations that Sentara Health Foundation is here to empower and help.

Sometimes we support an effort already in progress, and sometimes we lead the way. The Foundation initiated roundtable discussions on access to affordable dental and medical care, resulting in the formation of Access Partnership and the Oral Health Coalition. Now a state corporation and a 501(c)(3) non-profit with more than 200 members, Access Partnership develops health improvement solutions for the uninsured in Hampton Roads. As a result two major projects have been funded by the Federal Government.

A master's student, the Foundation's Executive Director, a military liaison, a social worker, a retired dentist and a dental assistant working together to make the Oral Health projects a success.



“By mobilizing community coalitions and promoting their health care initiatives and by building coalitions that generate new funding sources, Sentara has been able to make strides in areas previously too daunting to tackle alone.”

Gina Pitrone, Executive Director

Programs and services are important, but it all comes down to the people. Sentara may fund it, but the people make it work.



Once serving his country, Wally now serves his community.

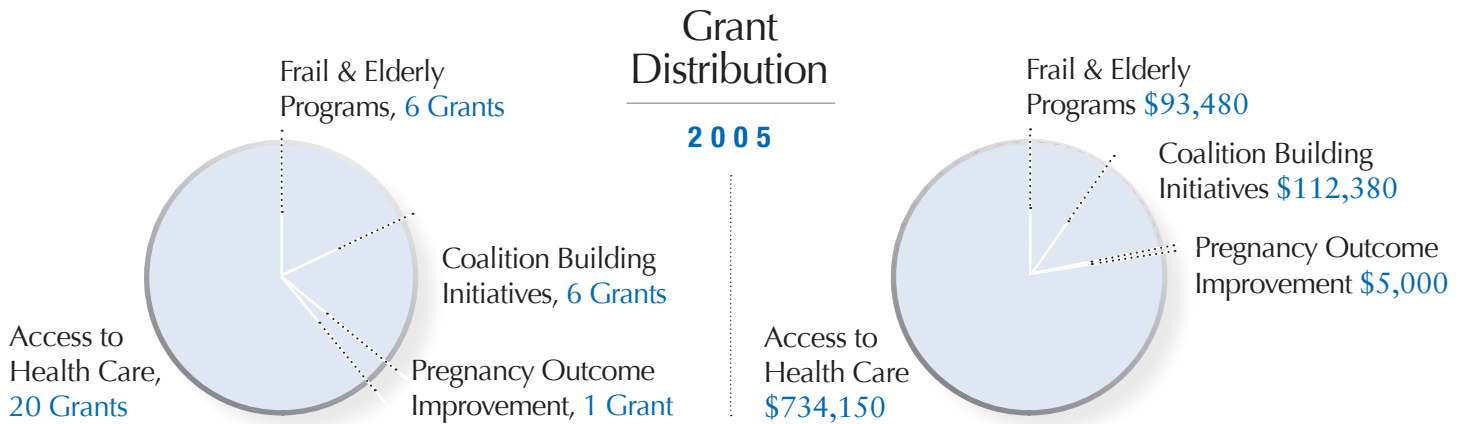
Not only do we encourage **LEADERSHIP** we reward it

As a partner to community service agencies throughout Hampton Roads, the Foundation sees remarkable volunteer efforts and volunteers. Last year, we singled out for special recognition a champion of local dental health access, Captain Walter M. Milnichuk, DC, Commanding Officer, Naval Regional Dental Command, Norfolk—“Wally,” as friends know him.

The Sentara Health Foundation Executive Director, Gina Pitrone, recognized Wally as a volunteer leader. He has dedicated years to the improvement of oral health in Hampton Roads, giving his time and leadership to such organizations as the American Red Cross Dental Clinic, the Chesapeake Care Free Clinic, Old Dominion University and serving on the Executive Steering Committee for the Oral Health Improvement Coalition of South Hampton Roads.

Community **RECOGNITION** Grants

In 2005, Sentara Health Foundation awarded 33 Community Recognition Grants for a total of \$945,010. Priority areas of funding included programs for the frail and elderly, pregnancy outcome improvement, coalition building initiatives and projects increasing access to basic health care services.



COMMUNITY Benefit Funding

We partnered with them, we funded them, and we salute them

We provide funding in other ways, too. In addition to Recognition Grants, Sentara Health Foundation provides funding for “community partners,” organizations addressing unmet health care needs through health education programs, health mobilization initiatives, community awareness programs, special events and wellness campaigns. In 2005, 28 community partners received a total of \$101,930 as the Foundation acknowledged corporate citizenship and community collaboration.

Community Grants	\$945,010
Community Benefit Funding	\$101,930
Total Awarded	\$1,046,940

Our **PARTNERS** Include

In 2005, Sentara Health Foundation provided support and funding to the following organizations, associations and institutions, all active in important ways for the betterment and extension of health care in Greater Hampton Roads.

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|------------------------------------|-----------------------------------|--|
| ACCESS College Foundation | Girls on the Run | The Planning Council |
| Access Partnership | Jewish Community Center | The Volunteer Center of the Virginia Peninsula |
| Alzheimer’s Association | Leukemia & Lymphoma Society | United Way of South Hampton Roads |
| American Diabetes Association | March of Dimes | Urban League of South Hampton Roads |
| American Heart Association | NCCJ Virginia Region | Virginia Association of Free Clinics |
| Arthritis Foundation | Operation Smile | Virginia Primary Care Association |
| Beta Sigma Phi – Tidewater | Oral Health Improvement Coalition | VOLUNTEER Hampton Roads |
| Eastern Virginia Perinatal Council | Strategy Partners, Inc. | YWCA of South Hampton Roads |
| Empower Hampton Roads | Susan G. Komen Foundation | |
| Eastern Virginia Medical School | The College of William & Mary | |

GRANTS

Over the last seven years, Sentara Health Foundation has assisted more than 207,482 people accessing health services. We provided 158 grants for a total of \$2,307,359 in funding to community agencies working together to improve access to health care services. The majority of those served by the grants are at or below 200% of the federal poverty level, and more than 20,000 were frail and at-risk seniors.

Access to **HEALTH** Care

Access to basic health care is made possible for those who otherwise could not afford it. An estimated 200,000 individuals in the region may be uninsured.

American Cancer Society - \$22,000

To help educate African American men about prostate cancer screenings, the importance of early detection and local treatment options.

American Diabetes Association - \$7,500

To conduct workshops focused on diabetes awareness, particularly youth and Type 2 diabetes, as well as healthy eating, increasing physical activity and cardiovascular disease awareness.

American Red Cross Dental Clinic - \$10,000

To increase dental services for underserved women in Norfolk.

Beach Health Clinic - \$20,000

To increase breast and cervical cancer screenings.

Chesapeake Care Free Clinic - \$20,000

To provide dental services for the uninsured at 200% below poverty level.

Chesapeake Care Free Clinic - \$100,000

To hire a part-time family practice nurse practitioner.

Consortium for Infant and Child Health - \$5,000

To identify and enroll uninsured children in insurance programs through outreach and application assistance.

Judeo-Christian Outreach Center - \$10,000

To provide a medical case manager to residents, ensure success with the new Supportive Housing Project and decrease reliance on ER care for shelter residents.

Beach **HEALTH** Clinic

Changing lives—saving lives

The Foundation is humbled with the knowledge that the funding we provide not only changes lives but saves lives. Here is Gloria's story, another testimony to the importance of the Foundation's support.

In 2005, Sentara Health Foundation funded a Women's Health Program that included breast and cervical cancer screening, health education and a total of 902 patient visits. Of the 792 women served, 18 received critical referrals for additional treatment. From this project, clinic staff learned that every eligible woman who comes into the clinic should be screened for cancer. A valuable lesson learned.

Gloria, whose story appears below, is one of those not only eligible for the routine care she received but qualified to receive preventive care, too, thanks to the Women's Health Program funded by Sentara—an important addendum to Gloria's story since her particular illness makes her high risk for breast cancer.

In 1999, Gloria—the lady pictured on our cover—had a job, a nice home and plans for a career in social work.

But that year, she developed a medical problem that drained her of her energy. She was soon unable to stand or walk, even for short periods of time. Her problem was diagnosed as fibromyalgia, a neuro-muscular disorder. Her medical insurance did not cover her disability and, since she soon lost her job, the coverage she did have was cancelled. Along with losing her career dreams and her job, Gloria lost her home. Within a shorter period of time than anyone would have thought possible, she had lost everything.

Mental Health Association in South Hampton Roads - \$3,000

To assist mentally ill patients with counseling, mentoring and support groups.

Operation Blessing - \$20,000

To provide free basic dental care services to the uninsured.

Operation Blessing - \$100,000

To operate a mobile dental van with a full-time dentist.

Park Place Medical Center - \$100,000

To add a family practice physician.

“I know I can never repay people for the kindness they’ve shown me, but I can use the energy to help others.”



“By good luck and God’s grace,” Gloria says, she found her way to Beach Health Clinic, a program that provides free services to the uninsured, thanks to (in their words) “the generosity of local physicians, medical professionals and funding organizations like Sentara Health Foundation.”

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Over the last seven years, the Foundation has funded the Beach Health Clinic—providing \$252,161 in support.
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About her care and the professionals at the clinic, Gloria says, “They are such a blessing. I couldn’t have made it without them.”

It’s hard to hear Gloria’s story without realizing that all of us are potentially one event, one disaster away from losing it all. Any of us could be in need of the community services provided by the many organizations that the Foundation helps to support. Gloria is grateful that she will have the chance to use her growing strength to give to others.

Peninsula Christian Free Clinic - \$15,600
To provide pharmacy care to low-income patients.

Peninsula Institute for Community Health - \$22,050
To provide access to radiology, pathology, cardiology, and emergency medical services to patients at 200% below poverty.

Peninsula Institute for Community Health - \$100,000
To staff a full-time physician’s assistant.

GRANTS *continued*

Portsmouth Community Health Center, Inc. - \$20,000
To provide a pharmacy technician to assist high-risk residents with their medications.

Portsmouth Community Health Center, Inc. - \$100,000
To add a family practice physician.

Seton House - \$10,000
To provide basic mental health service for high-risk teens.

St. Mary’s Home for Disabled Children - \$15,000
To hire a full-time certified recreation therapist to work with severely disabled children.

Virginia Health Care Foundation - \$34,000
To implement health improvement projects specific to Hampton Roads seniors for access to care.

COALITION Building Initiatives

Coalition building aims to fill the health care gaps locally, for all populations at risk, through partnership.

Access Partnership - \$50,000
To develop health improvement solutions in the Hampton Roads community for the uninsured and underinsured.

CHIP/Healthy Families Chesapeake - \$7,380
To create a systemic continuum of services for Chesapeake children, ages birth to 6.

Minority Health Coalition - \$20,000
To promote good health practices and disease prevention in the minority faith-based community.

Rx Partnership - \$10,000
To coordinate a program for uninsured, low-income citizens to access free prescription medications.

Self Protection Awareness - \$10,000
To improve access to medical services through education and referrals for persons without shelter.

The Planning Council - \$15,000
To coordinate collaborative efforts for grant funding from the U.S. Department of Health and Human Services for homeless health care services.

FRAIL and **AT-RISK** Elderly

The frail and elderly are society's most vulnerable people. There is a huge gap between Medicare, Medicaid, and their needs.

Catholic Charities of Hampton Roads - \$30,000

To assist in obtaining certain prescription medications for adults at or below 150% of poverty level.

Circle of Love Faith in Action - \$12,480

To provide transportation to medical appointments, as well as other community services, for seniors.

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

To provide vital educational programs on diabetes management and intervention.

Hampton Ecumenical Lodgings and Provisions, Inc. - \$10,000

To provide primary and preventive care to uninsured and low-income elderly.

Peninsula Agency on Aging - \$6,000

To transport low-income at-risk seniors over the age of 60 to medical appointments.

Senior Services of Southeastern Virginia - \$25,000

To assist residents living at or below 150 percent of poverty level in obtaining free medications.

PREGNANCY Outcome Improvement

Pregnancy outcome improvement grants include pregnancy prevention education, outreach programs for teens at risk of pregnancy, and access to prenatal care for the uninsured.

Horizons Unlimited Ministries, Inc. - \$5,000

To provide an abstinence and education intervention program for at-risk middle school students.

Operation **BLESSING**

Providing a “Star” for the Community

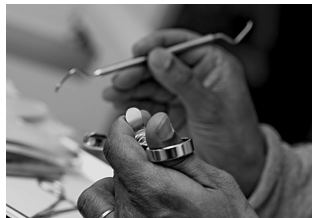
If we could award Oscars, we'd give one to ... Oscar.

A Community Recognition Grant from Sentara Foundation funds a valuable resource for Hampton Roads—Oscar Marcano, an asset aboard Operation Blessing's mobile dental van. The Foundation funds Oscar's position—assisting four local dentists by prepping 10-12 patients a day.

The dental van is the product of efforts by the Oral Health Coalition, formed under the leadership and support of Sentara. Quite often the mobile van's patients are among the most vulnerable adults in Virginia—older adults with no dental insurance through Medicaid or Medicare, and the “working uninsured.”

Trained as a dental technician during 20 years in the military, Oscar is able to play many roles: he serves as the driver, surgical assistant, coordinator, scheduler—and sometimes translator since he speaks Spanish.

The mobile dental van served 161 adults at 18 various locations, providing more than 1,038 procedures with a value of \$70,000 in dental care.



Operation Blessing and Sentara Health Foundation have brought dental health and hygiene to the underserved of Hampton Roads with dedication and a smile.

“Dental care is often the first thing they do without, so this is an important service to provide. We bring care *to them*,” Oscar explains. “At the end of a day, we're all beat, but it's a good day when you know you've helped so many people.”

CONTRIBUTIONS to Sentara

Helping hands touch lives

For generations, hospitals have relied on charitable contributions to meet the community's health care needs, and over the years this has not changed.

Sentara is your community not-for-profit health partner, providing quality health care services to those in need regardless of their ability to pay. Countless grateful patients have recognized this and given to Sentara to further the mission.

Charity is the helping hand that helps others, and charitable giving is the touched hand that gives back.

One generous lady left her entire estate to Sentara's Hospice program, knowing that the comfort and services she experienced in her home would later help others in their time of need. Another grateful patient was certain that his cardiac care at Sentara not only saved his life but granted him several more years of quality living. Through his generous bequest, the new Sentara Heart Hospital and Sentara Cardiovascular Research Institute will receive funding for enhanced patient research programs and specialized equipment. The hands of giving have touched many people in many ways and will continue for generations.

The reach of Sentara's community health initiatives has been expanded through grants from governmental agencies and private organizations. And gifts from organizations as diverse as the Red Knights Motorcycle Club and hospital auxiliaries have aided the Sentara Burn Center, mobile mammography, hospital equipment and nursing scholarships.

Individual philanthropy is as creative as it is caring.

Grateful parents have supported new amenities for patients and families in a Special Care Nursery, for Nightingale air ambulance enhancements, and for new appliances for rehabilitation programs. Patients, families and friends continually contribute funds for art in hospitals, cancer treatment programs and medication assistance. Even schoolchildren have contributed to Camp Lighthouse, Sentara Hospice's camp for grieving children who have lost a close family member.

Charitable contributions:

Planned Gifts	\$55,306
Grants	\$56,934
Individual Gifts	\$481,957
Total Dollars Generated	\$594,197

Sentara Health Foundation accepts charitable gifts on behalf of each Sentara hospital, for hospice/home care services and specific programs like mobile mammography and Community Health and Prevention. Connecting individual donors with needed programs and services makes philanthropy rewarding and personally beneficial.

Improving health and well-being in the community begins and ends with individual efforts. Sentara Health Foundation appreciates all the volunteers and professionals who give their time and talents, and all the generous benefactors who support these efforts with their philanthropic contributions.

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The charge of the Foundation is to identify the community's most pressing health care needs, provide support to the agencies that address those needs and partner with those agencies in furthering their necessary work. When an agency does not address a particular need, the Foundation is in the community, making the connection to solve the problem.

CONNECTING with Sentara

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

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S E N T A R A.

Your community not-for-profit health partner