Bridging the Healthcare Needs of the Community,
One Person at a Time

SENTARA HEALTH FOUNDATION

2010 Annual Report
Bridging the healthcare needs of the community one person at a time.

In 2010, Sentara Healthcare embarked on a successful journey to provide safer, higher quality care to more people throughout the region.

We added facilities and services like Sentara St. Luke’s in Isle of Wight and the new Hybrid Operating Room at Sentara Norfolk General Hospital. We improved the connectivity of our patients to their own health information and added a new senior PACE (Program of All Inclusive Care for the Elderly) facility to provide all inclusive care for Portsmouth’s elderly. Furthering the Sentara mission of improving health every day, Sentara and the Sentara Health Foundation continue to work diligently to address the unmet needs of our communities. Through the Foundation, we awarded $629,500 in recognition grants that focused on meeting the healthcare needs of our uninsured and under insured population. These grants included programs to coordinate primary care for our homeless and indigent, to provide mental health services for our at-risk youth and low income families, to improve dental care for our uninsured children, and to address the ever-present need for free health clinics and community health centers to serve our uninsured population.

Sentara Health Foundation grants also assisted in providing transportation to medical appointments for the elderly and mentoring for our teen mothers to better care for their newborns. We served locations from the Southside and Peninsula of Hampton Roads to the Eastern Shore of Virginia. Even in a fiscally challenging year, we can be proud that we continue to support our most critical healthcare services in the community.

Philanthropy and the partnership with our residents to meet the ever increasing healthcare demands also continued to grow in 2010. Your gifts to support medical services, programs and supplies were invaluable in furthering the margin of excellence of care. Whether you are passionate about cancer or cardiac services, or wish to support the hospice program, Sentara offers the opportunity for you, our stakeholder, to invest in the healthcare resources of Hampton Roads. We hope that you will consider Sentara when determining your charitable priorities in 2011.

Looking back at 2010, Sentara has worked to meet the individual needs of our constituents with expanding resources. We hope to continue the bridge to excellence in healthcare for Hampton Roads as well as our newer affiliates. I trust that you will find the Sentara Health Foundation’s 2010 Annual Report an informative perspective of the efforts we make to improve health every day.

David L. Bernd
Chief Executive Officer
Sentara Healthcare
2010 was an exciting year for the Sentara Health Foundation.

As Chair of the Foundation, I am fortunate to witness the incredible strides that Sentara and the Sentara Health Foundation are making toward meeting our community’s needs.

In this past year, the Foundation and our volunteer leadership have spent much time connecting with our community members discussing the Nightingale Air Ambulance service and its role as a conduit to our region’s Level I Trauma Center. The importance of this program cannot be over emphasized to our citizens who all benefit from the ability to reach emergent patients and bring advanced medical resources to them. Serving as a true bridge to the highest level of care available, the Nightingale saves minutes and saves lives. For this reason, we have asked the community to partner with Sentara to continue providing this critical service with a new air ambulance. I am proud to say that the community has responded with resounding support. We hope to continue the dialogue with our stakeholders to best meet the needs of our region, our community and our residents.

Part of our responsibility at Sentara is to care for those who cannot provide for their own healthcare. The Sentara Health Foundation’s grant program has continued to provide resources for this ever growing need. Through a competitive grant process, funding in 2010 helped provide medical care for our homeless, transportation for our elderly, support for those caring for a loved one with Alzheimers, and primary medical and dental care for our area’s uninsured adults and children. There’s always more to do, but caring for others during their time of need is a priority at Sentara.

I am grateful to live in a place that is served by a nationally acclaimed healthcare system. I am even more grateful that this healthcare system is committed to serving each of us, one person at a time. Please consider joining our pursuit of better health, better safety, and better lives for our community and its residents.

Joan Brock
Chairman
Sentara Health Foundation
Life is difficult for all pregnant teens. But when you are a pregnant teen without adequate financial and social resources, life can seem impossible.

“I didn’t know what to do,” says 17-year-old Quionna Tynes. She has lived with her seriously ill grandmother since her mother died three years ago. Fortunately there was a program to help her.

Resource Mothers, a program in southeast Newport News, assists pregnant and parenting teens by providing them with mentoring, encouragement and supportive services to ensure they give birth to healthy babies and have the resources necessary to become successful parents. The goals of the program include reducing teen pregnancy, decreasing the number of low birth-weight babies and reducing infant mortality. Sentara Health Foundation supported the program with a $38,861 grant.

“I found Resource Mothers last July when I was four months pregnant” says Tynes, who will attend college next fall. “I really appreciate all they have done to help me.”

In addition to getting prenatal care, the program helped her find a summer internship and an after-school job through a youth employment service sponsored by the Office of Human Affairs. Her performance reviews have been outstanding.

A former member of the Resource Mothers program, Tonya Canada, became pregnant at age 16. Her resource mother encouraged and counseled her, took her to doctors’ appointments and helped her learn about diet and nutrition. Now Tonya is an IT specialist at NASA while working on her Ph.D. Her son is a successful 21-year-old businessman and father living in Arizona.

In addition to teaching the girls about birth control, smoking hazards and self-esteem, the program emphasizes the importance of staying in school. Last year, 13 young mothers graduated from high school and four went on to college.

Stephanie Spencer, a full-time employee hired with Sentara’s support, was a Resource Mothers volunteer for more than eight years when she joined the staff.

“I was a single mom of three,” Spencer says. “I see myself in some of the girls I mentor. I want them to know that they don’t have to stop going to school and put their goals aside because they become pregnant.”

Giving Back
Mentoring and more

<table>
<thead>
<tr>
<th>Philanthropy Totals for 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Gifts: $ 533,252</td>
</tr>
<tr>
<td>Major Gifts: $ 998,258</td>
</tr>
<tr>
<td>Planned Gifts: $ 64,133</td>
</tr>
<tr>
<td>Grants: $ 207,522</td>
</tr>
<tr>
<td><strong>Total Raised:</strong> $ 1,803,165</td>
</tr>
</tbody>
</table>
2010 Grant Dollars
Funding by Region

Grants Awarded: 29
Total Funds Awarded: $629,500
Grants Paid in 2010

Access to Basic Healthcare

ACCESS AIDS Care - $12,500
To provide transportation for critical support services for individuals infected with HIV/AIDS in the Hampton Roads region.

ACCESS Partnership - $70,000
To improve access to health services for the indigent across Hampton Roads.

American Diabetes Association - $7,500
To fund PROJECT POWER, on diabetes and healthy living held at area churches and refers participants to community health centers as needed.

American Red Cross Adult Dental Clinic - $18,000
To expand dental clinic hours to increase services for uninsured Norfolk residents who are at or below 125% of the Federal poverty level.

Bayview Citizens for Social Justice, Inc. - $4,000
For the Community Health Program, to enroll eligible youth in Medicaid and FAMIS and educate adults on preventive health measures for diabetes and asthma in the Bayview community located on the Eastern Shore.

Beach Health Clinic - $20,000
To provide pharmacy services for Virginia Beach residents under age 65 who are at or below 200% of the Federal poverty level.

Chesapeake Care, Inc. - $25,000
To implement a case-managed chronic disease program for the uninsured and low income residents of Chesapeake.

ForKids, Inc. - $30,000
To expand medical case management services to families imminently at risk of homelessness in South Hampton Roads.

Gloucester-Mathews Free Clinic - $12,000
To expand the Diabetic Group clinic hours to serve uninsured individuals with diabetes who are at or below 200% of the Federal poverty level in Gloucester and Mathews counties.

HELP, Inc. - $10,000
To provide dental care for uninsured, low-income individuals residing on the Virginia Peninsula with income below 200% of the Federal poverty guidelines.

Lackey Free Clinic - $15,000
For the pharmacy expansion project to provide prescription medications for uninsured patients on the Peninsula who are at 200% of the Federal poverty level.

Mary Buckley Foundation, Inc. - $20,000
For the Put Your Brain in Gear program presented in South Hampton Roads high schools to increase teen awareness of the consequences of brain injuries due to risky behaviors and choices particularly in relation to driving a vehicle.

Norfolk Community Services Board - $23,000
For the Treatment for the Homeless Project to provide support services to chronically homeless individuals in Norfolk with mental illness, substance abuse issues, and or co-occurring disorders in Norfolk.

Olde Towne Medical Center - $30,000
To provide a pediatric dentist to serve children, who have Medicaid, FAMIS or no insurance in James City County, York County and Williamsburg.

Peninsula Institute for Community Health - $35,000
For a part-time pediatrician to provide medical services to children at or below 200% of the Federal poverty level in Suffolk.

Portsmouth Community Health Center, Inc. - $60,000
For a family practice physician to serve individuals at or below 200% of the Federal poverty level in Portsmouth and Norfolk.

Project CARE of the Greater Virginia Peninsula, Inc. - $20,000
To improve access to health services for the indigent population on the Virginia Peninsula through a network of primary care and specialty physicians serving those qualifying patients below the 200% Federal poverty level.

Seton Youth Shelters / Mother Seton House, Inc. - $15,000
For Basic Mental Health Care Services through case management and crisis intervention counseling for at-risk youth up to the age of 21 in the Hampton Roads region.

The Up Center - $10,000
For the “Seeking Safety” program to provide medical evaluation, medication assistance, follow-up and psycho-educational and skill-building groups to chronically homeless individuals who suffer serious mental health illness, medical or substance abuse problems.

Virginia Supportive Housing - $20,000
To expand case management to conduct screenings for basic health and mental health needs, complete referrals for community services and assist with benefits acquisition for formerly homeless individuals in the South Hampton Roads region.

Western Tidewater Free Clinic, Inc. - $32,000
For a full-time Dental Program Coordinator to serve Western Tidewater residents at or below 200% of the Federal poverty level.
Grants Paid in 2010

Coalition Building Initiatives

American Cancer Society - $15,000
For the African-American Men’s Health Initiative in the Hampton Roads region to prevent or reduce the risk of chronic disease through free screenings and education outreach.

Frail and At-Risk Elderly

Alzheimer’s Association - $12,500
For the establishment of a 24-Hour Centralized Helpline to provide immediate support to persons with Alzheimer’s or dementia and their families.

Chesapeake Service Systems, Inc. - $5,000
To expand the health and habilitation treatment programs for people with severe developmental disabilities in South Hampton Roads.

Cornerstone AG - $1,125
For the Project NOW “Standing in the Gap” program’s fuel expense to transport seniors to medical, dental and eye appointments in Hampton and Newport News.

Senior Services of Southeastern Virginia - $10,000
For the Wellness Shuttle transportation services to medical appointments and wellness classes for seniors and adults with disabilities in Norfolk.

Union Mission Ministries - $35,000
For the “Wellness Program” to provide healthcare coordination, transportation, medication assistance, health education and shelter for elderly and chronically ill homeless men and women who reside in the mission shelter.

Pregnancy Outcome Improvement

Chesapeake Health Investment Program d/b/a CHIP of Chesapeake - $25,000
To provide case management for expectant Hispanic women and parents of infants through age one in Chesapeake.

Resource Mothers - Office of Human Affairs, City of Newport News - $36,861
For the “Resource Mothers” program to assist pregnant and parenting teens with mentoring, encouragement and support services in Newport News.

Total amount given: $629,486
Andrew Gurkin runs the family-owned business, Dandy Haven Marina, which has been an institution for 47 years in Hampton, VA. Owning a water-oriented business, Andrew, and his mother Lesley, make strong efforts to be good stewards of their environment. As in the previous year, one persistent osprey decided that the Marine Travelift was the perfect place to build her nest. Unfortunately, that piece of equipment is used regularly to move boats to and from the water and the repair yard. On March 14th, 2010 while preparing an unused forklift and pallet for the nesting site, Andrew got his arm caught between two sections of the mast, crushing the humerus just above the elbow. Later he jokingly remarked “No good deed goes unpunished.” While his wife, Melanie, ran to call 9-1-1, Andrew found his arm to be hanging limp by his side and managed to lower himself to the hood of the forklift. After a quick evaluation by the Hampton paramedics, they immediately called Nightingale to come and take Andrew to Sentara Norfolk General Hospital. “When things go horribly wrong, access to a Level I Trauma Center is paramount” says Andrew.

He wasn’t sure if he would survive, much less have use of his arm again. With a team of trauma, vascular, orthopaedic and plastic surgeons working collaboratively through four operations, Andrew was back at work soon after leaving the hospital, making an almost full recovery in six months. Spending 11 days at Sentara Norfolk General Hospital, Andrew was surprised by the number of times Nightingale took off each day and realized how critical the air ambulance service is to Hampton Roads residents. Appreciating the “force multiplier effect” that Nightingale has for Norfolk General and the region, Andrew and Melanie, Lesley and the Dandy Haven Marina made very generous contributions to support the Nightingale: Saving Minutes, Saving Lives campaign. Upgrading the technology and power of the Nightingale will keep this bird flying for many years to come!

Spending 11 days at Sentara Norfolk General Hospital, Andrew was surprised by the number of times Nightingale took off each day and realized how critical the air ambulance service is to Hampton Roads residents.
Jason Fletcher is an Elizabeth City firefighter and Weeksville volunteer firefighter. His experience with the Nightingale Air Ambulance involved his own daughter Katie, who is 18 years old and alive because of the care and service provided by the Nightingale crew. Two years ago, Katie was 16; she went to Northeastern High School, had a job at the Dollar Tree, had a boyfriend, and was an honor student. At the time, she thought she might want to study pharmacy and work in that field. She was a very special girl with a normal teenage life.

But that changed on January 7th, 2009.

On that day, around 7:30 am, just like every other day, Katie was waking up and getting ready to take her younger sister, Laura, to River Road Middle School before heading to class herself. At 7:50 am, Jason had just arrived for duty when he received a call from his wife, Erin, that the girls had been in an accident on Weeksville Road. Jason ran out of the station and quickly found the accident scene. He determined that Laura was okay but he wasn’t sure if Katie was alive.

It took 15 minutes for Jason and the other EMT’s to cut Katie free from the car. After that, they got her on the back board and in the ambulance to take her to the station where Nightingale could land safely. Katie stopped breathing twice in the ambulance and when the Nightingale crew arrived they had to work on her to get her stable enough to transport. “Even with that extra time to stabilize her, the Nightingale got her to Sentara Norfolk General before me which I know, as a firefighter, made a huge difference”, says Jason.

After four hours of surgery for a traumatic brain injury, Katie was moved to the Neuro Intensive Care Unit at Sentara Norfolk General Hospital and began her recovery.

She spent 30 days in the hospital, and during that time the Nightingale crew never stopped checking in, helping the family, even taking six year-old brother, Jamison, to sit inside the helicopter.

It has taken Katie two long years of hard work to recover, and she’s still working very diligently to get back all of her speech and physical abilities. Katie went back to school as a different person but even more determined. She graduated with honors, and she received a special courage award from her fellow students at the senior banquet. Now she is taking classes in art and photography and she volunteers at the YMCA. She has even faced her fears enough to start driving again. Jason Fletcher sums up his thoughts with “We are truly blessed and grateful that Nightingale was here when we needed them. They took care of my daughter and my family. They rescued this rescuer!”

“We are truly blessed and grateful that Nightingale was here when we needed them. They took care of my daughter and my family. They rescued this rescuer!”

– Jason Fletcher
<table>
<thead>
<tr>
<th>Sponsor</th>
<th>Event Description</th>
<th>Sponsorship Awarded</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACCESS College Foundation</td>
<td>2010 School Year</td>
<td>$3,000</td>
</tr>
<tr>
<td>Alzheimer’s Association - Southeastern Virginia Chapter</td>
<td>20th Annual Education Conference</td>
<td>$2,500</td>
</tr>
<tr>
<td>American Cancer Society</td>
<td>Relay for Life</td>
<td>$15,000</td>
</tr>
<tr>
<td>American Diabetes Association</td>
<td>Step Out: Walk to Fight Diabetes</td>
<td>$5,000</td>
</tr>
<tr>
<td>American Heart Association</td>
<td>Heart Walks</td>
<td>$10,000</td>
</tr>
<tr>
<td>Arthritis Foundation</td>
<td>Arthritis Walks</td>
<td>$2,000</td>
</tr>
<tr>
<td>Avalon: A Center for Women and Children</td>
<td>Branch Out! – a two-day community celebration</td>
<td>$100</td>
</tr>
<tr>
<td>Brain Injury Association of Virginia</td>
<td>Camp Bruce McCoy</td>
<td>$100</td>
</tr>
<tr>
<td>Cerebral Palsy of Virginia</td>
<td>17th Annual 5K Run &amp; Walk-A-Thon</td>
<td>$700</td>
</tr>
<tr>
<td>Cystic Fibrosis Foundation</td>
<td>Great Strides Walk</td>
<td>$500</td>
</tr>
<tr>
<td>Down Syndrome Association of Hampton Roads</td>
<td>9th Annual Buddy Walk</td>
<td>$500</td>
</tr>
<tr>
<td>Dream Catchers</td>
<td>3rd Annual Bridles and Bow Ties Fundraiser</td>
<td>$750</td>
</tr>
<tr>
<td>Girls on the Run of South Hampton Roads</td>
<td>2010 Molly Bash</td>
<td>$1,000</td>
</tr>
<tr>
<td>Gloucester County Chapter of the American Red Cross</td>
<td>General fund, health and safety programs and fundraising events</td>
<td>$700</td>
</tr>
<tr>
<td>HealthSource for Women</td>
<td>Prenatal breastfeeding classes</td>
<td>$1,500</td>
</tr>
<tr>
<td>Juvenile Diabetes Research Foundation</td>
<td>2010 Walk to Cure Diabetes</td>
<td>$1,400</td>
</tr>
<tr>
<td>Lee’s Friends</td>
<td>Program support</td>
<td>$700</td>
</tr>
<tr>
<td>Leukemia &amp; Lymphoma Society</td>
<td>Annual Virginia Blood Cancer Conference</td>
<td>$1,000</td>
</tr>
<tr>
<td>March of Dimes Greater Hampton Roads</td>
<td>March for Babies</td>
<td>$10,000</td>
</tr>
<tr>
<td>National Kidney Foundation of the Virginias</td>
<td>Kidney Walk</td>
<td>$3,000</td>
</tr>
<tr>
<td>Peninsula Community Foundation of Virginia</td>
<td>Best Foot Forward 8K</td>
<td>$1,000</td>
</tr>
<tr>
<td>Salute to Teachers</td>
<td>2010 Salute to Teachers</td>
<td>$250</td>
</tr>
<tr>
<td>St. Mary’s Home for Disabled Children</td>
<td>Program support</td>
<td>$700</td>
</tr>
<tr>
<td>Suffolk Center for Cultural Arts</td>
<td>HeART Throb - The Passion of Life</td>
<td>$700</td>
</tr>
<tr>
<td>Susan G. Komen for the Cure, Tidewater Affiliate</td>
<td>Race for the Cure</td>
<td>$4,000</td>
</tr>
<tr>
<td>The Giving Garden Foundation</td>
<td>Play it Forward</td>
<td>$300</td>
</tr>
<tr>
<td>Urban League of Hampton Roads</td>
<td>2010 &amp; 2011 Whitney M. Young Dinner</td>
<td>$3,000</td>
</tr>
<tr>
<td>Virginia Association of Free Clinics</td>
<td>2010 VAFC Annual Conference</td>
<td>$500</td>
</tr>
<tr>
<td>Virginia Breast Cancer Foundation</td>
<td>Spring Fashion Show and Luncheon</td>
<td>$250</td>
</tr>
<tr>
<td>Williamsburg National Eating Disorder Association</td>
<td>Williamsburg NEDA Walk</td>
<td>$500</td>
</tr>
</tbody>
</table>

Total Sponsorships Awarded in 2010: $71,150
Jenie Beal has found the ideal senior lifestyle combination – a program that provides medical and social support, but allows her to continue living with her daughter in Chesapeake.

Beal, 79, enjoyed a very active life in her hometown of Culpeper as a beautician, and as an activities director in a senior living facility. Three years ago she moved in with her daughter’s family for assistance and companionship. But since her daughter and son-in-law worked during the day, she found herself “at home with just the dogs.”

Then, last summer, her daughter found the Sentara PACE site in Portsmouth. PACE is an acronym for the federally funded Program of All-Inclusive Care for the Elderly, which allows seniors who qualify for nursing home care under Medicaid or Medicare, to live at home with their families. PACE provides transportation, meals, activities, and medical and dental care participants, as well as hospitalization and rehabilitation if needed.

“I really like the program,” Beal says. “It’s multifaceted and provides freedom of choice and a variety of activities.” In addition to the medical services, participants may choose to engage in exercise, games or field trips, or to spend free time doing needlework, working on the computer, reading or watching movies.

Helping seniors remain active and engaged while living at home with family is one way Sentara improves the health of our community’s senior residents. If you would like to make a contribution to support the PACE program or other senior services offered through Sentara, contact the Sentara Health Foundation (details on the back cover.)
Ways to Give
Help Us Help Others

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, contact the Sentara Health Foundation directly at (757) 455-7976. For your convenience, you can donate securely online at www.sentara.com/foundation. 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. You may choose to designate your gift 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.

To opt out of future mailings from The Sentara Health Foundation, please call 1-800-981-6667.

To learn more about Sentara Health Foundation, obtain grant guidelines and an application, or to make a contribution, please visit www.sentara.com/foundation or call 757-455-7976.