



RIVERSIDE | 100
1915-2015
Years

CARING FOR OUR COMMUNITIES FOR A CENTURY AND BEYOND

*The
Florence Raimond Santoro, M.D.
Music Room*



2015 MID-YEAR
REPORT TO THE COMMUNITY

Riverside's Commitment to our Communities

As a not-for-profit organization, Riverside is firmly committed to supporting our community partners. These are the organizations that extend our health improvement mission through educational programs, community gatherings, screenings and wellness initiatives. And we're absolute in our commitment to provide much needed health care to thousands of uninsured and underserved patients in our communities. To that end, Riverside Health System provides millions of dollars each year in community benefit investment and support to the community including in-kind and charity care provided to those unable to pay for medical services. To learn more about Riverside's commitment to our communities please visit www.Riversideonline.com/community_benefit.

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Cover Photo (l-r):

Don Lundin, Administrator of the Gardens at Warwick Forest and Bob Bryant, Senior Vice President, Lifelong Health Division

Founder's Society Looks To Next 100 Years

A MESSAGE FROM REBECCA MCCOY

This year is shaping up to be one of our best. By June 30th we were already more than half way to our 2015 goal, raising \$1,707,081. We continue to see increases in the number of donors and gifts to Riverside; and we kicked off our 100-year anniversary at this year's Founder's Society Reception!

I cannot tell you how very proud I am to be part of the Riverside Foundation and to tell you how your generous contributions have already made a difference in the lives of others this year. Not only have you helped patients with unmet needs and made great strides toward raising the funds needed to bring private rooms to Riverside Tappahannock Hospital, but you have also provided 76 students at the Riverside College of Health Careers with scholarships totaling \$200,800 — all major accomplishments, thank you!

In our 2014 Year-End Report to the Community, you read about Riverside's 100-year history and the vision of our Founders. In this report you will read how we were able to celebrate that legacy while honoring those members of the Founder's Society who are paving the way for our next 100 years. You will also be introduced to other donors who are investing in our mission, as well as meet the most recent recipients of the Jean Raines Family Scholarship and the Healthcare Heroes Scholarship.

In today's world, it is often the inspirational or "feel good" story that is not heard or is forgotten. Everyday acts of kindness go unseen. So, I want to ask you to do something once you have finished reading the stories in this report. Make a copy of your favorite article and share it with a neighbor or friend. Let it be your honor, as much as it is mine, to share with others that Riverside is a place of remarkable care — the kind of care we all wish to have for ourselves and our loved ones.

Sincerely,
Rebecca McCoy,
Riverside Foundation Board Chairman



Rebecca McCoy, *Chairman*

For more information about how you can make a difference through your gift of gratitude, call the Riverside Foundation at 757-234-8740 or visit us online at www.riversideonline.com/foundation.

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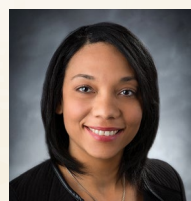
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A Hundred Years Of Remarkable Care

THE EXECUTIVE DIRECTOR

Now that we are in the midst of Riverside's 100th year of providing remarkable care to our communities, I have the privilege of reflecting back on all the wonderful people I have met as colleagues, friends and donors. My journey here at Riverside has been so much more rewarding because of those relationships. Each name printed in this, and all of the previous Riverside Foundation publications, share a special role in guiding us to this anniversary year and leading us into the next century.

When I think about all that we have accomplished at the Foundation in just the first six months of the year, I am *honored* that 1,130 cash, pledged and in-kind gifts were so generously contributed to the many funds and scholarships at Riverside. I'm inspired by the hundreds of messages of gratitude and gifts honoring Riverside's physicians, nurses and other caregivers as Champions of Caring. And I'm *hopeful* that with your continued support, we can make a difference in the lives of others during what may be their most vulnerable time.

So much of what makes Riverside remarkable is only possible through the generosity of others. If I can be of assistance in planning your next gift or help you with a gift idea that will honor your physician or other Riverside caregivers, please call me at 757-234-8740. I have the time. You will definitely make a difference in someone's life.

With great regard and respect, thank you for all you do.

Debbie Atkinson,
Riverside Foundation Executive Director



Debbie Atkinson, *Executive Director*



Carol and Anthony Santoro's Gift to Warwick Forest **A STORY OF FAMILY LOVE AND LOYALTY**

Carol and Anthony Santoro's recent gift to the Gardens at Warwick Forest expressed their admiration for the remarkable care given to residents there. The moving story behind their donation is one of a family's love and loyalty that spans two generations and inspires all who hear it.

“We were moved by the compassionate attitude of the staff and impressed by the level of care given to residents. We knew immediately it was the right choice for Viola.”

—Carol Santoro



Anthony and Carol Santoro

Anthony Santoro was 11 years old when Viola Koop first became a part of his family and his life. Viola was 18 when she joined the Santoro family as a housekeeper after being rescued from an abusive situation as a domestic servant by young Anthony’s mother and father (Drs. Florence Raimond and Anthony V. Santoro). Thus began a relationship between Viola and the Santoro family that would transcend two generations and continue to this day.

That 11-year-old boy is now Dr. Anthony Santoro, President Emeritus and Distinguished Professor of History at Christopher Newport University. He and his wife Carol reside in Yorktown. When Florence Santoro passed away in 1995, Viola lived with Carol and Anthony in Newport News until she moved into the Gardens at Warwick Forest in 2015.

How Viola came to be part of the Santoro family is truly the story of a growing love and a lifetime of mutual trust and loyalty. Dr. Santoro explained in more detail how Viola became a permanent part of his family.

“Viola was one of seven or eight children. She was probably about seven when her mother died,” he said. “Unable to care for all the children, her father placed Viola in a home for children as was often the custom in those days. It happened to be a home where my mother served as physician. Someone there told her about the mistreatment Viola was suffering as a domestic; she told my father who said to bring her into our home as housekeeper.”

There was never a question in either Carol or Anthony Santoro’s mind that Viola would live with them when Florence Santoro died. As Carol said, “Viola had been a member of our family for most of her life and ours. Of course she would live with us, which she did until we felt she needed more professional care and attention than we could provide at home.”

“Dr. Santoro was a very intelligent, compassionate individual who deeply cared about people. I think in all of my life, I have not ever met a person as kind as she. She was truly an inspiration.”

According to Dr. Santoro, Viola suffered from some diminished mental capacity caused by a fall at an early age. “As she entered her 80’s, we began to look for a quality nursing care environment,” he said. As it happened, Alan Witt (Riverside Board Chair) was both a friend and accountant to the Santoros. Mr. Witt suggested they consider the Gardens at Warwick Forest.

The Santoros took their friend Alan Witt’s advice. “We were moved by the compassionate attitude of the staff and impressed by the level of care given to residents. We knew immediately it was the right choice for Viola,” Carol Santoro said. “We also wanted to express our support for the remarkable work being done there and to make a contribution to the residents’ comfort and happiness.”

“We wanted to give a gift that would benefit the residents, but we’ve left the decision about how the donation should be used to the Gardens management and staff,” Dr. Santoro said. “Our only request is that my mother be honored in some way for her years of work with the poor and underprivileged. We also wanted to make sure whatever was done would be there for Viola’s enjoyment as well.”

According to Don Lundin, Administrator of the Gardens, the Santoro donation will be put to use refurbishing the Chapel and an adjacent multi-purpose room. “The Chapel hasn’t been redone for some years and this upgrade will be a nice gift for all the residents,” he said.

A new Music Room named in honor of Dr. Florence Raimond Santoro for the enjoyment of residents was dedicated in September 2015. The Santoros hope that their contribution will serve as inspiration for others to support the Riverside Foundation and Riverside’s mission *to care for others as we would care for those we love.*

ABOUT FLORENCE RAIMOND SANTORO, M.D.

Florence Raimond Santoro, M.D., was born in Chicago on April 17, 1900, to Angeline and Anthony Raimond. She died in Newport News in 1995.

From the age of 14 she worked as a telephone operator and then supervisor. She attended

McKinley High School in Chicago and graduated in 1916 in the same class with Walt Disney. She was impressed early in life with a woman physician named Dr. Kelly, who influenced her desire to become a physician.

It took considerable sacrifice on her part and that of her family to aid in her education. Dr. Santoro attended Loyola College in Chicago in the pre-medical program and after graduating from college she began to seek a medical school that would accept women. As a consequence, she enrolled in the Women's Medical College in Germantown, Pa. for the first two years of her medical training. She ultimately graduated from Loyola Medical School in Chicago.

She began her medical career in a general practice, but later moved into obstetrics and gynecology. During her 40 years as a physician, Dr. Santoro delivered more than 3,000 babies. In the peak period of the polio epidemic in Chicago in the 1950's, she gave unstintingly of her time in administering gratis the "new" Salk vaccine to children in the minority neighborhoods. She considered this the high point of her long career.

A local physician and close friend of Dr. Santoro summed up her character and personality simply and eloquently, "She was a very intelligent, compassionate individual who deeply cared about people. I think in all of my life, I have not ever met a person as kind as she. She was truly an inspiration."

"We wanted to give a gift that would benefit the residents but we've left the decision about how the donation should be used to the Gardens management and staff. Our only request was that my mother be honored in some way for her years of work with the poor and underprivileged. We also wanted to make sure whatever was done would be there for Viola's enjoyment as well."

— Dr. Anthony Santoro



Florence Santoro



Steve Spain Knows
Riverside Outside and In
**PARTNERING
TO BUILD
THE VERY BEST**

Steve Spain speaks in glowing terms of his 25 years of helping to create the very best quality health care in partnership with Riverside. And he speaks not only in words, but also with his generous support for Riverside Walter Reed Cancer Center's Healing Garden.

“As a contracting partner with Riverside for 25 years, I know the kind of commitment to quality that goes into every project or facility they undertake. They don’t settle for just ‘good enough.’ They live up to their mission of ‘caring for others as we would care for those we love.’”

—Steve Spain



*Shirley Spain Healing Garden rendering
at the Walter Reed Cancer Center*

Steve Spain sees Riverside with the clarity that comes from a quarter-century of working closely with the management and employees of the Health System. He also has the objectivity of someone with an “outside-in” perspective. But he said that from either point of view, he sees the commitment, the compassion and the dedication to excellence of the organization on every level.

“As a contracting partner with Riverside for 25 years, I know the kind of commitment to quality that goes into every project or facility they undertake. They don’t settle for just ‘good enough.’ They live up to their mission of ‘caring for others as we would care for those we love.’”

A member of the Riverside *Founder’s Society*, Steve has been a generous benefactor of Riverside Walter Reed Hospital (RWRH) for many years. Although he lives and works across the river in Yorktown, he said he feels a great connection to Walter Reed and the people of Gloucester. “Over the years, I’ve developed close ties to the community over there. I’ve supported the annual Walter Reed Tree of Lights Gala for many years and have seen the help it’s provided to patients and families.”

When he heard about the Healing Garden planned for the Walter Reed Cancer Center, he immediately wanted to help make it happen. “My mother died of cancer, so I know how stressful dealing with the disease can be to both patients and family members and I’d met patients in the Cancer Center. Plus, I’d seen the Healing Garden at the Cancer Care Center at Riverside Regional,” he said.

“My mother loved to garden,” Steve continued. “She got so much pleasure out of it even as she was fighting the cancer. The Healing Garden was an amazing idea and a wonderful way to honor my mother and make a difference to other cancer patients at the same time.” The RWRH Healing Garden will be named in honor of his mother, Shirley Spain.

Steve’s company continues to partner with Riverside on projects that bring quality care to the communities we serve. Most recently, he’s teamed with Riverside’s Lifelong Health division and its “aging in place” programs. He said the idea of helping people remain in their homes for as long as possible is another example of how Riverside is always looking for better ways to provide exceptional care. “I’m so pleased to be able to work with Riverside and to help them make a difference in people’s lives,” he said.



Music & Memory Gives
Older Adults New Lives
**TOUCHING THE
HEART, AWAKENING
THE MIND**

Something remarkable and magical is happening in The Gardens at Warwick Forest because of an innovative new program for older residents suffering from Alzheimer's, dementia and other cognitive impairments.

“At its core, the program isn’t complicated. All it requires is an iPod Shuffle and a set of headphones for each participant, a laptop computer, and iTunes. We partner with a family member to help develop a custom playlist of the resident’s favorite music.”

—Don Lundin, Administrator, The Gardens at Warwick Forest



The woman living in The Gardens at Warwick Forest was typical of older adults who suffer from the various forms of age-related memory loss. Non-communicative. Withdrawn. Head down. Alive and yet somehow cut off from life. Then the “magic” happened as Gardens Administrator Don Lundin describes it.

“We gave her a set of headphones and an iPod Shuffle with a playlist of favorite songs from her past. As she listened to the music, she raised her head, tears running down her cheeks, and she began to tap her feet in time with the music,” he said. “Later on, she even began to talk to people again—not long conversations but she was actually connecting with people in a way she hadn’t been for a very long time. It was remarkable.”

The magic was the result of a simple but highly effective program called *Music & Memory*, created by educator, trainer and psychologist Dan Cohen in 2006. Cohen founded *Music & Memory* with a simple idea: Someday, if he ended up in a nursing home, he wanted to be able to listen to his favorite ‘60s music. He’d heard a recent news report about how iPods have grown so popular. Why not bring iPods into nursing homes to provide personalized music for residents?

“At its core, the program isn’t complicated. All it requires is an iPod Shuffle and a set of headphones for each participant, a laptop computer, and iTunes. We partner with a family member to help develop a custom playlist of the resident’s favorite music,” Lundin said. The *Music & Memory* program is based on the brain’s natural inclination to connect music with long-term memory. As Dan Cohen notes, “Beloved music often calms chaotic brain activity and enables the listener to focus on the present moment and regain a connection to others.”

An article in the Daily Press led Lundin and Warwick Forest Medical Director Dr. Emmeline Gasink to find out more about the program. “The husband of one of our residents showed me the story, which covered a documentary film (*Alive Inside*) about the program,” said Dr. Gasink and I were both impressed with the success of *Music & Memory* in nursing homes across the country.”

Lundin said about 20 residents are in the program now and he hopes to increase that number substantially in the future. “The benefits are so great and so obviously change residents’ daily lives,” he said. “Unfortunately, the cost for the program, although not large, isn’t covered by any reimbursements. There’s an upfront cost of \$4,000 for each facility, then \$125 per resident for the iPod and headphones. We’re looking to the community for contributions to help us bring *Music & Memory* to more of our residents.”

To make a donation to support the *Music & Memory* program, contact Jennifer Frank at 757-234-8748.



*Dr. Scott Burgess,
Riverside Urology Specialists,
with the daVinci Robot*

Challenges For Our Second Century **RIVERSIDE'S LEADING EDGE MEDICAL CARE**

Dr. James Lesnick makes a compelling case for developing and supporting new leading edge programs and procedures as Riverside enters its second century of serving the needs of the community with truly remarkable care.

“The Peninsula community has depended on Riverside for the best in medical care all these years. As medical professionals, we want to ensure that the people of all of our communities have continued access to new and emerging procedures and technologies.”

— James Lesnick, M.D., Senior Vice President and Medical Director, Riverside Medical Group



A hundred years ago, one doctor's determination to provide the best possible medical care for the citizens of Newport News led to the opening of a new hospital. But without the moral commitment and financial support of the community and its leadership, Dr. Hobson's vision could never have turned into reality.

Dr. James Lesnick believes that the same combination of medical vision and community support is critical to continue providing the highest possible level of medical care as Riverside enters its second century.

Dr. Lesnick is the Senior Vice President and Medical Director of Riverside Medical Group. He said that the opportunities for saving lives and improving the quality of life through new medical techniques and leading edge science have never been greater. “The Peninsula community has always depended on Riverside for the best in medical care,” he said. “As medical professionals, we want to ensure that the people of all of our communities have continued access to new and emerging procedures and technologies, and we have some exciting things going on right now.”

He cited Riverside's bariatric medicine program (the treatment of severe obesity using a variety of techniques including surgery). “Obesity is among the top three health problems in every community we serve,” Dr. Lesnick said. “Although minor weight problems can be dealt with through diet and exercise, extreme obesity (350 to 500 lbs.) requires medical treatment that may include surgery, but also requires lifelong care from a team of nutritionists, psychologists and physicians.”

Riverside's bariatric program uses state-of-the-art technology and advanced laparoscopic techniques. Dr. Lesnick said that this and other leading edge programs such as neuro-interventional treatment for acute stroke and surgical oncology are true lifesavers, but they are also expensive during startup.

“The costs of some of these programs simply can't be covered by reimbursements,” he said. “The *Riverside Care Difference* focuses on caring for our patients as we would care for those we love. We take pride in emphasizing the patient experience and encourage any effort that enhances the ‘soft’ side of medicine. “As we move forward in the next few years, financial support to subsidize the ‘hard medicine’ needs will be crucial.” To me, it's this comprehensive approach that defines the *Riverside Care Difference*.”

To learn more about how you can support technologically advanced care at Riverside, contact Jennifer Frank at 757-234-8748.



*Daughters of Jean Raines,
Jennifer Raines and Teresa Bassett*

She Always Wanted
To Be A Teacher
**REMEMBERING
THE REMARKABLE
JEAN RAINES**

There are some special people who seem destined to make substantial and long-remembered differences in the lives of almost everyone with whom they cross paths. Jean Raines was one of those people. Today, her legacy of giving to others is carried on through the scholarship set up in her honor.

“It’s really hard to put into words how much she meant to everyone in the Riverside System. She truly left a legacy. It’s amazing the number of people who remember their experiences with her. What’s even more amazing are the people who never knew her but today still know of her.”

— Teresa Bassett, Jean Raines’s daughter

Jean Raines was a teacher and friend to untold numbers of employees during the 41 years she was part of the Riverside family. She was also a loving mother and wife who believed in putting family first, saying “I love you” often and who taught her daughters, Teresa and Jennifer, that “broken hearts will mend and that everything happens for a reason.”

In 2002, Jean suffered a severe brain aneurysm and was taken to UVA Medical Center for surgery that could not be performed at Riverside in those days. The operation did not go well and Jean was returned to Riverside Regional.

“Mom was unresponsive and as we sat in the room, we began to talk about what we could do to honor her life,” her daughter Teresa said. “Caroline Martin (then a Riverside Executive Vice President) was in the room with us and she suggested the scholarship fund because of Mom’s love of teaching. We all liked the idea, but Riverside already provided scholarships for employees as a benefit of employment. Instead, we decided to dedicate the fund to children of Riverside employees.”

“She was a loyal, wonderful woman. We chose to honor her with the scholarship fund because even after the age of 60 she considered returning to school to get her doctorate. She had that personal quest for lifelong learning,” Jennifer said.

Jean began her career at Riverside as a floor nurse working the midnight shift even though her dream was to be a teacher. “My mother’s family could not afford a teacher’s college, so Mom went to nursing school on a scholarship,” Teresa said. Eventually, Jean became Director of Staff Development at Riverside. She was Vice President of Education when she passed away in 2002.

The portrait of Jean Raines that appears with her namesake scholarship fund in each issue of the Foundation Report is striking and seems almost to reach off the page to touch the reader with its power.

As Jennifer said, “Many knew her as a mentor, an educator, a boss, a nursing scholar, or a friend. She spent her working life helping others, but lived for her family. She never spoke of her professional or academic accomplishments, yet immediately one would know she was smart and accomplished. She was a woman of few words but when she spoke, people listened. Oftentimes she was referred to as a ‘quintessential professional’ possessing a ‘quiet wisdom.’”



The Leaves Are There
To Keep the Tree Alive
**EACH “FOUNDER”
IS A LEAF ON
OUR TREE**

Far more than names on a plaque, the members of the *Founder's Society* are the figurative leaves on our Riverside tree. They are the people who will nourish and sustain the cause of compassionate, quality care that first took root 100 years ago.

“That Riverside has thrived and grown for 100 years is pretty remarkable. But in today’s world, we’re going to need the financial, intellectual and moral support of our new Founders—our “leaves”—more than ever to sustain a continuum of quality care for the next hundred years.”

— **Becky McCoy, Riverside Foundation Board Chair**

Earlier this year, a very important group of people came together to celebrate the past and renew a commitment to the future. They were the Riverside *Founder’s Society*. Members entered the reception area through an arbor of leaves that was both beautiful and symbolic, as Riverside Foundation Board Chair Becky McCoy would explain a few minutes later.

In her welcoming remarks, she called the assembled group, “the leaves on our Riverside tree.” (*There was a leaf on the arbor for each member—each different and each personalized with a member’s name.*) She explained the analogy by saying that, “as the leaves on a living tree nourish and sustain it, so, too, our donors provide the nourishment that will help keep Riverside strong and well.”

McCoy said that while the 100th Anniversary is cause for celebration, Riverside will rely even more on its donors to meet the challenges to come in the future. “How many Fortune 500 companies have survived a century? Not many. That Riverside has thrived and grown for 100 years is pretty remarkable,” she said. “But in today’s world, we’re going to need the financial, intellectual and moral support of our donors, our new Founders—our ‘leaves’—to help sustain a continuum of quality care for the next hundred years and beyond.”

She and Foundation Executive Director Debbie Atkinson share a common belief that the members of the *Founder’s Society* contribute more than generous financial support, however. They are essential connections to the communities served by Riverside—ambassadors who are in touch with the needs and desires of people. They can and do provide a unique perspective on where Riverside must focus, in the words of William Faulkner, “not only to endure but to prevail” in the next 100 years.

“Being a *Founder* isn’t a one-time commitment. These are people who share deeply and who believe deeply in the Riverside mission *to care for others as we care for those we love*,” Atkinson said. “As we begin our second century, Riverside has made a commitment to providing remarkable care; we couldn’t be more proud to have our *Founder’s Society* members as an integral part of the Riverside family.”

If you have questions related to your investments in remarkable care, please contact Jennifer Frank at 757-234-8748.



*Riverside Foundation Executive
Director Debbie Atkinson
with Founder's Society
Member Jimmy Bayne*

Jimmy Bayne Makes
The Difference
**DR. ELLIS CANCER
ENDOWMENT FUND
TOPS \$1 MILLION**

The Dr. Mark E. Ellis Endowment Fund for Cancer Care Advancement has exceeded \$1 million in donations and pledges thanks to the generosity of *Founder's Society* member Jimmy Bayne, whose most recent gift made the difference in reaching this important milestone.

"I was thrilled to hear that we had passed the million-dollar mark and just so grateful to Jimmy Bayne for his contribution that put us over our goal and sparked so much excitement. I know Mark would be humbled and honored that it's happened."

— Lynn Ellis



In 2007, Dr. Mark E. Ellis helped establish the Cancer Care Services Endowment Fund to support the development of Integrative Medicine programs for treating cancer. Dr. Ellis was a passionate advocate for this comprehensive approach of treating the mind, body, and spirit to battle the disease.

After his death in 2010, the Fund was renamed The Dr. Mark E. Ellis Endowment Fund for Cancer Care Advancement in his honor. Since then, the Fund has attracted hundreds of donors, and this year went over \$1 million in total gifts and pledges thanks to a substantial pledge from long-time contributor Jimmy Bayne.

Bayne first became a contributor to the Foundation through a matching program with his employees. "Riverside helped our company grow. Our employees relied on the hospital for great medical care. Together, we made an initial five-year commitment," he said. "Then when I became aware of the opportunity to reach the \$1 million, I decided to help achieve that goal. I felt it was important and the right thing for me to do."

"I'm so grateful for the support from everyone—those who never knew him (Dr. Ellis) and those who did, and everyone who bought my book (*profits from her memoir of Mark's inspirational journey from being a teen-aged cancer patient to becoming a legacy cancer doctor, "The Humanity of Medicine," were donated to the Cancer Fund*)," Mark's wife Lynn Ellis said. "Of course, I was thrilled to hear that we had passed the million-dollar mark and just so grateful to Jimmy Bayne for his contribution that put us over our goal and sparked so much excitement. I know Mark would be humbled and honored that it's happened."

Lynn said that reaching the \$1 million goal is not only a great achievement but also bodes well for the future. "It gives us great hope for the future of meeting what we talked about in 2007 as a \$5 million goal for the Fund and it puts us that much closer to it and, you know, that first million is always the hardest."

She said that her husband would be pleased with the continued commitment to Integrative Medicine in Riverside's cancer care programs. "It's wonderful to see Mark's work still making a difference in the lives of cancer patients," she said.

To learn more about Integrative Medicine or contribute to the Dr. Ellis Endowment, please contact Jennifer Frank at 757-234-8748.



“Without the scholarship and all the other support Riverside gave me, I might never have realized my dream.”

—Rachel Copen

For more information on how you can invest in the future of health care in your community, contact us at 757-234-8740.

Christmas Crisis Sets Path To Nursing

RACHEL COPEN'S ROAD TO RIVERSIDE

It was Christmas Day. Rachel Copen and her family were at home in a small Maryland town outside Washington, D.C. celebrating this most joyous of seasons. Suddenly, the unthinkable happened. Rachel's father went into cardiac arrest. What happened next not only saved her father's life, but also confirmed what she wanted to do with her own life.

As Rachel tells the story, “Dad was on the floor. Mom and my sisters were freaking out. I knew what to do and I knew I had to do it. I got on the floor and started giving my father CPR until the Emergency Team arrived. I'd taught at a pre-school where they required training in Basic Life Support, thank goodness.”

Rachel said the incident really confirmed what she had been thinking about for a long time; she wanted to become a nurse. She enrolled in a college for a while, but wasn't happy with the nursing program. Then a family member from Newport News mentioned the Riverside College of Health Careers. “It was the best thing that could have happened,” Rachel said. “I was born in Newport News and had family still living there. I applied and was accepted into the Nursing program.”

Although her father is fully recovered from the heart attack now, he wasn't able to work for several months, which could have halted or delayed Rachel's path to her RN degree. Fortunately, she received scholarship assistance. With that financial support, she was able to complete her training and graduated with her RN in August.

“Without the scholarship and all the other support Riverside gave me, I might never have realized my dream,” Rachel said. “Everyone in the school is so caring. They really want you to succeed. There's a lot of personal attention as well, not only because the classes are small, but also because of the attitude of the staff. *Personal* support is just a way of life at the Riverside College of Health Careers.”

Like so many young graduates from the Riverside College of Health Careers, Rachel plans to stay in Virginia and build a career within the Riverside System. She says she's planning to enroll in a BSN program soon. “For anyone interested in nursing, I'd say look at Riverside. I feel extremely lucky to have been a student at the Riverside College of Health Careers. The faculty and staff are like my family. They want nothing more than to see me succeed. I love Riverside,” she said.

Dr. Mark E. Ellis Endowment Fund for CANCER CARE ADVANCEMENT

Dr. Mark E. Ellis touched the lives of thousands during the 20 years he treated cancer patients. A cancer patient himself in his youth, Dr. Ellis pioneered the concept of Integrative Medicine for the treatment of cancer, which involves both patients and their families in a range of special complimentary therapies in addition to the latest medical technology. Riverside provides Integrative Medicine at no cost to patients. We're proud to honor Dr. Ellis's legacy.

Thanks to those who have given through June 2015 to the Dr. Mark E. Ellis Endowment Fund for Cancer Care Advancement:

Tamara N. Artis-Simmons
Dexter and Debbie Atkinson
Thomas J. Bayne, Jr. and Family
Sandra V. Blount
Wade and Amy Broughman
Paula O. Burcher
Sharon L. Carter
Tressell Carter
Stephanie Castleman-Argue
Patrick and Debra Costello
Patricia E. Emerson
Eric and Racheal Faber
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Tree of Life CANCER CARE FUND

To cancer patients, the smallest things can mean the world. Your gifts to the Tree of Life give financial support for unmet needs such as screening, prevention programs, facility enhancements and community outreach, as well as post-biopsy transportation, wigs and support programs. In association with our Every Woman's Life program, the Tree of Life also supports the women's health needs of those battling cancer.

Thanks to those who have given through June 2015 to the Tree of Life Cancer Care Fund:

Dexter and Debbie Atkinson
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Leonard and Delores Carota
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Mark and Joan Jordan
Virginia B. Croswell
David L. Croswell

Most people have serious issues that add to their stress levels in ways we can't imagine when they have cancer. They are trying to get through treatment, are feeling sick, or can't work. This translates into can't purchase medications or pay essential bills or get transportation to treatments. The Tree of Life Cancer Care Fund is almost like instant relief. Every little bit helps and that's part of why we are here!

— Harolette Kelley
Patient Navigator
Riverside Cancer Care

TREE OF LIFE CANCER CARE FUND

Tribute gifts made in Honor Of:

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*The Woman's Club
of Newport News*
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Riverside Behavioral Health Center Make a Difference Fund

This fund is an opportunity for grateful patients and community members to support patient assistance needs, facility enhancements, and capital projects at our mental health center in Hampton.

Thanks to those who gave through June 2015 to the RBHC Make A Difference Fund:

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Tribute gifts made in Gratitude Of: Andrew M. Sullivan Sharon Sullivan



Riverside HOSPICE FUND

The Riverside Hospice Fund supports the patients, programs and staff training needs at Riverside Hospice in Newport News, Riverside Walter Reed Hospice, Riverside Tappahannock Hospice, and Riverside Shore Memorial Hospice. Thanks to your generosity, we can proudly say that we never turn a patient away due to an inability to pay. Your contributions truly make a remarkable difference in the lives of our patients and their families.

Thanks to those who have given through June 2015 to the Riverside Hospice Fund:

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Willie P. Francis Scholarship Fund

The Willie P. Francis Education Scholarship Fund honors the retirement of Willie P. Francis and her decades of service on the Mother/Baby Unit at Riverside Regional Medical Center. Willie's special contributions to nursing, along with the care of new mothers and their babies was noted over the years by all who came in contact with her. The fund was established with a lead contribution by Dr. Stephen Bolduc to encourage employees of the Birthing and Family Health Services staff to continually advance their skills in the field of maternal-child health.

**Thanks to those who gave
through June 2015 to the Willie P.
Francis Scholarship Fund:**

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Terris E. Kennedy
Tracey Dowling

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Riverside Rehabilitation Institute (RRI) strives to accomplish its mission of “Rebuilding the lives of the physically impaired”... everyday. Thanks to your donations we are able to provide immediate patient assistance as well as facility enhancements, program and equipment needs.

Thanks to those who have given through June 2015 to the RRI *Make A Difference Fund*:

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Riverside Shore Memorial Hospital **MAKE A DIFFERENCE FUND**

Riverside's mission – to care for others as we would care for those we love – is not just a statement, it is our commitment to the communities we serve. With the support of donors like you, Riverside Shore Memorial Hospital is able to fund facility enhancements, immediate patient needs, programs and equipment needs that allow us to provide a higher standard of care for our patients on the Eastern Shore.

Thanks to those who have given through June 2015 to RSMH *Make A Difference* Fund or who made unrestricted donations on the Eastern Shore:

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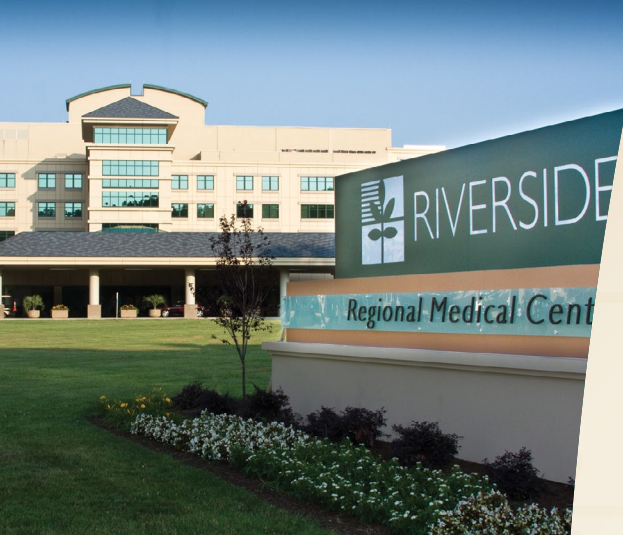
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Dr. Charles D. Goldstein
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Dr. Lloyd J. Kellam
Jerry Turlington

“The people on the Eastern Shore have always looked out for one another. From the very beginning when the first capital campaign was started in 1920 through today we have benefited from that sense of community. The Riverside Shore Memorial Hospital MADF is just one of the many ways this community continues to care for its’ neighbors in need.”

*— John Peterman,
Vice President/Administrator
Riverside Shore
Memorial Hospital*



Riverside Regional Medical Center *MAKE A DIFFERENCE FUND*

Grateful patients, friends, family and generous community members unite in support of a higher standard of care through Riverside. It is because of donors like you that we can continue helping our neighbors who need care beyond what they can afford. 100% of your gift is used to fund Riverside Regional Medical Center facility enhancements, immediate patient needs, programs and equipment needs that allow us to provide a higher standard of care for our patients on the Peninsula.

Thanks to those who have given through June 2015 to the RRMCMake A Difference Fund or who made unrestricted donations in the Peninsula Region:

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Baby's Birth Day Fund

The Baby's Birth Day Fund was established in memory of "Mama Mary" Thompson who for 25 years touched the lives of more than 30,000 families at Riverside Regional Medical Center through her work in the labor and delivery unit. This fund supports the program and equipment needs of the Birthing and Family Services Department.

Thanks to those who have given through June 2015 to the Baby's Birth Day Fund:

Lena A. Anderson
Christopher Seagle and
Christina M. Barnes
Joyce A. Robbins

Sorority adopted PACE Center

Zeta Phi Beta Sorority, Incorporated, Alpha Beta Zeta Chapter adopted Riverside's Newport News PACE Center as part of their Regional Z-HOPE (Zeta's Helping Other People Excel) Community Service Project. Debra J. Carroll, 2nd Anti Basileus and Z-HOPE Coordinator stated, "We realized that one of the primary challenges for family caregivers of seniors and disabled adults is facing caregiving responsibilities with little or no warning, little or no knowledge about available care services, care settings and costs involved; and little or no time to research alternative resources or prepare their family or employer. While our organization has limitations on how much support we can offer, our goal is to work within local communities to assist and promote health care facilities goals and objectives for their patients." In March, 2015, Zeta Phi Beta awarded PACE \$5,000 during the Zeta Phi Beta Sorority Inc., Eastern Regional Conference.

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Riverside Medical Group *MAKE A DIFFERENCE FUND*

The RMG *Make A Difference* Fund is an opportunity for grateful patients, Riverside team members, and community members to support immediate patient assistance needs, facility enhancements and capital projects related to Riverside Medical Group. This fund also supports the transportation of Riverside physicians to Tangier Island.

Thanks to those who have given through June 2015 to the RMG *Make A Difference* Fund:

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Riverside Lifelong Health **MAKE A DIFFERENCE FUND**

The vision of Riverside's Lifelong Health Division – As I age, I will control my destiny in a place of my choosing – is as important to us as our mission. With the continued support of donors to the Riverside Lifelong Health *Make A Difference* Fund we are able to provide a better quality of life for the aging population.

Thanks to those who gave through June 2015 to the Riverside Lifelong Health *Make A Difference* Fund.

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Anne Talbot Evans Memorial Scholarship Fund

The Anne Talbot Evans Memorial Scholarship Fund honors Mary Anne Talbot Evans for her lifelong work and dedication to surgical services. The fund provides scholarships to students enrolled in the RCHC Surgical Technology and RN programs who pursue careers in surgical services.

Thanks to those who gave through June 2015 to the Anne Talbot Evans Memorial Scholarship Fund:

Dexter and Debbie Atkinson
William and Carol Downey
Faye P. Gargiulo
Robin M. Nelhuebel



Riverside Tappahannock Hospital *MAKE A DIFFERENCE FUND*

As part of our commitment to bring remarkable care to the communities we serve, Riverside embarked on a capital campaign to bring private rooms to Riverside Tappahannock Hospital. Thank you to those who continue to give in support of that effort. Gifts to the RTH *Make A Difference* Fund also support immediate patient needs, programs and equipment needs that allow us to provide a higher standard of care for our patients in the Northern Neck.

Thanks to those who have given through June 2015 to the RTH *Make A Difference* Fund or who made unrestricted donations in the Northern Neck:

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"Riverside's caregivers give so much to all the communities where services are provided. Gifts are made every day to honor our dedicated team. How rewarding to know that gifts to Riverside may help a neighbor, your best friend or even a family member."

— Frances Ellis, Chairman
RTH Make A Difference Advisory Committee

The Nurse in the Hat Fund

The family and friends of Linda Handley, RN, established The Nurse in the Hat Fund in honor of Linda's dream, her life's work, and her commitment to the professionalism of nursing. The fund provides scholarship support to one or more students enrolled in the Riverside School of Professional Nursing.

Thanks to those who gave through June 2015 to The Nurse in the Hat Fund:

Elizabeth C. Oliver

Tribute gifts made in Honor Of:

Terris E. Kennedy
Mary Anne S. Faulkner
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Michael and Wanda Miller
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Achievable Dream *Make A Difference* Fund

Donations to the Achievable Dream *Make A Difference* Fund supports Riverside's commitment to meet the health and wellness needs of at-risk youth in southeast Newport News, VA, by providing the Riverside Health Improvement Clinics within the Achievable Dream Academy.

Thanks to those who gave through June 2015 to the Achievable Dream *Make A Difference* Fund:

CSX Transportation, Inc.

If you are interested in learning more about how you can support the Riverside Health Improvement Clinics serving Achievable Dream Academy students, please contact Debbie Atkinson, Executive Director of the Riverside Foundation at 757-234-8740.

Riverside Walter Reed Hospital *MAKE A DIFFERENCE* FUND

Riverside's *Make A Difference* Funds allow us to cover the cost of critical unmet needs for patients unable to afford them. We cannot thank you enough for continuing to give in support of our effort to provide a higher standard of care for our patients on the Middle Peninsula.

Thanks to those who have given through June 2015 to the RWRH *Make A Difference* Fund or who made unrestricted donations in the Middle Peninsula Region:

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Riverside Doctors' Hospital Williamsburg **MAKE A DIFFERENCE FUND**

The generosity of our donors fuels Riverside's mission and moves us another step towards a higher standard of care and a brighter, healthier future for our communities. Gifts to Riverside Doctors' Hospital Williamsburg are used to fund facility enhancements, immediate patient needs, programs and equipment needs that allow us to provide a higher standard of care for our patients in Williamsburg.

Thanks to those who have given through June 2015 to the RDHW Make A Difference Fund:

Margaret Atkins
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Christy Parker-McQuiston
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"I'd encourage anyone to become involved with their community hospital as a donor or a volunteer. Find a way you can make a difference in someone else's life. I can't think of anything more rewarding."

— Nancy Bates, RDHW Volunteer and Founder's Society Member





Abernathy Gardens Fund

The Abernathy Gardens Fund was established in honor of George and Estelle Abernathy by their daughter and son-in-law Susan and Robert McCreary. The Abernathys had a long history with Riverside and its development into the health system it is today. The fund supports improvements and a maintenance endowment for the gardens on the campus of Riverside.

For more information about making a gift in support of the Abernathy Gardens contact us at 757-234-8740.

Riverside Child Development & LEARNING CENTER PROGRAM

The RCDLC Program is an opportunity for grateful parents and team members to support the educational needs of our children at the Riverside Child Development & Learning Center.

Thanks to those who have given through June 2015 to the Child Development & Learning Center Fund:

Gina J. Adams
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Help Fund for RIVERSIDE TEAM MEMBERS

The Help Fund was established to provide financial grants to Riverside team members who have experienced a disaster or personal loss through no fault of their own. Through June 2015, a total of \$20,200.92 has been awarded to 50 team members in need.

Thanks to those who have given through June 2015 to the Help Fund for Riverside Team Members:

Bethany B. Balmer
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Kay N. Brown
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Ruby Pope Drumm

Make a Difference That Transcends Time — Remember Riverside in your Will

One day in March of 2007, Riverside School of Professional Nursing Chair Debbie Sullivan-Yates was routinely opening her mail. Inside one of the envelopes was a check for \$1,182,868—the largest single gift ever received by the school. The donation came from the estate of Ruby Pope Drumm, a 1948 graduate. The gift fulfilled her lifelong dream to make a difference in future students' lives. In 2014 alone, the Ruby Pope Drumm Scholarship Fund provided 46 student scholarships totaling \$129,000.

To learn how you can support causes that have been important in your life, please contact Debbie Atkinson at 757-234-8740. Support Riverside with a gift that transcends time.

Riverside Health System **MAKE A DIFFERENCE FUND**

The Riverside Health System *Make A Difference* Fund is an opportunity for grateful patients and community members to support areas of greatest need throughout the Riverside Health System.

Thanks to those who have given through June 2015 to Riverside Health System *Make A Difference* Fund:

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The RCHC *Make A Difference* Sustaining Fund for a Bright Future is an opportunity for students, faculty, staff, and the community to support Riverside College of Health Careers in addressing the learning needs of future nursing and allied health professionals.

Thanks to those who have given through June 2015 to the RCHC *Make A Difference* Fund:

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Riverside College of Health
Careers enrolls on average
300 students each year
in Professional Nursing,
Practical Nursing, Radiologic
Technology, Surgical
Technology, and Physical
Therapy Assistant curriculums.
**Through June 2015, donors
made it possible for 76
students to receive \$200,800
in scholarships.**

To learn more about how you
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quality education for budding
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Jean Raines, RN

Jean Raines FAMILY SCHOLARSHIP FUND

The Jean Raines Family Scholarship Fund was established by Riverside Health System and her family to memorialize Jean and her 40-year commitment to the health system. The scholarship program honors Jean's lifelong commitment to learning and education by providing the children and grandchildren of Riverside employees with educational assistance for their professional and personal development.

Thanks to those who have given through June 2015 to the Jean Raines Family Scholarship Fund:

Kenneth and Teresa Bassett
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Terris E. Kennedy
Denyse T. Harris
Loretta A. Loveless
Daniel and Donna Tignor

2015-2016 Academic Year Jean Raines FAMILY SCHOLARSHIP RECIPIENTS

Terry Levon Everett is the son of Tikishia Everett, currently working in the Assessment/Marketing and Staffing Resources department for Riverside Rehabilitation Institute and Riverside Regional Medical Center. Terry graduated in June with an Advanced Studies Diploma from Warwick High School, ranked number 36 in a class of 310 students. He works about 20 hours a week, as well as volunteering his time tutoring other children, reading to children at the public library and assisting the elderly in his neighborhood with yard and garden work. Terry has been accepted to and is enrolled at Virginia Commonwealth University where he will pursue a biology/pre-med major. His educational objective is to pursue a career in neurology and obtain his Ph.D.

David Lyle Livermon is the son of Teresa Livermon, currently working in the RHS Human Resources/Talent Recruitment Center. David graduated in June with an Advanced Studies Diploma from Grafton High School. Born deaf in his right ear, David says, “The combination of my disability and a desire to learn new things allows for me to push myself far beyond the expected standards.” His supervisor at Cru Military, where he has volunteered for a number of years, says, “David is hard working and diligent. He has used determination and discipline to overcome being totally deaf in his right ear.” David is enrolled at George Mason University where he will pursue a civil engineering major.

Each year, the Jean Raines Scholarship is awarded to two college-bound children or grandchildren of Riverside employees. If you would like to help, please call 757-234-8740.



(l-r): David Lyle Livermon with mother Teresa Livermon, Jim Raines, Teresa Bassett, and Terry Levon Everett with mother Tikishia Everett



Photo (l-r): Jessie Jung, Sam Burgett, Tammy Burgett, and Roger Burgett



Ian Burgett

Healthcare Heroes Riverside Regional Medical Center JUNIOR VOLUNTEER SCHOLARSHIP

Ian Burgett was a two-year Junior Volunteer at Riverside Regional Medical Center whose vision was to attend college, medical school, and then pursue a career as a physician. His life was lost in a tragic car accident in April 2012. This scholarship was established by the Adult Volunteers at RRMCC along with a matching grant from his parents' Ian Michael Burgett Charitable Foundation to honor a special youth who reflects the positive qualities Ian demonstrated throughout his life.

Jessie Jung graduated from York High School in June 2015. During her senior year, Jessie was ranked among the top 10% of her graduating class. She is described as considerate, diligent, supportive, and hardworking with a commendable work ethic and strong civic involvement by both her high school counselor, and one of her teachers. Throughout high school, Jessie provided a total of 208 hours of service to Riverside Regional Medical Center Junior Volunteer Program. Jessie aspires to become a pharmacist and is now attending the University of Virginia to pursue her Bachelor of Science degree in biochemistry.

Thanks to those who have given through June 2015 to the Healthcare Heroes Scholarship & Student Assistance Fund:

Michael and Gina Keesee
Towne Bank
Michelle S. Wooten

**Tribute gifts made
in Loving Memory Of:**
Ian Burgett
*Ian Michael Burgett
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Gaynor L. Callis
Dr. Charles O. Frazier
Cynthia Williams
Michelle S. Wooten*

Riverside Foundation Through June 30, 2015

FINANCIAL UPDATE

YOUR GIFTS MAKE A DIFFERENCE

Every day we receive donations from our patients and their families. These gifts not only represent expressions of sincere gratitude for our care, but help support our mission.

One of our patients recently sent us the following letter:

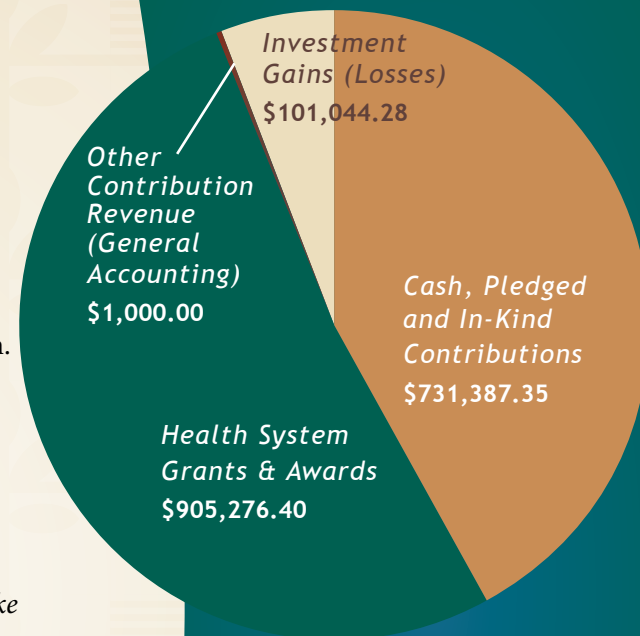
"I am writing to you to bring your attention to several of your doctors and nurses who provided me outstanding medical care. They also provided my family and me tremendous emotional support during my recent serious illness and hospitalization.

While I was unconscious for much of my first few days after admission, my family would like to recognize the entire Emergency Department team who quite literally saved my life.

After being moved to the ICU, I was still in grave danger and the staff and doctors there were able to bring me back from several more VFIB episodes. I also understand that a rather new treatment protocol of lowering my body temperature into an almost hypothermic state was implemented to help preserve bodily systems and if I were to recover, provide the best chances for a full and complete recovery. I am so grateful that Riverside has people with cutting edge knowledge and facilities that allow those people to implement treatment protocols that I am sure not only saved my life but put me on the path to a full and complete recovery."

– James Burnett

Thank you for supporting this kind of remarkable care at Riverside. Each gift is an investment in the health and happiness of your community, helping to ensure that you, your family and others will continue to have access to the best health care this region has to offer.





Philanthropic contributions advance and further Riverside's mission to care for others as we would care for those we love.

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