

A LONG ROAD OF HOPE

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support, APC is able to provide each of its patients with the highest level of comprehensive care, and for the most complex cases, like Esteban's, APC's Care Coordinators are there to help, every step of the way.

Esteban had a long list of recovery needs, including appointments with general surgeons, gastroenterologists, urologists, orthopedists, and wound care and infection specialists. You can imagine the emotional, psychological, and financial toll on the family during young Esteban's extensive recovery.

When the amount of time and energy necessary to manage Esteban's appointment schedule became too much, his mother lost her job. This could have been devastating. Instead, APC's Care Coordinators and other staff stepped in.

They helped her family find housing. They helped provide basic needs like food and clothing. And when

Esteban needed help dealing with the psychological and emotional repercussions of his experiences—not to mention the bullying he received at school because of his physical conditions—APC helped them find a home therapist.

This is the impact of your donations: providing day-to-day support and peace of mind to families like Esteban's when they need it most. Without your generosity—and the incredible care of Arlington Pediatric Center—Esteban's story would have had a very different ending.

Today, Esteban is 19 years old, a high school graduate, and like most young adults, he is looking forward to the future as he figures out what his next steps will be. Thanks to your support, it's a future in which he gets to make that choice. He's healthy. He's hopeful. And he has a world of possibilities in front of him.



YOUR LEGACY ...

SUPPORT MEDICAL EXCELLENCE FOR FUTURE GENERATIONS

Thank you for your partnership with Virginia Hospital Center! If you'd like to take the next step and ensure that exceptional care will be available to your community far into the future, consider including the Hospital in your will or estate plan. You may also benefit from a charitable gift annuity, which provides you with income for life and an immediate charitable tax deduction. To learn more, contact Barbara Bush, Director of Philanthropy, at 703.717.4436 or via email at BBush@VirginiaHospitalCenter.com.

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AT THE AGE OF 2, ESTEBAN'S LIFE COULD HAVE BEEN OVER, BUT THIS STORY HAS A DIFFERENT ENDING

Two-year-old Esteban didn't understand why his uncle and aunt were shouting at each other. He didn't understand the danger he was in when his uncle pulled out a firearm. All he knew was that there was a sudden, loud noise and he was in pain ... a lot of pain.

You can imagine his mother's terror as she raced him to the hospital and waited anxiously to see if his life could be saved. With three bullet wounds in his abdomen and one in his leg, 2-year-old Esteban's future balanced on the edge.

The medical staff saved his life that day, but it would be several months before he could go home. And when he did, his injuries made him unable to walk. This was just the beginning of a long journey to recovery.

But with the support of generous donors like you, Esteban and his mom weren't alone. You see, Esteban had been a patient of the Hospital's Arlington Pediatric Center (APC) since he was born. Through donor

"The Vicky Collins Foundation is proud to support the work of the Arlington Pediatric Clinic and their Care Coordinators. Their dedication ensures all patients who walk through APC's doors can be confident that the care they receive will be individualized to meet their needs. This high level of care makes all the difference to a parent or child when they are sick or have a new diagnosis. This goes very far in improving the health of the entire community."

MARK D. CUMMINGS

Vicky Collins Foundation Board Member

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IN THE COMMUNITY SPOTLIGHT

HANDS2HEARTS



TRAINING COMMUNITY HANDS TO SAVE LIVES

Since February 2018, Virginia Hospital Center has partnered with Arlington County Fire Department to develop the Hands2Hearts initiative. The goal is to teach hands-only CPR throughout the Arlington community. Hands-only CPR is proven to be as effective as traditional CPR, and it allows the rescuer to avoid the risks of infection involved with providing mouth-to-mouth breathing.

This initiative aims not only to teach our local

neighbors how to apply hands-only CPR, but also to further empower our citizens to do so by building their confidence while alleviating any concerns they may have. Since its start, our Hands2Hearts team has reached more than 5,000 people through trainings.

Want to get involved? To schedule or set up an event, please visit our website: www.fire.arlingtonva.us/community-services/cpr

MUSIC, MEDICINE, MAKING A DIFFERENCE CELEBRATING 75 YEARS OF COMMUNITY AS WE BUILD A BRIGHT FUTURE

Friends of Virginia Hospital Center and Arlington Pediatric Center joined together on Friday, May 31, 2019, at our annual Music & Medicine gala, celebrating the Hospital's 75th anniversary of providing patient care excellence to our community.

David Townshend, Chair of the Foundation's Board, shared, "You can't help but feel a sense of community when you look at the Hospital's history and seeing all of you sitting here tonight. Without you, our advocates, our volunteers, our supporters, the Hospital would not be what it is today."

Amidst great music and dancing, excellent food, and



Music & Medicine 2019 was held at the Ronald Reagan Building and International Trade Center in Washington, DC.

exciting entertainment, the impact of the Hospital and its doctors, nurses, donors, and so many more was evident to all who attended.

Thank you to all of our sponsors, guests, and speakers for attending and making a difference in the health of our region.

HIGHEST QUALITY HEALTHCARE FOR OUR VALUED PARTNERS

Executive Health at Virginia Hospital Center provides exceptional medical care to individual patrons and corporate clients. Comprehensive medical evaluations and important screenings are scheduled in a single day, so that no matter how busy you are, we can help you meet all of your healthcare needs. Our program features:

- Personal sessions in a "no rush" atmosphere
- A dedicated program manager who facilitates all details and escorts patrons throughout the day
- A detailed exam itinerary provided in advance
- A spacious, contemporary suite with state-of-the-art technology and an exclusive VIP lounge
- Selection from three levels of services



based on patrons' needs: Core, Premium, or Select Services

To find out more or to set up an appointment, visit: vhcphysiciangroup.com/executive-health

CELEBRATING YOUR CAREGIVERS FRIENDS OF NURSING AWARDS EVENT WAS A SUCCESS!

The Virginia Hospital Center Nursing Division and VHC Foundation hosted the annual Friends of Nursing Awards on Thursday, May 9, 2019. The event fell at the end of National Nurses Week, and Virginia Hospital Center was proud to honor the tireless work and dedication of the best nursing staff in the region. It was held at the Army Navy Country Club and celebrated the excellence of Virginia Hospital Center's nursing staff and the impact that nurses make on people's lives every day.

This was the 30th anniversary for the Friends of Nursing Fund, which was established in 1989 with an investment by the Caruthers family to award the



Melody Dickerson, RN, MSN, CPHQ, Senior Vice President & Chief Nursing Officer (center), and her nursing leadership staff were proud to award more than \$250,000 in scholarships to nurses and nursing students this year.

excellence of Virginia Hospital Center's nursing staff with opportunities for advancement and to provide scholarships for aspiring nurses.