

Diane recently ran in the 2013 Sentara Don't Sit on Colon Cancer 5K.



Surviving colon cancer to raise awareness and help others

Story by Diane on surviving colon cancer and how it changed her life.

"This year is 'Lucky 13' for me. I was diagnosed with colon cancer in 2000 at age 45, with no family history and long before I was due for my first colonoscopy screening at 50. At the time, I was teaching elementary school, taking a graduate class, juggling family demands and being a neat freak at home. To make matters worse, I ignored the symptoms of constipation, diarrhea and stomach cramps for months. I was on a steady diet of Maalox and Kaopectate and wrote it off as stress until my doctor insisted on a fecal blood test and then a colonoscopy.

It was cancer.

I had Stage 3 colon cancer that breached the colon wall and invaded my lymph nodes. There's no history of colon cancer in my family. How could I have known? The answer: I could have known months earlier if I had paid attention to the symptoms.

A surgeon removed 12 inches of my colon. Chemotherapy took me down to 95 pounds and I lost most of my hair. Over the last 13 years, I have had at least 15 colonoscopy screenings to monitor for a recurrence of cancer or new polyps.

Through my experience, I have rediscovered my spirituality and grown closer to my husband and family. Colon cancer turned out to be one of those backhanded blessings that life gives you. As a colon cancer survivor, I thank God I am alive to share the importance of early detection with others. Thanks to your generous donations, Sentara can continue to be a leader in all cancer treatments and technologies."

Your support helps patients like Diane beat all types of cancer. With your generous donations Sentara continues to further the Sentara Cancer Network programs and technologies. State-of-the-art advancements, like TheraSphere® for certain types of liver cancer treatment, is one example of how Sentara is advancing care for our patients.

To make your donation in support of advanced cancer services, visit www.sentara.com/foundation. To learn more about the Sentara Cancer Network, including screenings and treatment options, visit www.sentara.com/cancer. YOUR gift of any size helps save lives and improve health every day.

It's never easy to say goodbye to a loved one. And it's harder still to do so from hundreds of miles away. But over the past year, Bill Clarke took the lead in managing the details of his father's care, from hospital to rehab to skilled nursing and finally to hospice. All the while, he was doing so from New York.

A gifted mechanic and provider, Mr. William Clark Sr. had lived his life as a "self-made" man. He was a man who could always "make things work." However, all that changed as his body began to shut down, leaving his family to take charge and make difficult choices. After discussing their options, Bill and his brother, Rich, took a ride to the Sentara Hospice House off of Rosemont Road.

"We knew by the time we reached the end of the entry hall that this was where our father belonged."

Bill's father was one of the first patients who benefitted from the new hospice house, entering only days after the opening on February 25th, 2013. Sadly, Mr. William Clarke Sr. died two days later but Bill and his brother were comforted by the hospice house's calm, serene environment and the personal attention their father received. Bill shares that his stay in the hospice house guest room was "almost like a hotel room."

Remembering the small but significant expressions of care by Sentara employees helped the Clarkes manage the difficult journey. There were those who found the most comfortable wheelchair or bed for Mr. Clarke, those who explained the medical terms and treatment options and those who took the time to let the Clarke family know that they had enjoyed spending time with Mr. Clarke while he ate lunch in the patient lounge.

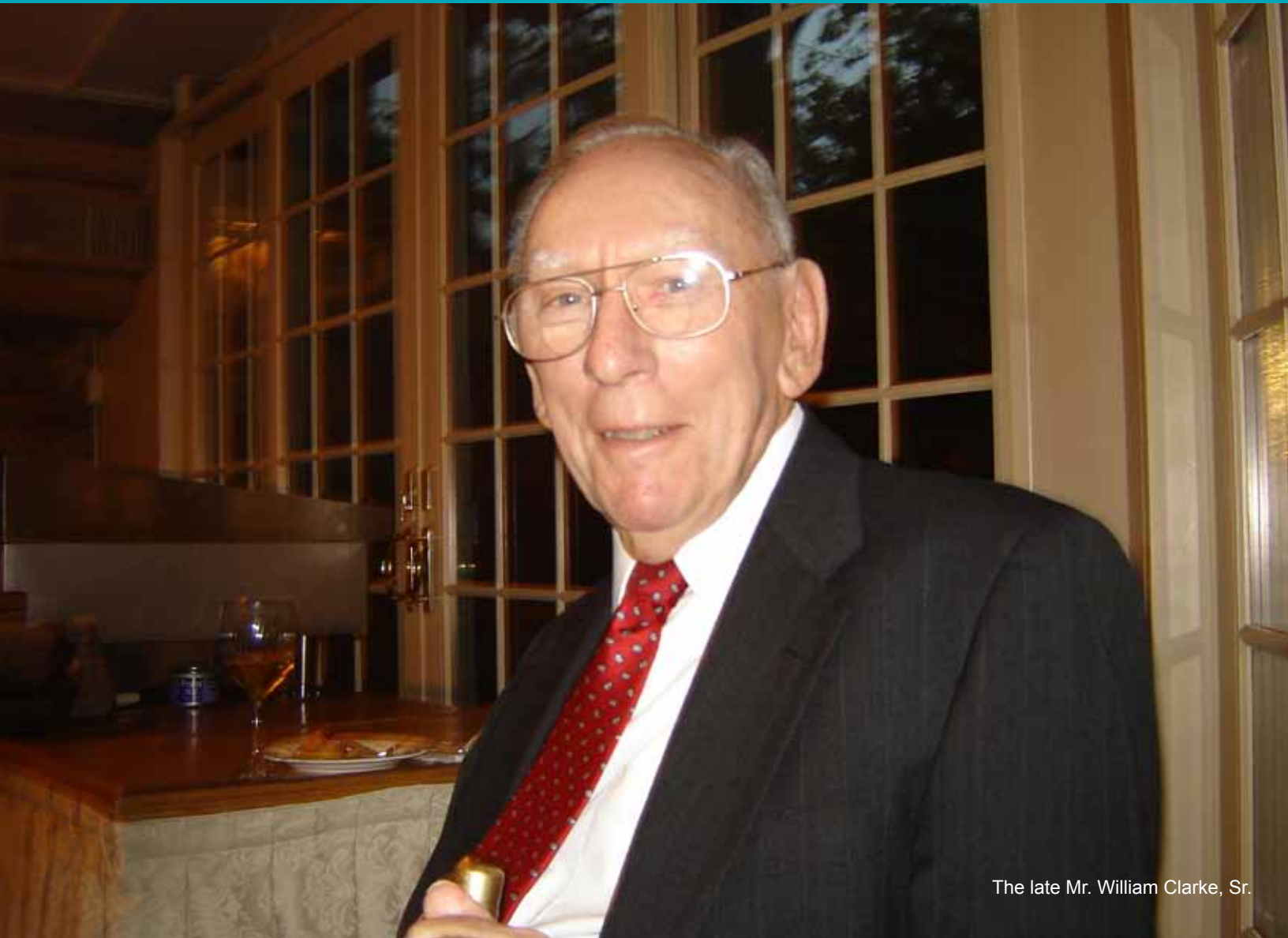
As he finalizes all the loose ends of his father's estate, Bill muses, "The people at Sentara made the difference for me. Thank you one and all for the compassion you showed my dad and my entire family."

Finding **comfort** at the Sentara Hospice House

A grateful family finds a supportive team at the Sentara Hospice House.



Mr. Clarke, Sr. (left) and his family.



The late Mr. William Clarke, Sr.

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Brenton was over 400 pounds and unable to breathe on his own so doctors had to put in a tracheostomy tube. He must lose 200 pounds to have the tube removed, so he has completely changed his life! To hear from Brenton about his journey visit www.sentara.com/foundation.



Rendering of the new Sentara Leigh Hospital lobby.

Health and healing at the new Sentara Leigh Hospital

A new environment is in the works at Sentara Leigh Hospital. Since its inception in 1903 to its most recent location on Kempsville Road, Sentara Leigh Hospital has served our families from birth to the end of life. So now is the time to upgrade our own Sentara Leigh Hospital for the latest in patient care and healing.

A campus redesign began in December 2011 and will be completed in January 2016. These upgrades will offer:

- Patient rooms of more than double the current size
- Brand new en suite bathrooms with private showers
- A two-story atrium lobby to host a myriad of complementing wellness programs and services
- A multi-story parking garage - increasing available spaces for visitors and staff, from 900 to 1100



Rendering of the new Sentara Leigh Hospital healing and therapy gardens.


Enhancements such as walking trails, beautifully landscaped therapeutic gardens, music programs and art are being evaluated for our new hospital. This will be a home for our community's wellness and health, a gathering place for us all to come together for enrichment of mind, body and spirit.

Would you like to help create the "new face" of Sentara Leigh Hospital? We are looking for residents in our community to share their feedback and insight on what the new Sentara Leigh Hospital can do to ensure the best patient satisfaction for every visitor. **If you are interested in participating in a taskforce to advance Sentara Leigh's healing environment, call today for information at 455-7139.**

Your partnership in creating the most nurturing environment can impact generations to come and improve the outcomes for our neighbors, friends, loved ones and every one of us! Please join us as we enrich our community hospital with art, music and physical activity at the new Sentara Leigh Hospital.



Sentara Leigh Hospital groundbreaking begins!
(L-R): Dr. Ted Dorsay, Dr. Scott Miller, Dr. Randy Gould, Dr. David Blais, Dave L. Bernd and Dr. Taylor Wootton, III



Sentara neurologist Kamal Chemali, MD, performing with French concert pianist, Prisca Benoit, at a recent Music and Medicine event.

The healing power of music and medicine

What's good for the mind and soul could also be good for the body. From pain management and anxiety control to increased clinical outcomes, music has a healing connection to the body.

“Music can lift us out of depression or move us to tears - it is a remedy, a tonic, orange juice for the ear. But for many of my neurological patients, music is even more - it can provide access, even when no medication can, to movement, to speech, to life. For them, music is not a luxury, but a necessity.”

-Oliver Sacks, British Neurologist and Author of *Awakenings*

Through music, parts of the brain that have been damaged by disease or physical condition can be restarted. Patients whose speech has been affected by stroke often improve when music is added to their therapies. Music can also have healing effects on the heart and cells. It can improve heart rate, blood vessel tone and the amount of blood flowing to the brain.

With this in mind, the newly established **Sentara Music and Medicine Center** will focus on integrating music-based therapies as a treatment tool for improving the quality of life for patients, caregivers and members of the community.

“Increasing preventive care and treatment options available only through targeted specialized therapy is invaluable in raising the standard of care for Hampton Roads residents,” said Sentara Chief of Neurology Richard Zweifler, MD. “With the establishment of the Sentara Music and Medicine Center, we have the capability to explore this profound connection between health, happiness and music.”

Join us on June 17th or June 18th at 6:00 p.m. in the lobby of Sentara Virginia Beach General Hospital for a special concert/presentation of the Music and Medicine program that is free and open to the public. This program will include Sentara neurologist Kamal Chemali, MD discussing the impact of music on the brain and body, and a special concert from Prisca Benoit, French concert pianist. To RSVP for the event call 1-800-736-8272 (1-800-Sentara.) For more information on the Music and Medicine program contact the Sentara Health Foundation 455-7976.



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*Deceased contributor.

A beautiful family with Mobile Meals

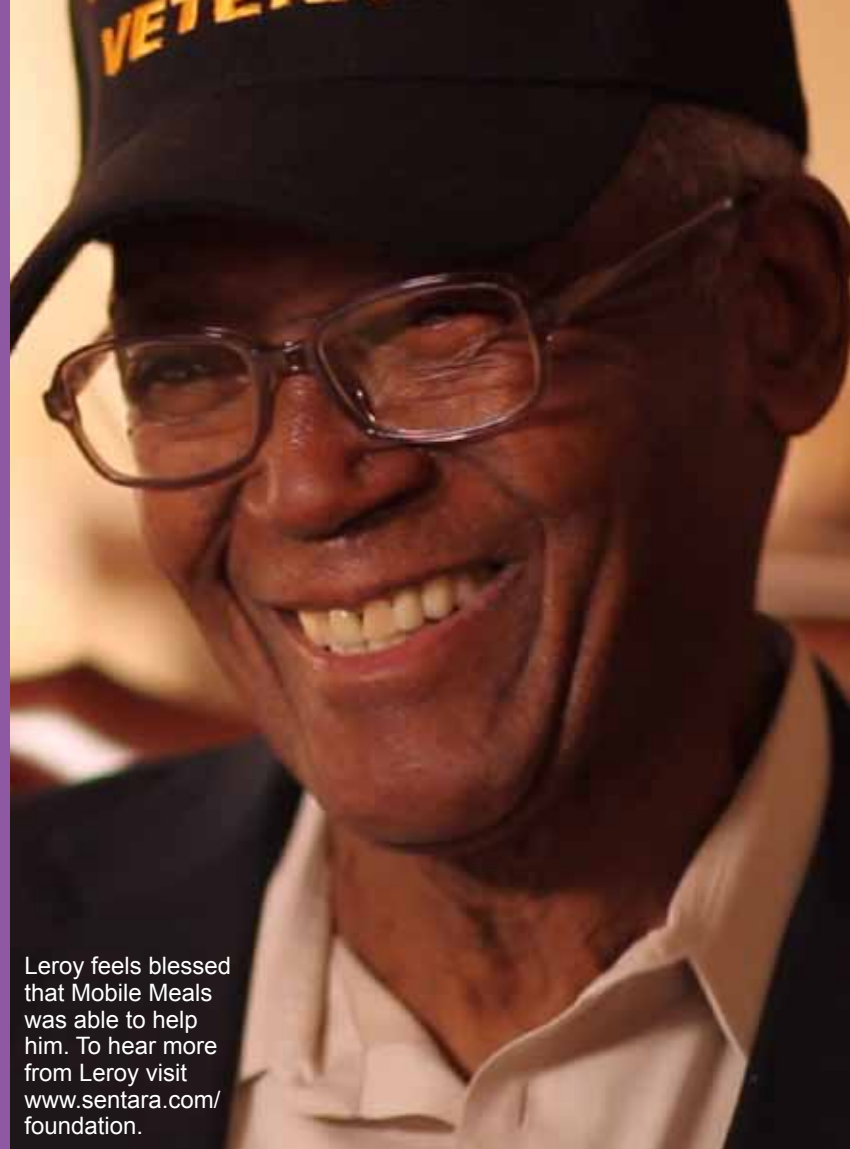
Story by Leroy on how Mobile Meals has helped him after his wife passed. To hear more from Leroy or to donate to Mobile Meals visit www.sentara.com/foundation.

"Looking back on my life of 87 years, I am proud of the beautiful family I was lucky enough to have. I am blessed with wonderful children and stepchildren, and with my memories of a devoted and caring wife. Carole was the love of my life and my best friend. She made every day happier, and I never thought that she would be gone; I never planned for what I would do without her.

Before Carole passed away three years ago, she had always been a wonderful cook. Since I didn't like to cook, I never pushed myself to learn. Once I was alone, I ate mostly frozen dinners. I knew I needed to find a healthier option, but I didn't know where to look. One day, Carole's daughter called and told me Mobile Meals would begin delivering meals the very next day. She was concerned about me and set up the delivery to begin right away.

Now I know that every day I will receive a healthy meal delivered to my door, which has allowed me to stay in my own home. The volunteers bring the meals along with a warm smile. It's a comfort knowing that someone cares.

I am blessed to have had such a great love with Carole and to continue to have such a wonderful family. Thanks to Mobile Meals, I can continue to live in my own home. I still miss Carole every single day, but I know she would be happy that Mobile Meals is looking out for me."



Leroy feels blessed that Mobile Meals was able to help him. To hear more from Leroy visit www.sentara.com/foundation.

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