

Fairchild Medical Center

Foundation



News

News for friends of the Fairchild Medical Center Foundation

100
SOLUCIENT
TOP HOSPITALS

Fairchild Medical Center Foundation

SUMMER 2006

444 Bruce Street
Yreka, CA 96097
(530) 842-4121



Building A Healthier Community

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.

BOARD OF DIRECTORS

Marcia Allen
Robin Bailey
Mary Ellen Bryan
Rose Cardoza
Tina Chenevert
Jeff Chitwood
Marcia Churchill
Tres Churchill
Vera Clement
Jack Cowley, M.D.
Mike Crebbin
Shelly Davis
Frank DeMarco
Dave Dealey
Wilfred W. Eastman, Jr. M.D.
James Flett
Gilbert Foster
Marian Hamilton
Rick Henderson, M.D.
Jim Hendricks
David Herfindahl, M.D.
Dwayne Jones
Ann Kaster
Altha Lindsay
Mary Lorenzini
Kevin Martin
Darrin Mercier
Rosalee Meyer
Larry Mulloy
Michaela Novello
Matthew Osborn
William Overman
Barry Peters
John Pomeroy
Daniel Purtzer, M.D.
Jay Quisenberry
Maytha Reather
Dwight Roberts
Gail Rogers
Mary Rose
Jackie Roy
Betsey Shuteroff
Deanne Terry
Debby Whipple
Jim Wilson
Shauna Wilson

Annual Donor Recognition Dinner

By Susan Ikenberry



The Sixth Annual Donor Recognition Dinner was held on Thursday, March 30, 2006 at The Elks Lodge in Yreka. Over 90 Pinnacles of Giving contributors were invited to a special evening of recognition and gratitude for their support of Fairchild Medical Center Foundation.

Jim Flett, Chairman of the Planned Giving Committee welcomed guests as they arrived to the gentle sounds of guitars playing during the social reception, followed by a lovely dinner catered by Olivera Catering. Dwayne Jones, CEO of Fairchild Medical Center spoke to the guests regarding the importance of FMC being named a Critical Access Hospital and future goals and direction for the hospital.

As a member of the Pinnacles of Giving Society, you belong to a distinguished "family" of generous and dedicated individuals who strive to ensure that quality healthcare is available to every

member of our community. Your generous gifts are recognized annually and as your giving level increases to "Mt. Eddy Fellow" or above, you will receive an invitation to the Foundation's Annual Donor Recognition Dinner.

If you would like more information on how to become a member of the Pinnacles of Giving Society please contact the Foundation Office at (530) 841-6239.



Fairchild Medical Center
Foundation News
is published four times a year by the
Community Relations Committee
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 removed from
future mailings contact the
FMC Foundation Office, 444 Bruce St.
Yreka, CA 96097

DON'T BUG ME

Georgeanne DeMarco

What's Wrong with MEN'S HEALTH

On the average men die 8 years earlier than women. Why is it that men are reluctant to seek medical treatment, leading to a later diagnosis and poorer prognosis. This could be due to economic barriers, systemic barriers and even racial issues. "Real men" are risk takers, competitors that don't show weakness. They repress pain, ignore symptoms and deny illnesses to demonstrate their manhood. There is a societal belief that men should "tough out" illness. They don't want to be seen as "wimps". The health status of men is pretty alarming...especially in the area of controllable, chronic diseases that go unchecked and then generate serious health effects. However, this can be changed.

MEN: what can you do to stay healthy: You can get certain screening tests, take preventive medicine if you need it and practice healthy behaviors.

SCREENING TESTS can find diseases early when they are easier to treat.

- **Cholesterol check** - every 5 years from age 35, from age 20 if you smoke or have a family history of heart disease.
- **Blood Pressure** - check at least every 2 years
- **Colorectal Cancer Test** - regular screening starting at age 50, with follow-up decided by your physician.
- **Diabetes Tests** - be screened if you have high blood pressure or high cholesterol.
- **Depression** - if you've felt "down", sad or hopeless for 2 weeks straight.
- **Sexually Transmitted Diseases** - let your doctor determine if you should be screened.
- **Prostate Cancer Screening** - have your doctor monitor and order a prostate-specific antigen (PSA) test and do a digital rectal exam (DRE)

MEDICINES:

- **Aspirin** - talk to your doctor about taking aspirin daily to help prevent heart disease if you are older than 40, or if you are younger than 40 and have high blood pressure, high cholesterol, diabetes or if you smoke.
- **Immunizations** - stay up to date with your shots:
 - o Have a flu shot every year starting at age 50.
 - o Have a tetanus-diphtheria shot every 10 years.
 - o Have a pneumonia shot at age 65, or before if you have certain health problems.
 - o Talk to your doctor to see if you need Hepatitis A or B shots.

DON'T SMOKE - If you do, talk to your doctor about quitting. You can take medicine and get counseling to help you quit. Make a plan and set a quit date. Tell your family, friends and co-workers you are quitting. Ask for their support.

EAT A HEALTHY DIET - Eat a variety of fruits, vegetables, protein (both animal and vegetable) and grains. Take a multi-vitamin. Limit sugars and fats.

BE PHYSICALLY ACTIVE - Start small and work up to a total of 20 - 20 minutes or more most days of the week.

STAY AT A HEALTH WEIGHT - Balance the number of calories that you eat with the number of calories that you burn off by your activities. Watch portion size. Consult your doctor about what and how much to eat.

DRINK ALCOHOL ONLY IN MODERATION - If you drink alcohol, have NO more than 2 drinks a day. A standard drink is: one 12 ounce bottle of beer or wine cooler, one 5 ounce glass of wine, or 1.5 ounces of 80 proof distilled spirits.

Well Gentlemen, now you are aware of what you need to do to maintain and improve your health. Set up an appointment with your doctor right away, have your necessary screening tests, take necessary medication, pay attention to the good health guidelines. This way you can lengthen your life span and have more good years with your loved ones.



Most of this information came from the United States Department of Health and Human Services Agency for Healthcare Research and Quality.

AND REMEMBER...WASH YOUR HANDS!

FOCUS ON THE FOUNDATION LARRY MULLOY

By Mary Ellen Bryan

Larry Mulloy, Senior Vice-President at Scott Valley Bank (SVB) in Yreka, has been a mainstay of the FMC Board since 1992 when Fred Eastman, M.D. and Rick Henderson M.D. encouraged him to become involved. He has served as its chairperson for nearly nine years. In a member role, he began participating on the Foundation board when it was established to support the new FMC Hospital eleven years ago.

Larry comes from Siskiyou pioneering stock. The Mulloys homesteaded in the Bogus area in the 1860's and arrived in Scott Valley in the 1930's. At a recent Fort Jones High School reunion, his mother, Grace Mulloy, at the age of ninety-four, was the oldest participant present. Larry has an older brother, Jerry, retired and living in Arkansas. His wife, Frankie, has been an administrative secretary in the school system for thirty-three years: first in Fort Jones for nine years and now at Yreka High School for the past twenty-four years. A son, Con, lives in Reno, Nevada and is a financial planner with Ameraprise. A daughter, Jill, is married and living in Tacoma, Washington. She has a son and a daughter.

Larry is a graduate of Chico State with a Bachelor of Science degree in Agronomy and a Master's degree in Soil Science. Although he had a variety of job offers after graduation directly related to his education, he was courted successfully by Ernie



Smith, President of SVB. Mr. Smith enticed him to begin his bank management career, starting in Happy Camp for four years. Since then he has moved up through his thirty-three years of association with SVB to the senior vice-president position. Although the field of agriculture has changed considerably since he graduated, he credits his interest and educational background in agriculture in helping him be useful to and knowledgeable about the concerns of ranchers using SVB services.

Scott Valley Bank has been an incredible support to him in the role of FMC board president by allowing him time off for training, attending meetings and accomplishing the varied responsibilities demanded by that position. He credits this support to the philosophy of the bank which is to successfully play a positive and useful role in the communities it serves.

One of the challenges for him has been to learn a different vocabulary as he deals with the jargon of the medical world and a different way of functioning with the complexities of the Medicare and insurance systems. He is a loyal man committed to the mission and growth of FMC Hospital and Foundation and to SVB - the institutions he serves so well. Agronomy's loss is FMC's gain.

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

April Baby: Kegan Montgomery
Mother: Shawna Montgomery
Birthdate: April 10, 2006

May Baby: Jamie Lee Kruger
Mother: Rebecca Snavely
Birthdate: May 24, 2006

June Baby: Kyle Allen Blanton
Mother: Danielle Barnes
Birthdate: June 23, 2006

Clip and Mail

"Together We Can Climb Any Mountain"

Pinnacles of Giving Society

- _____ \$5,000 Mt. Shasta President
- _____ \$2,500 Marble Mountain Leader
- _____ \$1,000 Goose Nest Partner
- _____ \$500. Mt. Eddy Fellow
- _____ \$250 Black Butte Pioneer
- _____ \$100 Willow Creek Mountain Associate
- _____ Other _____

Name _____

Address _____

City _____ State _____ Zip _____

Enclosed is my tax deductible contribution of

\$ _____ Payable to:

Fairchild Medical Center Foundation

Your tax-deductible gift will help maintain the highest quality health care for those we serve today and for future generations.

MARK YOUR CALENDARS

Warm up for the 12th Annual Fairchild Medical Center Foundation Golf Tournament - September 10, 2006

Don't miss this year's Health Fair! Saturday, September 23, 2006 at Siskiyou Golden Fairgrounds. Over 70 Exhibitors.

SPOTLIGHT ON DIETARY DEPARTMENT OF FAIRCHILD MEDICAL CENTER

By Betsey Shuteroff with Susan Wade, RD, CDE

It might seem unusual for a **hospital** cafeteria to be a popular place to meet, enjoy a good meal, appreciate pleasing décor and inviting atmosphere, interact with a friendly staff, and also learn some important health tips along with the experience. This would describe the Café at Fairchild Medical Center, surely the most popular and universally known public area of our hospital.

Susan Wade is Manager, a Registered Dietician and Certified Diabetic Educator who has been with our hospital for the past 15+ years. Susan is rightfully proud of her fine department, and most of all, her fellow dietary employees. "We have a great team. We all work together, help each other and chip in wherever there is a need. We want people to feel welcome and well-treated when they come dine with us." In addition to fresh flowers and linens, it should be noted that the fun and wonderful decorations in our café are provided by a tireless and enthusiastic FMC nurse, Madeline Kelly, who comes in on her own time and with her own resources provides an ever-changing theme.

It is interesting to learn a little more about this very busy and far-reaching department as they do much more than provide a cafeteria for visitors and employees and prepare patient meals.

The day starts at 5 AM in the kitchen and ends at 7:30 PM. The staff produces 1200 patient meals per month and 11,000 non-patient meals per month. Staffed by three Registered Dieticians, other hard-working personnel include cooks, cafeteria workers, dietary aides, purchasing agent, dishwashers, and foodservice workers. A total of 19 persons work in this department, which has an annual budget of one-half million dollars.

The dietary team strives to use the freshest, most nutritious ingredients in every recipe. Money donated by a physician bought a special mixer enabling the Pantry Staff to make homemade breadsticks, pizza dough and cinnamon rolls. There is always a vegetarian choice available in every menu.

The Dietary department is responsible for providing various catering activities in and about the hospital: OB Candlelight Dinners for new parents, medical staff meeting dinners, employee BBQ's, OB teas for prospective parents, and Health Fair education. They always provide a nice arrangement of complimentary snacks for employee meetings and educational functions.

Perhaps one of the most important and valuable public services provided by this department is Diabetic Education. Susan Wade, RD, our Certified Diabetic Educator, provides counseling and teaching to all newly diagnosed diabetics admitted to the hospital. She also teaches classes to nursing personnel and physicians on diabetes related topics. Community diabetes classes are given on a regular basis, and these classes are always full.

In addition to that, the team designs bulletin board displays throughout the hospital on nutritional and food related topics to help promote knowledge and increased information to public and staff alike.

We are fortunate to have such a great dietary department; you are much appreciated for all you do.



Spiced Pumpkin Bread



Heart Warmers
by Susan Wade RD, CDE

Makes 1 loaf: 12 servings

Just one slice of this delicious quick bread provides you with 45 percent of your Recommended Dietary Allowance of cancer-preventing vitamin A, thanks to the pumpkin. I cut calories, fat and cholesterol by: Replacing shortening with a combination of applesauce and molasses. Using egg whites instead of whole eggs. Replacing whole milk with buttermilk. Reducing the amount of walnuts.

1 ¼ cups all-purpose flour
¾ cup whole-wheat pastry flour
1 cup packed brown sugar
1 tablespoon baking powder
1 teaspoon ground cinnamon
¼ teaspoon baking soda
¼ teaspoon ground nutmeg
¼ teaspoon ground ginger
¼ teaspoon ground cloves
4 egg whites
1 cup canned pumpkin
½ cup buttermilk
3 tablespoons unsweetened applesauce
2 tablespoons molasses
½ cup chopped walnuts

Preheat the oven to 350 degrees. Spray an 8" x 4" x 2" loaf pan with no-stick spray and set aside. In a large bowl, stir together the all-purpose flour, whole-wheat flour, brown sugar, baking powder, cinnamon, baking soda, nutmeg, ginger and cloves. Add the egg whites, pumpkin, buttermilk, applesauce, and molasses.

Use an electric mixer to beat on low speed just until blended, then beat on high speed for 2 minutes. Stir in the walnuts.

Pour the batter into the prepared pan. Bake for 55 to 65 minutes or until a toothpick inserted in the center comes out clean. Cool the bread in the pan for 10 minutes. Then remove the bread and cool completely on a wire rack before slicing,

Nutrition Scorecard (per serving)

	Before	After
Calories	251	199
Fat (g.)	10	3
% Calories from fat	36	11
Cholesterol (mg.)	37	0

PRESORTED
STANDARD
U.S. POSTAGE PAID
YREKA, CA
PERMIT NO. 9

Fairchild Medical Center Foundation
444 Bruce Street
Yreka, CA 96097



ADDRESS SERVICE REQUESTED

FAIRCHILD MEDICAL CENTER CELEBRATES “NATIONAL HOSPITAL WEEK”

By Susan Ikenberry

Dori Reynolds remembers her first visit to a hospital. “I was a first grader at Fort Jones Elementary School when our class took a field trip to Siskiyou General Hospital. I remember how nice the nurses and staff were to us. After that, whenever we came to Yreka, I would beg my mother to let me go by the hospital to see all of the nice people.”

This is music to our ears! Every year in May, “National Hospital Week” is recognized throughout the country. During this time we open our doors to elementary school students for a tour of Fairchild Medical Center. The students are shown everything from X-rays of broken legs and arms to lab equipment. A purpose of the tour is to acquaint young children with the hospital and the people working there. We want to show these young people that the hospital is not a “scary” place, but a wonderful place with a lot of very nice people working there. As you can see from the expressions on the students’ faces, the tour of the hospital will be something they will not forget for a long time.



We are very proud of Fairchild Medical Center and we look forward to “National Hospital Week” every year.

IN MEMORY OF DOLORES NOVELLO

Howard & Deanne Terry

IN MEMORY OF SUSAN MARVIN

Mike Crebbin

IN MEMORY OF RICHARD DAY

Daniel & June Girdner

IN MEMORY OF ELIZABETH BRYNER

Marcia & Jerry Churchill

IN MEMORY OF KATHRYN MORGAN

Blair & Barbara Attridge

IN MEMORY OF THOMAS LINDLEY

J. Dan Price

IN MEMORY OF ELNORA SCHANBACHER

*Harvey (Pat) Foster • Harriet Houston
Katherine Woodward • David Wheeler
Roger & Sherrie Black • Ray & Ellen Camp • Bob & Edna Orr
Rodney & Pam Kellogg • Elaine Borden • Greg & Deb Borden
Terri & Mike Smith • Cynda & Ron*

IN MEMORY OF KAREN ELAM

*Ramona Hensley-Sturgill • Nancy Mac Gowan
David & Deborah Howell • Esther Van Baren • Esther Gebelein
Barbara Grimes • Debra Rodriguez • Georgeanne DeMarco
Carla & Bruce Riger • Julie Gauden • Vikki Webster
Mark Winningham • Lavonne Ramsey • Tracy Hall • Rob Overman
Peggy Amaral • Kathy Shelvock • Wendy Wilson • Doris Kyle
Pat Cates • Jeanna & Darrell Frost • BeBe Gamboa
Northern Siskiyou Ambulance Service
Susan Braun • Linda Boutin • Shelby Cloyd*

IN MEMORY OF FRANCES WILSON

Dr. & Mrs. Larry Meyer

IN MEMORY OF STEVEN LYMAN

Dr. & Mrs. Larry Meyer

IN MEMORY OF ROBYN LAWRENCE

Jane Michels

IN MEMORY OF JEROLD ALAN MULLOY

*Mr. & Mrs. J.B. Foster • Harvey (Pat) Foster
Lonny & Sharon West • Jerry & Marcia Churchill*

IN MEMORY OF BARBARA COLLIER

Dwayne & Sandy Jones • Jim & Freda Wilson

