

“Our commitment is all about the patient...”

BETSY FRANTZ

President, Virginia Hospital Center Health System Foundation

SHAPING THE FUTURE OF HEALTHCARE—TODAY

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A significant concern for Betsy and her team is that there are many days when Virginia Hospital Center operates at near or full capacity. In order to continue to provide the highest level of healthcare for our community, transformation of the Hospital is critical.

“Virginia Hospital Center is really looking to the future and working to create an environment where the latest in technology, facilities, and medical care are available. Our commitment is all about the patient. With the ongoing support of the Hospital’s caring and generous donors, we will take healthcare to the highest level,” Betsy says.



Friends of Nursing Fund—An Investment in Excellence

“Even before I started nursing school, I knew I didn’t just want to be a nurse. I wanted to be a Virginia Hospital Center nurse.”

ANDREA USEEM



The Next 75 Years

Virginia Hospital Center will celebrate its 75th anniversary next spring. To promote health in our community for the next 75 years, the Hospital is actively rebuilding and reshaping the role of the Foundation, while developing a master plan to meet the future healthcare needs of our community.

The Friends of Nursing Fund was established in 1989 with a \$250,000 contribution by the Caruthers Family to award the excellence of Virginia Hospital Center’s nursing staff with opportunities for advancement and to provide scholarships for aspiring nurses. Through gifts from caring friends and donors, the fund has grown to a nearly \$4 million endowment and continues to encourage nurses and future caregivers to pursue their dreams.

Andrea Useem knew she wanted to become a nurse when her one-month-old son became desperately ill. The skillfulness and compassion of the caregivers who restored her son to health filled her with a drive to help others in their time of need.

But she had a family to help support. How could she possibly go back to school and earn no income for two years while training to become a nurse? The solution came in the form of a scholarship from Virginia Hospital Center’s Friends of Nursing Fund.

“Even before I started nursing school, I knew I didn’t just want to be a nurse. I wanted to be a Virginia Hospital Center nurse,” Andrea says. “So when I saw the scholarship opportunity offered by Friends of Nursing, I jumped at it.

“Getting the scholarship allowed me to pursue my education. Not only did it help with a very expensive education, it was also

the beginning of my career at Virginia Hospital Center,” she says. “It was a dream come true to get to work where I wanted and to have financial help in becoming a nurse.”

Andrea has worked in the ICU department for more than two years now and finds joy in her work every day. “Virginia Hospital Center leadership is committed to making this a great place to be a patient and a great place to work,” she says. “And the support from Friends of Nursing is a huge help. As nurses, we need that support to keep doing what we’re doing.”

Knowing scholarship and other advancement opportunities were made possible through an initial gift from the Caruthers Family fills Andrea and her colleagues with gratitude. “I feel very grateful to the Caruthers Family for starting the fund, and I thank them for inspiring so many others to be generous as well,” she says.

“I, too, am a donor to Virginia Hospital Center Foundation,” Andrea says. “Almost as soon as I started working, I signed up to be a recurring donor because I believe in what the Foundation is doing. I’m happy to be part of the community that supports the Hospital and makes it great.”

Consider a gift to the Friends of Nursing Fund today to help nurses continue to improve their skills and knowledge, and to say “thank you” for the exceptional care you or your loved ones have received! To make a gift, visit virginiahospitalcenter.com/give

SHAPING THE FUTURE OF HEALTHCARE—TODAY

Virginia Hospital Center Foundation introduces new president and its new vision on how to support the health of the community

Betsy Frantz joins Virginia Hospital Center during a very exciting time as healthcare continues to evolve for our nation. In April, she became the President of the Virginia Hospital Center Health System Foundation. When asked about her role, Betsy said she is “enormously excited about joining Virginia Hospital Center.”

As the new Foundation President, Betsy envisions that the role of the Hospital’s fundraising arm “is to support the overall health of our community.” Betsy continues: “Beyond providing the finest in medical care to patients who come to the Hospital, we want to expand our efforts to really make a difference in the lives of the people in our area. By providing educational opportunities and more, we can bring the entire community to a higher level of thinking about healthcare.”

“I’ve been a resident of Arlington for 35 years, and Virginia Hospital Center has always been an anchor in this community. Now that I’m here, I can share that the Hospital is just as amazing on the inside as I always thought it was from the outside. The teams are incredible. The doctors and nurses are phenomenal. ‘Patient first’ is a value by which we live.”

—Betsy Frantz

President, Virginia Hospital Center Health System Foundation



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LOOKING AHEAD TO THE NEXT 75 YEARS

Virginia Hospital Center's transformation will bring much-needed space to the hospital campus to meet the growing healthcare needs of the area and enhance patient accessibility.

The proposed Outpatient Pavilion, pictured on page one, will allow the Hospital to move outpatient services, freeing up much-needed space to increase our capacity for medical, surgical, mental health, and emergency services. The project will also include a garage to address current parking deficiencies.



Virginia Hospital Center – Arlington Hospital
(original 1943 postcard)

“We can’t thank donors enough for their continued support of the Hospital. Without them, projects like this would not be possible. We are extremely grateful.”

ADRIAN STANTON

Vice President, Business Development & Community Affairs, Virginia Hospital Center Health System

THE IDEA OF VIRGINIA HOSPITAL CENTER FIRST CAME ABOUT IN THE 1940s.

A determined community came together and bought a dairy farm upon which to build a hospital. Doors opened in 1944, and since then, the Hospital has been in service to residents to ensure their health and well-being.

Adrian Stanton, Vice President of Business Development and Community Affairs at Virginia Hospital Center Health System, is leading efforts to prepare Virginia Hospital Center to serve the community with excellence for the next 75 years—and beyond. “The continued support of our donors and community has allowed this Hospital to continue to grow to meet the ever-changing healthcare needs of our residents,” Adrian says. “We are a unique facility because we are a not-for-profit, independent hospital. Our board is made up of members from the community—not a corporation or conglomerate. We truly are a facility and organization that grew out of the community’s desire to create a hospital to serve their needs. Looking at our history says a lot about how we are committed to meeting future needs.”

MUSIC & MEDICINE 2018

ANNUAL EVENT BREAKS RECORDS TO PROVIDE CRITICAL FUNDS FOR VIRGINIA HOSPITAL CENTER AND ARLINGTON PEDIATRIC CENTER

Music & Medicine 2018, Virginia Hospital Center’s annual benefit to support patient care provided by the Hospital and its community benefit program, Arlington Pediatric Center (APC), drew a sell-out crowd of more than 450 guests to the Andrew W. Mellon Auditorium in Washington, D.C.

In the remarks made by Nancy Popovich, the Presenting Sponsor with the Popovich Financial Group at Baird, the Hospital’s commitment to improving the health of our community rang clear. Nancy shared that her mother’s service as a nurse, who provided healthcare in developing countries, shaped her own desire to give back.

“Ensuring that healthcare services are available for those in need in our community is just as necessary as caring for those abroad, and this is a way we can have an immediate impact,” Nancy says. As a founding leader of the Virginia Hospital Center Foundation’s Women’s Health Circle, a group dedicated to providing space for women to put the health needs of themselves and their families first, Nancy has embodied this commitment.

Update!



Music & Medicine 2018 hit the high note this year with unique entertainment, special guests, and so much more!

Thank you to Nancy, Baird, and our many generous sponsors and donors for coming together to make *Music & Medicine 2018* a night to remember, while raising funds to help our community be the healthiest it can be!

STAYING SAFE OVER SUMMER

Donor support has helped Virginia Hospital Center build and staff a state-of-the-art Emergency Department (ED), but our hope is that you never need to experience it!

Extra awareness and planning can ensure that you and your loved ones make the most out of summer while staying healthy and safe.

“Throughout the year, we see a lot of falls, sprains, breaks, and lacerations. But during the summer months, we get a lot of heat stroke and heat exhaustion,” says Wendy Bowers Bloom, MD, an emergency physician at Virginia Hospital Center since 2012.

Dr. Bowers Bloom says avoiding heat exhaustion and heat stroke is not difficult with a little planning beforehand. “People can overexert and end up in the ED. Use common sense when you’re outside doing things you don’t do all year round, like barbecuing, swimming, and sunbathing,” she says.

One of the best ways to stay out of the Emergency Department, says Dr. Bowers Bloom, is to care for one’s health on a regular basis. “Preventative medicine is always important. For example, meeting with your primary care physician regularly, and specialists as needed. Because even when you’re feeling well, your doctor can pick up on things before they become a big issue and land you in the Emergency Department.”

Virginia Hospital Center’s Emergency Department sees as many as 16,000 patients during the summer season, so the staff and facilities must be prepared to deal with everything from injuries sustained in an accident, to chest and abdominal pain, and more.

“Donor contributions have given us the capability to help more people, every day,” says Dr. Bowers Bloom.

“We appreciate your donations because your support gives us the opportunity to help others. We treat more and more people each year; that’s all due to donors. Thank you so much for your generosity.”

INJURY PREVENTION TIPS

STAY HYDRATED

- Drink plenty of water
- Take breaks
- Avoid becoming overheated

USE SUNSCREEN AND WEAR A HAT

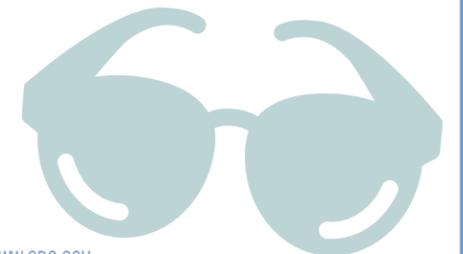
- The sun is most dangerous between 10 am and 4 pm

APPLY BUG SPRAY

- Sprays can deter mosquitoes and ticks

USE CAUTION WHEN

- Near swimming pools and bodies of water
- Barbecuing
- Handling fireworks



SOURCE: WWW.CDC.GOV