

# HEALING + HELPING

NEWS FOR OUR GENEROUS  
FRIENDS + SUPPORTERS



FALL 2020

## WELCOMING A BABY DURING THE PANDEMIC

“Virginia Hospital Center exceeded all expectations”

Virginia Hospital Center continues to provide high-quality care to all patients, even in the midst of a global pandemic. Blair and Josh Holmes saw that firsthand when they welcomed their second child in the spring.

As the due date approached, the couple began talking to their medical team. “We had a lot of questions about process and preparations. There was a calming reassurance that everything was going to be as close to normal as it could be,” Blair says.

“It’s comforting that even in times of great challenge, we can rely on VHC to save lives, enhance lives, and in our case, deliver a new life to our community.”

—Blair Holmes,  
who delivered her baby on April 24, 2020



The couple was screened as they entered the Hospital, and Blair was tested for COVID-19 before delivery. Josh was by her side, with the couple wearing masks almost entirely during the stay.

Their healthy baby boy, Hunter James Holmes, was born on April 24, 2020. Big brother William could not visit him in the Hospital, but it was still special when the brothers met at home.

Just like when she delivered William, Blair says, “Once again, Virginia Hospital Center exceeded all expectations. My doctors were so wonderful, and the professionalism and service of the entire team were very reassuring and calming.”

As members of the Foundation’s Galen Society and Arlington residents, Blair and Josh support the Hospital because they believe it is “an invaluable resource.” Blair says, “It’s comforting that even in times of great challenge, we can rely on VHC to save lives, enhance lives, and in our case, deliver a new life to our community.” •

## HERE FOR YOU!

If you have a serious accident or injury, signs or symptoms of a heart attack or stroke, or life-threatening symptoms from a chronic condition, our Emergency Department is always here for you. We are prepared to handle the toughest emergencies and provide personalized care.

We urge you not to delay medical attention out of concern about exposure to COVID-19. Virginia Hospital Center staff are ready to take all precautions to protect you.

Galen Society member Nancy Ingrisano of Falls Church, Virginia, learned that when she was recently a patient in our Emergency Department:

“I burned my finger and had to go to the emergency room—the last place you want to be during a pandemic,” Nancy said. “So I took a deep breath, put on my face mask, and drove to Virginia Hospital Center. It was the best experience anyone could want, especially these days! And my finger is back to 100%. So in my very small way, I already know VHC is vital to the community.”

**If you think you are having a medical emergency that needs attention, CALL 911. •**



## GRATITUDE AND GENEROSITY

### A family's dedication makes a difference

The Motz family of Vienna, Virginia, have been longtime supporters of Virginia Hospital Center.

Through their local, family-owned business, Commercial Condominium Management Company (CCMC), John and Jan Motz were vital partners as the Hospital grew to serve the needs of the community.

As a family, they have also personally experienced the high-quality, compassionate care the Hospital provides. In 2011, when Jan faced health issues, the family lived closer to another hospital, but they wanted her to have the best care. That meant being at Virginia Hospital Center. Even after Jan's passing, the family remains grateful for the exemplary care she received from her team, led by John R. Garrett, MD, FACS, Chief of Cardiac, Vascular & Thoracic Surgery.

As a result of that care, John Motz and his children are members of Virginia Hospital Center's Galen Society, a group of community members who invest deeply in providing the highest level of care to our patients.

Gratitude was also behind the



*(L-R) Longtime Hospital partners and Galen Society members, Kris Motz, John Motz, II, and John (J.R.) Motz, III*

family's gift of 400 healthy boxed lunches for Hospital staff as the COVID-19 pandemic began this past spring. The meals were delivered over the course of one month to the frontline employees in our Intensive Care, Radiation Oncology, and Post-Anesthesia Care Units.

“We can't thank our healthcare heroes enough,” says John's son, J.R. Motz, President of CCMC. “As they work so hard to safeguard all of us, the last thing they should have to think about is when and where they'll have a meal.”

For all the ways they partner with the Foundation to support our Hospital, we are grateful to the Motz family. To learn more about The Galen Society, visit [vhcfoundation.com/galen](http://vhcfoundation.com/galen). •

“We can't thank our healthcare heroes enough.”

—J.R. Motz  
President, Commercial Condominium  
Management Company

# “CARE AND GRATITUDE” PACKAGES SPREAD JOY

More than 3,200 Virginia Hospital Center staff received special “Care and Gratitude” packages made possible by generous local businesses.

Stefanie Shaw, Patient Experience Coordinator at Virginia Hospital Center, was behind the idea. Her job typically involves visiting patients to ensure that their stay is going well and working with clinical staff to improve the patient experience. But when the coronavirus changed that routine, Stefanie switched her focus to the frontline staff—how could she make *their* experience better?

“Everyone was working so hard,” she says. “I wanted to provide some happiness or light for them.”

Her solution was to create gift bags filled with practical necessities. “I was thinking about dry hands and lips, being too busy to take breaks, to eat or rehydrate.”

She then reached out to local companies to donate lip balm and hand lotion, coffee or tea, snacks



and gift certificates. She was overwhelmed by the response. The donations had a total value of more than \$55,000.

Thoughtful volunteers from among the VHC staff then decorated and wrote inspiring words and messages on simple brown bags. “Everyone got so creative, and the bag itself turned out to be the best part of the gift,” Stefanie says. The volunteers assembled everything over several days, and the bags were given to the entire staff on June 5.

Stefanie says, “I feel like we spread some joy!” •



## DONOR DIGEST

Our deep thanks for each and every gift to support Virginia Hospital Center these past months, including the following notable donations:

- A \$200,000 first-time gift in support of the COVID-19 Appeal was received from a grateful patient.
- A pledge of \$160,000 was received from one of the Hospital’s contract vendors.
- A bequest gift of \$50,000 will support the Hospital’s campus expansion.
- A gift of \$10,000 in response to the COVID-19 Appeal came from a national trade association after a group of employees at the association chose the Hospital to be among local organizations they wished to support.
- A \$100,000 renewal gift for VHC Pediatrics came from a large regional foundation that is focused on healthcare.
- A renewal grant of \$25,000 from a local foundation will benefit the Walsh Survivorship program at the Cancer Resource Center.

*we are grateful!*

*These companies generously donated items for the “Care and Gratitude” packages:*

- Aramark
- Clif Bars
- Good Company Doughnuts & Café
- Liquid I.V.
- Mayorga Organics Coffee
- Pupatella
- Shaw’s Services Inc.
- Trader Joe’s
- Wegmans

# SAFEGUARDING OUR COMMUNITY

Virginia Hospital Center was built by the community, for the community, more than 75 years ago. Thanks to the generosity of our neighbors, we have remained an independent, community-based healthcare provider that serves and works to safeguard all our neighbors:

5 

years as a member of the Mayo Clinic Care Network

1st 

nationally accredited breast health center in Virginia and DC

24,967 

inpatient admissions each year

65,796 

patients seen annually in our nationally recognized Emergency Department

350 

babies welcomed each month

\$40 million

in community benefit support each year for residents in need

36 

aspiring and committed nurses supported through our Friends of Nursing program in 2020

## VIRGINIA HOSPITAL CENTER: BEST MATERNITY HOSPITAL 2020

Virginia Hospital Center is the only Northern Virginia hospital to be named among an elite group of facilities that demonstrate excellence in maternity care.



Newsweek magazine, together with The Leapfrog Group, recognized Virginia Hospital Center in a list of the Best Maternity Hospitals in 2020. The Leapfrog Group is a national nonprofit organization that reports on the safety and quality performance of U.S. healthcare facilities.

Thank you to our generous donors. Together with our Women & Infant Health team, you help ensure the highest level of care for our patients during this important moment in their lives.

## STAKEHOLDER BRIEFING & VIRTUAL TOUR

On June 18, more than 100 Virginia Hospital Center stakeholders took part in “Advancing Our Mission & Vision During COVID-19,” a virtual briefing that included:



- Conversations with James B. Cole, President and Chief Executive Officer, as well as medical staff and Hospital leaders about lessons learned while fighting COVID-19.
- An insider’s virtual tour of the Hospital, including a progress report on construction of the new Outpatient Pavilion.
- An update on the impact that community engagement has on the Hospital, its staff, and the ability for Virginia Hospital Center to drive forward with philanthropy.

To see the entire briefing, visit the Foundation Campaign site at [vhcfoundation.com/campaign](http://vhcfoundation.com/campaign).

## 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 or visit us on our website. We’ll see you there!

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[vhcfoundation.com](http://vhcfoundation.com)