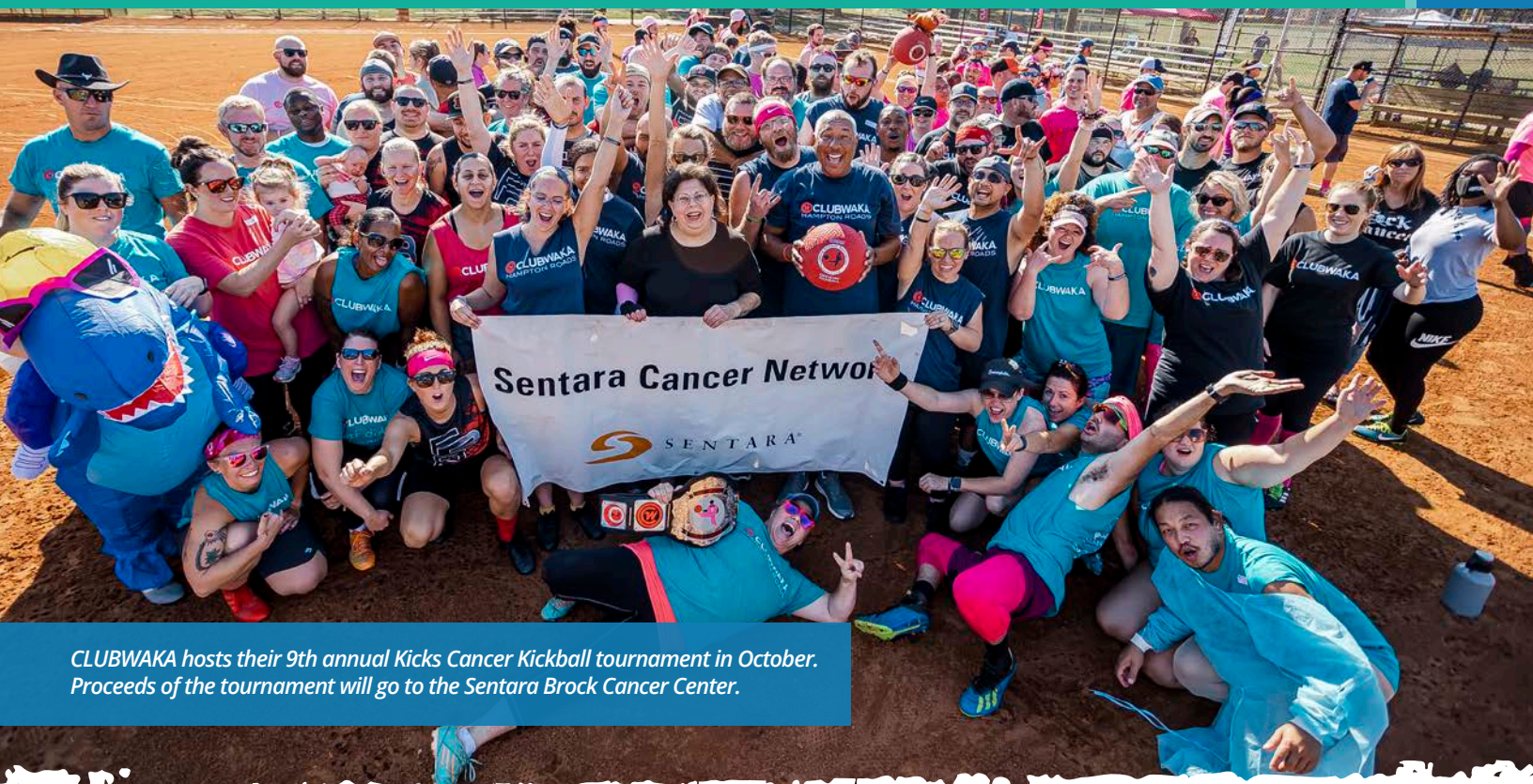


SentaraCares



CLUBWAKA hosts their 9th annual Kicks Cancer Kickball tournament in October. Proceeds of the tournament will go to the Sentara Brock Cancer Center.

Kicking Cancer to the Curb

What does kickball and cancer care have in common?

The answer is CLUBWAKA, an adult athletic organization that brought together more than 300 people for its 9th annual Kicks Cancer Kickball tournament this past October.

The Kickball tournament was initially organized in 2012 because CLUBWAKA members in the Hampton Roads community wanted to directly impact the local community. **Since then, the Kickball Tournament has raised more than \$30,000 for cancer.**

In fact, CLUBWAKA was the first official contributor to the Sentara Brock Cancer Center Beyond Cancer campaign.

But CLUBWAKA's impact goes way beyond its annual fundraiser. It has been a lifesaver for many in the club who have been affected by cancer.

For longtime member and cancer survivor Tabettha Hanks, the experience with CLUBWAKA has been a gamechanger. **She says, "meeting people, getting out there, making new friends after cancer treatment was a lifesaver for me."**

Tabetha was first diagnosed with ovarian cancer at age 39. Tabettha considers herself lucky. If it wasn't for gallbladder surgery, she might not have discovered ovarian cancer (known for its lack of symptoms) until it was too late.

Recovering from chemotherapy treatment and recently separated from her husband, a friend introduced Tabettha to CLUBWAKA. As Tabettha describes it, for her, was a way back to a normal life.

Continued on Page 3



Dear Friends,

We are so pleased to present this Fall/Winter issue of the Sentara Foundation newsletter and convey all the exciting opportunities we've had to engage with our local community. We're committed to keeping our communities safe!

Your generous gifts to the COVID-19 Community Relief Fund have made a tremendous impact. In this issue you will read about our community partnership with the Samaritan House and how we helped them implement specific programs and services to assist their quarantined clients that need access to substance recovery support.

As you can imagine, our staff has been overwhelmed with particular protocols and new procedures to keep our patients safe and healthy from the COVID-19 virus. The demands on our clinical staff have been extensive. We are grateful for our community partnership with Mercy Chefs, who, with funds from our COVID-19 Community Relief Fund, blessed our staff with a chef-prepared hot meal. These individually packaged, hot meals brought a smile to many faces and encouraged our staff to keep going.

Our Beyond Cancer campaign continues and you'll read inspiring stories of members from our community coming together to raise philanthropic resources for cancer programs at Sentara. All community funds raised go directly to bolstering our holistic programs, which serve cancer patients and families, such as art, pet therapy, music therapy, peer support programs, massage, and wellness classes. We are in the final stage of our Beyond Cancer campaign to support the programs and services at the new Sentara Brock Cancer Center. Currently, thanks to you, we have achieved almost 90% of our \$15 million goal.

You will also read the inspiring story about the Truist Foundation dedication event at the Sentara Brock Cancer Center's Healing Garden to honor Charlie Hill, a cancer survivor who has worked tirelessly to raise awareness and fight cancer in our community. If you would like the opportunity to learn more or tour our cancer center and the beautiful Healing Garden, please let us know.

At Sentara, we believe that each cancer patient deserves quality, individualized, timely, compassionate care. And we thank our entire community, and for donors like you, for coming together to make that happen.

We are proud of our Foundation friends, volunteers and community partners. Thank you all for your continued support. Together, we are building a healthier community.

In good health,

Anna James

Anna James
Senior Vice President

Kicking Cancer to the Curb *(Continued)*

Brent Wentworth, General Manager of CLUBWAKA Hampton Roads, describes the Kickball Tournament and its contributions to cancer causes as his favorite day of the year. "Unfortunately, everyone has a connection to cancer."

The kickball tournament's ties to cancer run deep. In fact, the trophy given at the end of the tournament is named for Kim Merritt, a dedicated CLUBWAKA member who many described to be the "life of the party" during the kickball tournament.

Kim passed away from stage 4 pancreatic cancer two days after the 2019 tournament.

Kim never allowed cancer to stop him. He was an inspiration to many, including Nikki LeBlanc, another CLUBWAKA member and cancer survivor who takes pride in having had the opportunity to meet Kim. Nikki's kickball team was crowned dual champions of the Kim Merritt trophy two years ago. Her team displays the hashtag #LiveliikeKim.



Nikki LeBlanc and Tabetha Hanks pose together at the Kicks Cancer Kickball Tournament.

Nikki's cancer journey took her through three diagnoses—first for cervical cancer at age 23, followed by stomach cancer, and then cervical cancer returned.

For Nikki, her participation with CLUBWAKA kept her from feeling sorry for herself. Her CLUBWAKA connections became like her family, bringing food, friendship and support during her recovery. Through CLUBWAKA, Nikki says she has made friends from California to Maine.

This year's CLUBWAKA Kicks Cancer tournament had more than 300 participants and proceeds from the tournament were given to support the programs and services at the Sentara Brock Cancer Center. This is just one example of many community organizations finding a way to merge their mission with that of the cancer center's through outside fundraising efforts. **If you would like information on how your organization might provide similar support, please contact the Sentara Foundation at 757-455-7976. ■**



The 2021 Kickball Champs "Breastige" pose with their trophy.

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In memory of F. Wayne McLeskey, the annual F. Wayne McLeskey Memorial Marlin Open dedicated the proceeds from this year's tournament to the Sentara Brock Cancer Center to support the programs and services at the McLeskey Comprehensive Breast Center. From left to right: Maggie Whitemore; Virginia Beach Fishing Center, Cheryl P McLeskey; McLeskey & Associates LLC, Meredith Strand; Sentara Brock Cancer Center and David Proffitt; Sentara Foundation. Missing from the photo: Michelle Guthrie and Terri McLeskey.

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Continued on Page 10

Supporting Community Need

Two Examples of How You Help Us Meet Community Needs Arising from COVID-19



Clinical staff gratefully receive a chef-prepared meal from Mercy Chefs from our COVID-19 Community Relief Fund.

The COVID-19 pandemic caused many issues beyond acute hospitalizations and untimely deaths. For thousands of people isolated at home or quarantined after exposure, COVID-19 caused a surge in substance abuse. Physical and emotional isolation can lead to depression and despair. Many recovering users of opioids and alcohol found themselves in relapse. Limits on gatherings meant no group therapy, which helps many recovering patients cope. Zoom meetings are not quite the same.

SAMARITAN HOUSE

Stop the violence. Start the healing.

The Sentara Foundation Hampton Roads partnered with Samaritan House in Virginia Beach to address this unintended consequence

of the quarantine. The Foundation's COVID-19 Community Relief Fund received special donations from individual donors like yourself as well as corporate donations from Truist Bank, Mr. Rogers Windows and other local foundations targeting pandemic response. **Generous gifts allowed the Foundation's Sentara Cares Partnership to provide Samaritan House with a \$15,000 grant to support their substance abuse and relapse intervention program.** The grant supports a certified peer-recovery specialist, telehealth appointments and onsite counseling when allowed and appropriate. **"We are saving lives together... over 25 of our victims of violence that were substance affected, took advantage of the services we offer**

Continued on Page 6



Mercy Chefs supplied daily deliveries of gourmet meals that put a smile on 9,000 faces of our frontline clinical staff members.

because Sentara cares about our community.” said Robin Gauthier; Executive Director/Samaritan House.

As you can imagine, caring for COVID patients has been taxing on our staff. Extra safety precautions, constant use of personal protective equipment and bundling of duties within patient rooms to decrease exposures increased the workload and stress on our nursing and support teams. Hospital Week in May brought a new appreciation in the community for the work of our clinical teams. At that time, COVID-19 cases were finally declining, and the Delta variant had not yet appeared. Sentara hospital teams could finally take a breath. But how best to thank them for their exhausting, relentless work saving the lives of desperately ill COVID patients for months during the pandemic?



Staff at Sentara Princess Anne Hospital work together to hand out meals from Mercy Chefs to all our clinical departments.

The Sentara Foundation team had an idea. Food. They used funds from the COVID-19 Community Relief Fund to partner with Portsmouth-based Mercy Chefs for daily deliveries of chef-prepared gourmet meals to the clinical staff at our Sentara hospitals in Hampton Roads every day during Hospital Week.

Mercy Chefs responds to disasters, such as New Orleans after Hurricane Ida, with a mobile kitchen to feed communities and first responders when food might be the only comfort. **“Our healthcare heroes worked tirelessly for months to bring relief to our community,” says Gary LeBlanc, co-founder and CEO of Mercy Chefs. “It was an honor to work alongside the Sentara**



“Thank you for thinking of us!” - Sentara healthcare is grateful to Mercy Chefs for providing meals to clinical staff.

Foundation to honor those workers with delicious, chef-prepared meals. It was a tangible way for us to share our gratitude.” The Mercy Chefs team delivered nine thousand meals to our front-line staff that week. Every morsel was distributed and enjoyed.

“Our people were exhausted,” says Sherry Norquist, MSN, RN, Director of Sentara Cares. “Meals from Mercy Chefs gave them a rare opportunity to savor a chef-prepared meal and those little breaks were a real morale booster.”

These are just two examples of how your generous gifts can help the Sentara Foundation address unexpected needs in the community during the pandemic. The Delta variant is creating new challenges. Will you join the Sentara Foundation with a tax-deductible gift to the COVID-19 Community Relief Fund? Visit www.sentara.com/foundation to make your online gift today. ■

SENTARA BROCK CANCER CENTER VOLUNTEER OPPORTUNITIES



Connecting with Compassion. Impacting Lives.

The Sentara Brock Cancer Center invites you to become part of our volunteer family. Volunteers are an integral part of our mission at Sentara to improve health every day. We strive to place volunteers where they feel most comfortable so you enjoy your experience and thrive. If you are looking to give back in a meaningful way, become a volunteer.

Connecting with compassion. Impacting lives.

We have shifts for adult volunteers in the following locations:

- Lobby Greeter Desk
- Imaging Departments
- Rehabilitation Department
- Community Outreach
- Peer Mentoring Ambassadors
- Integrative Programs
- Office Environments
- Wayfinding Escorts
- Pet Therapy
- Golf Cart Drivers

ADULT VOLUNTEER REQUIREMENTS

We request that interested individuals commit to six months of volunteering. As well as the following:

- Complete an adult volunteer application
- Interview with the volunteer coordinator
- Complete occupational health requirements
- Submit to a criminal background check
- Complete online or classroom education
- Attend volunteer orientation
- Comply with annual requirements

OTHER VOLUNTEER OPPORTUNITIES

The Sentara Brock Cancer Center offers several types of volunteer opportunities. Including for college students and high school students.

College Volunteers have the opportunity to experience and observe select aspects of healthcare in an oncology setting.

Junior Volunteer program runs from late June to early August. Volunteers are between the age of 15-18 years old and have completed their freshman year of high school. The application for the junior volunteer program opens in February before the summer program begins.

Pet Therapy or the sit, stay, heal program originates from the belief that dogs offer a special therapeutic component to patients of every age that hospital staff cannot provide. Your involvement will allow you and your pet to provide comfort, healing and joy to people in need.

All volunteer positions require a completed application. To apply, visit sentara.com/cancer or contact Arkeisha Smith at 757-624-0378.



Charlie Hill (left) with Sentara and Truist leadership pictured with the Inspirational Green Wall in the Healing Garden.

Charlie Hill Honored by Truist Foundation at the Sentara Brock Cancer Center

After three strikes, Charlie Hill is not out.

In fact, after surviving two bouts of prostate cancer and one fight with lymphoma, Charlie is battling away to bring awareness to prostate cancer and the importance of early detection.

Charlie was first diagnosed with prostate cancer in 2002. A few years later, his cancer returned. And then, after recovering from his second treatment for prostate cancer, he discovered he had lymphoma.

Yet, Charlie doesn't consider himself a survivor: he calls himself a cancer warrior.

"One of the things that I decided in 2002 was that if I'm able to survive this cancer, then I'm going to do something that will make a difference for every man who follows me," said Hill.

In 2007 he co-founded the Hampton Roads Prostate Health Forum, a nonprofit dedicated to providing men and families with necessary information about prostate cancer, awareness, and early detection.

According to the American Cancer Society, prostate cancer is the most commonly diagnosed cancer in men, especially Black men. In fact, every three minutes a man is diagnosed with prostate cancer. Every 17 minutes a man dies from the disease.

Charlie's perseverance, advocacy and inspiration prompted Truist Foundation to honor Charlie Hill during the dedication ceremony of the Truist Foundation

supported Inspirational Green Wall in the new Healing Garden at the Sentara Brock Cancer Center.

Truist has long been a community partner of Sentara's. The two entities have worked together on many projects to fund programs that battle homelessness and food insecurity.

The recent dedication event held in the Healing Garden of the Sentara Brock Cancer Center was attended by Truist and Sentara leadership, Charlie Hill, and his family and friends.

By its support of the cancer center, and dedicating the green wall, Truist Foundation is investing in the community's future—one where cancer affects fewer and fewer in our region.

"The Truist Foundation is honored to partner with Sentara in battling cancer, which unfortunately is so prevalent in our community," said Mark Johnson, community development manager at Truist, on behalf of Truist Foundation. "By supporting the Cancer Center, and the Inspirational Green Wall in particular, Truist provides hope and encouragement to those—whether patient, family or friend—who are faced with this awful disease."

For more information on other available naming opportunities at the Sentara Brock Cancer Center, please visit sentarabrockcancercenter.com/joinusingiving

Celebrate.
Remember.
Honor.



“

"I lost both my loving parents to this most terrible disease. I miss them every day and pray that one day very soon a cure is found so that no one ever has to lose a loved one again to cancer."

- Trudy G.

”

Community Brick Campaign

The purchase of your brick in our healing garden or surrounding areas can celebrate a survivor, remember a loved one, or honor a caregiver or doctor that supported your journey.

Your personal message will make a permanent imprint on the Sentara Brock Cancer Center and the future care of patients in our community.

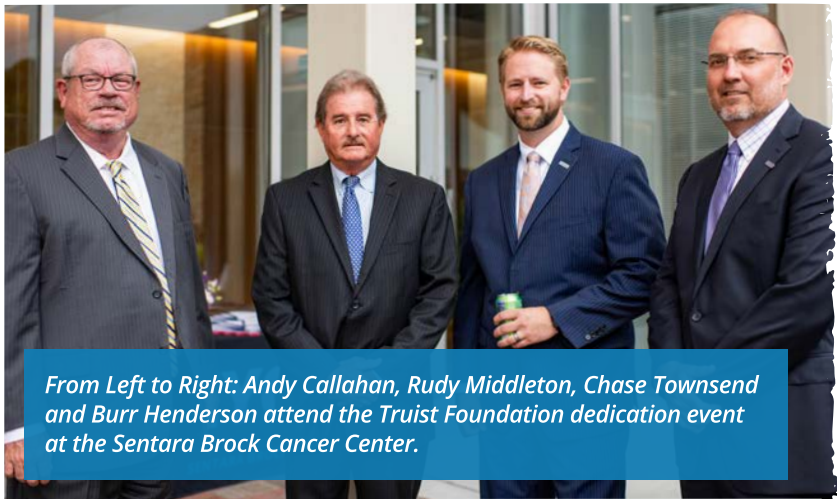
To place your order, please visit BeyondCancerBrick.com or call **1-833-954-2425**.

BEYOND
cancer

SENTARA
BROCK
CANCER
CENTER

SENTARA

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From Left to Right: Andy Callahan, Rudy Middleton, Chase Townsend and Burr Henderson attend the Truist Foundation dedication event at the Sentara Brock Cancer Center.

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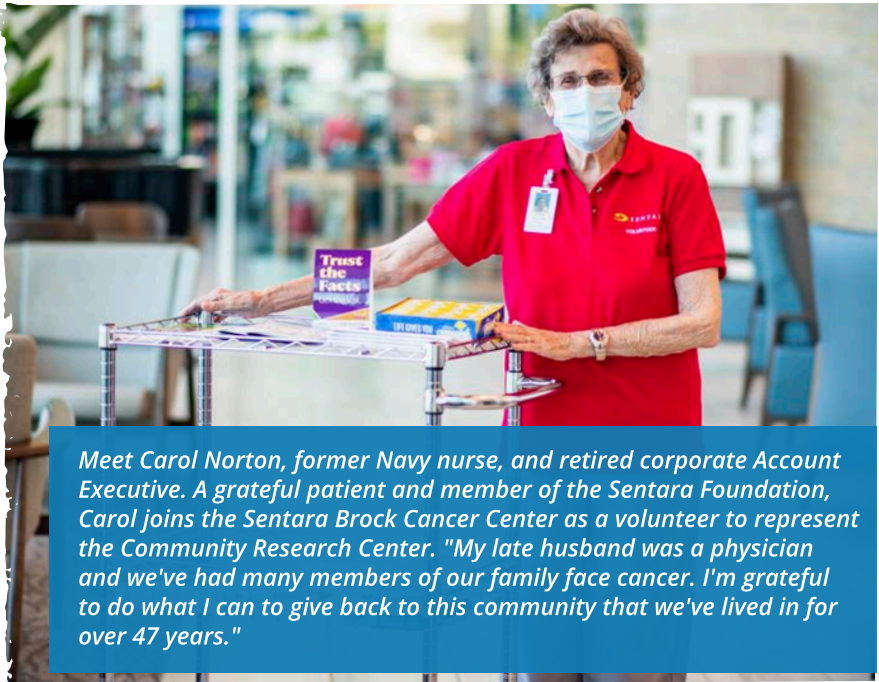
The Sentara team (from left to right) Keenan Caldwell, Hannah Summers, David Proffitt, Connie Bush, Anna James and Wendy Pierce at the CLUBWAKA Kicks Cancer Tournament.

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Charlie Hill addresses guests at the Truist Dedication event at the Sentara Brock Cancer Center.



Meet Carol Norton, former Navy nurse, and retired corporate Account Executive. A grateful patient and member of the Sentara Foundation, Carol joins the Sentara Brock Cancer Center as a volunteer to represent the Community Research Center. "My late husband was a physician and we've had many members of our family face cancer. I'm grateful to do what I can to give back to this community that we've lived in for over 47 years."

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Sentara Legacy Society

Your kindness today
heals someone
tomorrow!

For those who wish to continue their support of Sentara programs and services beyond their lifetime, we invite you to join our Sentara Legacy Society. No matter the size of the gift, your commitment to the future of health care in Hampton Roads is meaningful and appreciated.

We are proud to introduce this opportunity of fellowship and to recognize your generosity.

Benefits include:

- Annual event to acknowledge society members and to meet Sentara executive leadership and other like-minded members of the Legacy Society.
- Invitation to Sentara sponsored special events and classes in Hampton Roads
- Insider newsletter from our CEO, Howard Kern

To find out how you can become a member, contact the Sentara Foundation – Hampton Roads at 757-455-7976 or email us at foundation@sentara.com

Estate Planning Quiz



Are you certain that your current estate plan is up to date?

Take this brief quiz to see where you stand.

- 1

Do you have a will or living trust to direct the distribution of your property?

Yes

No
- 2

Is the makeup of your family the same as when you last reviewed your plans?

Yes

No
- 3

Do you live in the same state as when you last updated your will or other plans?

Yes

No
- 4

Is the person you have named to settle your affairs still able and willing to serve?

Yes

No
- 5

Has the value of your assets remained the same since you last reviewed your plans?

Yes

No
- 6

Are all the people and charities important to you mentioned in your plans?

Yes

No

Your score

If you answered *No* to any of the above questions, you may need to update your estate plans. Professional advisors and attorneys who specialize in such matters can offer advice and help to coordinate various parts of your plan.

To receive the FREE brochure *Giving Through Your Will*, please contact Cassandra Howard at cehowar1@sentara.com or 757-455-7976

Tribute Gifts

The following individuals, corporations and organizations made gifts of pledge commitments to Sentara programs and services in honor or in memory of a physician, staff member or loved one from January 1, 2021, to June 30, 2021.

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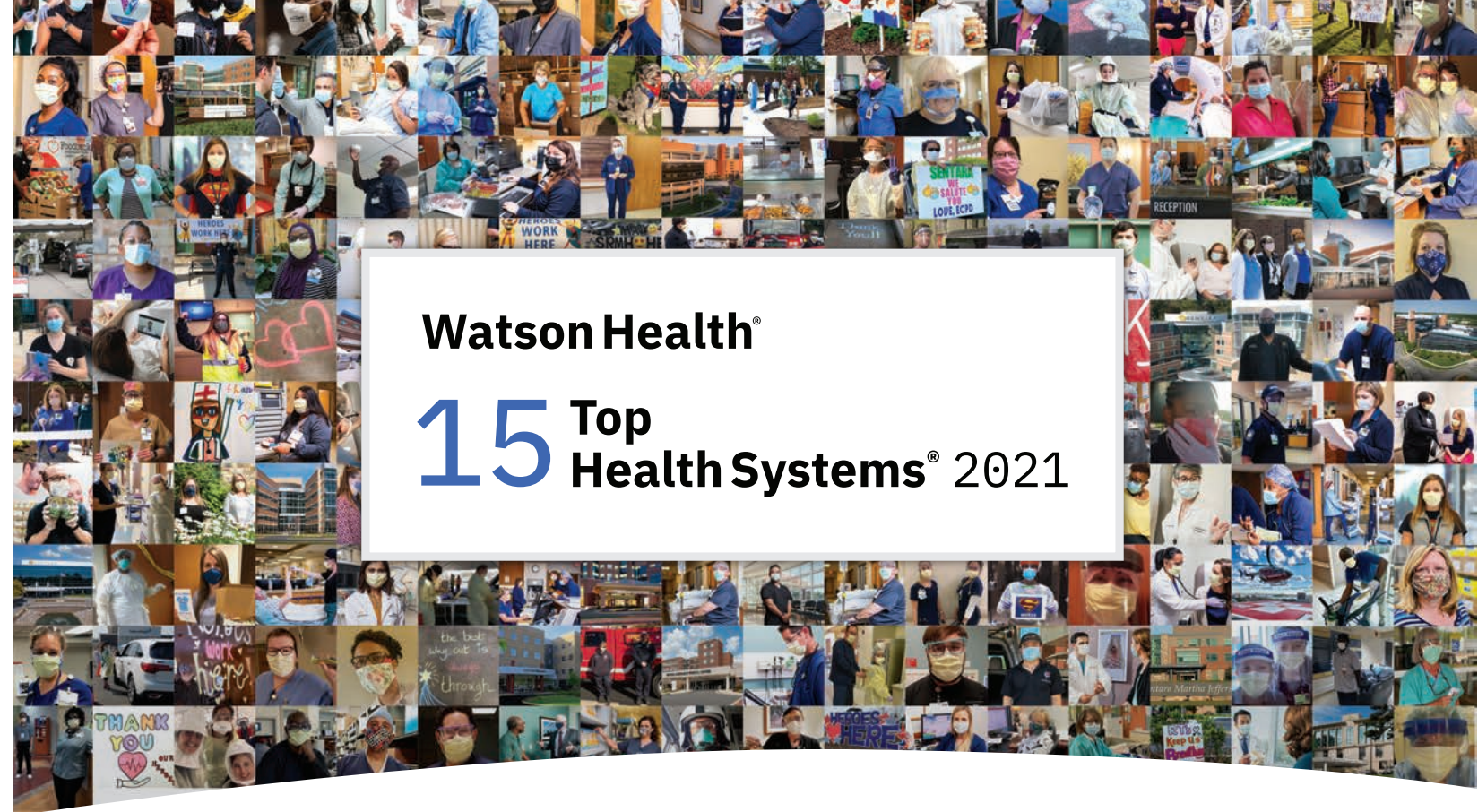
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Responding to community need.



Sentara Foundation - Hampton Roads Team

*Top row, left to right: Destiny Flanagan, Anna James,
and Sherry Norquist*

*Bottom row, left to right: Ryan Livingston, Wendy Pierce,
and David Proffitt*

Not pictured: Angel Barnhill and Cassandra Howard

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



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