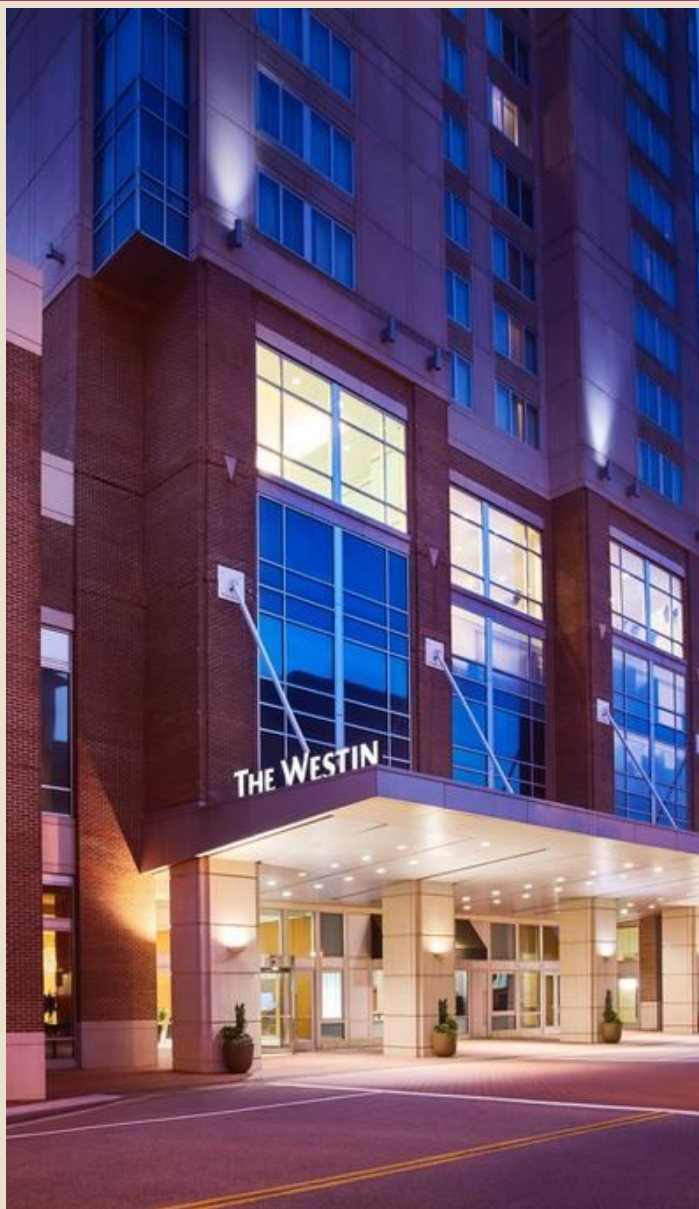




THE CIRCULAR

March/April 2019



Join us for

The King's Daughters'

APRIL KD Connect

Tuesday, April 9, 2019

*The Westin Hotel, Town Center,
Virginia Beach*

5:30PM SOCIAL | 6:00 PROGRAM

(Cash bar and Hors d'oeuvres)



Featuring

Mental Health Update

*Amy Sampson, Senior Vice President, Chief Engagement
and Innovation Officer of CHKD Health System*

Celebrating National Volunteer Week

The King's Daughters Thrift Store Bag Drive

Winners are..... STAY TUNED!



CELEBRATE THE POWER OF VOLUNTEERING

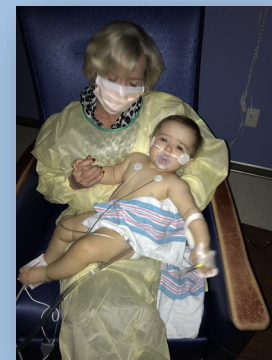
RSVP BY APRIL 5TH | www.kingsdaughters.org | CALL (757) 668-7098

President's Corner

Dear King's Daughters,

Much of what I do as President of The King's Daughters takes place in meeting rooms and fundraisers and events to support Children's Hospital of The King's Daughters. As a long-time member of the board, I've given my share of tours at CHKD, taking visitors to the NICU where tiny babies are hooked up to monitors and machines that help them breathe. The mission of my volunteer work has always been clear, just as it was for my mother, who passed along the legacy of volunteering for The King's Daughters.

But there's nothing that drives home the meaning of that work quite like this: Watching my own 9-month-old granddaughter struggle to breathe. It began with a simple cold. One night in early January, Aela started wheezing, getting more fitful by the minute. Her tiny chest sunk in with every breath. Her face was exceptionally pale. She was gasping and wailing. My son-in-law called 911, and the ambulance took her to the nearest emergency room in Virginia Beach. Doctors there recommended she be transferred to CHKD. Just months before, I helped dedicate one of the transport units that The King's Daughters raised funds to purchase. Now my precious granddaughter was reaping the fruits of our efforts.



Aela first was treated by transport paramedics and nurses and respiratory therapists, then the CHKD emergency department staff took over to stabilize her further. Then it was off to the pediatric intensive care unit, the PICU. Oxygen and air were flowing through tiny tubes inserted in her nose. Sensors on her chest were monitoring her vital signs. Steroids were being delivered through an IV bag the size of a business card. Instead of her usual cheerful self, she was miserable. But, she was breathing. She was stable. She was in good hands.

Seeing the hospital from this vantage point, though sobering, was also affirming. There was the attentiveness of the nurses to Aela and the whole family. The kindness of the chaplain. The equipment perfectly suited for babies. The calm assurance of the pediatric specialists. The safety precautions, such as the gown and mask I had to wear to hold Aela. It made me feel good she was there and being cared for by pediatric specialists.

We are so fortunate to have this hospital where a baby can go from struggling to resting easy in a matter of hours. It was also eye-opening to see other families in the unit, holding vigil over children hooked up to tubes and machines, some of whom were clinging to life. You don't see that kind of medical action at a fund-raising event, or walking down the hallway to give a tour through CHKD's cheerful lobby.

There are many things to volunteer your time to in this community. I have always felt proud of the cause I chose more than 30 years ago. What I felt in the PICU holding my granddaughter brought that dedication down to my very core. As I go forward, I will keep the faces of the children and families of the PICU and throughout the hospital in mind as we work to keep CHKD strong.

With Warm Regards,

Julie

Julie Childress Beck | President, The King's Daughters



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Mental Health Initiative



Dr. Daniel Spencer has joined the psychology division of Children's Specialty Group. Dr. Spencer earned his medical degree from the Keck School of Medicine at the University of Southern California. He then went to Brown University to complete his triple board residency at Rhode Island Hospital.

Dr. Spencer is board certified by the American Board of Pediatrics and the American Board of Psychiatry Neurology in both psychiatry and child and adolescent psychiatry. Dr. Spencer served four years as co-director of psychiatry of the integrated care medical psychiatric program at Hasbro Children's Hospital in Providence, R.I. He has a clinical interest in family-based integrative care.



NOW IS THE TIME

With more kids dying from suicide than cancer, heart disease, birth defects, stroke, pneumonia, flu, and chronic lung disease combined, support for pediatric mental health services is more critical now than ever before. CHKD and The King's Daughters are answering the call, but we can't do it without you.



18% of high school students considered suicide in the last year.



36% of visits to a pediatrician are for mental health.



50% of adult psychiatric disorders begin before the age of 14.



Regionally, mental health is the most common reason patients age 10 through 17 are admitted to the hospital.

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UPCOMING CIRCLE PROJECTS

Wednesday, March 20 5pm-9pm	East Beach Circle March into Groovy's!	Captain Groovy's Grill & Raw Bar Norfolk
Thursday, March 21 11am-3pm	Horizon Circle March Mahjong Madness	Church of The Good Shepherd Norfolk
Friday, March 22 6pm-9pm	Circle by the Bay Nacho & Wing Bar at Pleasure House Brewing	Pleasure House Brewing Virginia Beach
Saturday, March 23 8am-5pm	Lafayette River Circle 4th Annual Kickin' for the Kids Kickball Tournament to benefit CHKD	Larchmont Elementary, Norfolk
Sunday, March 24 10:30am-1pm	Circle in the Bridge Board & Brush Brunch for the Babies	Board & Brush Creative Studio Norfolk
Tuesday, March 26 4pm-7pm	Circle in the Bridge Chick Fil-A Spirit Night	Grassfield Chick-Fil-A, Chesapeake
Thursday, March 28 7pm-10pm	Magnolia & Union of Hands Circles March Madness at Azalea Inn & Time Out Sports Bar	Azalea Inn Grill & Time Out Sports Bar, Norfolk
Tuesday, April 2 6am-2pm	Caritas Circle Sandfiddler Café Fundraiser	Sandfiddler Café, Norfolk
Saturday, April 6 10am-3pm	North Suffolk Circle 2nd Annual Spring Bazaar	Bethlehem Christian Church, Suffolk
Wednesday, April 10 7:30am-8:30pm	Caritas Circle Magnificent Montpelier Bus Trip	Bayside Baptist Church Virginia Beach <i>(Departure location)</i>
Friday, April 26 7pm-10pm	NICU Friends Circle Party for the Pint Sized	O'Connor Brewing Company Norfolk
Sunday, April 28 5pm-8pm	Driftwood Circle It's 5 O'Clock Somewhere at Topgolf	Topgolf, Virginia Beach
Thursday, May 2 12pm-5pm	East Beach Circle Norfolk Garden Club House Tour (Wine pouring)	East Beach Bay Front Club, Norfolk
Friday, May 3 6pm-9pm	Circle in the Bridge Bow Tie Ball	Sheraton Norfolk Waterside Hotel Norfolk

Raising funds, friends & awareness for CHKD

UPCOMING & ONGOING CIRCLE PROJECTS

Saturday, May 4 9am-5pm	East Beach Circle Bake Sale	East Beach Neighborhood, Norfolk
Tuesday, May 7 10am-5pm	Aloha Circle Fore! The Kids CP Shucker's Golf Tournament	Aeropines Golf Club– Oceana Naval Base, Virginia Beach
Friday, May 10 12pm-7pm	North Suffolk Circle 2nd Annual Tee-rific Golf Tournament	Sleepy Hole Golf Course, Suffolk
Sunday, May 19 1pm-6pm	Seashell Circle 8th Annual Bad to the Boards Cornhole Tournament	Baja Sandbridge Restaurant Virginia Beach
Thursday, May 23 5:30pm-9pm	Circle in the Bridge Megan Curry Memorial Flip-A-Thon	Grassfield High School, Chesapeake

Saturday, June 1 6pm-10pm	East Beach Circle Barefoot on the Beach	East Beach, Norfolk
Sunday, June 2 4pm-7pm	Horizon Circle The Dock Party	Wolcott's Backyard, Norfolk
Saturday, June 15 6pm-11pm	Infinity Circle 80's Ladies Night	Hickory Ruritan Club, Chesapeake
Tuesday, June 18 6:30pm-9:30pm	Esprit de Coeur Circle Par-tee on for the Kids	TowneBank Member Service Center Suffolk
Wednesday, June 19 11am	Esprit de Coeur Circle Tee One Up for CHKD	Riverfront Golf Course, Suffolk

Ongoing

Beacon Circle	CHKD Tervis Tumbler
Cypress Point Circle	Worth the Wait
Infinity Circle	Hand Painted Wine Glass
Infinity Circle	Crocks for Kids
Lynnhaven Sandpiper, Jr. Circle	Papa John's Dollars for Dough
NICU Friends Circle	Heart Shaped, Baby Feet Greeting Cards
Union of Hands Circle	Birthday Club

Raising funds, friends & awareness for CHKD

RunWalk for the Kids | May 11, 2019

8K Run . 2 Mile Walk . 1 Mile Fun Run for Kids
Waterside District



SPONSORS



Aveanna Healthcare, DanzStar, Damuth Trane, First Home Care and Smithfield Foods

2019 Circle Teams

- Circle in the Bridge
- Coastal Circle
- East Beach Circle
- NICU Superheroes
- North Suffolk Circle
- Southern Vines Circle



Join us to
give hope

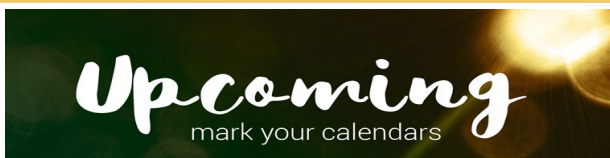


chkd.runwalk



CHKD RunWalk for the Kids

Register online: www.runwalkforthekids.org



June KD Connect
Tuesday, June 4, 2019 at 6pm
Church of the Good Shepherd, Norfolk
Featuring: Culinary Tastings, CHKD Compass One

Raising funds, friends & awareness for CHKD

New Members & KD Staff Member



New Member Spotlight
Welcoming
 Sarah Carroll, Southern Vines Circle
 Terri Doddy, Infinity Circle
 Linda Hester, Downtown Circle
 Kathryn Jessee, Infinity Circle
 Verna Krammes, East Beach Circle
 Lauren Phipps, Lafayette River Circle
 Krissy Price, Infinity Circle
 Kelly Morgan, Lafayette River Circle
 Diana Tharp, Infinity Circle
 Kellie Tucker, East Beach Circle

New Circle Spotlight
Welcoming
 Circle of Beach Moms



Board of Directors

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 Stacey Vellines
VP of Development
 Mary Beth Rickman
VP of Membership
 Kristina Malleck
Secretary
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 Laura Fulton
 Kristi Jones
 Nicole Legum
 Kathy Protogyrou
 Ashley Vellines
 Whitney Weireter
 Carrie Williams

Staff

Lisa Coleman
Executive Director
 Jen Kay
Development Operations Manager
 Briana Jackson
Volunteer/Events Coordinator
 Hallie Edwards
Administrative Assistant

Introducing our new KD Staff Member



Join us in welcoming Hallie Edwards to The King's Daughters Staff!!!

She has accepted the position of Administrative Assistant. Hallie is a native of Norfolk and a graduate of Old Dominion University. She is thrilled to join The King's Daughters in support of CHKD and her community. Hallie is especially excited to assist with major projects and get to know Circles. When not in The Office, she may be found bicycling around Ghent or asking to pet a dog.

Need Circle Speakers?

Julie Beck, President and Lisa Coleman are happy to join your Circle meeting to discuss The King's Daughters current initiative, history and what's to come. To invite please email, briana.jackson@chkd.org or call 757-668-8909.

Raising funds, friends & awareness for CHKD



601 Children's Lane,
2nd Floor,
Norfolk, VA 23507

Raising Funds, Friends & Awareness for CHKD

Kroger community rewards 

NEW KROGER CODE WW044

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.



The King's Daughters for CHKD



@KingsDaughterCHKD



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May/June Circular deadline for article submission = April 1st