

SENTARA HEALTH FOUNDATION

FALL 2004

V O L U M E T W O

Sentara Heart Hospital - Family Friendly Design

The Sentara Heart Hospital on the Sentara Norfolk General Hospital campus is being built to provide patients with comprehensive cardiac services - everything from diagnostics and interventional cardiology to transplantation - at one location. The Hospital is scheduled to open in 2006.

"The Sentara Heart Hospital incorporates seven key design principles. It centers on the patient and family, with a focus on accessibility, safety, efficiency, effectiveness, flexibility, and convenience for patients, families, physicians and staff," explains Lynn Holder, Vice President of Cardiac, Vascular and Transplant at Sentara Norfolk General Hospital.

"We are really excited about the development of the Heart Hospital, a comprehensive cardiac treatment center that will house our nationally acclaimed Heart Services Program," she said.

"The Sentara Heart Hospital will marry the newest technology with program innovation, and create a healing environment that will improve the heart health experience for patients, family members, caregivers and the community as a whole."

Lynn Holder

Sentara Norfolk General Hospital

Heart to Heart: Gift from the Heart to Benefit Cardiac Care

Soon after Peter DeWitt Pruden, Jr., and Phyllis Stancill Pruden were married, they faced a shocking and frightening challenge - Peter had a heart attack.

Peter spent the 12 days following his heart attack at Sentara Norfolk General Hospital and Phyllis was there around the clock.

Today he is back with her and in fine form, largely due, they believe, to the exceptional care he received at Sentara Norfolk General Hospital. As a result of their experience, this benevolent couple decided to establish a \$100,000 endowed gift to Sentara for cardiac research. Then, after learning about the plans for the new Sentara Heart Hospital, Peter and Phyllis decided to make another gift of \$100,000, the first Sentara has received toward the new Heart Hospital.



Peter and Phyllis Pruden

Peter's father founded the Pruden Packing Company and, as the business grew and prospered, the senior Pruden expanded his philanthropy, supporting his hometown and educational endeavors.

Peter, who attended Elon University in North Carolina before going on to lead the company his

father started, continues to follow his late father's example by supporting programs that reflect a commitment to preserving historic roots and creating cultural activities for the community.

Phyllis, a graduate of the University of North Carolina at Chapel Hill, came from a philanthropic family in North Carolina.

"Peter and I grew up in an atmosphere of giving. We were taught to give rather than to receive," Phyllis says.

Well known throughout the Southeast for their good will, Peter and Phyllis are supporters of 18 other institutions including universities, colleges and churches. Still, supporting the Sentara cardiac program remains at the top of their list.

On a recent visit to Sentara Norfolk General Hospital, administrators shared plans for the new Heart Hospital with Peter and Phyllis, who say they were very pleased with everything they saw and heard. "The way the new facility will accommodate family is especially impressive," says Phyllis, who remembers well her need to be by her husband's side throughout his surgery and recuperation.

"We are very grateful to Peter and Phyllis for their generosity," said David L. Bernd, Sentara Healthcare's Chief Executive Officer. "Many Hampton Roads residents in need of cardiac care will benefit from the innovations, treatment options and leading-edge facilities that their gifts have helped make possible."

And that is a heartwarming thought indeed.

Tribute Gifts

Gifts to Sentara Health Foundation January 1, 2003, to December 31, 2003.

We thank those listed here for their gifts to acknowledge friends, family and co-workers. Every effort has been made to recognize our contributors correctly. The donations reflect gifts made from January 1, 2003, to December 31, 2003. Donations from 2004 will be published in volume three. If there are corrections, please contact 757-455-7220. Thank you.

In Honor

Virginia Bogue

Gifts made to the H.O.P.E. Fund in honor of National Boss Day.

Ms. Julie Blackburn
Ms. Shirley Dowdy
Mrs. Beverly Grier-Smith
Dr. David Levin
Ms. Cheryl Levinson
Ms. Karen Moran
Ms. Janice E. Pardo
Ms. Ann Phillips
Ms. Debbie Sawyer
Ms. Mavis A. White
MTL Tax and Financial Service

Donald H. Clark

Williams Mullen

Helen Clendenin

Mrs. Donna S. Gibson

Larry DePriest

Gifts made to the H.O.P.E. Fund in honor of National Boss Day.

Ms. Joyce Abbey
Ms. Brenda Barrett
Ms. Nancy Blankenship
Ms. Virginia Bogue
Ms. Shirley Church
Ms. Ann-Marie Cochran
Ms. Ann Crowley
Ms. Linda Dietz
Ms. Angela Gilley
Mr. Art Gonzales
Ms. Joyce Isbel
Ms. Cathy Lahouchuc
Dr. David Levin
Mr. Jason Lewis
Mr. Jerry Lilly
Ms. Brenda Loper
Ms. Lee Magnus
Ms. Michelle Meekins
Ms. Mary Robinson
Mr. Jay Vergara
Ms. Judy Wilkinson

Ruth Hawkins

Ms. Carolyn Carlson

LaFrancis Rodgers

Ms. Cynthia L. Rodgers

Kim Van Sickle

Mrs. Donna S. Gibson

Ann Sweetts

Ms. Katharine S. Lawless

Rafic H. Zaitoun

Mr. and Mrs. Robert E. Booth

In Memory

Zulema Altieri

Mr. Ludovico Toletti

Joseph P. Annarino

Mr. and Mrs. Joseph P. Annarino

Jackson C. Arney

Mrs. Marilyn F. Arney

Joseph E. Baker

Ms. Kathleen A. Boettcher
Williams Mullen

Robert R. Beasley

Rendy Adams
Mr. Robert P. Albergotti
Dr. and Mrs. Frank N. Bilisoly
Mr. Jay Birsch
Mr. Glenn P. C. Boggs
Mr. and Mrs. Arch M. Brown Jr.
Ms. Virginia C. Buchanan
Capt. Warren C. Chewning
Mr. and Mrs. J. W. Cotten
Mrs. Ann W. Cutchins
Ms. Juliet M. Dalton
Mrs. Hunter B. Francis
Mr. Robert B. Glisson
Ms. Mary W. C. Haycox
Ms. Susie W. Hill
Ms. Mary D. C. Jordan
Mr. and Mrs. Harvey L. Lindsay Jr.
Mr. James R. McKenry
Ms. Alice T. Miles
Dr. and Mrs. W. Hugh Moomaw
Ms. Madeline W. Morton
Ms. Ruby A. Riley
Mr. John F. Rixey
Mr. William D. Sessoms Jr.
Mr. and Mrs. George M. Shaw Jr.
Mr. and Mrs. T. W. Smith Jr.
Mr. and Mrs. R. D. Taylor
Ms. Margaret S. Temple
Ms. Elizabeth C. Thomas
Mr. and Mrs. Jack H. Vail
Ms. Nancy G. Wales
Ms. Valerie A. Wells
Hofheimer Nusbaum, P.C.
Harvey Lindsay Commercial
Real Estate Services
Virginia Investment Counselors
Wall, Einhorn, & Chernitzer, P.C.

Lawrence Benton

Ms. Kay M. Bess
Mr. and Mrs. Reid H. Carawan
Mr. and Mrs. Roger D. Fabrizio
Ms. Maude Johnson
Mr. and Mrs. Daniel F. McNeil
Mr. and Mrs. Wayne M. Spruill

Jay P. Blakeslee

Elite Solutions

Clark Blevins

Ms. Mildred L. Blevins

James Bost

Buffalo Baptist Tabernacle

Evelyn Capps

Mr. and Mrs. Michael B. Gwyn
Ms. Nellie McMillan
Mr. and Mrs. B. W. Speight
Mr. and Mrs. Nicholas L. Theisen
JPB Enterprises
J. A. Jones Construction

Eugene Chaplin

Ms. Almeta I. Chaplin

Helen T. Cherwa

Mr. and Mrs. Gerard P. Brunick
Mr. and Mrs. Albert L. Byrd
Mr. and Mrs. John D. Lindholm
Bonduant Assoc.
Brattleboro Housing Authority

Mildred B. Clarke

Ms. Nancy C. Jones

Shirley W. Cooper

Ms. Anne W. Holland

David Covey

Ms. Lisa A. Covey

Charles W. Darden

Mr. and Mrs. Kenneth A. Askev
Ms. Marjorie J. Baines
Mr. and Mrs. Norman N. Bradshaw
Ms. Hattie B. Cerny
Mrs. Barbara Darden
Ms. Betty S. Diggs
Mr. and Mrs. James F. Fanny
Ms. Doris A. Gardner
Ms. Alma B. Hayman
Mr. and Mrs. Donald R. Parsons
Ms. Doris C. Peters
Mr. and Mrs. Bradley D. Simpson
Mr. and Mrs. John H. West
Mr. and Mrs. Ernest C. Wetzel III
Mr. and Mrs. Richard E. Williams
Ms. Jeanette H. Williams
Mr. and Mrs. G. E. Woodard

James K. Dollenmeyer

Mr. and Ms. Salvatore Molello

Sylvia C. Downs

Ms. Barbara L. Lake

Herb Freeman

Mr. and Mrs. Gary Beasley

Joan P. Frey

Mr. and Mrs. John E. Drescher

Patricia A. Gallagher

Mr. James M. Gallagher

Patricia Ganey

Ms. Sunshine S. Payne
Capt. and Mrs. James D. Small

Fernand G. Gauthier

Ms. Regina M. Gauthier

Mary Geyer

Ms. Kay F. Egbert
Mr. and Mrs. Theodore C. Hook
Mr. and Mrs. Franklin D. Nuss
Mr. and Mrs. Gary P. Nuss
Mr. and Mrs. Fred Nuss
Mrs. and Mr. K. Sitzman
Ms. Jean M. Teillon and Mr. Chris Hart
Mr. and Mrs. Stephen Thaman
Mr. and Mrs. Richard S. Young

Kathryn Giacolone

Mr. and Mrs. Arthur C. Chapman
Ms. Barbara I. Haga
Mr. and Mrs. David Haynes
Mr. and Mrs. Stephen A. Reaves
Ms. Antoinette Segitz
Mr. Martin A. Stonesifer
Federal Mediation & Conciliation Service

Robert B. Goetz

Ms. Virginia L. Goetz

Irene O. Goodrich

Mr. and Mrs. Thomas B. Burton Jr.

Matilda Goodwin

Mr. and Mrs. Robert J. Czarniecki
Mr. and Mrs. Robert G. Eisenbach
Mr. and Mrs. L. Gregory
Mr. and Mrs. W. West

Paul Holloway

Ms. Carol D. Holloway

Margery W. Hannah

Ms. Mildred W. Bowers
Ms. Margaret K. Byrnes
Mr. and Mrs. Christopher Carper
Mr. James R. Casey
Mr. and Mrs. Forrest H. Cathey
Mr. John B. Graham
Mr. and Mrs. W. E. Heath

Mr. and Mrs. Charles R.
Henderson Jr.

Mr. and Mrs. Harry R. Holland
Mr. and Mrs. Hubert J. Hughes
Mr. Larry M. Hughes
Ms. Rebecca D. Hunley
Mr. and Mrs. Lawrence W. Kiewer
Mr. George N. Koutris
Ms. Gladys A. Lewis
Ms. Ethel M. Pryor
Dr. Thomas W. Sale
Mr. and Mrs. Mills Staylor
Mr. and Mrs. Alfred R. Walters

Jessie L. Hunter

Mr. William W. Hunter and Ms.
Leigh A. Garrett

Doris R. Jacob

Mr. and Mrs. Paul E. Blackwell

Harvey Jamerson

Ms. Virginia V. Jamerson

Harris O. Jennings

Ms. Otealia K. Jennings

Johthan Johnson

Ms. Gwen Hardian

Mattie Johnson

Ms. Gwen Hardian

David W. King

Ms. Carole L. King

Geneva W. Kitchens

Ms. Lisa M. Dailey
Ms. Maria C. Honrada
Mr. and Mrs. Charles Hughes
Mr. and Mrs. H. A. Luck
Mr. and Mrs. Gilmer C. Parker
Ms. Arleen D. Pinkston
Hechts - Military Circle

Marilynn Kovlick

Mr. and Mrs. Kenneth L. Baum

Margaret Krantos

Ms. Theresa M. Johnson

Pete Lampley

Mr. and Mrs. Robert H. Lampley

Gaye S. Lancaster

Mr. and Mrs. Keith E. Burris

Robin Larson
Ms. Elizabeth F. Lewis

James Lassiter
Ms. Carol W. Avenson
Ms. Marilyn A. Friga
Mr. and Ms. Bill Higinbotham

Jeanette LeCompte
Mr. and Mrs. Roland Doan Jr.

Kenneth Lineburg
Ms. Elizabeth P. Duncan
Mr. and Mrs. Joe L. Headley
Mrs. Jody Kessinger
Mr. and Mrs. Wendell L. Seldon
Ms. Betty M. Smith

Jimmie McCambridge
Mr. and Mrs. James R. Noe

Joseph McNaught
Mr. and Mrs. Dennis M. Kinney

Josephine Miller
Ms. Mona G. Austin
Ms. Arline C. Curtis
Ms. Elizabeth K. Russo
Dr. B. L. Smith
Ms. Elizabeth J. Strother
Ms. Connie R. Taylor
Mr. and Mrs. Alan J. Vigneault
The Roanoke Times

Mary Minyard
Ms. Elizabeth A. Scanlin

William Mitchell
Ms. Lenora A. Cordell

Kushmir Muhammad
Mrs. Mae Muhammad

Karen A. Nelson
Ms. Sherry D. Mullarkey

Trent A. Noden
Mr. and Mrs. Carey W. Dammann
Mr. and Mrs. Herman A. Diener
Mr. and Mrs. Needham H. Lowery
Ms. June E. Noden
Mrs. Shirley C. Noden
Mr. and Mrs. Jon Sedel
Colonial Women's Care

Patrick T. O'Dea
Mrs. Charlene R. O'Dea

Mildred Otter
Ms. Laverne R. Weaver

Bertha Page
Ms. Evalee M. Shank

Mary L. Perry
Mr. Clarence J. Perry

Marvice L. Price
Ms. Christine T. Price

Garnet Reynolds
Mr. Lloyd F. Reynolds

Mary F. Robbins
Science Applications International
Corporation

Eva J. Robold
Mr. and Mrs. Richard F. Bandelow
Mr. and Mrs. A. R. Buchert
Ms. Martha C. Busbee
Ms. Sally D. Dvorak
Mr. John L. Everton
Mr. and Mrs. Philip A. Floyd
Ms. Delores M. Foley
Mr. and Mrs. James E. Forbes Jr.
Mr. and Mrs. G. E. Fullerton Jr.
Mr. and Mrs. Victor S. Greenquist
Mr. and Mrs. Eugene S.
Groseclose

Mr. and Mrs. William E. Henley Jr.
Mr. and Mrs. Richard Johnson
Mr. and Mrs. Kent T. Kilby
Ms. Geraldine S. Knight
Mr. and Mrs. Robert W. Koelling
Mr. and Mrs. Donald J. Lamendola
Ms. Norma O. Magpoc
Mr. and Mrs. Melvin E. Manuel
Mr. and Mrs. Edwin F. Million
Ms. Romaine E. Moore
Mr. and Mrs. Eddie J. Morris
Ms. Jane C. Munsey
Ms. Melody F. Munsey
Mr. and Mrs. Neil P. Murphy
Mr. and Mrs. Oscar L. Pace Jr.
Mr. and Mrs. George F. Reed
Mr. and Mrs. Raymond A.
Reulbach
Mr. and Mrs. Edwin L. Robey
Mr. and Mrs. Willard Robold
Ms. Leona H. Spence

Mr. Orville L. Stevens
Ms. Barbara A. Tennyson
Mr. and Mrs. Patrick E. Thomas
Mr. and Mrs. James E. Weddle
Church of the Ascension
Galumbeck Plastic Surgery
Hubbard Plastic Surgery
Church of the Ascension
Stacy Smith & Associates, P.C.

Andrea Rosnick
Ms. Diane O. Bolin
Ms. Carman A. Lee
Mr. and Mrs. Edward J. Marangoni

Morris Royster
Mr. and Mrs. Paul J. Mazich

Sharon Shevock
Mr. and Mrs. Edward N. Ramsey
Ms. Kathleen Ramsey

James R. Smith
Mr. Joseph C. Bass
Ms. Ruth L. Bernard
Mr. and Mrs. Stephen H.
Culpepper
Ms. Jeanette S. Jones
Ms. Marcella M. King
Mr. and Mrs. Gray D. Lynn
Mr. and Mrs. J. M. McMullan
Ms. Jennifer F. Payne
Ms. Sandra L. Payne
W. Russell Payne Jr.

Lynette Spivey
Mr. and Mrs. Miles E. Baker
Ms. Barbara L. Byars
Mr. and Mrs. Raymond J. Cobb
Mr. and Mrs. Walter L. Fried
Ms. Angela S. Hof
Ms. B. A. Rhodes
Ms. Marie J. Spivey
Mr. and Mrs. Bobby L. Whittington
JLT Associates
Hague and Pembroke Towers
Earl Industries, L.L.C.

Marie Starkey
Mr. Charles W. Starkey

James W. Sutliff
Mr. and Mrs. T. W. Brown
Mr. and Mrs. Robert J. Crowder
Mr. and Mrs. Harold L. Davidson
Mr. and Mrs. Clifton S. Hunter

Capt. and Mrs. Albert D. Super
USCG RET
Mrs. Ann Sutliff

Michael E. Tadena
Mr. and Mrs. Willis B. Sullivan

Barbara A. Voight
Ms. Maryann Carlton

Arthur Wallace
Ms. Bessie R. Wallace

Aiko Walton
Mr. James R. Walton

Mary Wheelhouse
Ms. Emma E. Reece

Janet Wildermann
Mr. Robert F. Dineen

Robert H. Williams
Ms. Janet R. Noe

Shirley L. Willis
Mr. John K. Willis

Paxina Wynne
Mr. and Mrs. William G. Bishop Jr.
Mrs. Elaine W. Davenport
Mr. Robert L. Fodrey
Mr. and Mrs. Arthur J. Heine
Ms. Joyce M. Johnson
Mr. and Mrs. Grady C. Murray
Mr. and Mrs. W. C. Nicklas Jr.
Mr. and Mrs. C. H. Osborne
Mr. and Mrs. Edward D. Porter Jr.
Mr. and Mrs. Winston Rose
Mr. and Mrs. Coleman E. Spiers
Mr. and Mrs. Lawrence E. Waters
Mr. and Mrs. Louis M. White
Mr. James Wynne
Bayside Baptist Church
508th Parachute Infantry Regiment
Association

Michael Yahia
Ms. Valerie D. Etra
Mrs. Carolyn Yahia

Bette Zimmerman
Ms. Susan Bender
Ms. Pamela Brown
Mr. and Mrs. Dennis Burt
Ms. Marilyn Dunlop

Ms. Annemarie H. Fonner
Mr. and Mrs. Carl F. Gebhardt
Ms. Michelle Greer
Ms. Deborah G. Higgins
Mr. Robert C. Holland
Ms. Marcilla G. Humphries
Ms. Charlotte D. Katcher
Ms. Martha J. Koozer
Mr. and Mrs. Ernest J. Krug II
Mr. and Mrs. R. B. MacGregor
Ms. Martha J. Martyn
Ms. Mary J. McAllister
Mr. and Mrs. Kevin F. McGrath
Mr. Marvin H. McIntyre
Mr. and Mrs. V. W. Moellering
Ms. Earlene Newhart
Mr. and Mrs. Stephen R. Pratt
Mr. and Mrs. Robert J. Pugh
Mr. and Mrs. William T. Rooker Jr.
Ms. Violet B. Ross
Mr. Harry Sandler
Mrs. Kathleen H. Satterwhite
Mr. and Mrs. Paul C. Striffler
Mr. and Mrs. Walter M. Stubbs Jr.
Ms. Juanita M. Todd
Mr. and Mrs. Jeffery A. Triggs
Ms. Mary A. Turner
Ms. Mary D. Vosler
Mr. and Mrs. Harry C. Weathers
Mr. and Mrs. Harvey M. Williams
Mr. and Mrs. Thomas E.
Zimmerman
Dailey Homes
The Select Group
The Holton-Arms School

Estate Gifts

The Norfolk Foundation -
I. T. Walke Jr.
Designated Fund
Ruby Beasley
Raymond F. Russell
Doris V. Shank
Mary H. Winder

Sentara Health Foundation Online

Sentara Health Foundation can be found on the World Wide Web.

Go to www.sentara.com/foundation and you can find information on donating to specific programs and services. You can even print out a donation form to be mailed in with your contribution.

Contributors

The following individuals, corporations and civic organizations have made gifts to the Sentara Health Foundation. The donations reflect gifts made from January 1, 2003 to December 31, 2003.

Corporations, Foundations and Civic Groups

American Association of Health Plans
AstraZeneca
Auxiliary of Sentara Bayside Hospital
Center for Health Care Strategies
Color All Technologies
Dolphin Circle of the Kings Daughters
E. T. Gresham Company Inc
Eli Lilly and Company
GlaxoSmithKline
Guidant Foundation, Inc.
International Black Womens Congress
Just Me and My Brother
March of Dimes Virginia Chapter
Polish American Society of Tidewater
RWJ Executive Nurse Fellows Program
St. Nicholas Greek Orthodox Church
Story's Truck & Equipment Serv.
Thoratec Corporation
United Way of Virginia's Eastern Shore
VHA Health Foundation
Virginia Beach City Union of the Kings
Daughters & Sons Circle
Virginia Health Care Foundation
Virginia Tobacco Settlement Foundation
Warden Family Foundation
Williams Mullen
Woodland UMW
Wyeth Pharmaceuticals

Individuals

Ms. Kelly Ager
Ms. Edith W. Alley
Mr. and Mrs. Robert V. Allsbrook, Jr.
Ms. Rebecca C. Andrews
Anonymous
Mr. and Mrs. James C. Arnold
Mr. Mitchell A. Avent
Ms. Sharon E. Baker
Mr. and Mrs. Jaynattus J. Banawa
Ms. Cheryl Barnes
Ms. Silisa Barnes
Ms. Mary R. Baxter
Ms. Nadia A. Beitinjaneh
Mr. and Mrs. Dennis M. Benham
Mr. Ted J. Benham
Mr. David L. Bernd
Mr. and Mrs. Bienvenido A. Basilio
Mr. and Mrs. W. R. Blackman
Mr. and Mrs. Harry W. Bleh
Ms. Mildred L. Blevins
Mr. Devin K. Blow
Mr. and Mrs. Robert E. Booth
Ms. Phyllis Boyko
Ms. Minnie L. Brady
Ms. Melodie Brady
Ms. Burnette Brown
Mr. and Mrs. Arthur M. Bull
Mr. Daniel C. Bunting
Ms. Henrietta Butler
Ms. Elizabeth Carmichael
Mr. and Mrs. Oscar E. Carter Jr.
Ms. Delores Clark
Ms. Katie Clark
Mr. and Mrs. Walter B. Clay

Mr. and Mrs. Gregory Collins
Mr. James P. Connelly
Ms. Velma J. Cook
Mr. Herbert R. Cooke
Ms. Joan E. Corley
Ms. Sara C. Coughenour
Mr. William C. Crandall
Ms. Ida F. Cross
Mr. Peter J. Crowl
Mr. Robert G. Curran USN, Ret.
Ms. Barbara Cypress
Ms. Lucie G. D'Amato
Ms. Alexis D. Davis
Mr. and Mrs. Donald A. Decker
Ms. Annie M. Dildy
RADM. and Mrs. David P. Donohue USN, Ret.
Ms. Shirley J. Dukes
Mr. and Mrs. Ernest W. Edwards
Mr. and Mrs. Franklin Egan
Mr. and Mrs. H. J. Eisenbath
Mr. and Mrs. Glenn C. Ellis
Ms. Susan Everson
Ms. Veronica J. Facenda
Mr. and Mrs. William J. Felton
Mr. and Mrs. Rex H. Fenderson, Jr.
Mr. and Mrs. Argentin Flis-Aime
Mr. and Mrs. Jose G. Ford
Mr. Alfred T. Forde
Capt. Thomas N. Fortenberry USN (Ret.)
Mr. and Mrs. Gary L. Freeman
Ms. Bonnie L. Fulwood
Ms. Tamara A. Garrett
Mr. and Mrs. Robert R. Garris
Ms. Beverly H. Geer
Mr. Herman Gentry
Mr. Wesley Goff
Mr. Thomas E. Goffman
Mr. Henry L. Goodman
Mr. Thomas H. Goodrich
Mr. McChesney P. Gray
Mrs. Vicky G. Gray
Ms. Sharon Greene-Golden
Mr. and Mrs. William A. Gremminger
Mr. William R. Griehenow
Mr. and Mrs. Curtis W. Griffin
Mr. and Mrs. Ralph Griffin, Jr.
Mr. Christopher Grimes
Mr. and Mrs. Wayne K. Gunter
Mr. and Mrs. Frederick B. Gustafson
Mr. and Mrs. Henry F. Hammond
Ms. Kathy W. Harper
Ms. Phyllis P. Harris
Mr. and Mrs. Riley L. Hensly
Ms. Judith W. Hicks
Mr. Louis Hicks
Mrs. Grace R. Hines
Dr. and Mrs. Rodney F. Hochman
Mr. and Mrs. Leroy Holland Sr.
Mr. Robert T. Hoppe
Edie M. Hughes
Ms. Edith Hughes
Mr. and Mrs. Henry J. Hund
Ms. Melissa M. Hunter
Mr. and Mrs. Ray L. Ivey
Ms. Mary W. Jacobs
Ms. Minda F. Jamora
Mr. Louis W. Johnson Jr.
Mr. and Mrs. Alfred C. Jones
Ms. Jackie Jones
Mr. John R. Jones Sr.

Mr. and Mrs. Nathan S. Jones
Ms. Virginia S. Jones
Ms. Pamela Kennedy
Mr. Carleton J. King, Jr.
Mr. and Mrs. Luther N. Knaub
Ms. Deborah B. Koffman
Mr. and Mrs. Eric K. Lamb
Ms. Beverly A. Larson
Ms. Valerie S. Lenihan
Ms. Margaret R. Leopold
Mr. and Mrs. Alan D. Lewis
Mr. and Mrs. Allan D. Lewis
Lt. Col. and Mrs. Ignatius P. Liberto USMC
Mr. Benjamin N. Lim
Mr. Jerry L. Lindsey
Mr. Leeland Lipscomb
Mrs. Lillie W. Lyons
Ms. Judith A. Maher
Ms. Rosa H. Majette
Mr. and Mrs. Edmond L. Marroni
Ms. Sylvia K. Mazza
Ms. Robin C. McAllister
Ms. Janet C. McDaniel
Mr. and Mrs. Tom G. McDevitt
Mr. Charles McNeil
Ms. Jennifer A. Meyer
Mr. John W. Miller
Mrs. Alice C. Moore
Mr. and Mrs. Austin A. Moore Jr.
Mr. Davis S. Moore
Mr. Ralph T. Morgan
Mr. Frederick A. Morin, Jr.
Mrs. Becky Moye
Mr. and Mrs. John G. Musser
Ms. Billie J. Neil
Mr. and Mrs. Mitchell M. Newell, Jr.
Ms. Hong-My Nguyen
Ms. Mary G. Nichols
Mr. Dennis R. Owens
Ms. Ruth W. Pack
Ms. Diane Parker
Ms. Lula M. Parker
Ms. Valerie A. Paschang
Ms. Dorothy E. Penn
Mr. and Mrs. Allan B. Peterson
Mr. and Mrs. Eugene Phillips
Mr. George J. Phillips
Ms. Gina L. Pitrone
Dr. Stephen Plotnick
Ms. Mary K. Price
Mr. Peter Dewitt Pruden, Jr.
Mrs. Phyllis Stancill Pruden
Ms. Holly M. Pruitt
Mr. and Mrs. Jeremiah L. Rawlings
Mr. and Mrs. Richard A. Remington
Mr. Ken Rice
Mr. and Mrs. John F. Richards
Mrs. Barbara J. Ricks
Ms. Doris M. Ridley
Ms. Belinda Risher
Mr. Michael I. Roach
Mr. and Mrs. Derek M. Robbins II
Dr. James Robinson Jr.
Ms. Cynthia L. Rodgers
Ms. LaFrancis Rodgers
Mr. Benjamin Rogerson
Ms. Lisa E. Rookard
Mr. Riley H. Ross
Mr. and Mrs. William V. Rothrock Jr.
Ms. Sara Roughton

Ms. Teresa K. Rouse
Mr. and Mrs. Lee E. Ruthruff
Ms. Lucena C. Salvador
Mr. and Mrs. Madhu N. Samtani
Mrs. Lisa D. Sands
Mr. and Mrs. R. E. Scarborough
Mr. and Mrs. Joseph H. Shaw
Mr. R. T. Shields
Mr. and Mrs. Anek Siriphasraphorn
Mr. and Mrs. Oliver J. Small
Ms. Cynthia L. Smith
Mr. and Mrs. George Smith
Mr. and Mrs. Robert J. Snyder
Ms. Teresa Spady
Ms. Odessa Spence
Ms. Angenora Spencer-Smith
Mr. and Mrs. Harold Springston
Ms. Rose M. Staggs
Mr. and Mrs. Thomas W. Standin
Ms. Shirley A. Steadman
Ms. Bettye M. Sterzing
Mrs. Charles W. Stevens
Mr. James E. Subasavage
Ms. Susan Tanner
Mr. Michael V. Taylor
Mr. and Mrs. William D. Tetterton
Ms. Cynthia Thomas
Mrs. Julie Thomas
Ms. Debbie Tillman
Mr. and Mrs. Rex M. Toothman
Mr. Milton Turner
Mr. Kenneth W. Veazey
Ms. Clara J. Vollmer
Ms. Gwendolyn Waits
Mr. and Mrs. Kenneth M. Walker
Mr. and Mrs. Bruce C. Wallace
Ms. Carolaine G. Wallace
Ms. Josephine Warren
Ms. Wilhemnia O. Washington
Mr. and Mrs. Joseph E. Weatherly
Mr. and Mrs. N. J. Webb, Jr.
Ms. Elizabeth I. Wheeler
Mr. and Mrs. Donald C. White
Mr. and Mrs. Donald C. White
Ms. and Mr. Mavis A. White
Ms. Shelby C. Wilber
Ms. Shelby C. Wilber
Ms. Beverly M. Williams
Mr. John K. Willis
W. R. Wilson
Ms. Shari Wingate
Mr. and Mrs. Timothy R. Wintermute
Ms. Sandy J. Wolff
Mr. and Mrs. J. E. Wood Jr.
Mr. and Mrs. Robert R. Woods Jr.
Mr. Sheldon C. Worrell Jr.
Mr. and Mrs. William Worthington
Mr. and Mrs. Gary F. Wright
Ms. Kathleen M. Wudarczyk
Ms. Li Zhang

Sharing... for Caring

Katharine Lawless was happily married to her beloved husband, Tom, for over 40 years. Then, very suddenly, Mr. Lawless was diagnosed with Parkinson's Disease, suffered a seizure and was shortly thereafter diagnosed with a cancerous brain tumor. Ms. Lawless calls the time that followed "nine months of horror," as she watched her husband being taken away by disease.

She contacted Sentara Homecare Services and Hospice and from the very beginning they were, in her words, "a godsend."

"They really took care of me as much as Tom," Ms. Lawless said. "I felt fearful and powerless, but their nurses were not only compassionate and gentle, they were also strong for me. They prepared me for the various stages and encouraged me to do the things I needed to do to accept what was happening," she said.

"They gave me my life back. I will never, ever forget them or what they did for me," Ms. Lawless said.

As a lasting reminder, Ms. Lawless made a generous donation to the Hospice program, specifically to honor one of its social workers, Ann Swetits. Last December, in a gracious letter to Sentara Home Care Services, she wrote:

An angel (probably my husband, Tom) must have been tapping me on the shoulder yesterday. I had been thinking about the wonderful care that Ann Swetits had provided to Tom when he was sick, and to me, the one who was left behind after he died. Ann's kind and professional attention got us both through that difficult period.

I have thought about Ann often over the years and remain to this day extraordinarily appreciative that she was the one that Sentara Home Care Services and Hospice sent to take care of us. And so yesterday I decided I wanted to make a year-end gift to the Hospice program in her honor...We realize that we are but one family who benefited from Ann's visits...I know there are many others out there who share our thoughts.

Keep up the good work. I hope this gift in Ann's honor will allow you to continue to impact families in our community in a positive way.

Sentara's Hospice Program:

Caring for Families for Over 20 Years

Sentara Hospice provides end-of-life care for patients, but they also do just as much, if not more, for caregivers and family.

"Often they are more overwhelmed and grief sickened than the patients," said Dorothy Weeks, Hospice Program Manager. "We help them learn to gain some control of a situation that feels so out of control."

The Hospice team includes a bereavement coordinator, chaplain, social workers, home health aids, nurses and 70-75 volunteers who do everything from lawn mowing, gutter cleaning and errand running to simply keeping the patient company when family members need a break.

How do all these folks do what they do, day in and out, without burning out?

"Our staff and volunteers who do this say they can't imagine doing anything else; some see it almost as a calling," Ms. Weeks says.

Consequently, the majority of Hospice workers have been with the program for long tenures and are quite skilled. For more information about Hospice or to volunteer, call Lyn Carroll at 757-549-5649.

SENTARA HEALTH FOUNDATION

6015 Poplar Hall Drive, Suite 308
Norfolk, VA 23502

(757) 455-7220
www.sentara.com/foundation



Non Profit Org.
U.S. Postage
PAID
Norfolk, VA
Permit #156

*Bringing together people
and resources around
common issues impacting
health and improving
quality of life in the
communities we serve.*

Past Board Chair Honored with Tribute Gift

The law firm of Williams Mullen has made a commitment of \$25,000 to the Sentara Health Foundation in honor of Board Member Donald H. Clark and his faithful service to Sentara over the years.

"Williams Mullen is pleased to make a donation to Sentara Heart in honor of our colleague," said Thomas R. Frantz, President and Chief Operating Officer of Williams Mullen. "Don has been a strong advocate of quality health care in the Hampton Roads community for many years," Frantz said.

Clark, who has served on health care boards throughout the region, is a member of Sentara's Board of Directors and served as Chairman of the Board from 2000 to 2003.

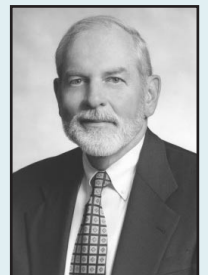
He has been practicing law in Virginia since 1968 and in 1972 co-founded Clark & Stant. In 1999 he led the firm's merger discussions with Williams Mullen, making the combined firm one of the largest in Virginia.

**"It was a real honor to be
recognized by my firm
in this way," Mr. Clark said.**

"I am very familiar with the Sentara Health Foundation's philanthropic purpose and the fine resource it offers Hampton Roads," he said.

"The Foundation goes a long way toward furthering Sentara Healthcare's mission of improving community health by identifying and meeting health-related needs. This is especially important in the area of cardiac care, as the extensive research Sentara is conducting and the new Sentara Heart Hospital being built will go a long way toward addressing the significant patient population that suffers from cardiac disease in our region.

"Hopefully, other organizations will acknowledge one of their own in this way; in fact, I can think of no more meaningful or beneficial form of recognition," Clark added.



Donald H. Clark, Esq.