



HEALTH INSIDER



FALL 2019

YOUR SUPPORT HELPED PATTY GET HER LIFE BACK

“THANK YOU FROM THE BOTTOM OF MY HEART”

Nearly seven years ago, Patty Leeman walked into the emergency room at Virginia Hospital Center knowing she was on the verge of severe dehydration. Patty had been living with Crohn’s disease for more than 40 years—since she was 10 years old. She recognized that she was in trouble.

“I needed fluids,” she says. “I’d been going to another hospital in town, but I was frustrated by the care I received there. Whenever I went in dehydrated, their solution was always to admit me. The hospital stays were taking over my life. I wasn’t going to be able to keep working. I needed a different strategy.”

Thanks to generous donors like you, Patty’s life changed the day she came through Virginia Hospital Center’s doors and met Renuka Sothinathan, MD, a nephrologist at Virginia Hospital Center.

“Dr. Sothinathan took one look at me and said, ‘I know what we’re going to do with you.’ ”

Crohn’s disease causes inflammation of the digestive tract that can lead to abdominal pain, severe diarrhea, fatigue, weight loss, malnutrition, and, after many surgeries, life-threatening dehydration. But managing chronic dehydration is a delicate balancing act. Dr. Sothinathan was the first physician to strike the right balance for Patty.



Patty and Mark Leeman now give back to the Virginia Hospital Center Foundation as a way to express gratitude for the care Patty receives.

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“My husband and I recently sold our home, and as we were updating our will, we were looking for an organization that would allow us to ‘pay it forward.’ Virginia Hospital Center was the perfect fit because it has been the hospital our family has turned to for amazing medical care since its beginning as Arlington Hospital.”

—A grateful **Arlington Legacy Society** member

PAYING IT FORWARD

Did you know there are creative ways to support Virginia Hospital Center after your lifetime? Ways in which the Hospital, you, and your loved ones all benefit at the same time?

Planned gifts include bequests and charitable trusts, as well as contributions of life insurance and retirement accounts. Depending on the asset given and the gift arrangement selected, you can generally expect to receive some, or all, of the following benefits:

- Fulfilling your philanthropic goals
- Reducing your taxable income through a charitable deduction for the gift
- Avoiding or deferring capital-gains tax on gifts of long-term appreciated property
- Receiving monetary payments for life
- Reducing estate taxes

If you decide to plan for Virginia Hospital Center as part of your future, you automatically become part of the **Arlington Legacy Society** and will join a group of extraordinary people who have expressed their commitment to Virginia Hospital Center Foundation.

Consider taking the next step and establishing a gift that says “thank you” and ensures exceptional medical care is available in our community far into the future. For information on how you can make a lasting difference, contact Barbara Bush, Director of Philanthropy, at bbush@virginiahospitalcenter.com or 703.717.4436. ■

CHECK OUT OUR NEW WEBSITE

All of us at Virginia Hospital Center Foundation are excited to unveil our new website, designed to make it easier for you to find what you’re looking for and engage with us.

See our new look at www.vhcfoundation.com today!





CANCER AT 28 IS JUST WRONG BUT VIRGINIA HOSPITAL CENTER DOES CANCER CARE RIGHT

No one expects to be diagnosed with Stage III breast cancer at age 28. But that’s exactly what happened to Kyle Denny; at the time, she was a young mother of one.

She underwent chemotherapy and trusted doctors at Virginia Hospital Center to see her through surgery and radiation. “The staff has consistently been caring,” Kyle says. “I knew I would be comfortable with a private room and compassionate staff.”



“I felt comfortable getting my treatments here because I knew that I would be well cared for by the doctors ...”



Seven years after her diagnosis, Kyle is grateful to have her life back, and she still receives follow-up care at Virginia Hospital Center for lymphedema, a common

complication after cancer treatment that causes swelling due to build-up of lymph fluid just under the skin.

“I continue to receive outpatient rehabilitation with a physical therapist who specializes in lymphedema,” Kyle says. “That has helped me tremendously. I felt comfortable getting all my treatments here because I knew that I would be well cared for by the doctors, nurses, physical therapists, and other staff.”

Having cancer is hard. But getting treatment and care close to home makes everything a bit easier for patients like Kyle—thanks to donors from the community like you. Your support of Virginia Hospital Center makes world-class care possible right in the neighborhood.

Kyle says, “We have had great experiences at Virginia Hospital Center.” ■

Save the Date

JOIN US FOR MUSIC & MEDICINE IN MAY

Mark your calendars! May 2, 2020, has been announced as the date for Music & Medicine, our 6th-annual gala to support Virginia Hospital Center and Arlington Pediatric Center.

The event will be held at the Ronald Reagan Building and International Trade Center in Washington, DC.

Details, including ticket and sponsor information, to come!

Be sure to mark your calendar for our annual gala

MUSIC & MEDICINE

Saturday, May 2
Ronald Reagan Building &
International Trade Center
Washington, DC

2020

Details to follow

YOUR GIFTS HELPED PATTY

(continued from page 1)

“She’s done the research,” Patty says. “Dr. Sothinathan changed my care plan. I went from a reactive regimen to a proactive one.”

Since then, Patty has been getting outpatient infusion treatments at Virginia Hospital Center two to three days a week. She sits in a chair, often working on her laptop, while she gets replenished with electrolytes, fluids, and micronutrients, all of which are hard for her body to maintain on its own.

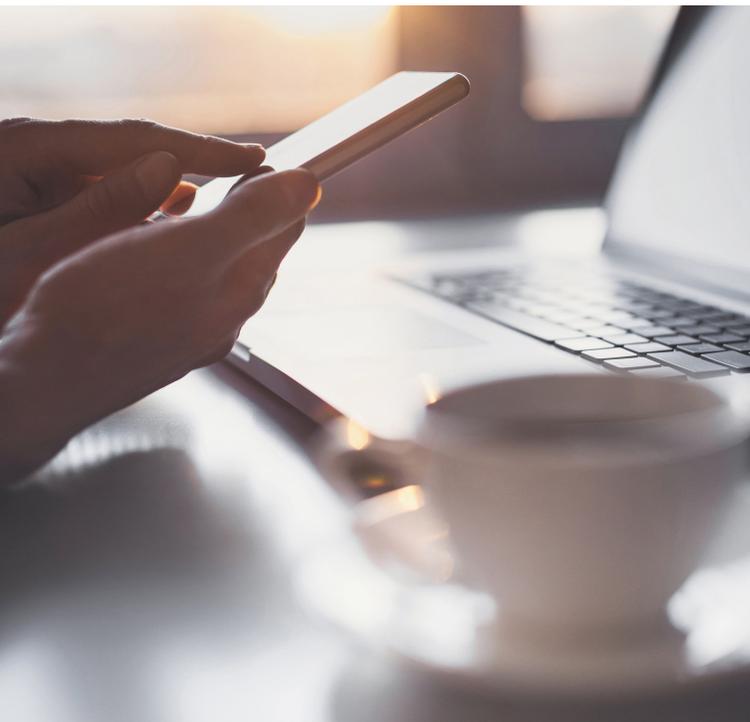
“I got my life back,” she says. “Before, I nearly had to quit work. Now, I’m able to have a fantastic job, play golf, and more. If my electrolytes get really out of whack, the nurses contact Dr. Sothinathan. She sees my test results in real time, and instead of being admitted, I get additional treatment at the clinic. I’m getting almost a concierge level of care on an outpatient basis. Such personalized care makes it so easy to live my life.”

Patty and her husband, Mark, have become Virginia Hospital Center Foundation donors because they are

so grateful for the life-changing care she has received. “It’s a no-brainer to me, and I feel like every bit helps,” she says. “I honestly cannot say enough good things about my team at Virginia Hospital Center, especially the nurses in outpatient infusion. They are collaborative beyond belief and pay attention to even the little things. These days, we should not take for granted the healthcare choices we have. They continue to be one of the best hospitals in the nation.”

“I’m getting almost a concierge level of care on an outpatient basis. Such personalized care makes it so easy to live my life.”

To others who support the Foundation, Patty says: “Thank you from the bottom of my heart. I hope it provides a level of comfort that this resource—a strong local hospital—is here because of your gift.” ■



STAY UP TO DATE!

Want to hear about all the great news, opportunities, and stories happening here at Virginia Hospital Center? Find us on these social media sites. We’ll see you there!

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