

SENTARA HEALTH FOUNDATION

VOLUME THREE

SPRING 2005

Sentara Employees Have HOPE

Sentara employees responded to Hurricane Isabel by creating the HOPE (Helping Overcome Personal Emergency) Fund. Donations were made to assist employees who experienced catastrophic financial loss or hardship through no fault of their own. In fact, the first gift to establish the fund was made by David L. Bernd, Chief Executive Officer, Sentara Healthcare.

Thanks to the support of more than 700 employees, the HOPE Fund will continue to provide assistance to fellow co-workers in need. The 2005 donors will be featured in the fall newsletter.

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State-of-the-Heart

Generous Donations Lead to Advanced Cardiac Technology

The tremendous heart program at Sentara Virginia Beach General Hospital just got even better. The hospital had money set aside for advances in cardiac technology, but it wasn't enough to purchase a new \$250,000 ultrasound device. Thanks to a generous contribution by the Sentara Virginia Beach General Hospital Auxiliary and an estate gift by Mary H. Winder, it will soon be available for our patients. The estate of Mary H. Winder also made possible the new healing garden currently under construction at the hospital.



Left to right: H. Lee Kanter, M.D. and Deepak Talreja, M.D. of Cardiovascular Associates, Ltd. with Anne Lanning, President, Sentara Virginia Beach General Hospital Auxiliary

"The Auxiliary is pleased to be involved with the purchase of this important technology that benefits so many members of the community,"
says Anne Lanning, President of Sentara Virginia Beach General Hospital Auxiliary.

It's called an intracardiac ultrasound and is rapidly becoming the standard of care in electrophysiology and cardiology. How does it work? John Joseph Griffin, M.D. of Cardiovascular Associates, Ltd. explains: "The intracardiac ultrasound offers a newer, more comfortable procedure that does not require anesthesia so patients are alert and can communicate with their doctors. It also provides clearer pictures within the chambers of the heart, further enabling us while we make valve repairs, correct holes and much more."



Left to right: Les Donahue, Vice President and Administrator, Sentara Virginia Beach General Hospital and John Joseph Griffin, M.D., Cardiovascular Associates, Ltd.

"It's another weapon in the arsenal to fight heart disease," says Les Donahue, Vice President and Administrator at Sentara Virginia Beach General Hospital. "It adds yet another piece of state-of-the-art technology to our excellent cardiac program, giving us more accurate diagnostic capability," adds Donahue. "We are very grateful for the thoughtfulness of the late Mary H. Winder and the Auxiliary."

Started when the hospital itself began in 1963, the Sentara Virginia Beach General Hospital Auxiliary holds fundraisers and manages the hospital gift shop to generate the money they then donate to improve patient care. This recent gift will help bring cardiac excellence to Virginia Beach.

Mended Hearts Beach Bash Encourages Volunteer Support

This past August, Mended Hearts held their annual Summer Beach Bash at the Duck-In on Shore Drive in Virginia Beach. The event, hosted by Chapter 233 and the Sentara Health Foundation, attracted 150 cardiac patients, caregivers, volunteers and health care professionals.

As the name implies, Mended Hearts volunteers offer healing and hope to heart patients, their families and caregivers. As a group, they regularly give their time conducting visiting programs, support groups and educational forums for patients and their caregivers at hospitals and rehabilitation clinics.

"It was a wonderful opportunity for us to get the word out about Mended Hearts,"

***says Grace Moskowitz,
Chapter 233 President.***

Thanks to the Beach Bash, they signed up many new members. "I have witnessed the powerful impact family, friends and volunteers have on the healing of patients," says W. Andrew Dickinson, M.D., Cardiovascular Associates, Ltd. and Sentara Healthcare Board of Directors Member. "I can't tell you how much Mended Hearts does for the cardiac program."

When the new Sentara Heart Center opens at Sentara Virginia Beach General Hospital in September 2005, it will have 46 patient rooms, a resource center for the latest information about heart disease and will provide specialized care for cardiac patients. "The Sentara Heart Center will adhere to a culture of healing, focused to meet the medical, spiritual and emotional needs of our patients," says Les Donahue. "The Mended Hearts volunteers play an important role in this commitment to cardiac care."

Red Knights Fundraiser Helps Sentara Burn Center

Imagine the roar of more than 200 motorcycles riding by, some fire-engine red. And for good reason. It's the Red Knights Motorcycle Club, Virginia Chapter 4. A group of charity-minded men and women, whose only stipulation is that you own or have access to a motorcycle, are licensed to ride and have a fire department affiliation. Jerry Chiusano, a captain at station 18 in Virginia Beach, started the chapter in 2002.



Left to right: Jerry Chiusano, Rick Cuthrell, and Phil Fonner present check from Red Knights "Where's the Fire?" Run

"We wanted something for the camaraderie of firefighters, the brother- and sisterhood enjoying the same interests," says Chiusano. "Once we decided what we were going to do, we decided who would be the benefactor." They chose Sentara.

"Sentara Norfolk General Hospital has one of the best burn trauma centers in the region. Should, God forbid, something happen to someone, that's where we'd take them,"

says Jerry Chiusano of the Red Knights.

On August 22, 2004, the Red Knights held their second annual "Where's the Fire?" Run. Over 200 people rode 90 miles, starting at Ironcore Motorcycle Shop in Virginia Beach and ending at Boneshakers. Through entry fees and donations, the Red Knights raised \$2,000 for the Sentara Burn Center.

They're already planning their next "Where's the Fire?" Run on August 21, 2005. To be a part of this benefit for the Sentara Burn Center, go to www.bikerenews.com/Red_Knights_4.html.

Tribute Gifts

Gifts to Sentara Health Foundation from
January 1, 2004 to December 31, 2004

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, 2004 to December 31, 2004. If there are any corrections, please contact 757-455-7220. Thank you.

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



\$10,000 Gift Sheds Light On Angels

Just about everybody is affected by hospice in some way. Which is why the beautiful tree was covered with angels and snowflakes. Gold, silver and white, each ornament was a gift in tribute of someone special. The Tree of Lights, a program sponsored by the Sentara Bayside Hospital Auxiliary, offers people a way to remember a loved one and contribute to the Sentara Hospice Program.

“The program caught my eye, my ear and my heart,” says Tree of Lights Chairperson, Barbara Fosina. “Hospice is important and we have made it a point to educate those who contribute,” explains Fosina.



Left to right: Chaplain Roger Gauthier, Rhonda Chetney, Director of Operations for Sentara Hospice Program, Barbara Fosina, Tree of Lights Chairperson and Andrew Cooke, President of Sentara Bayside Hospital Auxiliary

“Hospice is often a word people do not know nor understand,”

says Andrew Cooke, President of Sentara Bayside Hospital Auxiliary.

This past year, the Tree of Lights garnered the Sentara Hospice Program more than \$10,000. “All gifts, no matter how small, help” says Fosina. “Every penny donated goes directly to the Sentara Hospice Program.”

“The Tree of Lights is special,” adds Cooke. “Our theme is ‘Angels Unaware’ because we believe that the hospice workers are indeed angels.” Says Cooke.

The Tree of Lights ceremony takes place in December and includes all memorial gifts made to the Auxiliary throughout the year.