

# THE CIRCULAR

The official newsletter for The King's Daughters, founding organization of CHKD

March/April 2014



## KD CONNECT

**Tuesday, April 8, 2014 at 6:00pm**  
**CHKD's 6th floor conference room**

(Bring your parking ticket to the meeting to receive validation.)

### FEATURING

- \*Announcement of proposed 2014-2015 fiscal year Board of Directors & Officers Slate
- \*Legislative Update from CHKD's VP of Legislative & Public Affairs, Amy Sampson
- \*CHS Update from representatives of The King's Daughters serving on the CHS Board
- \*Circle Check Presentations & Announcements
- \*History Corner ...Did you know?

*Refreshments will be served*

**RSVP by Friday April 4**  
Call (757)668-7098  
email [info@kingsdaughters.org](mailto:info@kingsdaughters.org)

**Each Circle, please send at least 1 representative**

## THRIFT STORE DONATION BAG DRIVE

**May 10, 11 & 13, 2013**

ATTN: Circles! Save these dates for our annual donation drive for **CHKD Thrift Stores!** (No pick-ups on Sunday)

More details coming your way. Stay Tuned!

## WHAT'S INSIDE



President's Corner



Upcoming  
Events



A Bit of KD History



The King's Daughters'  
Milk Bank at CHKD



KD Award of Excellence

**May/June Circular  
Article Deadline:**  
Tuesday, April 2

**Project I  
Application  
Deadlines:**  
March 15  
April 15

## Dear King's Daughters,

As we mentioned in the last Circular, the Moonlight & Mistletoe event was a great success for its inaugural year. I am happy to report that we made \$120,000 at the event. These funds will go toward The King's Daughters' Milk Bank at CHKD (KDMB). The KDMB will help the tiniest of CHKD's patients get the nutrients they desperately need through donated milk when their mothers are unable to provide their own milk. The KDMB is progressing nicely and is due to open its doors this summer. The site has been built out in the Medical Tower and pasteurization equipment has been installed and is being tested.

As we look forward to planning next year's events, please let the office know if you are interested in serving on a committee, would like to be a sponsor, have contact information for potential sponsors or have items you are willing to donate towards the silent and live auction. Donated items can include anything from a gift certificate to a week's stay in a vacation home. The Breakfast with Santa, like Moonlight & Mistletoe was a sold out event that thrilled the children of the community. That event made over \$8,000. We enjoy being able to hold a fundraising event that not only raises funds for the hospital but also is for the kids.

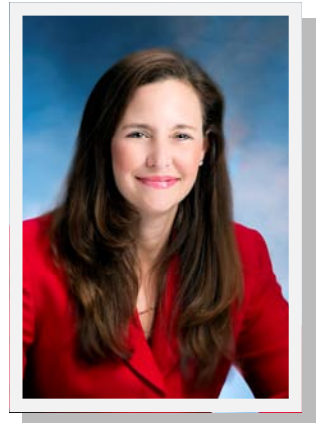
The Tour de Cuisine committee has begun meeting regularly to plan the 10th annual event to be held this year in Ghent on May 18, 2014. The RunWalk will follow Tour de Cuisine on June 14, 2014. We would like to see our Circle participation grow, so please encourage your Circle to create a "Circle" team. Registration is now open! If you are interested in serving on either committee or volunteering the day of these events, please call the office.

We appreciate Dr. Arno Zaritsky, Senior VP for Clinical Services, coming to our January KD Connect meeting to give us great insight on the safety programs in place at the hospital and many of the new initiatives planned – such as CHKD's efforts to receive the Pediatric Trauma designation. At our next KD Connect meeting in April, we will be announcing the slate of officers.

Sincerely,



Beth Johnson, President of The King's Daughters



*I am a King's Daughter because ...*

*"...I love supporting CHKD and meeting such wonderful women."*

# Save the Date!

## 10th Annual Tour de Cuisine

Sunday,  
May 18th

one  
o'clock

Held in the  
beautiful  
Hague area  
in Ghent

*10 good reasons to join us:*

1. 5 Beautiful homes in the Hague area
2. Delicious food from some of the best restaurants around!
3. (Great Mother's Day Gift idea) at \$50/person
4. Beautiful floral arrangements from top local florists
5. Great volunteer opportunities for individuals and Circles
6. Delectable cocktails and specialty drinks to taste in each home (and a Beer & Wine Tasting Garden)
7. 10 chances to win great raffle prizes (if you buy 10 tickets!)
8. "Play" with some luxurious jewels on loan from Fink's Jewelers
9. Listen to some local talent as music fills some of the homes
10. The Cause: CHKD



MY HERO IS...



FOR THE KIDS  
A PROJECT OF THE KING'S DAUGHTERS TO BENEFIT  
Children's Hospital of The King's Daughters

**SATURDAY  
JUNE 14, 2014**

Town Point Park  
Norfolk, Virginia

**8K Run  
2-mile Walk  
1-mile Fun Run**



**WEAR YOUR BEST  
SUPER HERO  
CAPE DESIGN!**

Stop by our donation table to have your photo taken or email us your photo to [info@kingsdaughters.org](mailto:info@kingsdaughters.org). Winners will be chosen by the highest Facebook "Likes" on our RunWalk Facebook page by June 30, 2014.

[www.facebook.com/RunWalkfortheKids](http://www.facebook.com/RunWalkfortheKids)  
Tell us:  
Who is your Hero?



Register online at  
[www.runwalkforthekids.org](http://www.runwalkforthekids.org)

## ONGOING:

**Union of Hands BIRTHDAY CLUB** - You are never too old or too young to give and receive "the gift of giving". To participate, the Birthday Person asks their party guests to consider making a donation to CHKD instead of bringing a present! Simple as that!

**Jody's Popcorn Partnership** - order online at [www.jodyspopcorn.com](http://www.jodyspopcorn.com), enter the code "driftwood" in the Discount Code box at checkout and 20% of purchase benefits CHKD! Perfect for birthday gifts, holiday gifts, party favors, or just need some great popcorn!

**Cartridge Recycling** - North Suffolk Circle. Call us or donate at any CHKD Thrift Store

**Ongoing \* Hand Painted Glasses for Sale** - Custom hand painted wine glasses. Cost per glass \$25. You select your design, wording and color scheme or choose a CHKD design! Call 593.7459 or email [shelly@sfwoodlaw.com](mailto:shelly@sfwoodlaw.com).

## COMING UP!

Saturday, March 1 \* **Book Drive**

Collecting new and gently used books for CHKD. Monetary donations also accepted to purchase new books for CHKD. Held at Sacred Heart Church

Saturday, March 8 \* **Bocce "Winter Takes All" Tournament**

Virginia Beach Bocce League presents! Starts at 11:00am at CP Shucker's - on the beach. Dress in your most rad 80's snowbunny attire. Prizes awarded .

Sunday, March 9 \* **Charity Day at BOOKS A MILLION**

12:00-5:00pm - a % of your purchase will benefit CHKD!

Thursday, March 20 \* **Spring Fling \* Luncheon and Fashion Show**

Held at St. Nicholas Catholic Church, VB. 11:00am-2:00pm

Saturday, March 22 \* **Hampton Roads Bowls with the Starz**

AMF Lynnhaven Lanes, VB \* 1pm-5pm. \$125 per 5-man team and \$30 per individual player. Includes bowling, silent auction, 50/50 raffle, and many prizes!

Thursday, March 27 \* **March Madness**

Held at Azalea Inn & Time Out Sports Bar, Norfolk

*I am a King's Daughter because ...*

*"It's the most wonderful feeling to see a child smile..."*



Thursday, April 10 \* **CHOPS Restaurant Night**

Thursday, April 10 \* **Spring Chicks Dinner**

Held at Church of the Good Shepherd (Hampton Blvd, Norfolk) from 6:30-9:30pm  
Enjoy dinner, drawings, silent auction, geranium sales and fun!

Saturday, April 26 \* **Whitney Lynne Hulce Memorial Golf Tournament**

Saturday, May 3 \* **Tidal Wheel Charity Ride "Get on your Horse!"**

\$25.00 entry fee allows riders to "Get on your Horse!" during a special 45 minute spinning class with a "Derby Theme". Wear your Fascinator or Derby hat! Come ready to work out for a great cause - All entry fees benefit CHKD!

Saturday, May 3 \* **Kentucky Derby Party**

Saturday, May 3 \* **"Run for the Roses" Derby Party**

Held at Shorebreak Sports Bar (2941 Shore Drive, VB) from 5:30-7:30p.m.

Monday, May 5 \* **FORE! the Kids CP Shucker's Golf Tournament**

Captains Choice, 4 man best ball format. Includes golf, goodie bag, lunch, and 19th Hole after party at CP Shucker's with live music. 10:00am-6:00pm

Friday, May 16 \* **May Tyme with The King's Daughters**

Luncheon with special keynote speaker, Kerry Dougherty. Held at Westminster Canterbury on the Chesapeake Bay.

Saturday, June 7 \* **Barefoot on the Beach**

Held at East Beach Bay Front Club; enjoy dancing, silent auction, delicious appetizers and beverages.

Wednesday, June 25 \* **"Tee it Up" Golf Tournament** at Riverfront Golf Club, Suffolk

Saturday & Sunday, September 27 & 28 \* **Make a Scarecrow, Make a Difference**

Build your own life-size scarecrow for only \$25. Includes all supplies. This event is held at the three McDonald Garden Center year-round locations from 9am-4pm

Saturday, November 1 \* **15th annual Oyster Roast**

Held at the Tidewater Boat Club from 4-8pm Tickets include AYCE oysters, clams, barbeque, Brunswick stew, beer, wine and live music by the Jesse Chong Band.

*I am a King's Daughter because ...*

*"I want to help all the children who are sick"*

# BEFORE WE FOUNDED CHKD, THE KINGS DAUGHTERS...

- \*Started our organization in **1896** with 14 local Circles.
- \*Hired a nurse to visit and treat local children. **1,771 visits made on foot** the 1st year.
- \*Managed local growing **children's clinics** (& hired staff) starting in 1901.
- \*Provided **Christmas presents** for children for many years, and even hired a **covered wagon** in 1911 when needed to combat the rainy weather.
- \*Provided **care** for cases of typhoid, malaria, pneumonia, tuberculosis, paralysis & more
- \*Provided clothes, ice, milk, and various **nutritional supplies** to local families
- \*Opened more than 12 Health Stations to **teach proper child care** & track development
- \*Raised much needed funds with **milk jars, baby bottles, and the donation canisters** you see throughout Hampton Roads today.

To learn more, visit [www.KingsDaughters.org/History](http://www.KingsDaughters.org/History)



## LOOK HOW FAR WE'VE COME!



**1897-1912:**  
First hired nurse, Edith Nason, made thousands of visits on a bicycle.



**1961:** The King's Daughters founded and opened the doors to CHKD.



**1919:** Visiting nurse services' first car is donated.



**2000:** The King's Daughters donated funds to purchase this transport unit to CHKD.



CHKD Today

# THE KING'S DAUGHTERS' MILK BANK AT CHKD



In 2013, The King's Daughters pledged \$500,000 to CHKD to establish The King's Daughters' Milk Bank at CHKD (KDMB).

The supply of donor human milk does not currently meet the demand of the babies who would benefit from it. Establishing a milk bank at CHKD and recruiting local donors, will help alleviate shortages and provide this life-saving nutrition to more critically ill infants in need.

The first year of operation of The King's Daughters' Donor Milk Bank at CHKD will focus on development of a donor base and meeting the needs of the patients in our NICU. After the first year, we hope to have an excess supply of donor milk which we will then offer to other



NICUs in the Hampton Roads area and beyond. Providing this valuable treatment to other NICUs will allow us to offset the cost of operating the milk bank.

## The Benefits of Human Milk

- 10 to 17 % of preterm infants fed formula develop NEC, while only 1.5 % of preterm infants fed human milk acquire this devastating disease.
- It has been shown to prevent Sudden Infant Death Syndrome (SIDS).
- It is easier to digest than infant formula. It helps the baby's immature digestive tract to mature.
- It provides antibodies to help protect preterm babies from infection and bowel disease.
- It contains growth hormones and proteins that help neonates grow and thrive.
- It has anti-inflammatory benefits and decreases the likelihood of having allergies.
- It improves eye and brain development.
- It lowers the rates of severe Retinopathy of Prematurity, a disease that can cause vision impairment or blindness.
- It reduces the rates of leukemia, hypertension, diabetes and chronic lung disease. Many of these beneficial effects last through adulthood.

## KD award of excellence NOMINATIONS

The KD Award of Excellence is an annual award presented to a person a group of people who have contributed in an exemplary way to The King's Daughters. The recipient may not be a member of a King's Daughters' Circle. Donating funds to The King's Daughters is neither a requirement nor automatic eligibility for this award. The recipient must have/had made a direct impact and/or worked closely with The King's Daughters toward an end result to benefit CHKD/ achieving a King's Daughters' goal.

Past recipients of this award are:  
2013 William A. Gillis, CHKD Engineering Manager  
2013 Mark Lucas, CHKD Audiovisual Supervisor  
2012 Sherry Connell, McDonald Garden Centers  
2012 David Smith, Volunteer  
2011 Sandra Jackson and Whitney Quartucci  
2010 Charlie Brenner, Norfolk Southern Corporation  
2009 Taylor Franklin, S.L. Nusbaum  
2008 Jean Burke, Letton Gooch Printers  
2007 Rob Levinsky, Director of Engineering CHKD

ACCEPTING  
NOMINATIONS  
UNTIL JUNE 15



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Ph.757.668.7098  
F.757.668.8907

**Founders of Children's Hospital of The King's Daughters**

advocate  
volunteer  
fundraise



JOIN TODAY  
*Make a difference*

[KingsDaughters.org](http://KingsDaughters.org)