A TRIBUTE TO
DR. DAVID NICHOLS

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RIVERSIDE HEALTH SYSTEM FOUNDATION

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OPPORTUNITIES TO GIVE GIFTS OF HOPE

Riverside began in 1916 with gifts from the community. For almost a century, our communities have benefited from the generosity of dedicated citizens.

Over the past decade, the Riverside Foundation has grown with gifts from individuals, families, organizations and corporations. Through the many Riverside gift destinations, we help our families, patients, employees and concerned members of the community give hope, health and well being to the patients and families served by Riverside.

HOW YOU CAN GIVE A GIFT OF HOPE:

- Make an unrestricted gift: These contributions allow Riverside to use your donation where it is needed most. Medical science evolves quickly, and we need to respond quickly to support the health care needs of the communities we serve. Unrestricted gifts allow us to continually enhance program, equipment and facility needs.

- Make a designated or restricted gift: These contributions can be designated by the donor for a particular Riverside facility or for one of the Riverside Health System Funds.

HOW YOU CAN GIVE A DEFERRED GIFT OF HOPE:

- Make a pledge: We ask what you would like to contribute over a five-year period. We will record your pledge and each year you will receive a reminder of what you have indicated. The pledge is not legally binding.

- Make a charitable bequest: We welcome a charitable bequest provision in which you designate Riverside in your Last Will and Testament or Trust Agreement.

To give your special Gift of Hope, call Executive Director Debbie Atkinson at 757-534-7070
WELCOME TO THE NEW FYI
Stories About People Making a Difference In Our Lives

Welcome to the first issue of FYI, the news magazine of the Riverside Health System Foundation. Each quarter, FYI will present accounts of individuals, projects, and worthy causes that are making real differences in the communities served by Riverside.

We have a two-fold purpose in publishing FYI. First, we want to recognize and honor those who have given of themselves—their time, their money, their hearts—to improve the lives of others.

Second, we hope we can inspire you to join this growing effort (if you haven’t already) to “make a difference” in the community where you live and work and raise your family. The Riverside Health System Foundation provides the opportunity to support vital community health initiatives as well as to honor and remember someone who has made a difference in your life.

So read the stories in this issue. Enjoy them. Be inspired by them. And if you can, make a contribution to at least one of the funds that support these worthy causes. It’s easy to do with the attached form and envelope in the back of the magazine.

Your help is needed. Your generosity will be appreciated.
He was not a famous television personality like Dr. Oz, did not hold a prestigious office such as surgeon general, and was not a bestselling author such as Andrew Weil.

Dr. David B. Nichols was a great, down-to-earth physician, dedicated to his patients and his adopted community of Tangier Island. Unfortunately, his life was cut short by metastatic melanoma; he died December 30 at the age of 62.

David opened White Stone Family Practice clinic in the northern neck area three decades ago, but also had a calling to serve the 525 residents of Tangier Island, a tiny community in the middle of the Chesapeake Bay. He earned his pilot’s license, and for 31 years flew an airplane, then later a helicopter every Thursday to the island.

When he first began traveling there in the spring of 1979, he found a community in dire need of healthcare. The clinic had intermittently been staffed by a variety of practitioners who usually did not stay long. The building was in poor shape, and the equipment was outdated and dilapidated. The people have an inordinately high prevalence of health problems for many reasons: lack of access to care, a small gene pool, advanced age and a difficult watermen’s lifestyle.

According to E. Inez Pruitt, a Physician Assistant whom Dr. Nichols mentored and who nominated him for Country Doctor of the year in 2006 (which he won), “a genetic disorder, called Tangier Disease, was discovered on the island in 1961. It affects the protein that helps remove excess cholesterol from cells, so cholesterol continues on next page
builds up in organs and creates serious problems like coronary artery disease.”

Over the years, Dr. Nichols supported a drive to raise funds and obtain grants to construct a new, modern clinic. Four months ago it opened, appropriately named the David B. Nichols Health Center. A deep affection had developed between the soft-spoken, introspective country doctor and the “stoic people of Tangier with their deep family ties and Elizabethan English accents.”

I knew David the past few years from meetings of a hospital committee, and I found him to be a genuine person — salt of the earth. He was a true general practitioner who performed stress tests, colonoscopies and other procedures that most others referred out, and he did them well. He spoke from the heart, and thoughtfully reflected on issues with one overriding goal in mind—taking the best care of the patients.


Physicians come and go, and continuity of care has almost become old-fashioned with movements of practitioners and the predominance of large group practices, and it saddens me to learn of the death of this “country doctor,” truly one to emulate. We all want to leave this world better than we found it, and he certainly exceeded that goal without much fanfare. His widow Dianne said to the Richmond Times-Dispatch,

“It was fitting for David to leave us early on a Thursday (Dec. 30) because that is when he always left for Tangier.”

At the dedication of the clinic August 29, which Gov. Bob McDonnell and Rep. Rob Wittman attended, Staff Care presented Dr. Nichols “Country Doctor of the Decade.” Nichols became emotional and told the crowd, “while I leave you in body, I will never leave you in spirit.” His ashes are planned to be buried next to the clinic that bears his name.

Dr. Nichols flew an airplane to the Island for 31 years, and then later, a helicopter.
Riverside Walter Reed Hospital marked a significant event in their legacy by holding an unveiling ceremony of the newly installed “Make A Difference” Sculpture. The sculpture, which is located in the hospital lobby, will forever recognize donors to the Riverside Walter Reed Hospital “Make A Difference” Fund.

One hundred fifty guests from the Middle Peninsula attended the ceremony, which was held in memory of J. Doswell Dutton. Mr. Dutton was extremely influential in making a difference on the Middle Peninsula. His generous bequest, which is now approaching $200,000, helped to establish the RWRH “Make A Difference” Fund.

“We were honored to have Congressman Rob Wittman and Mr. Dutton’s sister, Jean Mason, unveil the new Donor Recognition Sculpture,” said Becky McCoy, chair of the Riverside Walter Reed Hospital Make A Difference Fund Steering Committee. “We all are humbled by Mr. Dutton’s generosity and will work hard to make sure that the “Make A Difference” Fund is used to support the hospital’s mission of providing exceptional health care right here at home,” she said. It is also an excellent way for members of our community to fulfill their need to give hope or to honor a special person.

Inspired by Mr. Dutton’s generosity the “Make A Difference” Fund Steering Committee has launched a campaign to raise funds to create a warm and welcoming waiting area for the hospital’s ICU. The “Make A Difference” Fund Steering Committee invites you to help Walter Reed continue to be among the best rural hospitals in America. Your gift of $250 or more will be recognized on the new Tree of Life Sculpture in the hospital lobby.

You can contribute to this vital program securely online at www.riversideonline.com/Foundation, or with the envelope and form attached to the magazine.
HONOR A NURSE WITH YOUR GIFT THIS YEAR

From its very beginnings, Riverside has recognized the importance of ensuring an adequate pool of well-trained nurses and other health care professionals to serve the community. Providing quality training at the local level is one way to achieve that goal. Our commitment to education in these vital health care skills goes back almost 100 years to 1916 when the Riverside School of Professional Nursing opened.

As health care practices changed and new technologies emerged over the years, Riverside’s education programs have expanded both in scope and kind. Today, the Riverside School of Health Careers provides four major accredited education programs:

- The School of Professional Nursing was established in 1916 and is approved by the Virginia Board of Nursing. It has received continuing accreditation by the National League for Nursing Accrediting Commission since 1961.

- The School of Practical Nursing was established in 1961 and is approved by the Virginia Board of Nursing. It has had continuing accreditation by the National League for Nursing Accrediting Commission since 1977.

- The School of Radiologic Technology was established in 1964 and is accredited by the Joint Review Committee on Education in Radiologic Technology.

- The School of Surgical Technology was established in 1969 and is accredited by the Commission on Accreditation of Allied Health Programs in collaboration with the Accreditation Review Committee on Education in Surgical Technology.

Here Riverside Vice President of Education Tracee Carmean, RN, joins Riverside Health System President William Downey, Delegate Glenn Oder, and Riverside CEO Rick Pearce in dedicating the new Tree of Knowledge sculpture in the lobby of the Riverside School of Health Careers. In the center is Raymond Schmidt who donated the funds to create the sculpture.

You can contribute to this vital program securely online at www.riversideonline.com/Foundation, or with the envelope and form attached to the magazine.

- Leaf $300.00
- Apple $500.00
- Rock $1,500.00
ONE PERSON TO A ROOM IN TAPPAHANNOCK
Community Rallies to Support All Private Rooms in Hospital

Led by Tappahannock “Make A Difference” Fund Committee Chairman Frances Ellis, the community of Tappahannock and Essex is rallying to help transform Riverside Tappahannock Hospital into an all-private room hospital. A total of $5 million is needed to make the conversion.

At the unveiling of a new Tree of Life lobby sculpture, Mrs. Ellis reminded the community that a renewed spirit of involvement and support is growing at RTH.

Vice President Liz Martin reviewed the hospital’s early history beginning with the local community fund drive led by Mayor Clanton in the 1950’s and ending with the hospital’s opening in 1964. Mrs. Martin noted, “The community’s spirit built the hospital, and our hope with the ‘Make A Difference’ Fund is to revitalize that spirit and give our community a continuing opportunity to continue to invest in the hospital’s future.”

Donors of $250 or more to the “Make A Difference” Fund are recognized on the Tree of Life sculpture. At the unveiling of the sculpture, special recognition was given to the late Mr. Pierre Dohet, a Kilmarnock resident, who left Riverside a gift of $470,000. His bequest was given in gratitude for the services provided by Riverside Hospice to his wife, Kathryn, who passed away in 2001.

Also recognized during this event were the Riverside Tappahannock Hospital Volunteers who donated the first $5,000 directly to the “Make A Difference” Fund.

You can contribute to this vital program securely online at www.riversideonline.com/Foundation, or with the envelope and form attached to the magazine.
IN MEMORY OF A MOST UNCOMMON MAN

Dr. Mark Ellis was a most uncommon man, a gentle and kind man whose skills as a physician and compassion as a human being touched the lives of thousands of people during the 25 years he treated those afflicted with cancer.

As a physician, Dr. Ellis dedicated himself and his practice to pursuing a new concept in cancer treatment—an integrative approach that looked beyond the traditional tools for fighting the disease to include a complex of therapies that promoted healing of mind, body and spirit.

As a person, he had a unique bond with those he treated. When a young man, Dr. Ellis suffered from cancer for which he underwent five years of chemotherapy, and it was this experience that inspired him to become a cancer physician. He led his entire adult life as a cancer survivor, relating to his patients in a very special way—understanding their fears, knowing their uncertainties, sharing their need to find strength and hope in this most dire of circumstances.

Last April, Dr. Ellis lost his own battle with the disease he helped so many face with courage and dignity. He died of cancer at the age of 59.

You can help remember and continue the work of this most beloved physician. Your contribution now will be an investment in the quality of care for all our citizens who suffer from the frightful and tragic disease called cancer in the future.

**DR. MARK E. ELLIS ENDOWMENT FUND FOR CANCER CARE ADVANCEMENT**

supports the Peninsula Cancer Institute’s existing services as well as future program growth related to integrative medicine such as massage, art/pet/music therapy, and nutritional counseling. The fund may also support clinical research as well as the Patient Navigator programs for cancer patients and their families.

You can contribute to this vital program securely online at www.riversideonline.com/Foundation, or with the envelope and form attached to the magazine.
Henry Balfour Hayman was born October 16, 1936, at Riverside Hospital. A little more than 74 years later on December 6, 2010, his son Ryan scattered his father’s ashes into Lake Maury on the Riverside Regional Medical Center campus, honoring Henry’s last wish that his life conclude where it began. At Riverside.

In the last days of Henry’s life, his sister, Rev. Sallye E.H. Bowen went to New Hampshire to comfort her brother and help him prepare for death. In one conversation, Sallye told Henry about her husband’s recent surgery and how pleased they were with the care they received at the “new” Riverside Regional Hospital … “new” in comparison to the “old” Riverside Hospital in which Henry was born.

In that moment, Henry expressed his desire to have his ashes scattered at Riverside saying “in with the old, out with the new.”

Henry died on October 24. His wife Helen described his last breath as calm, quiet and dignified—the way he lived his entire life. Soon after Henry’s passing, Sallye began the process of connecting Henry’s last wish to Riverside. She wrote us an email asking “... is there any provision or possibility for scattering my brother’s ashes at the new hospital?”

Research confirmed that there was nothing to prevent honoring Henry’s request. His memorial service could be held at Riverside Regional Medical Center’s campus along the banks of Lake Maury in the Abernathy Gardens at Caussey’s Mill.

At the service on December 12, Sallye reflected on her brother’s life, remembering his accomplishments with great passion and reverence. Ryan scattered his father’s ashes onto the lake. Then all of those attending filed past, tossing flowers into the water.

**THE ABERNATHY GARDENS**

This beautiful setting is the result of a cooperative vision led by Susan Abernathy McCreary to honor the memory of her parents, George and Estelle Abernathy, who spent more than 50 years in leadership and service to Riverside and to our community.

You can contribute to this vital program securely online at www.riversideonline.com/Foundation, or with the envelope and form attached to the magazine.
YOU CAN MAKE A DIFFERENCE RIGHT NOW!
Donate to a Cause Featured in This Issue

We hope you’ve been moved, inspired, and uplifted by the stories in this issue of FYI about people giving of themselves to make our communities better places to live, work and raise families.

You read about leaders of exceptional dedication and accomplishment like Dr. David Nichols, Susan Abernathy McCreary, and Dr. Mark Ellis, individuals of great generosity like Pierre Dohet of Kilmarnock and J. Doswell Dutton of Gloucester.

But there are literally hundreds more who’ve helped make a difference with their hard work, dedication and giving spirits. Please join this growing circle of caring individuals. Use the attached envelope and donation sheet to make a contribution to the ongoing work of Riverside.

- Make A Difference Fund—Riverside Health System Foundation
- Make A Difference Fund—Mark Ellis, M.D. Endowment Fund for Cancer Care Advancement
- Make A Difference Fund—Riverside School of Health Careers
- Make A Difference Fund—Riverside Walter Reed Memorial Hospital
- Make A Difference Fund—Riverside Tappahannock Hospital
- Make A Difference Fund—Abernathy Gardens