

Fairchild Medical Center

Foundation News



News for friends of the Fairchild Medical Center Foundation

444 Bruce Street
Yreka, CA 96097
(530) 842-4121
www.fairchildfoundation.org

WINTER 2007



MISSION STATEMENT

The mission of the Fairchild Medical Center Foundation is to support Fairchild Medical Center by securing funding to provide exceptional health care to all in need.

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Fairchild Medical Center
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is published four times a year by the
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of the
Fairchild Medical Center
Foundation
for all community members,
our employees, medical staff
and friends of the
Fairchild Medical Center.
If you wish to be included or
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FAIRCHILD MEDICAL CENTER CHILDREN'S CHRISTMAS FESTIVAL

"SHARE THE MAGIC"



Everyone excitedly awaited Saturday, December 9, 2006 when the 7th Annual Fairchild Medical Center Foundation's Children's Christmas Festival came to the Yreka Community Center.

"Share the Magic saw approximately 300 people this year" stated Marcia Churchill, chair of this wonderful event. The children put in their names to win one of the many adorable stuffed bears Marcia gave away that day. Carrie Hayden, breakfast chair,



had a fabulous volunteer crew that included Fairchild Medical Center CEO Dwayne Jones, hospital board chairman, Larry Mulloy and his wife Frankie, board member Dave Dealey and assistant hospital administrator, Jonathon Andrus. After breakfast the kids were off to make crafts and purchase gifts for their families at The Gift Shoppe. This year's crafts were great. Our volunteer crafters outdid themselves with wooden race cars for painting, jingle bell necklaces, pine cone bird feeders, wooden ornaments to decorate, snowmen, wool holiday ornaments and Letters to Santa, to name a few. The kids get quite a joy from purchasing gifts at the Gift Shoppe with complimentary gift wrapping available for them. Bavarian Bear



(our own Robin Bailey) meandered through the crowd visiting and having fun watching the kids make their crafts and talk with Santa. Laura Flett, along with her mom, Diane Soder, provided wonderful holiday music that was enjoyed by everyone. And of course, we cannot forget Santa! He was there all day listening to the wish lists of the many children and laughing for the cameras!

This event would not be possible without the dedication and generosity of our many volunteers that make this magical day happen, as well as the support of our sponsors; Churchill Insurance, Gamma Omicron Master, Premier West Bank, Kiwanis Club of Yreka, Sharon Evanhoe, Epsilon Sigma Alpha, Scott Valley Bank, Swenson Medical Practice, Tri Counties Bank, and Darrel & Jeanne Frost. **Thank you!!!**

ART IN THE HOSPITAL

By Robin Bailey

How exciting it was for the Community Relations Committee to view the number of photo entries for this year's "Art in the Hospital" project. This project began six years ago and each year the number of photographs submitted has grown. There were over 40 lovely pictures to choose from and what a difficult task it was!

One photo in particular tugged at the heart strings of this committee. This was a black and white photo submitted by Al Kiep. It was taken in 1961 of his three children. In the photo the two older children are holding their eight hour old sibling. This picture will be displayed in the Obstetrics Department.

Kathy Hayden and Christi Scalera submitted a photo taken during spring branding at the TN Cattle Company in Gazelle. A photo submitted by Malia Rhodefer was of the fertile fields of Scott Valley with the snow capped Marble Mountains in the background. Pat Smith submitted a photo taken in Little Shasta of four raccoons looking at her from behind a log. A close up photo of a candy cane Zinnia was submitted by Karla Killion. Terry Amaral's picture was taken on the Pacific Crest Trail near Deadfall Lakes showing the PCT sign directing people to Mexico or Canada. Lois Taylor submitted a photograph of an oak tree in her backyard in Gazelle which was decorated with with snow.

The Committee looks forward to next year's exciting entries.



FOCUS ON THE FOUNDATION

By Mary Ellen Bryan



Darrin W. Mercier

photo by Judith Pavlik

FMC Hospital Board member, FMC Foundation Board member, Siskiyou County Fair Board member, Hospice ex-officio Board member, and Rotarian are some interesting titles. Trial lawyer, husband and dad of three, country farmer, hunter and fisherman are other diverse descriptions that fit this former college physiology major with a genetics minor in a pre-med program. They all apply to one man- Darrin Mercier.


Darrin has been able to weave his loves for family, animals, medicine, and the law into a life that brings him joy, success, and challenge.

He was born and lived in Hacienda Heights, southern California, where all the members of his family and extended family were. His father made a major move to a forty acre farm in Lincoln, California, near Sacramento when Darrin

was ten. At that time, Lincoln had a population of approximately 1700.

Country and farming life suited Darrin. He was active in 4-H and Future Farmers of America, raised pigs and had his own string of milking cows. His love for animals provided him with lots of responsible hands-on experience working in a

Chocolate



Heart Warmers
by Susan Wade RD, CDE

Justifying your chocolate habit just got easier. Two new studies bolster the evidence that cocoa has good effects on the heart and blood vessels. The publishers found that blood pressure in a group of men with the highest cocoa intake was a few points lower than blood pressure in the group with the lowest cocoa intake. Chocolate lovers can take heart in the growing body of research that shows this favorite food is packed with high quality polyphenol antioxidants that scientists say may reduce the risk for developing cancer and heart disease.

Chocolate Bread Pudding
Makes 8 servings
This recipe takes 10 minutes to prepare

- **Nonstick cooking spray**
- **¼ cup sugar**
- **3 Tbsp. butter**
- **1 vanilla bean (or may substitute 1 tsp. vanilla extract)**

- **1 ½ cups fat-free Half & Half**
- **2 eggs**
- **¼ tsp. salt**
- **4 2 x 4 inch chocolate cake squares**
- **¼ cup golden raisins**

Preheat the oven to 350 degrees

In a medium-sized bowl, combine the sugar and the butter. Using an electric hand blender or mixer, beat until the mixture is well creamed.

Slice the vanilla bean in half lengthwise and scrape the insides into the bowl with the sugar and butter mixture. Add the Half & Half, eggs, and salt, and mix the ingredients well. Coat an 8-inch square baking dish with cooking spray. Cut the cake into medium-sized pieces and place them in the baking dish.

Sprinkle the raisins over the cake pieces. Pour the Half & Half mixture over the cake and raisins. Bake for 30 minutes or until the bread pudding is set and slightly browned.

Since this recipe makes 8 servings, avoid temptation by saving it for a dinner party or family celebration.

Nutrition Facts • Serving Size 1/8 recipe
Carbohydrate Exchanges 2 • Fat Exchanges 1.5
Amount per serving • Calories 212 Calories from fat 76 • Total Fat 8 grams
*Saturated Fat 4 grams • Cholesterol 94 milligrams
Sodium 366 milligrams • Total Carbohydrate 30 grams
Dietary Fiber 1 gram • Sugars 20 grams • Protein 5 grams*

veterinarian's office and influenced him to pursue a veterinary pre-med program at U.C. Davis. On a dare, one of his buddies challenged him to take the pre-law qualifying exam. He did and scored in such a high percentile that he reassessed his future and enrolled in law school.

His first year of law school in 1990, he married Carol Gulbranson— a Lincoln woman and legal secretary who "grew up with her own pony and loved the country life". After graduation from law school, Darrin found that work in a large real estate law firm was challenging. However, after learning the "ins and outs" of a large 50 member law firm, he and a friend "walked across the street and opened up our own office" initially "having one office where we changed the pictures depending upon who had a client."

Eventually, his friend, Chris Marto, working as a public defender in Siskiyou County, invited him up to have a look at rural California. He and Carol were sold on getting back to the country. Thirty days later they were living here. He and Chris bought the Friedman and Rau law firm. Darrin's interest in trial law was significantly hindered by conflict of interest issues due to the extent of the firm's client base. This fact and his love of trial and courtroom law spurred him to open his own office in October 1998. Since that time, he has recruited one attorney, Thomas Linville and is presently recruiting two more.

Darrin and Carol now live out in the country with horses, chickens, rabbits and, soon to come, pigs. Their three children, Kristin, ten; Chase, seven; and Lauren, four are following the parental footsteps of farm life and 4-H

His association with Fairchild Medical Center since 1997 connects him with his abiding love of medicine and provides him the opportunity to add a legal perspective to the two boards – a valuable service for FMC. His next challenge? Building a pig enclosure before his children begin their 4-H swine project in April.

Clip and Mail

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BEHIND THE SCENES... IT ALL STARTS HERE...FMC BUSINESS OFFICE

By Betsey Shuteroff

As with all departments that make up our facility, the business office fulfills an extensive list of tasks and responsibilities. A very busy place, this office performs services without which the Medical Center simply could not function. This department tends to the "non-medical" but nevertheless critical business element so much a part of the health care system as it exists.

With functions and scope of service far beyond what it might seem as one stands in line to sign in for services, the role of the business office is vital and multi-layered. The business office is responsible for the accuracy and flow of patient information from the time of registration to every department, including the ER, and all matters pertaining to patient billing until the account is financially satisfied.

Often, the business office person at the registration window, be it ER or lobby, is the first contact the general public makes with our hospital. The staff, by necessity, must be well informed and efficient; they must understand and explain myriad regulations ("may we call you by your name while you are in our hospital?") request seemingly endless signatures and complete piles of paper work. They witness important documents, provide information on Advance Directives, they must have understanding of the basics of the services and needs the person is presenting for. All of this, to a public that often would rather be "anywhere but here." This is the same team that handles the endlessly ringing phone system with pagers, beepers, voice mail, transfers, and is generally considered to know everything anyone calling into the hospital could want to know.

The department actually consists of two categories, Registration and Patient Accounting. Registration is responsible for maintaining accurate and updated demographics for each patient registered for services. Patient accounting carries the task of billing and collecting accounts in a timely manner insuring continued revenue for the facility.

The department is staffed 24 hours a day, 7 days a week. Most of the people working in the business office are cross-trained for more than one position thus



DON'T BUG ME

By Georgeanne DeMarco

DIARRHEA 101

Everything you were afraid to ask - Everything you did not want to know

We have all experienced diarrhea often caused by something we ate. Most diarrhea begins suddenly resulting in increased frequency, volume and weight of stool - 4 to 5 or more loose or watery bowel movements a day. This diarrhea can be accompanied by nausea, vomiting, abdominal cramping, bloating, fever, urgency and malaise. Diarrhea is often caused by bacteria, virus, or parasites. Most causes are not dangerous and go away in 1-3 days without treatment. Diarrhea is rarely life threatening.

TREATMENT: usually with time, rest, fluids and/or possibly anti-diarrhea medications the diarrhea will go away. Until the diarrhea is under control, drink small amounts of clear liquids frequently. Clear liquids include: water, broth, jello water, apple juice, weak tea and 7-Up. **Be cautious** - taking anti-diarrhea drugs may delay the elimination of the germs from your digestive tract. Antibiotics are generally not ordered. Avoid milk, fruits, extremely hot or cold fluids, alcohol, tobacco and too much intake of anything at any one time. When your diarrhea stops you may start the BRAT diet which will help your stool to become more formed.

- Bananas
- Apples (without skin)
- Rice
- Toast (dry)

Once these foods are tolerated, add full liquids, then and, soft foods. Low-fat yogurt and low-fat cottage cheese will help restore the normal bacteria balance in your bowel.

Wash your hands well to avoid spreading any bacteria or virus.

Call your caregiver if you are unable to keep fluid down, vomiting or diarrhea become persistent, abdominal pain develops or increases, you develop a fever, the diarrhea becomes excessive or contains blood, or you experience weakness, fainting, dizziness or extreme thirst.

Escherichia coli is a normal bacteria in the intestine, but certain types of E. coli infections are associated with hemolytic uremic syndrome - a disease marked by destruction of the red blood cells, drastic decrease in the platelets, and acute kidney failure. Most E. coli infections come from eating undercooked ground beef, drinking contaminated water, drinking unpasteurized (raw) milk or working with cattle. The bacteria has been found in lettuce, spinach, sprouts, salami and unpasteurized juice. Swimming in contaminated water can also give you an infection. People who are infected with E. coli are very contagious. **HAND WASHING** is of the utmost importance to prevent the transmission of E. coli. These E.coli are the chief cause of bloody diarrhea, along with severe cramping. E. coli diarrhea is harder on children and older adults. It can cause renal failure and required hospital attention

TREATMENT: have your doctor do a stool culture as soon as possible if you experience severe diarrhea or bloody diarrhea. There is no special treatment, except drink clear fluids and watch for complications. **DON'T** take medicines to stop the diarrhea unless your doctor tells you to. If you are seriously dehydrated, you might need to go to the hospital to receive fluids thru your veins.



enabling more flexibility and efficiency. This busy department averages registering 225 patients in a 24-hour period.

Ewana Solus is the Business Office Manager. She has worked in almost all the different positions within the department during her 20 years as an employee of the medical center.

Registration Supervisor is Bylle Masonheimer and Patient Accounting Supervisor is Cindy Lutge.

Ewana describes a mind-boggling list of tasks her staff is responsible for, and a glance at their job titles and job descriptions gives a real sense of how much detail and effort is involved.

The department has 16 Admit/PBX registrars, 1 cashier, 2 financial counsellors, 1 bill preparer, 1 verification clerk, and 6 billers. The staff of 28, including the manager and the two supervisors has a combined total of 130 years of service in our hospital.

As with any endeavor in the present health care system, the governmental regulations, complicated paper work, insurance verifications and billings, privacy laws and the very personal and often stressful nature of medical situations that our patients face, all combine to challenge the staff of our business office.

This group, both in the very forefront and truly "behind the scenes" of the hospital work hard to provide efficient, accurate and timely service to our patients, ancillary departments and our physicians.

PREVENTION:

- Wash your hands carefully with soap before you start cooking
- Cook ground beef until you see no pink anywhere.
- Don't taste small bites of ground beef while you are cooking.
- Don't put cooked meat on a plate that had raw meat on it before.
- Cook all hamburgers to at least 155 degrees F.
- Defrost all meat in the refrigerator or the microwave. **DON'T** let meat sit on the counter to defrost.
- Keep raw meat and poultry separate from other foods. Use hot water and soap to wash cutting boards and dishes if raw meat or poultry have touched them.
- Don't drink raw milk.
- Keep foods refrigerated or frozen.
- Keep hot foods hot and cold foods cold
- Refrigerate leftovers right away or throw them away
- People with diarrhea should wash their hands carefully and often, using hot water and soap. Wash for at least 30 seconds. People who work in day care centers and homes for the elderly should wash their hands often too.
- In restaurants, always order hamburgers that are cooked well done so that NO pink shows.

Like I always say: WASH YOUR HANDS

Congratulations to the Baby of the Month Footprints to the Future Winners

October Baby: David Lee Dellett III
Mother: Jamie Dellett
Birthdate: October 31, 2006

November Baby: Brittany Annie Whitefeather VanDever
Mother: Syshana Hocker
Birthdate: November 2, 2006

December Baby: Levi Eugene Etchison
Mother: Wendy Etchison
Birth date: December 21, 2006



FIRST BABY OF THE YEAR - 2007!

Proud parents Mark Elliot Rivett and Rebecca Clark show off their first born son, Brycen Elliot Rivett. Brycen was born January 2, 2007 at 7:15 p.m.

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