It might be a heart attack, a fall, or a child’s high fever. When medical emergencies strike, it’s nice to know that Virginia Hospital Center’s Emergency Department is there 24 hours a day, 7 days a week. And thanks to ongoing support from caring donors, Virginia Hospital Center’s Emergency Department is a top-notch facility, equipped with sophisticated equipment and staffed with world-class doctors, emergency-certified nurses, and many other technicians and providers who are committed to providing lifesaving care—with heartfelt compassion.

Perhaps that’s why last year a record 66,539 patients chose Virginia Hospital Center’s Emergency Department (ED) when they experienced a health care crisis.

“In the ED, we all take tremendous pride in the quality of care and high service we deliver to our patients,” says Dr. Mike Silverman, Chairman of the Emergency Department. “We all have received personal letters from our patients who are truly grateful for the quality of care they received.”

Dr. Silverman credits the financial support received from donors as one of the main reasons why Virginia Hospital Center’s Emergency Department is such a respected and state-of-the-art facility. “Health care equipment is very expensive, and we are privileged to have cutting-edge technology,” Dr. Silverman says. “We have technology ranging from an in-room monitoring system that allows us to take care of any emergency in any room, to portable ultrasound machines that give doctors information in seconds—seconds that can save lives.”

A special thanks to our donors who give generously to support exceptional care in the Virginia Hospital Center Emergency Department. “With ongoing support, we will build the next generation of emergency care so that the citizens of Northern Virginia can continue to receive high-quality, advanced care when they need it most and experience great outcomes,” says Dr. Silverman.

Taryn Overman, Patient Care Director for the Emergency Department and Outpatient Clinic, echoes Dr. Silverman’s appreciation for the financial support of donors. “Year after year, donors continue to give so that we are able to provide continuing education and scholarships for nurses. We hire many new graduate nurses who are scholarship recipients,” Taryn says. “And we have a number of emergency-certified nurses who achieved their advanced accreditation with the support from donors. “I actually started at Virginia Hospital Center as a new graduate and was the recipient of a nursing scholarship,” Taryn adds. “That’s how I joined the Emergency Department nine years ago.”

You don’t want to miss the second annual Music & Medicine gala, on Friday, June 17, from 7–11 p.m., at Sequoia on the Georgetown waterfront.

Music & Medicine 2016 promises to be a special evening of dining, dancing, and entertainment, including a silent auction—all in a gorgeous waterfront setting. Join us to support excellence in patient care at Virginia Hospital Center and Arlington Pediatric Center!

For tickets and sponsorship opportunities, please contact Michele Werner at 703-558-5476 or via email at mwerner@virginiahospitalcenter.com. If you are unable to attend, please support Virginia Hospital Center’s ongoing commitment to excellence in patient care through a gift today using the enclosed reply slip and return envelope.

Health Insider

Summer Sun and Skin Cancer

What you need to know now

“Prevention is the most important step in protecting you and those you love from developing skin cancer. Stay out of the sun when possible; at other times, wear a hat and long sleeves and use sunscreen.

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The Jennifer Bush-Lawson Foundation (JB-LF) donated $100,000 in proceeds from its first Memorial 5K & Family Fun Day, held in November, to support primary care for newborns at Arlington Pediatric Center. Established in 2001 by Virginia Hospital Center, Arlington Pediatric Center provides primary and acute medical care to children from Arlington's most underserved and low-income families who otherwise would lack access to basic health care.

"Jennifer devoted her life to being an exceptional mother to her children, and as part of her legacy, we are funding an entire year of newborn well-child medical care for 240 newborns in our community," says Neal Lawson, Founder & CEO of the JB-LF. "Arlington Pediatric Center and Virginia Hospital Center are our partners in carrying out Jenn's vision to provide the best possible start in life for every child."

The JB-LF gift will make an enormous impact in helping Arlington Pediatric Center carry out its mission to provide primary and acute medical care to more than 3,400 uninsured children and low-income families each year. But Jennifer's legacy extends beyond financial support. The foundation that bears her name raises awareness of the medical needs of vulnerable pregnant women and infants in Arlington. "Jennifer wanted to ensure that every mother—regardless of race, color, creed, or economic status—could start their journey on solid footing," says Neal.

A $100,000 contribution from the Jennifer Bush-Lawson Foundation ensures that 240 newborns from uninsured and low-income families will have access to well-child medical care.

Summer Safety for Children

Keeping the little ones in your life safe all summer long is easier with a little knowledge and preparedness

"Virginia Hospital Center is committed to making sure that children are able to be outdoors, having fun, exercising, and interacting with their friends, but are safe," says Dr. Victoria Saunders, interim Medical Director at Arlington Pediatric Center. "Our goal is to keep children in our community out of the emergency room and having a healthy and happy summer."

Dr. Saunders recommends that parents, grandparents, and other caregivers familiarize themselves with these summer safety tips:

**HYDRATION**
Drinking water, staying hydrated, and taking breaks are important on hot, sunny days.

**POOL SAFETY**
Children should be watched carefully at all times when playing near a pool, lake, or other body of water.

**INSECTS**
Bug spray with DEET can protect children from mosquitoes carrying the West Nile virus and ticks that can cause Lyme disease.

**FIREWORKS**
Children should never handle fireworks. Instead, take kids to a public fireworks display for safe enjoyment.

**HELMETS**
Children should wear helmets and other protective gear when riding a bike or scooter or skating.

**SUNSCREEN**
Always apply sunscreen when you will be in the sun.

- The sun is most dangerous between 10 a.m. and 4 p.m.
- Children over six months should wear sunscreen that is reapplied every two hours, more often when they are swimming or sweating. Children younger than six months should be kept out of the direct sun.
- Sunglasses and hats are always a great idea when outdoors!

SAVE THE DATE
for the Jennifer Bush-Lawson Foundation Memorial 5K & Family Fun Day.
**NOVEMBER 19, 2016**
at Knights of Columbus

A $100,000 gift to support newborn care at Arlington Pediatric Center

Jennifer Bush-Lawson’s Legacy—a Great Start in Life

To support Virginia Hospital Center in the battle against skin and other cancers, return your gift using the enclosed reply slip and return envelope or donate safely online at https://vhcf.ejoinme.org/monthly.