Nightingale teams up with the Navy to keep our active military safe

It was Monday, March 24, 2014 when we heard of the active shooter on the Norfolk naval base. This was the day that trucker Jeffrey Tyrone Savage drove onto Naval Station Norfolk and forcibly took a gun from the petty officer on guard. Sadly, it led to the death of Petty Officer 2nd Class Mark Mayo, a 24-year-old serviceman who threw himself in front of the assailant to save the lives of four military personnel at the scene. This chilling event was one of several such tragedies that occurred last year throughout the nation.

Following these incidents, the Navy began conducting annual drills in an effort to ensure the highest level of preparedness. The program is aptly named “Solid Curtain-Citadel Shield” and is now conducted on most of our country’s military centers. Part of this exercise includes the joint efforts of local emergency teams, including our very own Nightingale Regional Air Ambulance. In the event of an active shooter, injured victims would need the fastest rescue from the scene and emergency care on the way to reaching the hospital. That’s where the Nightingale team plays a critical role doing what they do best, saving lives. February’s drill proved to be a success in identifying and subduing the suspect and engaging our community resources in responding to such a disaster together.

Your contribution to Nightingale has made the Hampton Roads community safer and our military more secure. Thank you for your gift of health. To support the Nightingale program contact us at 757-455-7976 or log onto www.sentara.com/foundation
Robert "Bob" Partridge enjoyed a life filled with the joy of simple pleasures and family togetherness. Born with special needs, Bob looked forward to his job at McDonald's. Each day at 4 am, he arose with a smile on his face, and his enthusiasm to serve his many customers breakfast and a cup of coffee. He loved the Redskins and NASCAR. When his sister asked where he would most like to visit in the entire world, he chose Yorktown, Virginia. He never complained about anything and when he finally told us his mother, Linda, that he did not feel well, cancer had already spread throughout his body.

Bob was diagnosed with Cholangiocarcinoma (Bile Duct Cancer) in March of 2014. Sadly, he lost his battle on November 5th 2014.

Bob’s journey during that time made easier with the help of Sentara Hospice. Twice he was admitted into the Sentara Hospice House because he was not stable enough to stay at home. This, however, did not dampen Bob’s spirit; he made friends with the nurses and caregivers at the facility, so he never felt lonely. He also cherished the visits from the Hospice therapy dogs and any other canine visitor that made their way down those halls.

Bob looked forward to time with his family at the very end. One of his two sisters came from North Carolina to spend the last several weeks by his side. They would play cards on the patio and just talk.

Linda said she does not have words to express the appreciation she feels for those who took care of Bob. She reflects back to one day when his Hospice House nurse, Wanda, gave him a football and Wanda’s reply was, “You have served me for so many years at McDonald’s, it’s now my turn to serve you.”

I asked Linda what she missed most about Bob and she said, “Everything.” After work, he would help around the house or they would just enjoy the round of their favorite neighborhood bar. Linda wanted to show her gratitude to all of the staff who had taken care of Bob; from Wanda at the Hospice House, to Amy his nurse, and all of the staff who had taken care of Bob; from Wanda at the Hospice House, to Amy his nurse, and around the house or they would just enjoy each other's company.

“Finding joy through serving others how Bob Partridge lived his life...”

...Bob Partridge in Yorktown.

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The following individuals, corporations, civic groups and organizations made gifts or pledge commitments to the Sentara Foundation – Hampton Roads of $100 or more from July 1, 2014 – December 31, 2014.

**CONTRIBUTORS**

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**Donations were made to the following programs. We thank you for your generous contributions.**

- Behavioral Health/Telemedicine Program Fund
- Bariatric Surgery Program Fund
- Cancer Research Program Fund
- Cancer Services at Sentara Hospitals
- Cardiovascular Research Program Fund
- Cardiovascular Tech Scholarships
- Heart Transplant
- H.O.P.E. Fund
- Kelley Institute Transplant Program Fund
- Krueger Foundation
- Leukemia Lymphoma Research Grant Program
- Mobile Meal Program
- Musics and Medicine Program
- Neonatal ICU at Sentara Hospitals
- Nightingale Regional Air Ambulance
- Patient Assistance at Sentara Hospitals
- Richmond Scholarships Program Fund
- SANE – Sexual Assault Nurse Examiner
- Sentara Cancer Center
- Sentara Cancer Research Institute
- Sentara Cancer Services
- Sentara Hospice House
- Sentara Heart Services
- Sentara Leveh Upgrade Project
- Virginia Beach Cardiac Excellence

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I asked Linda what she missed most about Bob and she said, “Everything.” After work, he would help around the house or they would just enjoy the round of their favorite neighborhood bar. Linda wanted to show her gratitude to all of the staff who had taken care of Bob; from Wanda at the Hospice House, to Amy his nurse, and June, his aide with Sentara Home Hospice, so she sent a contribution to honor the care they provided to her beloved son. Her generous donation is a tribute to Bob, a man who loved animals, football, Yorktown and life. He will be sorely missed.

If you would like to support your time, talents or treasures in support of families saying goodbye through hospice, contact the Sentara Foundation – Hampton Roads at 757-455-7976 or email us at foundation@sentara.com

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**Contact**

**Linda Partridge**

Sentara Virginia Beach General Hospital

501 Military Highway, Suite 100

Virginia Beach, VA 23454

Telephone: 757-455-7976

Email: foundation@sentara.com

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**About the Author**

Linda Partridge is the mother of Robert "Bob" Partridge, who passed away on November 5, 2014. She has been an active volunteer with the Sentara Foundation – Hampton Roads since 2009. Linda established the "Finding Joy Through Serving Others" scholarship to honor her son and support students in the health professions. She is passionate about healthcare and the importance of community involvement in the delivery of care.
Kevin McNeeley overcomes his family predisposition to cardiovascular disease with the help of team at Sentara Heart Hospital

What does it take to beat the heart attack called “the widow maker”? Is it about knowing your family history? Is it about understanding the signs and symptoms of a cardiac event? How about your proximity to the Sentara Heart Hospital and its state-of-the-art technology? Maybe it’s karma or just dumb luck? Kevin McNeeley will tell you it’s a little bit of each combined with a select group of amazing doctors, nurses, and family members that he credits with saving his life. And your contributions to the Sentara Heart Hospital helped make all of this a reality.

A significant blockage in the left anterior descending artery (LAD) can cut off blood supply to the heart. It often results in a massive heart attack and even death, which is the rationale behind the widow maker name. Surviving this attack is all about recognizing the symptoms as quickly as possible. Once the blockage occurs, you may only have minutes to get medical attention to avoid a catastrophic result.

Originally from Ohio, Kevin McNeeley came to Sentara to open a new program and lab called The Sentara Neuromuscular and Autonomic Center at Sentara Norfolk General Hospital. The lab is one of only 15 in the country. Kevin uses highly specialized equipment—including a new state-of-the-art sweat chamber—to help provide answers to patients who have been repeatedly told, “It’s all in your head.”

Throughout the Labor Day weekend of 2014, Kevin had not been feeling all that great. On his way to work on that Tuesday, he noticed that his briefcase seemed a little heavier than normal. He felt like he had pulled a muscle in his arm just from carrying it. Arriving at the elevator to go to the sixth floor of the Sentara Heart Hospital, Kevin began to sweat profusely. Did I mention that Kevin runs the state-of-the-art sweat chamber in the autonics lab? Kevin knew that a pulled muscle in your arm should not cause profuse sweating. He immediately made his way to the Emergency Room and was promptly admitted.

Kevin McNeeley is one of eight children. His father died at age 47 from his 26th heart attack (25 went unnoticed). His six brothers all had stents or bypass surgery prior to Kevin’s cardiac episode. Kevin has a 26-year-old daughter and would have had a 21-year-old son if were not for a heart defect that he credits with saving his life. And your contributions to the Sentara Heart Hospital and its state-of-the-art technology? Maybe it’s karma or just dumb luck? Kevin McNeeley overcomes his family predisposition to cardiovascular disease with the help of team at Sentara Heart Hospital.

Kevin’s surgery was a success and he was remarkably back at work in just two months. How does one beat the widow maker? With exceptional care provided by Sentara Heart doctors and clinicians and with your charitable support of these efforts. For more information on donating to superior cardiac care in Hampton Roads, log onto www.sentara.com/foundation or contact the Sentara Foundation – Hampton Roads at 757-455-7976.
May is certain that her recent educational achievements—attaining her registered nursing diploma (RN) and currently working on her bachelor’s degree—would not have been possible without the various scholarships she received. She was ecstatic when she found out that she had been selected for a merit scholarship this year. “I thought it was a mistake, that I couldn’t be that lucky. When I found out for sure, I was jumping up and down and laughing for joy,” May recalled.

I asked May what she has already learned during her coursework that has impact on the patients she serves. Without hesitation she replies, “My pathophysiology class has helped me more clearly understand symptoms that my patients may show and why. This allows me to understand disease progression and consider treatment options that I can review with the physician.”

May continued, “We took a community class and I found out that there are many who can’t afford to pay for a visit to the doctor and have no insurance. I toured the Chesapeake Care free clinic and hope to volunteer my time once I have finished my degree. It’s so important to give back when you have been helped so much. Obtaining my bachelor’s degree has opened my eyes to the power of medical research, informatics, and community health. Most importantly, it has taught me how to provide even better care for my patients.”

Meet May Espana, a nurse at Sentara Princess Anne Hospital. May grew up knowing that nursing would be her career of choice. Born in the Philippines, May helped take care of her grandparents when they became frail and unable to live independently. She moved to the United States when she was 19 years old and began her training as a Certified Nursing Assistant. That’s when she started working with the patients at the Sentara Nursing Center on Newtown Road in Norfolk. After five years, she decided to begin her work in the hospital setting. She smiles when she talks about how she continues to visit those patients she tended to over 13 years ago. She tells me, “They are like family and I feel joy when I am able to bring a smile to their faces. Many of them have few other visitors, so I hope that they know I truly care.”

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Laura Seeley was not yet 40 when she was diagnosed with colon cancer. The disease runs in her family, having claimed the lives of her mother, two uncles and her maternal grandparents. Seeley’s cancer was discovered early through a screening colonoscopy and surgery removed it without radiation or chemotherapy. Seeley’s gastroenterologist read her family history and asked if she had been screened for Lynch Syndrome.

“I’m a nurse and I had never heard of Lynch Syndrome,” said Seeley. A blood test revealed the hereditary link to the colon cancers in her family. “It was kind of scary,” Seeley recalls. “I didn’t know the implications.”

That’s where Jessa Blount, with the Sentara Cancer Network, can make a profound difference in a patient’s life as well as their family. As a certified genetics counselor, she reviews family histories to determine if a cancer was caused by a hereditary cancer syndrome. These syndromes are caused by an inherited gene mutation, which places family members with the mutation at higher risk for certain cancers. A diagnosis of Lynch Syndrome is linked to an 80% risk of developing colon cancer for both men and women.

Lynch Syndrome also raises women’s risk of developing uterine, ovarian and breast cancers. With early screenings and preventative measures, avoidance of these cancers is highly increased.

Jessa Blount, Genetics Counselor

Sentara Cancer Network Genesitc Counseling
Your gifts hard at work

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TRIBUTE GIFTS

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WAYS TO GIVE
Designate your gift in support of numerous community care programs or give directly to a specific hospital within the Sentara system.

- Outright Contributions
- Cash Contributions
- Stock and securities
- Real estate
- Life insurance policies
- Your company’s 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 inside look into some of our patients’ lives, visit www.sentara.com/foundation or scan the QR code. Hear from our patients personally how YOU have helped change their lives!