

SENTARA HEALTH FOUNDATION

Fall 2012 • Volume 18



Sentara Hospice House groundbreaking begins. Pictured left to right: Michael Gentry, Corporate Vice President; Ray Darcey, President Sentara Enterprises; Bruce Robertson, President Sentara Life Care; John Patterson, M.D., Hospice Medical Director Sentara Enterprises; Kim Bradley, Director Home Health Care Sentara Enterprises; Joan Brock, Chair Sentara Health Foundation Committee of the Board; Vicky Gray, Senior Vice President System Development.

Sentara Hospice House: A Truly Groundbreaking Idea

If you have ever lost a loved one who received hospice care, then there is a good chance you already know why the Sentara Hospice House is so important. This can be a stressful and emotional experience for the entire family. Often, we are managing feelings of fear and loss, while a beloved friend or family member experiences symptoms of their terminal illness. When the complexity of your loved one's illness becomes unmanageable in the home and hospitalization is required, it can feel overwhelming.

At no time during end-of-life care are the differences between hospice's "caring model" and the hospital's "curing model" more evident than during the transition from the home to the hospital. Often, patients are transported in an ambulance and admitted through the emergency department which can be a disorienting and uncomfortable experience.

On May 18th, 2012, Sentara Healthcare took the next step towards easing the dying process for hospice patients and their families. The Sentara Hospice House will combine the advanced technology of a hospital with the comforts of home. This facility will be one of three such facilities serving the public in the entire Commonwealth of Virginia and the **only one of its kind** in South Hampton Roads. This is a truly momentous occasion for our region as Hampton Roads families will now have a place to go to help their loved ones through life's greatest challenge with comfort and dignity.

We want this to be a place where our friends and fellow community members can truly appreciate life and love as they leave this world in comfort and peace. **You** can help make this dream a reality by making a contribution to the Sentara Hospice House in Virginia Beach.

Visit www.Sentara.com/foundation or call (757) 455-7976 to find out how you can help.

The Comforts of Home

Transitioning to the end of life is difficult, especially in an unfamiliar environment such as a hospital. At Sentara CarePlex Hospital, the inpatient hospice unit is creating a comforting “home away from home” environment thanks to the compassionate donations from individuals and organizations.

The Sentara CarePlex Hospital auxiliary committee generously donated \$2,000 to the hospice unit to provide a family room computer and bed monitors. The auxiliary committee chose items the unit needed that would most benefit patients and their families.

“After much discussion, the auxiliary committee decided to help not only the patients but their families as well. They felt the best way to help was to provide bed monitors for the patients and a computer for the family room. The computer will be beneficial to family members by providing access for communicating with out-of-town family and

friends via e-mails, Facebook, CaringBridge, etc. The bed monitors will help reassure family members that their loved one was safe in the next room,” said Deborah Linkous, Volunteer Coordinator.

Creating a warm and comfortable environment makes the end-of-life journey a little easier for patients and their families. Join us as we create this special inpatient hospice unit. To support the Sentara CarePlex Hospital inpatient hospice unit, go online to www.Sentara.com/foundation or contact the Sentara Health Foundation at (757) 455-7976.



Top Row (left to right): Mary Jane Slaughter, Dorothy Boyer, Debbie Linkous, Joanne Holley, Irene Moore, Jim Karohl.
Bottom Row (left to right): Sharon Graham, Margaret Vernon, Patricia Waldon.

Hole in One for Hospice

Jodie Koch and her family were blindsided when her beloved husband and loving father of two, Mike Koch, was diagnosed with stage four kidney cancer in September 2009.

Jodie became responsible for Mike’s around-the-clock care for the next several months. That is when the Sentara Hospice Program stepped in to help ensure Mike’s comfort level was maintained and his care was of the highest quality during his final days of life.

“From the counselors, to the chaplain, to the many wonderful nurses and volunteers, the Sentara staff provided peace of mind and compassionate service for our entire family,” recalled Jodie. “The Sentara Hospice Program was a blessing in my family’s time of need and I am truly grateful for the generous service they provide and am honored to have been able to help this organization.”

Mike always enjoyed playing golf, and frequently golfed with friends. One of his favorite courses was the Hornet on Aeropines at Oceana Naval Air Station. Mike even scored a hole in one on the 14th hole at this course. In celebration of his life, Jodie Koch arranged the Annual Mike Koch Classic at Hornet on Aeropines Golf Club. The tournament is a memorial to allow friends and family from all over the country to get together to celebrate Mike’s life and his passion for the sport.

All proceeds from the tournament on May 11th, 2012 benefitted the new Sentara Hospice House in Virginia Beach. Team Koch, consisting of Jodie, and Mike’s friends; Tony Mauro, Dan Aros and Danny Manns, raised a generous \$3,506 which will help warm the hearts of many hospice patients, and make their last chapter in life’s journey more memorable. The Sentara Health Foundation offers our thanks to the players, businesses and donors who made this generous contribution possible.



Mike Koch’s family and friends at the Annual Mike Koch Classic.

To learn how you can help support the new Sentara Hospice House in Virginia Beach, log onto www.Sentara.com/foundation or contact us at (757) 455-7976.

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John Patterson, M.D., Hospice Medical Directory Sentara Enterprises, speaking at the ground breaking ceremony for the new Sentara Hospice House as Ray Darcey, President Sentara Enterprises, listens to his right.

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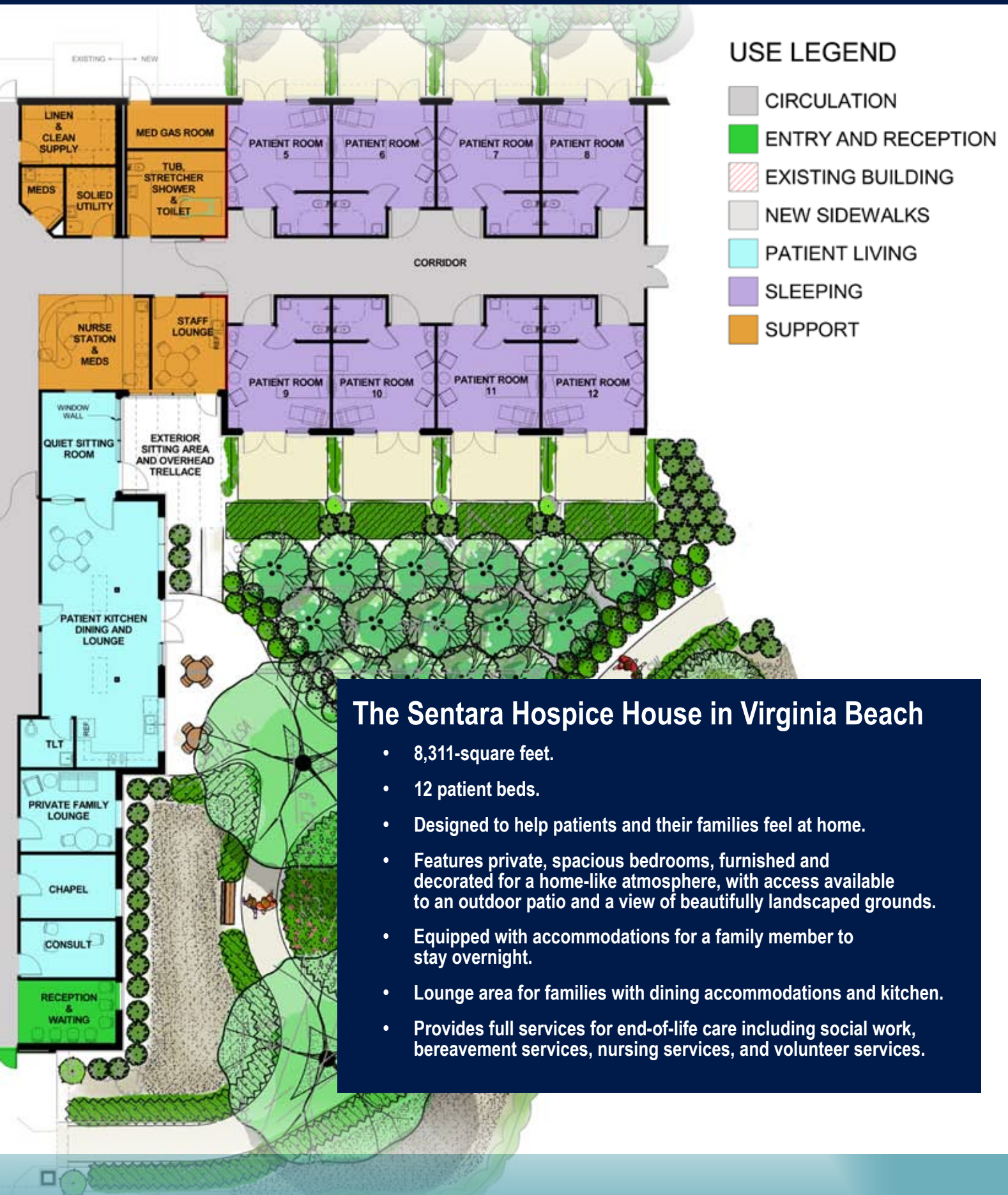
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Sentara Hospice House Rendering



The Sentara Hospice House in Virginia Beach

- 8,311-square feet.
- 12 patient beds.
- Designed to help patients and their families feel at home.
- Features private, spacious bedrooms, furnished and decorated for a home-like atmosphere, with access available to an outdoor patio and a view of beautifully landscaped grounds.
- Equipped with accommodations for a family member to stay overnight.
- Lounge area for families with dining accommodations and kitchen.
- Provides full services for end-of-life care including social work, bereavement services, nursing services, and volunteer services.

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Sentara CarePlex Hospital Inpatient Hospice Unit patient bedroom. The colors and décor give the room a comfortable homelike feeling.

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Continued Journey for Enhanced Patient Care

When you are in the hospital, no group is more involved in your ongoing care than the nursing staff. It is through the nurse's evaluation that your progress is monitored, your reaction to medications is documented and your overall well-being is constantly tracked. For those who have chosen nursing as a profession, it is often more of a calling, than a job. Lois Kercher, a nurse for over 40 years, is one such dedicated professional. After a rewarding and successful career, Lois is retiring and her life's work will now continue to impact nursing care at Sentara for years to come.

In honor of her retirement, Lois decided she didn't want a big party or a fancy present. What she really wanted was to continue supporting the advancement of nursing care. In June 2012, Lois started the "Lois Kercher Grant Fund for Nursing Research," to fund nursing research studies at Sentara. The awards will be made through an application process and will be selected by a committee of nurse leadership. Lois helped establish the fund by personally donating \$2,500, and her coworkers at Sentara more than matched that amount as a tribute to her lifelong commitment.

Sentara nurses conduct nursing research to examine existing patient practices, develop best practices, and test their clinical outcomes. Studies such as how to help patients with new joint replacements lose weight and how to prevent falls among mothers following childbirth, are examples of the many concerns that nurses address every day.

"My life's work has been centered on the invaluable role of nursing in healthcare and this fund will help to ensure that this journey continues," said Lois. "With this fund, I hope to leave a legacy of support for the continued quest of enhanced patient care."

Sentara nurses are encouraged to share their findings regionally and nationally in recognized healthcare journals. The findings from these studies will have significant impact on the patients here in Hampton Roads.

If you want to support the advancement of nursing care at Sentara, like Lois has generously done, make a secure gift online at www.sentara.com/foundation or contact the Sentara Health Foundation at (757) 455-7976.



Left to right: Lois Kercher, PhD, RN, former Chief Nursing Officer; Kathie Zimbardo, PhD, R.N, Director Sentara Informatics Clinical & Business Intelligence; Genemarie McGee, RN, BSN, MS, Chief Nursing Officer, Sentara Healthcare; and Evelyn Olenick, RN, MSN, NEA-BC, Vice President Patient Care Services, Nurse Executive Sentara CarePlex Hospital.

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Staff celebrate the groundbreaking for the new Sentara Hospice House. Join in the celebration by logging onto www.Sentara.com/foundation or call us at (757) 455-7976 to learn more!

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(left to right) Reneé, Chelsie, Ryan, Meril and Janet.

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

Planned Giving

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

Sentara Health Foundation is a division of Sentara Healthcare, a 501(c)3 charitable entity.

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