Big Hearts Come in All Sizes

In this 2015 annual report we celebrate you, our donor, as a community leader, supporter and advocate for better health in Hampton Roads. Our cover photo depicts two individuals with the common goal of making a profound difference in the lives of others. Omari Peterkin is a Sentara nurse and honored scholarship recipient serving surgical patients at Sentara Virginia Beach General Hospital. Beside him is our own Joan Brock, chair of the Sentara Foundation – Hampton Roads and local philanthropist. Both have touched the lives of Sentara patients through their care and commitment. Join us in supporting your friends, neighbors and loved ones - one heartfelt gift at a time.

Contents

Letters from the CEO and the Sentara Foundation Chair ......................................................Pg. 3

The Importance of Connection, Care, and Communication ..................................................Pg. 4-5

Finding Heart Health and Friends........................................................................Pg. 6-7

A Nurse's Life........................................Pg. 7-11

Fundraising, Grants & Sponsorships........................................................................Pg. 8-9

A Forever Gift of Health........Pg. 10-11

Ways to Give........................................Pg. 12
Sentara Healthcare made great strides in 2015 toward achieving our mission to improve health every day and our vision to be the healthcare provider of choice in the communities we serve.

Highlights of our 2015 accomplishments include continued national recognition for 15 consecutive years in US News and World Report’s top 50 Heart programs. We also celebrated 30 years as a designated Level I Trauma Center at Sentara Norfolk General Hospital, serving the region’s most emergent injured and ill patients. Medical innovations in spine surgery, virtual appointments and prescription management were just a few of the ongoing efforts to provide top-rated service to our patients.

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

In 2015, the Sentara Foundation – Hampton Roads funded more than $650,000 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, as well as healthcare support for the homeless and teens during pregnancy. We served our communities throughout Hampton Roads, stretching from Gloucester and Mathews Counties to Western Tidewater and from Williamsburg to Virginia Beach.

Our philanthropic partnership with residents, businesses and municipalities also continued to flourish in 2015. Gifts in support of Sentara nursing scholarships, hospice, 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 2015, 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.

David L. Bernd
Chief Executive Officer
Sentara Healthcare

As we look forward to 2016, we continue to strive to advance the healthcare resources provided to you, our stakeholders, and the community as a whole.

In 2015, the Sentara Foundation – Hampton Roads sustained its commitment to serve our region through philanthropic partnership and community health investment. We continued construction to upgrade Sentara Leigh Hospital, an invaluable resource on Kempsville Road in Norfolk since 1977. We raised over $1.3 million in scholarships to support our most dedicated and talented nurses in their educational advancement. We awarded over 140 scholarships to assist these registered nurses in pursuing their Bachelor of Science in Nursing.

And our community grants program continued funding our area’s safety net providers, including several area free clinics and community health centers.

As we embark on our 2016 journey, we continue to seek your partnership in providing the most advanced care in the optimal healing environment to you. 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 treatment for all patients, regardless of their ability to pay. Through our competitive grant process, we look to support our community partners in providing 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

P.S. 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 and click “Patient Stories”
The importance of connection, care, and communication
Can You Hear Me Now? Those words aren’t just from the popular TV ad, but they are four little words that mean so much. Communication is a vital link among all of us. It has been said that we are stronger when we listen and smarter when we share. The same holds true for our personal health journeys; we are more powerful when we have a committed team supporting us.

Toby and Dino Papas, both retired Army officers, found that out when Toby was diagnosed with breast cancer in 2009. As residents of York County, they were given the contact information of various support groups close to home. As luck would have it, the very first one on the list was the Dorothy G. Hoefer Breast Center at Sentara Port Warwick. When Toby reached out, Belinda Risher (the nurse navigator), answered and heard her loud and clear. As a comprehensive breast care program, the Hoefer center would develop a team approach to her cancer treatment plan to include the oncologist, surgeon, navigator, and support group network. The months that followed were a whirlwind of emotional ups and downs. Through surgery, radiation therapy and emotional healing, Toby and Dino knew that they were not alone; this group really cared.

Even when Toby found another lump two years later, she found comfort and trust in her allies at the Hoefer center. Fortunately, that lump was benign. It’s now been six years since her original diagnosis and Toby is still cancer-free.

Communication is not only essential to the Papases, it is a way of life. As a child, Dino became interested in Ham Radio and continued refining his craft while outfitting a station that would impress many. Once introduced to this hobby, Toby found it fascinating and became a licensed amateur radio operator herself. Ham Radio provides a way to reach others without relying on cell phone networks or the internet. Ham Radio operators are able to communicate with other amateur radio operators all around the world and beyond. Dino even set up a special broadcast for a sixth grade class to speak with the astronauts on the International Space Station. Clearly, the desire to engage is ever-present in the lives of Toby and Dino.

It was their passion to connect that has led the Papases to reach out through philanthropy. Supporting the Sentara Cancer Network with a donation has meant that future cancer patients will continue to have access to coordinated cancer care. In honor of Drs. Hoefer, Harden and Kang, as well as Belinda and the comprehensive staff of the Dorothy G. Hoefer Breast Center, Toby and Dino have made contact with the future through their generosity. Now that’s a good call!
What is one simple step you can take to improve your health? Practice kindness. Scientific studies have shown that helping others protects overall health twice as much as aspirin protects against heart disease. It isn't just that kind people also tend to be healthier and happier, or that happy, healthy people are more kind. Experiments have actually demonstrated again and again that kindness toward others actually causes us to be happier, improves our health, and lengthens our lives.

Since 2013, Linda Founds has been working on improving her heart health. She recalls a day in June of that year when she awoke at 3 a.m. with excruciating jaw pain. She also remembers reading that this could be a sign of a heart attack and, fortunately, had a scheduled appointment later that day with her primary care physician. The doctor confirmed that she had indeed suffered a heart attack and directed her to go immediately to the emergency room. Within two days she had a successful catheterization and stent procedure, and was soon discharged. Then it was time for the hard part! She needed to begin a cardiac rehab program and commit to it if she was going to live her life as fully as she intended.

A close friend invited Linda to participate with a group of like-minded folks who worked out and socialized together. Linda shares, “There’s a real camaraderie in our rehab group. We hold potlucks and parties and keep in touch. It feels almost more like a family than an exercise group. That’s a big part of why I keep going back.” When Linda saw that her workout buddies were often waiting in line to use the NuStep exercise machines, she jumped at the chance to help. Linda took a bold step and called the Sentara Foundation to see if she could make a donation to facilitate the purchase of additional equipment to enhance the cardiac rehab program. Little did she know that she was also improving her own heart health at the same time!

Linda has been inspired to give back because of her own finding heart health and friends.

By Meril Amdursky
When we say someone has a big heart, what does that really mean? Does the amount of money they spend on charity or the amount of time they volunteer define this? **In my opinion, it primarily boils down to a person’s sense of empathy, their desire to help those in need, and the strength of character to act.** While many of these traits are part of our human nature, we are also taught by our family and community how to cultivate and develop them.

For Barbara Chalk, a donor and long-time volunteer, inspiration came from family, friends and one complete stranger.

Barbara grew up in upstate New York not really knowing what she wanted to do with her life. She knew that she wanted to be in a “caring profession,” and when she saw how her cousin was able to help so many as a nurse, Barbara decided to give that a try. After attending nursing school in Watertown, NY, Barbara and some friends moved to Virginia to start their careers. **Barbara worked as a nurse for 43 years with the majority of that time spent in neurosurgery at Sentara Norfolk General Hospital.**

Barbara loved her job and loved helping people. **She was with the families when the bad news came, just as she was there to hear the sighs of relief when the prognosis was good.** Barbara persisted through hectic schedules, stress-inducing procedures and traumatic events. Now retired, Barbara continues to assist in the pacemaker clinic at Sentara Heart Hospital. She also volunteers with the Parkinson’s support group, not because she had a relative with Parkinson’s, but because she witnessed the struggles of patients and their families and she knows she can help.

Barbara’s entire life has focused on doing and not just standing by. So, when she saw a letter from the Sentara Foundation – Hampton Roads that told the story of circumstances. As an adopted child of the 1940’s, in a backdrop of an unstable society after WWII, Linda truly appreciates that her parents had given her a second chance. To this day, she finds joy in creating opportunities for disconnected children to learn, develop and grow. **She also relishes the prospect of making a difference in the health of those dear to her through philanthropy.**

So if you are like many of us who strive for better health in 2016, look no further than yourself and share some kindness. You will not only improve your chance of longevity but you will feel good along the way.

If you’d like to learn about ways to make a difference in the health of Hampton Roads, contact the Sentara Foundation – Hampton Roads at 757-455-7976 or email us at Foundation@sentara.com.
Hampton Roads Region 35%

By Service Area
- Southside 24%
- Peninsula 18%
- Norfolk Only 7%
- Virginia Beach Only 6%
- Western Tidewater 4%
- Upper Peninsula 5%
- Lower Peninsula 1%

By Category
- Oral Health Services 20%
- Mental Health Services 10%
- Prescription Drug Supplies 10%
- Primary, Specialty, and Chronic Disease Services 60%

2015 Grants Awarded
Grants paid in 2015 - $650,000

- Access Partnership - $75,000
- Angels of Mercy - $8,000
- Beach Health Clinic - $25,000
- Boys & Girls Clubs of the Virginia Peninsula - $15,000
- Catholic Charities of Eastern Virginia (CCEVA) - $15,000
- Center for Child & Family Services - $5,000
- Center for Sexual Assault Survivors - $5,000
- Chesapeake Care, Inc. - $25,000
- Children’s Health Investment Program (CHIP) - $12,000
- ForKids, Inc. - $25,000
- Ghent Area Ministry - $10,000
- Gloucester-Mathews Free Clinic - $25,000
- H.E.L.P., Inc. - $15,000
- Hampton Roads Community Health Center - $68,000
- Lackey Free Clinic - $25,000
- Olde Towne Medical & Dental Center - $25,000
- Park Place Health & Dental Clinic - $25,000
- PIN Ministry - $13,000
- Primeplus Norfolk Senior Center - $12,000
- Project CARE of the Greater Virginia Peninsula - $10,000
- Rx Partnership - $13,000
- Samaritan House, Inc. - $10,000
- Senior Services of Southeastern Virginia - $10,000
- Seton Youth Shelters - $20,000
- Southeastern Virginia Health System - $25,000
- St. Columba Ecumenical Ministries, Inc. - $12,000
- The Community Free Clinic of Newport News - $25,000
- The Up Center - $12,000
- Union Mission Ministries - $30,000
- Virginia Supportive Housing - $25,000
- Western Tidewater Free Clinic, Inc - $25,000
- Williamsburg Area Faith in Action - $5,000
2015 Sponsorships Awarded
Sponsorships paid in 2015 - $98,750

- ACCESS College Foundation - $5,000
- Access Partnership - $2,500
- Alzheimer’s Association of Southeastern Virginia - $5,000
- American Cancer Society - $5,000
- American Diabetes Association - $5,000
- American Heart Association - $10,000
- American Parkinson’s Disease Association - $5,000
- Arthritis Foundation, Hampton Roads - $1,500
- Association of Fundraising Professionals - $1,000
- Bacon Street - $500
- Cerebral Palsy of Virginia - $1,000
- CIVIC Leadership Institute - $7,500
- Crohn’s & Colitis Foundation of America - $2,500
- Cystic Fibrosis Foundation - $1,000
- EQUi-KIDS Therapeutic Riding Program - $1,000
- Free to Breathe - $2,500
- Friedreich’s Ataxia Research Alliance - $500
- Help and Emergency Response, Inc. - $1,000
- Hope House Foundation - $2,000
- Lee’s Friends - $7,500
- Leukemia & Lymphoma Society, Virginia Chapter - $3,000
- March of Dimes - $5,000
- Muscular Dystrophy Association - $1,500
- National Alliance on Mental Illness of Virginia - $2,500
- National Eating Disorder Association - $1,000
- National MS Society, Central and Eastern VA Chapter - $5,000
- Pancreatic Cancer Action Network (Tidewater Affiliate) - $1,000
- Peninsula Agency on Aging - $2,500
- Susan G. Komen Tidewater Affiliate - $5,000
- The Giving Garden Foundation - $750
- The Horses Helping Heroes Project - $500
- Virginia Association of Free and Charitable Clinics - $2,500
- YWCA of South Hampton Roads - $500
- ZERO - The End of Prostate Cancer - $1,000

2015 Fundraising Total
$1.45 Million

Programs Supported

- $883k - Scholarship Funds
- $174k - H.O.P.E. Fund
- $109k - Sentara Leigh Hospital Upgrade Project
- $74k - Nightingale & Emergency Services
- $68k - Cancer Programs
- $61k - Hospice Programs
- $50k - Cardiac Programs
- $36k - Patient Assistance, Music & Medicine, & Other

2015 Annual Report Pg.9
Do you ever consider the impact you might have on a perfect stranger? It could be a smile, an offer to help or an action taken without prompting. Just ask Alice and Bill Talbot of Charles City, who found out in June of 2003 just how much it means to help one another.

A normal day at school after a field day event is what Alice describes. She taught reading to elementary students and was getting in her car to leave the school. She recalls thinking “I don’t feel good” but got behind the wheel and began her 45 minute drive home. She doesn’t remember much of what happened next but her husband, Bill, fills in the details. He explains that he had no idea of what happened for two full days until he called the state police to get the accident report. Alice blacked out while driving and her car went off the side of the road. She over-corrected which caused the car to flip over into the path of an oncoming vehicle. An unknown passing motorist reported the accident which meant the difference between life and death for Alice.

Upon reaching the hospital in Williamsburg, Alice had internal bleeding and damage to her spleen. Bill was called and informed that his wife had been in a serious car accident. He remembers asking the doctor if Alice was going to survive. “I’ve seen it go both ways” was the answer Bill received. Her injuries dictated that she needed to go to the Level I Trauma Center at Sentara Norfolk General Hospital. The Nightingale was called to fly her there as quickly as possible.
At the same time, Bill drove frantically to Norfolk, an hour-plus drive. Once off the interstate on Granby Street, he had no idea where to go to get to the hospital or the emergency department. Desperate for help, Bill rolled his window down and asked the driver next to him how to get to the hospital. Rather than giving directions, her response was, “Follow me.” Another act of random kindness.

To this day, Bill tears up when he thinks about the generosity of that young driver. After Bill arrived, he waited anxiously for news in the waiting room. When the physician came out to give an update on Alice’s condition, Bill found out that her neck was broken in multiple places.

For 22 days Alice remained at Sentara Norfolk General Hospital under constant supervision, and Bill stayed by her side. He was given access to the hospital family lodgings and ate in the hospital cafeteria. He became familiar with the nurses, the cafeteria workers and even the parking attendants. Each of these individuals touched Bill’s life by making his stay a little more comfortable and his experience a little less isolating.

Alice emerged from this experience with a new lease on life, a few screws and plates and the desire to get back to normal. Her determination made for a recovery that was two months as compared to the doctors’ predictions of 12! She was back at work by August.

Now Alice and Bill are planning to continue the chain of kindness. They have chosen the Nightingale as one of their favorite charities to receive a donation through their estate plans. “We want to ensure that the Nightingale will continue to provide the lifesaving service that benefitted us in our hour of need.” For all of those who will need the Nightingale in the future, the kindness of the Talbots will change their lives forever.

Anne Frank once wrote, “How wonderful it is that nobody need wait a single moment before starting to improve the world.” Making provisions for charity in your will is one way to do just that – improve the world. Contact us if you would like to learn more about your planned gift of health as well as the tax benefits you could receive.

Barbara has led a life rich with experiences of doing good in the world. She continues to support those less fortunate and helps out in any way she can. She lovingly cares for her friend and companion, Bella (her dog who recently lost her sight). She hopes that someone will be inspired by her story just as she was inspired by others. I think if anyone has a big heart, it’s Barbara Chalk.
Responding to community need.

For an inside look into some of our patients’ lives, visit our webpage at www.sentara.com/foundation or scan this QR code. See personal stories from our patients and hear directly from real people in your community about how YOU have helped change their lives!

WAYS TO GIVE

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

<table>
<thead>
<tr>
<th>Outright Contributions</th>
<th>Planned Giving</th>
<th>Tribute Gifts</th>
</tr>
</thead>
<tbody>
<tr>
<td>♥ Cash contributions</td>
<td>♥ Bequests in your will</td>
<td>♥ Remember a loved one</td>
</tr>
<tr>
<td>♥ Stock and securities</td>
<td>♥ Gifts in trust</td>
<td>♥ Celebrate an achievement</td>
</tr>
<tr>
<td>♥ Real estate</td>
<td>♥ Retirement plans designation</td>
<td>♥ Honor a friend or caregiver</td>
</tr>
<tr>
<td>♥ Life insurance policies</td>
<td></td>
<td>♥ Recognize an event or holiday</td>
</tr>
<tr>
<td>♥ Your company matching gift program</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sentara Foundation — Hampton Roads
6015 Poplar Hall Drive, Suite 308
Norfolk, VA 23502
(757) 455-7976
foundation@sentara.com
www.sentara.com/foundation

Sentara Foundation — Hampton Roads is a division of Sentara Healthcare, a 501(c)3 charitable entity. All gifts to Sentara are tax-deductible to the full extent of the law. To be removed from future mailings, please call the Sentara Healthcare Privacy Contact Line at 800-981-6667.