

CIRCULAR MAY/ JUNE 2018



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END OF YEAR

The Board of Directors of The King's Daughters request your presence at

KD CONNECT ANNUAL ELECTION OF OFFICERS Tuesday, June 5, 2018 | 6-7:30 PM

Join us for a social at 5:30pm

CHURCH OF THE GOOD SHEPHERD 7400 HAMPTON BLVD., NORFOLK

FEATURING:

Presentation of new CHKD Transport Unit A Day in the Life of the CHKD Transport Election of Officers QUORUM NEEDED End of Year Circle Check Presentations Thrift Store Bag Drive Winners



RSVP by May 31 WWW.KINGSDAUGHTERS.ORG/UPCOMING-EVENTS/

RAISING FUNDS, FRIENDS & AWARENESS FOR CHKD



A LETTER FROM THE PRESIDENT

Dear Fellow King's Daughters,

Wow, what a busy Spring! Since my last letter, you all have planned or had over 30 Circle events, donated over 2,703 bears and tooth fairy pillows and 853 miscellaneous gifts. You collected 8,190 bags for the Thrift Store drive. Such energy!

At our last KD Connect meeting, Dr. Michelle Brenner, Medical Director of The King's Daughters Milk Bank gave an update on the program. Over 1 million ounces of milk have been donated since June 2014. She also shared that the facility is moving from the Medical Tower to the Medical Tower Annex which will make deliveries much easier. Without our support, this milk bank would not be a reality. This program saves CHKD money (over \$800,000 in milk has been provided), but more importantly it provides "liquid gold" to many premature babies locally and across the United States.

Over this last year, we have shared many statistics about the number of children suffering from mental health issues. National studies estimate between 1 in 5 children between the ages of 5 and 20 have or will have a mental health issue. Some studies estimate 1 in 3 children. Using this bench mark, an estimated 72,000 to 120,000 children in Hampton Roads are in this category. That is why it is so important that we not only raise funds for this program, but support the building of a new facility and the expansion of the pediatric mental health program to meet the inpatient and outpatient mental health needs of these children. In order to proceed with building the beds a Certificate of Public Need (COPN) must be approved by The Virginia Commissioner of Health. Please share this link with your friends and neighbors so they can support this request: WWW.CHKD.ORG/ADVOCATE

At our next KD Connect meeting on June 5th we are planning to dedicate the brand new Mobile Intensive Care Unit purchased by The King's Daughters. Unless the vehicle is needed that evening it will be on site so you can tour and get the first look at this incredible piece of life saving equipment. This is our Annual Meeting and it is imperative that we have a representative of each Circle to vote on the slate for next year as well as nominees for the Children's Health System Board and the Children's Health Foundation Board. We also look forward to check presentations and reports on linens and gifts. We would like to have all Circle donations turned in by this meeting so the Board can determine the amount of our FY 2018 gift to CHKD.

This is my last Circular letter to you as President. The last 2 years have been an amazing experience for me and I am very grateful to each of you for the opportunity. I am also thankful for a wonderful Board and Staff who have shared their time, skills and leadership to make this an even better organization.

With great appreciation and fondness,

Elly Bradshaw Smith, President, The King's Daughters

Our Children are Facing a Mental Health Crisis

- 1 in 5, perhaps even 1 in 3, U.S. children has a diagnosable mental health condition.
- Fewer than 25 percent of them receive treatment.
- Between 72,000 -120,000 children in our community will be impacted by a mental health issue.
- Over 26,000 children Grades 9-12 in our community will consider suicide.
- More young people ages 15 to 24 die from suicide than from cancer, heart disease, birth defects, AIDS, stroke, pneumonia and chronic lung disease combined.
- Demand for our services is rapidly increasing. CHKD mental health visits:
 --2015 - 3,425
 --2016 - 8,432



How CHKD is Answering the Call

CHKD is seeking approval from the state to add 12 inpatient psychiatric beds inside the current hospital and to build a freestanding mental health pavilion on the CHKD campus with 48 inpatient psychiatric beds plus comprehensive outpatient services.

Why is This Needed?

In just one day, CHKD's ER took care of ...

15-year old: Intentionally overdosed on a combination of drugs, history of self-injury.

8-year old: Brought in with police due to aggressive behavior. Four previous psychiatric hospitalizations.

12-year old: Intentionally overdosed on medications, previously documented suicide attempts, drug use, violence.

13-year old: Took OTC medications to get high at school, suicidal thoughts and vivid description of plans for self-injury.

16-year old: Intentional overdose, history of depression, bullied at school, military family.

14-year old: Intentional overdose, multiple suicide attempts – distressed that latest attempt failed.

The reality ... this is just another day at CHKD.



--2017 - 11,439 --2018 - 18,260 (projected)

APRIL 2018 KD CONNECT HIGHLIGHTS



Thank You, Dr. Michelle G. Brenner, IBCLC Medical Director, The King's Daughters Milk Bank Associate Professor of Clinical Pediatrics, CHKD/EVMS



CONGRATULATIONS,

KD AWARD OF EXCELLENCE 2017

HARRIS PEZZELLA **PRESIDENT & CO-FOUNDER**

Highlights from April's KD Connect

- ONLY Children's Hospital Milk Bank serving our patients and outside hospitals in need
- Moms donate 6000oz/week
- 2000 potential donors screened (80% working moms)
- Over \$800,000 in milk has been provided to units at CHKD
- 37 additional hospitals now receive our milk, providing \$1.8 million in processing fees back to CHKD
- Over \$100,000 of milk provided to outpatients through the community benefits program

Now accepting applications for 2018-2019 Award of **Excellence Nominees!**

Contact the office for more details: 757.668.7098 info@kingsdaughters.org





Upcoming 2018-19 KD Connect Meetings

KD Connect & Circle Orientation Tuesday, August 21st, 2018 2 Sessions: 4-5:30 PM -or- 6-7:30 PM

Junior Orientation Sunday, September 30th, 2018 2-4:30 PM

Annual Recognition Celebration Dinner Tuesday, October 9th, 2018 Social – 5:30 PM (Cash Bar) Dinner and Recognition Program – 6:00 PM Social – 7:30–8:00 PM

*Dates are tentative & subject to change

YEAR END WRAP UP! 2017-18

Project Completion Forms (P2's) for 17-18 projects- due 6/5

Canister Reporting Forms for Fiscal Year- due 6/5

17-18 Membership Roster (All Circle Members) &

17-18 Membership Dues (\$40 Adults 18-64 & \$20 Seniors 65+ yrs.)- due 6/15

Circle Officer Listing- due 6/15

Volunteer Hours, Linens & Gift Reports- due 7/13

Circle Audit Form- due 7/13



Thank you!- KD Staff

ALL YEAR END FORMS WERE MAILED IN MARCH TO CIRCLE LEADERS

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IT HAS BEEN AN AMAZING 2017-2018 YEAR BECAUSE OF YOU!

https://www.kingsdaughters.org/member-resources/reporting-forms/

ALL HANDS NEEDED ON DECK

Calling all King's Daughters a FUNdraising Opportunity Harborfest, Friday, June 8

Beer tent servers needed from 12 – 10 PM Shifts available in hourly increments Volunteer as a Circle or individually, your circle will receive credit!

Spouses, significant others, friends & neighbors are welcome! Work the tent for a few hours and then enjoy the Harborfest Festivities.

> Contact Stacey Vellines for more details and to sign up: svellines@cox.net

> Can't make this date work? Another opportunity will be available for Bayou Boogaloo Sunday, June 24, shifts 12–6 pm





Can-Do Spirit of The King's Daughters' Community Partners - Kristi Jones, KD Signature Project Chair



Zoes Kitchen's Regina Ferranti, Constance Kessin Veda Leonardson & Ariel Hernandez.



The King's Daughters welcomed one of our 10 new canister businesses this year: Zoes Kitchen, 1544 Laskin Road, Suite 210, Virginia Beach, VA. Everyone came out to be a part of the picture in helping raise funds for CHKD.

For almost 10 years, our friends at Holiday Citgo Food Mart, 909 General Booth Blvd., Virginia Beach, have encouraged their customers to contribute to the CHKD canister on their countertop. This year they have already turned in over \$400.00.

Please contact Briana Jackson in the KD Office, if you have an idea for a business like these who

Denise Mahler of Holiday Food Mart shows her customers, "how it's done!" might sponsor a CHKD canister. 757-668-7098



RUNWALKFORTHEKIDS.ORG

The King's Daughters' Proposed Slate Fiscal Year 2018-2019

ONE YEAR TERM BEGINNING JULY 1, 2018

Executive Officers

Julie Childress Beck, President Chandy Jones, VP Communications Stacey J. Vellines, VP Development Mary Beth Rickman, VP Membership Kristina Malleck, Secretary Katherine M. Knaus, Treasurer

Board of Directors

Paula Adams Julie Childress Beck Donna Cowdrey Laura Fulton Chandy Jones Kristin (Kristi) Jones Katherine Knaus Nicole Legum Kristina Malleck Kathy Protogyrou Mary Beth Rickman Ashley Friend Vellines Stacey Vellines Whitney Metzger Weireter Carrie Williams

Horizon Circle	1st Year
Downtown Circle	7th Year
East Beach Circle	1st Year
Circle by the Bay	1st Year
Magnolia Circle	7th Year
West Ghent Circle	3rd Year
Dogwood Circle	6th Year
Oceanfront Circle	2nd Year
Magnolia Circle	3rd Year
Circle on the Pointe	6th Year
Dogwood Circle	8th Year
Lafayette River Circle	5th Year
Downtown Circle	6th Year
Lafayette River Circle	6th Year
Circle in the Bridge	1st Year

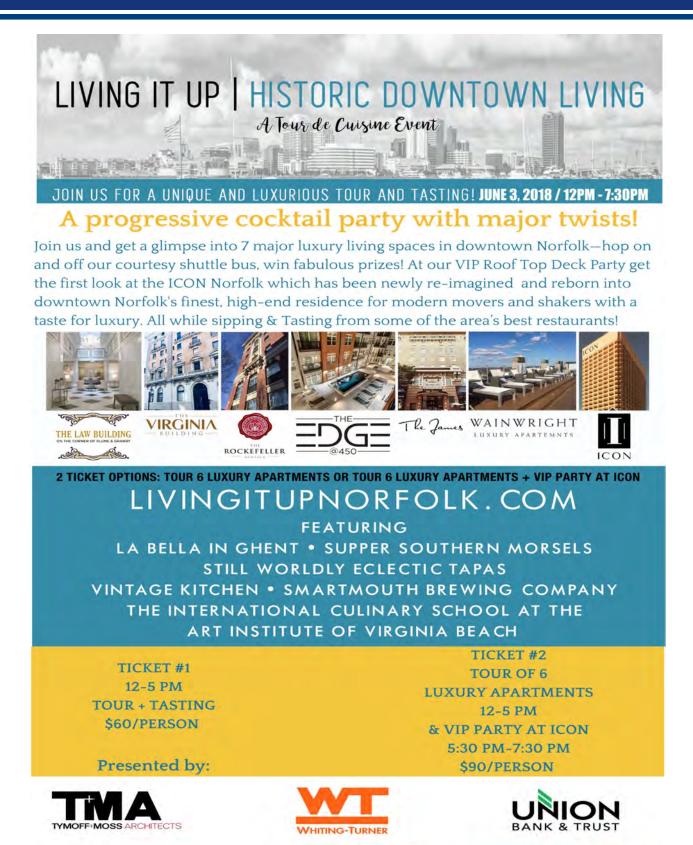
Children's Health System King's Daughters Members (3 year term)

Susan Einhorn, Horizon Circle Elly Bradshaw Smith, Azalea Unity Circle

Children's Health Foundation King's Daughters Members (3 year term)

Kimberly Geiger, Elizabeth River Circle Kelly Johnson, Downtown Circle







LIVINGITUPNORFOLK.COM

UPCOMING CIRCLE PROJECTS

Tervis Tumbler Sale

Thursday, May 24, 2018 at 7:00 AM to 7:00 PM CHKD Cafe 601 Children's Lane Norfolk , VA 23507 Beacon Circle sells their classic Tervis Tumbers for CHKD.

Megan Curry Memorial Flip-A-Thon 2018

Thursday, May 24, 2018 at 5:30 PM to 9:00 PM Grassfield High School 2007 Grizzly Trail Chesapeake, VA 23323 Circle in the Bridge invites you to a Flip-A-Thon to benefit CHKD & The Ronald McDonald House. Grassfield Cheerleader's host a tumbling competition in memory of Megan Curry. Outside participants are invited to register and compete. T-Shirts and silent auction tickets will be sold.

Par-Tee 4 the Kids

Tuesday, June 19, 2018 at 6:30 PM to 9:30 PM TowneBank Membership Service Center 6001 Harbour View Blvd Suffolk, VA 23435 Esprit de Coeur's Par-tee and Silent Auction at TowneBank Member Service Center in preparation for TEE ONE UP for CHKD- golf tournament at Riverfront Golf Course on Wednesday, June 20th, 2018.

Tee One Up for CHKD

Wednesday, June 20, 2018 at 11:00 AM to 7:00 PM Riverfront Golf Club 5200 River Club Drive Suffolk, VA 23435 Esprit de Coeur Circle invites you to their annual golf tournament held at Riverfront Golf Club in Suffolk.



Saturday, September 15, 2018 at 8:00 AM to 3:00 PM Nauticus 1 Waterside Drive Norfolk, VA 23510 Join the Magnolia Circle as a paddler, sponsor or spectator for our 4th Annual Dragon Boat Festival on September 15th at Nauticus Pier!

Cause an Effect REGION WIDE & CIRCLE WIDE-CHIPOTLE DAY

Thursday. September 20, 2018 at 10:45 AM to 10:00 PM All Hampton Roads' Chipotle Locations Chipotle's first region wide and circle wide fundraiser for CHKD's Mental Health Programs. ;All day Chipotle will donate **50% of sales** to CHKD. **Patrons simply mention CHKD at check-out.** Invite your friends, family, clubs and back to school contacts.

Gourmet Giggles

Thursday, September 20, 2018 at 5:30 PM to 8:30 PM Town Point Club 101 W Main St Suite 300



N Too LAU

In the Avery







Norfolk, VA 23510 Maltese Cross Circle invites you to laugh the night away. Humor is healing. Join this gregarious group for giggles over dinner and a live comedy performance. A silent auction and cash bar will add to the festivities.

WWW.KINGSDAUGHTERS.ORG/UPCOMING-EVENTS

UPCOMING & ONGOING CIRCLE PROJECTS





Norfolk Admirals & King's Daughters' Season Opener for CHKD

A KD CIRCLE WIDE INITIATIVE-hosted by Esprit de Coeur Circle Saturday, October 13, 2018 at 7:00 PM to 10:00 PM Norfolk Scope

201 E Brambleton Ave

Norfolk, VA 23510

Attention ALL KD Circle Members, KD Friends & Family! Help us pack the Scope and support CHKD's Mental Health Program! Contact Esprit de Coeur Circle to coordinate the sale of tickets, espritdecoeur.kd@gmail.com. Sell and buy tickets through and get Circle credit for your efforts. Tickets are \$15.00, The Admirals will donate \$5 to CHKD for all tickets The King's Daughters sell.

19th Annual Oyster Roast

Saturday, October 20, 2018 at 4:30 PM to 8:30 PM Tidewater Boat Club 798 45th Street Norfolk, VA 23508 Downtown Circle invites you to their annual oyster roast. A fall Norfolk favorite including oysters, clams, barbecue, Brunswick stew, beer, wine, silent auction & more! Tickets are \$50 in advance.



DOLLARS FOR DOUGH Code: SUPPORTCHKD Online Lynnhaven Sandpiper Jr. Circle

HEART SHAPED BABY FEET GREETING CARDS Email/Online NICU Friends Circle



VA DINER PEANUT SALE Online Elizabeth River Circle



HAND PAINTED WINE GLASS SALES Email/Online Infinity Circle

WWW.KINGSDAUGHTERS.ORG/UPCOMING-EVENTS



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rewards

Do you shop at Kroger?

If so, register your Plus card for the Community Rewards Program and support The King's Daughters. By enrolling your Kroger Plus card, you will be contributing funds to KD every time you shop with your card. To get started, visit Kroger Community Rewards.com or your neighborhood Kroger store.

To register online:

- = Click on 'Sign In' if you have an account, or 'Create an Account' if you do not
- = You will be asked for basic information such as address and email to create the account.
- When asked for organization, you can search by name or enter 90697
- Simply swipe your registered Kroger Plus card or use the phone number that is related to your registered Kroger Plus

card when shopping for each purchase to count.

This opportunity is not limited to our membership; anyone can select The King's Daughters as their Kroger Community Rewards Partner, so please share!