

SENTARA HEALTH FOUNDATION

VOLUME FOUR

FALL 2005

Sentara's Special Care Nursery Is Enhanced by Grateful Parents

When Lisa and Frank Hardymon's baby was born in Williamsburg, they were thrilled. Lisa had had a healthy pregnancy and they expected a healthy birth. And that's exactly how it was, until an hour later. Little Grace was having trouble; her stomach was distended and her temperature started rising. She was brought to Sentara Norfolk General Hospital's Special Care Nursery by ambulance. "We were shocked," says Lisa. "Everyone thinks they're going to take their baby home."

"They were constantly taking cultures, but she kept getting sicker. All of a sudden, the doctors looked very serious." Grace had a very rare sepsis infection. "She had to have a platelet transfusion," says Lisa. "That was my lowest point."

"We were so overwhelmed by the nurses there. They were just amazing. They celebrated every milestone with us."

says Lisa Hardymon.



Left to right: Emma Hardymon, Lisa Hardymon, and Grace Hardymon.

The Special Care Nursery is equipped with state-of-the-art medical technology and staffed around the clock by board-certified neonatologists.

"They were great," says Frank.

"Grace was getting so much attention; two or three nurses were monitoring her every second." Lisa and Frank were impressed with the care and compassion their baby received. "And when we had to go take a rest, we knew Grace was surrounded by moms," says Lisa.

Ann Barnes, Women's Health Director of the Special Care Nursery, explains: "Sentara Norfolk General Hospital is the High Risk OB Center with a 48 bed Special Care Nursery. We take care of newborns with special needs such as respiratory distress. Many of our babies are less than 1,000 grams in weight." Ann says, "We do many tours for schools and Girl Scout troops interested in healthcare and I share with them that our babies often weigh less than a pound of sugar."

Ann Barnes was thrilled to learn of the Hardymon's \$5,000 gift. "In my 30-plus years here, no one's ever given us a gift like this. We are so excited. The nursing staff was very appreciative and thankful."

They are going to spend the money on developmental care and refining the environment for the babies and their families. The plan includes purchasing dimmer light switches, sound meters, and new chairs. This will make the area more comfortable for parents. They plan on developing programs such as "kangaroo care," which is skin-to-skin care that moms and dads can do.

"They love to see the babies come back. I took Grace back on her first birthday. It was really neat. We were very glad we could do it," Lisa says.

SENTARA NORFOLK GENERAL HOSPITAL 2004-2005

- **4,000+ births**
 - 179 sets of twins
 - 7 sets of triplets
- **Newborn Nursery**
 - 225 Admissions per month
- **Special Care Nursery**
 - 50 admissions per month

Tribute Gifts

Gifts to Sentara Health Foundation from
January 1, 2005 to May 31, 2005

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, 2005 to May 31, 2005. If there are any corrections, please contact 757-455-7220. Thank you.

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Sentara Health Foundation Online
www.sentara.com/foundation

For Sentara employees -there's always HOPE

Sentara employees are the kind of people who are compassionate, generous, and caring. It only seems natural they work for a healthcare system that helps people in the community. And it only seems natural they would give to a fund to help fellow co-workers.

Two years ago right after Hurricane Isabel the Helping Overcome Personal Emergency Fund—or H.O.P.E. Fund—was created for employees by employees. In fact, the first gift to establish the fund was made by David L. Bernd, Chief Executive Officer, Sentara Healthcare.



Pictured are just a few of the many Sentara Employees from across the organization who have generously given to the H.O.P.E. Fund since its inception

The VHA Health Foundation followed with emergency assistance for Sentara employees facing crisis due to Hurricane Isabel. Since the VHA Foundation started raising and contributing funds following Hurricane Andrew in 1992, they have been able to assist more than 5,000 VHA hospital employees and their families who have been affected by natural disasters.

The H.O.P.E. Fund is available for 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. Funds are used to provide assistance for essential expenses during the crisis.

Nearly a thousand Sentara employees have donated to aid their fellow co-workers, contributing over \$63,000. Their generosity has been well received. So far, more than 75 of their own have been helped, after suffering from personal illness and tragedy.

The Helping Overcome Personal Emergency Fund. It's not only called HOPE, it offers hope.

Auxiliary Advances Technology

Back in 1888 when the 25-bed "Retreat for the Sick" in Norfolk was the place people turned to for medical help, the volunteer Auxiliary was there to minister to the needs of the sick as well as raise money to provide for those needs. All of the hospital Auxiliaries continue this great support today. The Sentara Norfolk General and Sentara Leigh Hospital Auxiliary has grown and evolved into a vibrant group of more than 300 people today.

One of the most exciting ways that they provide support is purchasing new equipment. The Auxiliary encourages every hospital department to write a letter to the Project Committee, which reviews requests. Those requests are then presented to the board. A vote is taken and a gift is chosen.

Rosalind Tester, President of the Auxiliary, says,

"It gives us an enormous sense of reward that we can provide something for the community that may not come as quickly because of financial restraints."

The gifts can be substantial. In the past six years, the Auxiliary has given \$718,000 in surgical equipment, and \$295,000 in funding for 85 nursing and EVMS scholarships. In other words, they have given over a million dollars to Sentara Norfolk General Hospital and Sentara Leigh Hospital as well as toward the education of potential health care providers for the area.



Pictured is Rosalind Tester, Sentara Norfolk General Hospital Auxiliary President, at the gift shop.

Two of their largest and most recent gifts include a carbon dioxide surgical laser that cost \$100,000, and a voice-activated robotic surgical assistant (AESOP) that cost \$50,000. "It was very exciting," says Tester. "The request was made by Dr. Wolgimen Wolgamous who felt it would be a wonderful asset to the community for very tiny surgical procedures in which you needed a robot." She continues, "They brought us in to see how it worked and it was fabulous! You really felt like you were in the 21st century."

SENTARA HEALTH FOUNDATION

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Your community, not-for-profit health partner.

The Hospice Mission Fund Makes a Real Difference

When the focus of care changes from cure to comfort, the Sentara Hospice Team is there, offering compassionate end-of-life care for patients and their families. Through memorial and annual gifts by family members and friends, the Hospice Fund is used to help ensure that each day of a hospice patient's life is lived in dignity. The fund is used to provide enhancement to care, educational materials, transportation, comfort care, and to assist patients with needed devices, utility bills and medications patients couldn't otherwise afford.

Donations are also used for the popular **Remember Me Bears** program. Volunteers make a small shirt out of a loved one's special article of clothing and put it on a stuffed bear. The bear, about 10" high and on a stand, is offered to the family as a gift.



Pictured is Dot Henley, Remember Me Bears volunteer

"We've had people give us Dad's Hawaiian shirt, Mom's nightgown, even a college sweatshirt," says Rhonda Chetney, RN, Director of Clinical Operations. "Clothes are very meaningful. By using their loved ones' clothes it provides a loving memory to help the families cope with their loss."

Additional programs recently added and supported by the fund include **My Gift-**

Myself. This video series is used to train hospice volunteers how to work with hospice patients and is offered to the community as an educational tool. **The Lending Library** program has books and tapes dealing with end of life issues, which are made available to staff and volunteers. **Art Therapy** classes help patients and their families identify and understand their feelings.

The Hospice Mission Fund also supports **Camp Lighthouse**, "a beacon of hope for grieving children." Set for the end of April 2006, this weekend camp will help 50 children who have lost their parents deal with grief. Says Rhonda, "The goal is to help these kids realize they're no different than other children and that it's okay to openly talk about the death of a loved one." If you'd like to sponsor a child, call the Sentara Health Foundation office at 455-7976.