



# THE WOMEN'S COMMITTEE

Martha Jefferson Hospital Foundation

## *Transformative Journeys: Inspiring Women's Health*



In 2023, The Women's Committee raised more than \$185,000 for life-saving programs and services helping women fight cancer, support mothers and babies, and promote clinical excellence. The following are a few highlights of the impacts your support made possible last year:

**Marianne's Room:** Created 22 years ago by the TWC, Marianne's Room provides free resources and the services of a nurse navigator to help women find support on their cancer journey. In 2023, Marianne's Room provided 69 free wigs for patients, cooling caps to help with hair loss, and a wide range of lotions and anti-nausea aids to help women manage symptoms during chemotherapy.



**Spring Fly Fling:** 2023 marked the 15th anniversary of the Spring Fly Fling, which combines the physical therapy of fly-casting with the emotional healing of community support. More than 150 women have participated to date, with many faithfully returning as part of the army of volunteers who make the free event possible. "It's a really powerful experience," recalls TWC member and breast cancer survivor Susan Kreiner. "Someone would tell a story, and I'd break down while they were talking because I would think 'I totally understand that.' "



**Palliative Care:** TWC supports the women in our community who are bearing the burden of caregiving for their loved ones and family members. In 2023, the SMJH palliative care team supported approximately 1,000 patients; 10% of all patients admitted to the hospital. Yet only 20% of the costs for this service are billable to insurance. TWC's support helps to ensure that this essential service remains available for the most vulnerable patients and families in the hospital and the oncology clinic.





**Free Breast Health Screening Days:** TWC volunteers organize and support three free Breast Health Screening Days annually enabling 200 women to proactively manage their health at no cost. This \$100,000 initiative resulted in 17 women receiving callbacks for additional testing and one patient requiring a biopsy. Thankfully, no one was diagnosed with cancer.



**Cancer Survivorship Program:** From a 12-week program to support cancer survivors to a broad range of long-term clinical monitoring, support groups, nutritional counseling, and exercise classes, survivorship resources help hundreds of people every year manage the challenges of rebuilding their lives after cancer treatment. In 2023, more than 300 people participated in exercise classes, visited our clinics, and received nutritional counseling.



**The Caring Tradition in Action:** TWC supports women's health from beginning to end. More than 1,200 babies are born at Sentara Martha Jefferson Hospital every year. New families access neonatal resources and new parent support groups providing a strong network of support to thrive. In 2023, TWC support provided enough yarn for our army of volunteer knitters to create over 1,100 baby caps and patient shawls. In 2024, your generosity will help new families transition into parenthood welcomed by the special LOVE swaddle blanket and accompanying LovEntourage App, which offers a private and supportive postpartum community.



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**AND Martha's Market**  
**November 9**