

SENTARA HEALTH FOUNDATION

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A Charmed Life: Sentara Nightingale Makes a Life Saving Flight Across the Water

"It took me two hours to get from Williamsburg to Norfolk that day. Without Nightingale, Liz never would have made it." – Linda Palmer

When Liz Palmer returned from her mission trip to Nicaragua, her mother expected to hear nothing but bubbly excitement. Instead, all Liz could say was "Mom, I can't take a deep breath." While on the way to see a doctor about her mysterious symptom, Liz collapsed on the stairs of



Liz Palmer, pictured here with Nightingale pilot John Stanley, was flown to CHKD from Sentara Williamsburg Regional Medical Center.

the medical office building.

Liz was rushed to Sentara Williamsburg Regional Medical Center in an ambulance. "The doctors at the hospital said they were going to begin by looking for the worst case scenario," says Linda, Liz's mother, "and the worst case scenario was the first thing they found." At the age of 16, Liz was suffering a bilateral pulmonary embolism, a condition where both of the main arteries to the lungs are blocked by a substance passing through the blood stream. Because of her young age, it became clear that Liz would need specialized care, and she would need it fast.

Sentara Nightingale Regional Air Ambulance arrived on the scene within 14 minutes, carrying not only the Nightingale crew from Sentara Norfolk General Hospital, but also the medical staff from Children's Hospital of The King's Daughters (CHKD) who were specially trained to care for patients under 18. Liz's mother, Linda, had to follow behind her daughter by car. "It took me over two



The new Nightingale Air Ambulance will have greater fuel capacity and night vision.

continued on next page →

*Hospice Brings Peace
to Son in Iraq*

PAGE 2

A Patient's Gratitude

PAGE 4

*A Cancer Patient's Life
is Saved*

PAGE 8



*George Middleton's
Legacy - See Page 7*

Home Away From Home: Rest Assured with Sentara Hospice

When Eliot Carlson found out that he was going to Iraq as a member of the United States Navy, the first thing on his mind was his father, Wilmer Carlson.

The Sentara Home Care and Hospice Program was helping Eliot and his siblings take care of their aging father. “When I found out that I was being sent overseas, my immediate thought was ‘who will be there for him if there is an emergency?’” says Eliot.

Thankfully, Sentara Hospice was able to care not only for Wilmer, but for Eliot as well. Thanks to donations made through the Sentara Health Foundation, nurses were able to provide Wilmer with a Multiple Philips Lifeline System. This life-saving equipment works as a personal emergency alert system that could have medical help at Wilmer’s door within minutes. Thanks to this provision, Eliot was able to serve his country in Iraq without worrying about his father’s safety. “I was able to leave for Iraq knowing that my father would always be able to reach help, even when I couldn’t be there,” says Eliot.

Like Eliot and his father, many hospice patients and their families need special provisions while under the care of



Eliot Carlson, second from right, stands with his siblings, Ian Carlson, Scotti Lecueux, and Kristen Barton.

Sentara Hospice. Donations to Sentara Hospice help our nurses to be able to fulfill many last wishes that would not be covered by insurance. For example, donations can help hospice patients to achieve their goal of getting a GED, or buying their children ice cream one final time.

When you make a donation to Sentara Hospice, you give patients and their families something extraordinary: you help to make their last days

about living and making memories with their loved ones.

To learn more about donating to Sentara Home Care Services and Hospice Program, please call the Sentara Health Foundation at (757) 455-7976

Donations to hospice can help to make a patient’s last day about living, not dying.

Nightingale *continued*

hours to get to Norfolk from Williamsburg that day,” says Linda, “In rush hour traffic, we never would have made it in time.”

Thankfully, by helicopter, Liz was able to arrive at CHKD within 14 minutes. Her mother arrived at the hospital to hear great news: Liz’s condition was improving.

After 25 years of service, the current Nightingale Air Ambulance is ready to retire. You can help support a new air ambulance that will be able to provide more advanced service to our community and beyond. New capabilities for the aircraft will include greater fuel capacity for longer trips and heavier loads, and night vision for safer flights in the darkest conditions. Your donations to the Sentara Health Foundation can help support a new Nightingale air ambulance and ensure that no family will have to go without this

important life-saving service. “Without Nightingale,” says Liz, “I’m not sure I would be here today.”

Thanks to the critical hours saved by Sentara Nightingale, Liz is currently a healthy and happy college soccer star. Linda had a Nightingale charm made for Liz that she wears on her wrist every day to remind her of that life-saving flight. “I love my charm bracelet because it reminds me every day how thankful I am to be here,” says Liz, “I owe that to the crew of Sentara Nightingale.”

***“Without Nightingale,” says Liz
“I’m not sure I would be here today.”***

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Because You Care: A Patient's Gratitude Helps Benefit His Community

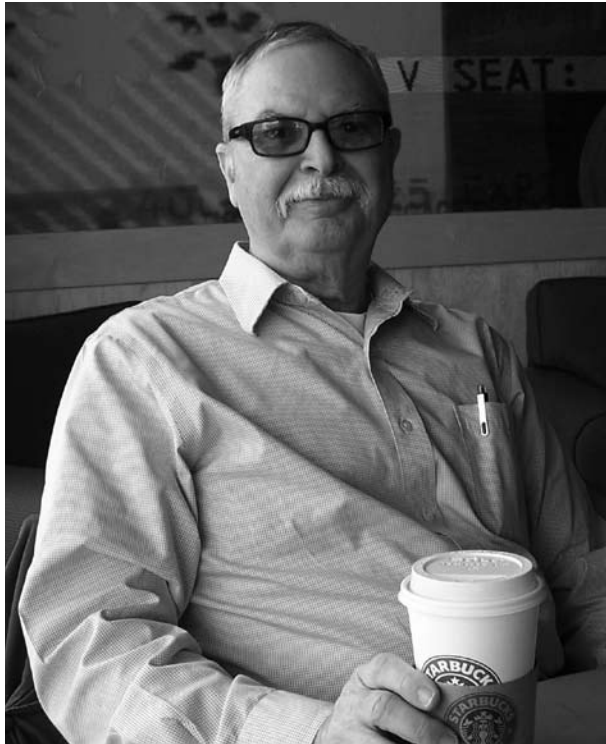
"The actions of every single person I encountered at Sentara assured me that they wanted nothing but the best care possible for me."

- John McLain

When John McLain discovered he had prostate cancer, he prepared himself for a long journey. With his wife by his side, he made the decision to undergo the daVinci Robotic Prostatectomy and did all the research he could to prepare for his stay at Sentara Norfolk General Hospital (SNGH). Despite his preparation, he still felt nervous when the day of surgery came.

At Sentara, John discovered that he was not alone in his journey with cancer. "Everybody we dealt with was reassuring: from the receptionist checking me in, to the nurses caring for me, to the dietary staff serving my meals," says John. What John remembers most from his visit is not the pain of surgery, but the human touch from his nurses: "Every nurse I dealt with reached out to me and asked 'John, are you ok? Are you in pain?' I needed that."

John was so grateful for the excellent care he received that he wanted to do something to show his gratitude. The Sentara Health Foundation's *Because You Care* program helps grateful patients like John show their caregivers how much they appreciate their support. "My wife and I had prayed about some way to be able to say thank you to the staff. Within a couple of days, the *Because You Care* packet showed up. And I said, this



When John McLain discovered that he had prostate cancer, he never imagined that the Sentara hospital staff could be so caring to a single patient.

is it." The McLains generously donated in honor of the entire urology staff for their excellent care.

The *Because You Care* packet is a way for Sentara patients to show their appreciation in a big way. Grateful patients like John help others by donating to a Sentara Patient Assistance Fund in honor of a special caregiver or department. Donations made to Patient Assistance Funds directly help others in our communities who need medical supplies not typically covered by insurance. Your donation can provide supplies such as special burn garments to promote healing, nutritional supplements for cancer patients, or a ride home from the hospital when a patient has none.

"We liked the idea that we could give money that would help people that genuinely needed help," says John, "If you can identify people who truly are in need, and you can help them, then do it. The Sentara Health Foundation does that. That's why I support it."

For more information about how you can show a special Sentara care provider that you care, please call the Sentara Health Foundation at (757) 455-7976.

"Everyone with cancer should have a support group. That was kind of the way I felt about Sentara. I felt that it was a whole hospital there for me."

— John McLain, Sentara Patient

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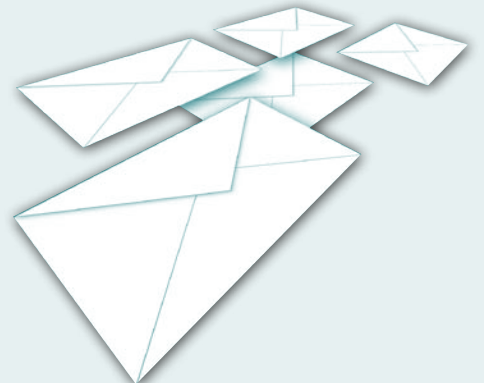
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A Community Hero: George Middleton's Legacy in Hampton Roads

It is not possible to talk about the success of Sentara Healthcare without mentioning George Middleton. As former Chairman of the Sentara Board for 20 years, and a trustee for over 30 years, George Middleton truly made his mark on healthcare in Hampton Roads.

It was George Middleton's guidance, leadership, and vision that helped grow Sentara Healthcare to what it is today. Serving as a healthcare advocate for nearly 50 years, Middleton saw it all, from the initiation of Medicare in 1965 to today's current healthcare debate.

In addition to his efforts for healthcare reform, Mr. Middleton also chose to give back to his community through the Sentara Health Foundation. Mr. Middleton was one of the first members of the Sentara Legacy Society, a giving circle dedicated to improving the health of Hampton Roads by funding new programs and innovations. Last year, these contributions funded a series of workshops devoted to cancer survivors throughout Hampton Roads.



George Middleton, former Chairman of the Sentara Board, passed away in December of 2009. His contributions to the health of his community are unparalleled.

His final contribution to improving health in his community was to the Sentara Nightingale Air Ambulance Program. Interestingly, Mr. Middleton was instrumental in the establishment of the air ambulance program in 1982 while he served as Sentara Chairman of the Board. Mr. Middleton's gift to the Nightingale Campaign will serve as a pillar of support for the region's only Level I Trauma Center. His generosity is truly a testament to his dedication to the health, wellness, and safety of our community.

George Middleton was proof that the efforts of one can truly impact many. In contributing countless hours of service to Sentara, complemented by his selfless philanthropy, Mr. Middleton's

legacy will continue to improve the health of his friends and neighbors for generations.

"It would not be an over-statement to say that George Middleton has made Sentara what it is today." — Dave Bernd, CEO, Sentara Healthcare



Sentara Health Foundation Online

www.sentara.com/foundation

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The Sentara Health Foundation is a division of Sentara Healthcare, a 501(c)3 charitable entity. All charitable gifts are directed through the Foundation to the appropriate intent.

A Smile to Be Proud Of: A Cancer Patient's Life is Saved by a Sentara Grant

*"Sentara has wonderful resources that can help people in our community, like Andrew. We are grateful to be able to do that for our patients, and also to the Foundation for making it possible."
- Connie Bush*

When Andrew Johnson found out he had cancer of the jaw, he was relieved to hear that it was treatable. But when the radiologist inspected his mouth to prepare for radiation, he learned that without some necessary dental procedures, radiation would not be an option. And without radiation, the cancer would spread.

Thankfully, Connie Bush, Community Health Educator at Sentara CarePlex Hospital's Cancer Institute, had the key to Andrew's recovery. Months before, Connie applied to the Walmart Foundation for a grant to provide dental services for cancer patients in Hampton Roads. "All of us that work with the Cancer Institute have realized that there's a lack of resources that provide monetary assistance for dental costs, which is a big need for uninsured or underinsured head and neck cancer patients," says Connie. Connie's grant application was accepted, and the Walmart Foundation donated \$1,000 to help provide dental care for Sentara head and neck cancer patients.

When a Sentara department, such as the Cancer Institute, receives money from a grant, the Sentara Health Foundation



Connie Bush, Community Health Educator at Sentara Careplex Hospital's Cancer Institute, helps patients every day through the increasingly expensive costs of Cancer.

ensures that the money is used in the proper way to help the greatest number of patients. "The Foundation managed that grant for us," says Connie, "and that way I was sure that the money we got from Walmart would only go toward helping cancer patients with life-saving dental treatments."

It was Connie's hope that this grant would be able to provide an uninsured cancer patient with the dental care they need to receive life-saving radiation treatments. "When patients are diagnosed with cancer, they go through a lot of fear and emotional issues when they first hear that word," says Connie. "Just to be able to provide them the necessary medical care to receive treatment—that's the first step to overcoming the disease and becoming a survivor." Just two weeks before the grant expired, Andrew showed up at her office looking for help.

Thanks to Connie and the Sentara Health Foundation, Andrew was able to receive a full dental cleaning and treatment. With his newly cleaned and repaired teeth, Andrew was prepared to undergo radiation. Today, he is alive and well, a true survivor who is all smiles.

***Andrew desperately needed dental treatment in order to receive radiation.
Without radiation, the cancer would spread.***

Want to learn more about the Sentara Health Foundation?

You can read our **2009 Annual Report** at
www.sentara.com/foundation



Tribute Gifts

Gifts to Sentara Health Foundation from
July 1, 2009 to December 31, 2009.

We thank everyone for their gifts in honor or in memory of family, friends and co-workers. Every effort has been made to recognize our contributors. If there are any corrections, please call (757) 455-7976.

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Sentara Legacy Society

The Sentara Legacy Society for Healthcare Excellence was founded in 2007 by retired Sentara leaders and their friends as a tribute and honor to dedicated healthcare providers.

Sentara Legacy society is a giving circle dedicated to benefiting our community's health. Legacy Society contributions support programs and projects outside the Sentara operational budget which represent compelling opportunities for incorporating new and high impact technologies.

Just this past October, the Sentara Health Foundation hosted its second annual Speakers' Forum of the Sentara Legacy Society for Healthcare Excellence. Held at Town Center City Club in Virginia Beach, the members and guests came together for a presentation by Dr. Jeffrey Rich, former director of the Centers for Medicare and Medicaid Services, a federal agency. This program typifies the margin of excellence that the Legacy Society fund supports.

For more information on how to join the Sentara Legacy Society, contact Meril Amdursky, Executive Director of the Sentara Health Foundation, at 757-455-7233.

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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. Outright donations to the Sentara Health Foundation can be made in the form of:

Cash contributions

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- 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
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For your consideration, memorial and honorary gifts can be made through the Foundation and notification of your gift will be sent to your designated acknowledge. This gift is often used to...

- Remember a loved one
- Celebrate an achievement
- Honor a friend
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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 learn more about Sentara Health Foundation, obtain grant guidelines and an application, or to make a contribution, please visit the www.sentara.com/foundation or call 757-455-7976.

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