Through my eyes, I see...
2013 marked the 125th anniversary of Sentara. From humble beginnings in 1888 as a 25-bed hospital in Norfolk, VA called the Retreat for the Sick, Sentara has grown to be a multi-faceted health system leading the industry with innovative approaches to providing care across Virginia and North Carolina. Highlights of our 2013 enhancements to patient care were made to technology, facility and the investment in talented clinical staff dedicated to serving our area’s visitors and residents.

In 2013, the Sentara Cancer Network was the first to introduce 3D Mammography, or Tomosynthesis, to Hampton Roads. With this advanced technology, physicians see a three-dimensional view of the breast tissue, which leads to a 35% increase in early detection. We also opened the East Bed Tower at Sentara Leigh Hospital and initiated construction on the West Bed Tower at the hospital, which has been serving Hampton Roads in its current location since 1977. The new Sentara Leigh Hospital will offer state-of-the-art facilities and larger, modernized private patient rooms. We continue to strive for excellence in customer service to be your healthcare provider of choice and we made great strides in implementing a coordinated care approach to manage your health needs across the entire system from hospital to home care to your primary care physician’s office.

And together, through our partnerships with many local area healthcare-focused organizations, we worked diligently to address the growing number of unmet needs right here at home.

In 2013, the Sentara Foundation-Hampton Roads awarded more than $600,000 in grants to improve access to healthcare for our most vulnerable populations. In addition to addressing the ongoing operational support needed for free health clinics and community health centers, our grant dollars supported mental health services for at-risk youth and low-income families, dental care for the indigent population, and healthcare support for the homeless and teens during pregnancy. The Foundation also provided funding for low-cost pharmaceutical programs supporting local uninsured and indigent residents.

We served our communities throughout Hampton Roads, stretching from Gloucester and Mathews Counties to Western Tidewater and from Williamsburg to Virginia Beach. Despite a fiscally challenging time for most healthcare systems across the nation, Sentara is committed to supporting these profound healthcare needs within our community.

Our partnership with residents, businesses and municipalities also continued to flourish in 2013. Gifts in support of our Sentara Hospice House, as well as money donated to advance our cardiac, cancer and patient assistance programs, are instrumental in furthering the margin of excellence we provide to our patients. Sentara is honored to partner with you, our donor, to invest in the wellbeing of our community.

Looking back at 2013, Sentara has continued the commitment we make each day to providing quality care for those we serve. By working with you to enhance the resources available for our community, we will continue to prove that together, we can improve health every day.

To learn more about the Sentara Foundation – Hampton Roads or to hear the stories from several patients served by our dedicated staff, visit www.sentara.com/foundation and click on Patient Stories.
The Sentara Foundation-Hampton Roads was originally formed to respond to community need and 2013 gave us the opportunity to do just that! **We began construction to upgrade Sentara Leigh Hospital**, a healthcare resource on Kempsville Road in Norfolk since 1977. **We developed the services provided by our Sentara Music and Medicine Center, a philanthropy supported program**, to include music therapy and music medicine to promote healing for patients afflicted with neurological disorders. **And our grants continued funding our area’s safety net providers, including 11 area free clinics and community health centers.** Clearly, the Foundation staff and volunteers are diligent in establishing and nurturing the partnerships that keep improving the health of our Hampton Roads community.

**Our continued campaign to enhance the Sentara Hospice House which opened in 2013 has been a very successful project.** This facility is the only one of its kind in South Hampton Roads and provides a “home-like” environment for loved ones to spend their final days. Transitioning to the end of life is very difficult, but having a supportive team and environment to treasure precious time with family makes for a less painful journey. This is the time to be with loved ones, to remember and cherish those who are still here today. **During the course of this campaign, you have helped us provide amenities and beautifications for families to enrich their final days with loved ones.**

As we look forward to 2014, we continue to seek your partnership in providing the most advanced care in the optimal healing environment to you. We have outlined some of the opportunities in which your charitable support can make a significant difference in the lives and health of our neighbors and friends. **Whether your passion is centered on cardiac care, hospice services, cancer treatment or the impact of music in healing the body and soul, the Sentara Foundation - Hampton Roads is working to enhance our most valuable resource – our health!**

As a not-for-profit healthcare system, part of the responsibility at Sentara is to provide the same medical care and treatments for all patients, regardless of their ability to pay. The Sentara Foundation - Hampton Roads grant program has continued to provide resources for this ever growing demand. Through this competitive grant process, funding in 2013 helped provide medical care for our homeless, transportation for our elderly, crisis counseling for children subject to sexual abuse and primary medical and dental care for our area’s uninsured. There is always more to do, but caring for others during their time of need is a priority at Sentara. I feel most fortunate to live in a place that is served by a nationally acclaimed, integrated healthcare system. Together, we can all help to improve health every day. **Please consider joining our pursuit of better health, better safety and better lives for our community and its residents.**

Joan Brock  
Chairman  
Sentara Foundation — Hampton Roads  
Hear for yourself how your donations made a difference in the lives of some of our patients in their own words. Log onto: [www.sentara.com/foundation](http://www.sentara.com/foundation) and click 2013 Annual Report for an interactive experience!

As we look forward to 2014, we continue to seek ways in which we can expand the health services provided to you, our stakeholders.
Through my eyes, I see... a legacy - G A L E

By Renée Duval Fairchild, Senior Development Consultant

How long does it take to grieve for the loss of a loved one?

For Gale, it has been a long seven year journey. This year, I visited with Gale to hear her story of renewal. She told me she asks herself daily - How long will I feel this pain? When will I want to get out and see people? How do I get back to a “normal” life? Gale Hargroves was faced with losing Jim, her husband of over twenty years. She speaks often of how long Jim fought his battle with cancer. How he wanted to be with her and see another day together. She prayed that she would not have to face the inevitable, being left alone.

But that was not to be. Jim Hargroves passed away on September 13, 2006 at age 63.

Gale credits the Sentara Hospice Program with helping her survive her devastation. She will never forget the staff that was there with her in Jim’s final weeks. Wanda, Jim’s hospice nurse, would ask her each day how she was, how she was feeling and if she needed anything. She says she wondered why they were asking her, because Jim was the one who needed the help. Now she realizes they were there for her well-being too, to help guide her through her grief. “It was a hard seven year road.” “Only in this last year did I begin to realize it would be okay for me to come out of my darkness, that Jim would want me to find what made me happy again. Getting involved with the new Sentara Hospice House has helped me to heal and feel alive again”.

Gale, like so many others, has found that through her acts of supporting the program, she can keep the memory of Jim alive and help others who are now experiencing loss. Gale has donated to the Sentara Hospice House, naming one of the 12 rooms at the facility in memory of her husband. She has also been an active leader in the Sentara Hospice taskforce, sharing with others in the community how invaluable this resource is to Hampton Roads families. Gale is now a volunteer at the facility along with her two beautiful therapy dogs.

When our last visit was over, Gale said, “It took me seven years. Seven years to begin to accept Jim’s death and to understand that it would be alright for me to start to live my life again. To find joy in helping others go through this experience with dignity and support around them is a great reason to get out of bed each day. It is the legacy that Jim would have wanted.”

You too can be a part of helping others through life’s hardest transition. Volunteer with the Hospice program or donate to the Sentara Foundation-Hampton Roads TODAY at www.sentara.com/foundation
I like Debra. What’s not to like? She’s spunky, funny, smart, and creative and seems to exude energy wherever she goes. We had so much fun making a funny video a couple of years ago to encourage Sentara employees to give to the Nightingale campaign. Debra played a terrific “secret agent” in our “Mission: Possible” videos and was a good sport too! It’s not surprising that she is successful at running a 224-bed hospital and ambulatory campus, actively engaging with multiple community organizations and boards, maintaining a close-knit family with her husband and two children, and nurturing friendships that go back 30 plus years. It is these relationships as well as her own faith that support her now that she has been diagnosed with breast cancer.

Debra shares “When I first found out that I had breast cancer it felt surreal. I try to maintain healthy habits by eating right, managing stress, and exercising. I’m sure that my commitment to my health was helpful, but cancer occurrences seem so random. Finding out that you have cancer changes your outlook on life. Everyday problems may rise to the level that they used to but your perspective changes. Living in the moment takes on a whole new meaning.”

I keep hearing people say that she needs to “take it easy” and allow her friends and loved ones to support her and be there for her. But taking it easy is not Debra’s style. When Debra first found out in October that she had cancer, she wanted to tell the world how fortunate she was that it was found early. She wanted others to go get their mammograms and not to put it off. Debra says, “I made it my mission to tell anyone who would listen! Go now! Don’t wait! Get your mothers, daughters, sisters and friends to make the time now. And you men have to help make this a priority for all the women in your lives too!” She wanted the community to understand that new technology offered at Sentara, Tomosynthesis, or three-dimensional breast imaging, helped her radiologist detect the tumors that would have otherwise gone unnoticed. She tells anyone who will listen that finding the cancer early decreases the likelihood of it spreading throughout the body, which can be life-threatening. And she has been comforted in knowing that telling her story has already helped others. From a tearful husband that convinced his wife to get checked and found a lump early to a 50 year old woman who finally made the time and an appointment for her first mammogram. Debra’s experience has moved others to act. She has successfully undergone surgery and radiation without missing a beat. That is the delightful, inspirational, compassionate Debra that I have been fortunate to know. Her cancer does not define her. She is defined by those surrounding her with love, friendship, and a bit of humor. To meet Debra, her husband Victor, her children Niles and Maria, and her friends, log onto www.sentara.com/foundation and click on Patient Stories.
Access Partnership - $75,000
To support the Community Access to Care Program, a voluntary coordinated care program which aims to improve the health of uninsured, low income persons receiving primary care at a safety net provider site.

Beach Health Clinic - $25,000
To support operations serving the indigent and uninsured working population of Virginia Beach.

Boys and Girls Club of the Virginia Peninsula - $18,000
To support the “Smart Smiles at the Dentist” program, which improves access to dental care for low-income children and youth.

Catholic Charities - $15,000
To support the Training and Therapy for the Uninsured program which offers short-term counseling services to uninsured adults in southeastern Virginia.

Center for Sexual Assault Survivors - $5,000
To support patient care programs which provide counseling services to children who have experienced sexual trauma.

Chesapeake Care, Inc. - $25,000
To support operations serving the indigent and uninsured working population of Chesapeake.

Chesapeake Health Investment Program - $12,000
To provide dental varnishing to infants and preschool children, and to provide dental health education and dental hygiene materials to low-income children and their parents.

Community Free Clinic of Newport News - $25,000
To support operations serving the indigent and uninsured working population of Newport News.

ForKids, Inc. - $25,000
To improve the health status of homeless families by providing them with the following: medical case management services; assistance with medical, dental and mental health care and prescriptions, and transportation.

Ghent Area Ministry - $10,300
To support the Health Services program, providing short-term healthcare access for uninsured, under-insured and low-income adult residents of Norfolk, who need assistance with prescriptions, basic emergency dental care, and basic vision needs.

Gloucester-Mathews Free Clinic - $25,000
In support of the clinic’s oral health initiative which provides oral health care to uninsured adults in Gloucester and Mathews Counties.

Hampton Roads Community Health Center, Inc. - $68,000
To support operations serving the populations of Norfolk, Portsmouth and surrounding Hampton Roads area regardless of ability to pay.

H.E.L.P., Inc. - $17,000
To provide support to the Regional Oral Health Initiative of the Greater Virginia Peninsula Consortium of Free Clinics, which provides dental care to uninsured, low-income persons.

Lackey Free Clinic - $22,000
In support of the Basic Health Services and Pharmacy Expansion Project, serving hypertension patients and providing pharmacy staff assistance.

Mother Seton House dba Seton Youth Shelters - $15,000
To support their crisis counseling, group counseling and case management services for at-risk youth and young adults.

Office of Human Affairs - $12,500
To support the Resource Mothers program in Newport News, assisting pregnant and parenting teens with mentoring, encouragement and support services to ensure they give birth to healthy babies and become successful parents.
Olde Towne Medical Center - $25,000
To support the Pediatric Dental Clinic which serves children that are medically indigent and uninsured, and those with Medicaid.

Park Place Dental Clinic - $25,000
To support their dental clinic which serves low income Norfolk residents without dental insurance.

Peninsula Institute for Community Health (PICH) - $30,000
To support the clinic's dental program, which provides preventive dental care as an intervention to reduce and improve the health status of residents.

People in Need Ministry - $10,000
To support PIN in their mission of providing Virginia Beach homeless individuals with basic medical care by utilizing volunteer doctors and nurses.

RxPartnership - $15,000
To support their efforts of connecting Hampton Roads free clinics and community health centers with pharmaceutical partners which donate prescription medications in bulk.

St. Columba Ecumenical Ministries, Inc. - $12,000
To support the Prescription Program, which assists Norfolk homeless individuals with their medications while long-term resources are established.

The Up Center - $8,000
To support the expansion of the Trauma Informed Care Mental Health Services program, which addresses medical health needs of Hampton Roads victims of domestic violence, homelessness, child abuse, military deployments or other trauma.

Union Mission Ministries - $30,000
To support the Wellness Program, healthcare coordination for individuals who are experiencing homelessness in Hampton Roads.

Virginia Supportive Housing - $22,000
To support their efforts in providing mental health support services to South Hampton Roads tenants who have long-term, severe psychiatric disabilities.

Western Tidewater Free Clinic - $25,000
To support operations serving the indigent and uninsured working population of Western Tidewater.

Williamsburg Area Faith in Action - $5,000
To support their medical transportation program, providing transportation to seniors and adults with a chronic illness or physical disability.
Through my eyes, I see... healing through music - CAROLE
By Renée Duval Fairchild, Senior Development Consultant

“My heart, which is so full to overflowing, has often been solaced and refreshed by music when sick and weary.” - Martin Luther

Often times memories are triggered by smells, tastes, sounds and sights. Do you ever find yourself connecting to your past through a song or a piece of art that is so familiar it seems it had to be one of your life moments?

How amazing the human brain is! In a matter of seconds, it can connect the senses to memories. This is the phenomenon that motivated one Virginia Beach woman. While volunteering as a museum docent years back, Carole Meola began working with local nursing facilities to bring patients with dementia and other memory issues to see pieces that were hung.

“It was an incredible sight,” Carole said. “This woman I had been working with had not uttered a word. One day, during a visit to an art museum, she looked at a Mary Cassatt painting of a family in a park and began to sing ‘You made me love you; I didn’t want to do it.’ – I was speechless, but it evidently connected her to a memory of her own children. This painting jogged her memory and she was able to express that memory through music.”

Following that day, Carole shared that the woman appeared reconnected to the world, talking with her friends and feeling better. She also told Carole that she didn’t need to visit her anymore. “I was so happy to see that she had found herself again after relating to that painting. The woman continued to sing whenever there were music programs at that nursing care facility.”

Carole Meola worked within the medical community for years. She talks of her mother forcing her to take piano lessons for years, but she always just wanted to listen to music. “I LOVED hearing all music; I can remember how music filled the air. It just made life better. The soothing melodies touched me”.

When Carole heard about the new Sentara Music & Medicine Center, she was intrigued. “I wanted to know more. How could I help? How could I be a part of something I knew would make a difference in so many lives?”

Carole has now become a donor to the Music & Medicine Center at Sentara Norfolk General Hospital. Her donation is helping others access programs like music therapy, a program now offered to patients suffering from neurological diseases like stroke and dementia. Even though this therapy assists patients in their healing process, it is not currently covered by insurance. “Hearing stories of stroke victims who had become unable to speak, then speaking with the assistance of music therapy, is serious motivation for me to help – how wonderfully moving.”

Her love of the arts will also be present in the new Sentara Music & Medicine Center when it opens in late March as Carole has gifted a beloved painting, The Mandolina, from her collection, by Royo. “Sharing my passion with others. That is the love I would like to pass on to others.”

To find out more about the Sentara Music & Medicine Center and how you can help make a difference, visit our website at www.sentara.com/SMMC
Cedric Bryant is the luckiest man I have ever met. He’s not terribly wealthy and has never won the lottery. As an employee of International Paper for 36 years, he was forced into early retirement when the plant unexpectedly shut its doors, leaving him and the entire town of Franklin, VA reeling and looking for answers. But worst of all, on April 2, 2013, while driving his truck on Clay Street, Cedric’s heart completely stopped. He was alone in the car with his three dogs on his way to repair his lawnmower. As he lost consciousness, his truck careened off the road and smashed into a telephone pole. Now you are probably wondering why I think he’s so lucky.

Time is critical when you have a heart attack and to be alone and driving can be disastrous. If you survive the crash, the first responders may not realize that you suffered a heart attack. Fortunately for Cedric, a woman driving behind him did notice. When an Emergency Medical Technician (EMT) who just happened to live across the street ran over to help, she instantly told him that she thought Cedric had had a heart attack. The EMT immediately began administering CPR and was able to revive him while she called 911. The ambulance arrived within minutes and took him to Southampton Memorial Hospital, where he had to be revived twice more. To address Cedric’s serious condition, the doctors at Southampton Memorial immediately called for Sentara Nightingale Regional Air Ambulance to take him to the Sentara Heart Hospital. Once again, Cedric’s heart stopped while in the helicopter. Arriving at the hospital, Cedric had an emergency quadruple bypass. His lungs and kidneys were failing as well. As Cedric tells me, “They didn’t know if I would make it. I died four times; but I’ll tell you one thing, those surgeons at Sentara Heart Hospital are the best around. If you have a heart attack, that’s where you need to go.”

Cedric was in a coma for six weeks with his wife Faye constantly by his side. His friends and neighbors were praying for him every Sunday in church. Against all odds (a 1% chance of survival according to the doctors), Cedric pulled through. He had to learn how to breathe and walk again, and he was down to 135 pounds.

Did luck save Cedric’s life? Cedric’s good fortune provided the most advanced care available at Sentara Heart Hospital. It provided knowledgeable emergency transport teams at Southampton Memorial and on Sentara Nightingale. And on top of that, his Franklin neighbors and loved ones came to the rescue. An alert fellow driver, an EMT across the street and his loving wife all contributed to Cedric’s survival and recovery. For all of these reasons, he feels that he is the luckiest man on earth! Now his friends call Cedric the “Miracle on Clay Street.”

P.S. The dogs were not harmed in the accident. The lawnmower was damaged, but is now in working order.

Your donations can help support miracles like this every day... give to the Sentara Nightingale Regional Air Ambulance today. Log onto www.sentara.com/foundation or call 757-455-7976 to help.
In 2013, the Sentara Foundation acknowledged 4,596 gifts from 4,576 donors equaling $942,317 in generous contributions.

- H.O.P.E Fund and other contributions - $303,350
- Sentara Leigh Hospital Upgrade Project - $214,997
- Hospice Program - $197,542
- Cancer Funds - $35,192
- Patient Assistance Funds - $44,526
- Sentara Music and Medicine Center - $62,823
- Nightingale, Cardiac Care, Behavioral Health Telemedicine Program, Mobile Meals, Hospital Operations - $83,888
- Total 2013 Contributions: $942,318

On July 17, 2013, my husband, Lynn Auchey, suffered a massive heart attack while driving. It resulted in an accident, but the EMTs arrived quickly and took him to Sentara Norfolk General Hospital where they saved his life. Over the next 12 days it was touch and go as Lynn’s heart was stented and his organs began to shut down. He even had to be put on a ventilator to breathe as he struggled to stay alive. But, the staff on the 2nd floor CICU at Sentara Heart Hospital were phenomenal and took care of our entire family. Even the front desk attendant, Lamont, would never leave for the evening without seeing if I needed anything. The nursing staff always took the time to explain what was happening to Lynn and the steps that were being taken to make him better.

This was one of the worst times in my life, but the staff at Sentara Heart Hospital made the journey easier to bear due to their caring and patience. “Thank you” is such a small phrase and doesn’t begin to describe the gratitude I have for these people who took care of us. Thank you, thank you for giving me more time with my husband. He may not be here today without your knowledge, skill and caring. You will always be in my prayers.

Through the generous contributions of our community, Sentara Heart Hospital offers the highest level of cardiac care for people just like Lynn and just like you. Help us continue the advancement of excellence by donating to the Sentara Heart Fund for Education and Technology. Donate today at www.sentara.com/foundation

Total 2013 Contributions: $942,318
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<tr>
<th>Organization</th>
<th>Amount</th>
<th>Event/Program</th>
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<td>ACCESS College Foundation - $5,000</td>
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<td>Lee’s Friends - $500</td>
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<td>Annual Luncheon</td>
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WAYS TO GIVE

Outright Contributions
- Cash Contributions
- Stock and securities
- Real estate
- Life insurance policies
- Your company matching gift program

Planned Giving
- Bequests in your will
- Gifts in trust
- Retirement plans designation

Tribute Gifts
- Remember a loved one
- Celebrate an achievement
- Honor a friend or caregiver
- Recognize an event or holiday

To explore an enhanced virtual experience and inside look into some of our patient’s lives, visit our webpage at www.sentara.com/foundation or scan this QR code. See personal stories from our patients, including Debra Flores, pictured on our cover. Hear directly from real people in your community about how YOU have helped change their lives!