



Foundation

News

News for friends of the Fairchild Medical Center Foundation

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www.fairchildfoundation.org

SPRING 2008



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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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2008 FMC FOUNDATION DONOR DINNER



Dennis Cross, Dwayne Jones, Jim Cross



Mike and Christal Duncan



Nancy and Pat Foster



Rob and Kathy Overman



Joan Favero, Mary Lindley, Barbara Day

The Fairchild Medical Center Foundation's 2008 Donor Dinner was a heartwarming event. The chilly weather outside did not dampen the spirits of those attending the 8th annual recognition dinner. Everyone agreed this was a night to be remembered.

With over 90 guests in attendance, the evening started off with the gentle sounds of guitars by Marl Bell, Jim Walton and Paul Walton. There were words of welcome and thanks from John Pomeroy, Chairman of Fairchild Medical Center Foundation and Jim Flett, Chairman of the Planned Giving Committee. Fairchild Medical Center's CEO, Dwayne Jones also thanked those present for their support during the previous year. After a brief update on the Emergency Department re-model, Mr. Jones introduced Jonathon Andrus, Associate Administrator. Mr. Andrus also thanked everyone present for their support.

After a wonderful dinner catered by Olivera's, comedy entertainment was presented by Tom Seiber, Connie Croad and Gerald Murphy.

The Fairchild Medical Center Foundation (FMC) believes the Pinnacles of Giving Society will provide the greatest source of unrestricted support now and in the future. Members of the Pinnacles of Giving Society are those who join the annual giving program, make memorial contributions, make unsolicited donations and FMC employees who contribute to the Foundation. It is our pleasure to recognize and thank those donors each year with an invitation to the Annual Donor dinner.

With so much support for the Fairchild Medical Center's Foundation, there is always so much to celebrate, and this event was no exception!



Jim Cross, Carol Crebbin, Mike Crebbin, Dennis Cross

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and friends of the
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If you wish to be included or
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Yreka, CA 96097

BEHIND THE SCENES AT FMC

By Betsey Shuteroff

Purchasing Department FMC "We Deliver!"

It is hard to imagine the scope and magnitude of researching/acquiring, buying and distributing all the medical and non-medical supplies used in the day-to-day operations of a facility as diverse and busy and vital as Fairchild Medical Center.

From delivering the most basic office supplies such as paper clips and sticky notes, to computers and office machinery, to cleaning supplies for Environmental Services, to state of the art medical equipment, "Purchasing" is responsible.

Purchasing basically buys everything for every department in the hospital. The only exception is they do not buy food for Dietary or drugs for Pharmacy.

Bob Curry, department manager, elaborates: "Last year we placed orders on 7,400 purchase orders. For every purchase order there are receiving reports, and invoices to approve for payment. We are the first step in the accounts payable process. Three days a week we receive one or two, 5-6 foot pallets of supplies from our main vendor. We try to buy locally whenever feasible, but of course much of what is used is highly specialized, and every day we receive shipments from UPS, FedEx express, Fed X ground, DHL and other carriers. All of these supplies are processed, delivered, or put into stock every day."

Purchasing has much broader functions than simply ordering and delivering supplies to the various departments in the hospital. Another important function of this department is the managing and negotiations of contracts, which includes supply contracts and equipment service contracts. They process out-going shipments, which includes appropriate packaging and labeling, pick up and process the out going mail, and deliver incoming mail to the appropriate mail boxes. They go to the Post Office every day to deliver special mail or buy stamps for various departments.

Purchasing also has a busy print shop, and prints 90-95% of all hospital forms. This is a huge job. The forms and all manner of paperwork are massive in quantity and ever changing, frequent revisions are a given. Purchasing staff often helps with suggestions and design ideas to improve these forms. They print around 70,000 copies a month, some forms are padded with special printer's glue, and some are drilled to fit charts and binders when indicated. They also print on NCR paper up to 3 parts, (this is the paper used for multiple copies) such as Physicians Orders.

But print jobs don't end there; they then deliver the forms to the ordering departments. The goal is to fill forms/print orders within two days, and most of the time they are delivered the same day they are ordered.

Curry, who has been in material management for over 20 years, and has 7 years experience as a cardiopulmonary tech prior to that, gives further insight and history about his department. He comments when we first moved into the new hospital in 1997, he looked around the storeroom and wondered how they would fill all those shelves. A look around this "mini warehouse" today shows that is no problem, the shelves are packed, and predictably, space is always an issue. There are things you simply better not run out of in a hospital, so space and inventory management are critical.

Over the past few years the volume and amount of supplies and scope of services has increased tremendously. In this time however, the available space and number of employees (4 employees, including Bob) have remained the same. The department has gained efficiency through improved system organization, and of course, advances in computer technology and management of supplies. Curry explains that his department has focused on improving "customer service" (i.e. the hospital.) One important Performance Improvement goal was to improve the timeliness in which orders are delivered. "When you want it you get it" is the aim, and the department is pleased to have achieved an average fill rate for stock items of 96%.

They have worked toward better communication with all departments to aid in the process; timely placement of orders, and properly filled out requisitions all help make the flow smoother and more efficient, resulting in much greater satisfaction for everyone.

It is a busy place, a mini warehouse, print shop, quasi post office, delivery service, catalogue store and friendly staff who stand ready to help find what we need, and to deliver. Bob, Donna, Ed and Kristie have a combined service of 31 years. We are all grateful for their services and their expertise to keep things ready and available for employees, and the ultimate consumer, our entire community.



Ed Titus, Donna Cruz, Kristie Marshall, Bob Curry



Spring Broccoli Salad



Heart Warmers
by Susan Wade RD, CDE

Welcome Spring with a Fresh, Colorful Broccoli Salad

Spring into healthful eating this season with the vibrant veggies in this colorful dish. Broccoli – a cruciferous vegetable – is rich in fiber and folate and is linked to a decreased risk of several types of cancer. In addition, research shows that garlic – a member of the allium family – probably protects against colorectal cancer. Share this salad with family and friends at your next picnic or potluck and pass along good health. 2 cups broccoli florets the figity bits on the end of the stalk (or fresh green beans, if desired)

1/4 cup purple onion, diced

1/4 cup yellow pepper, diced

1/4 cup pimento peppers, diced

1 Tbsp. extra virgin olive oil

1 Tbsp. frozen orange juice concentrate, thawed

1/2 Tbsp. rice vinegar

2 cloves garlic, minced

1/2 Tbsp. minced fresh parsley

1/8 tsp. dried marjoram

Salt and freshly ground black pepper, to taste

Pinch of cayenne pepper

Steam the broccoli for 2 to 3 minutes, or until it is bright green. Transfer broccoli to a medium bowl. Add the onion, yellow pepper and pimento.

In a small bowl, whisk together the olive oil, orange juice concentrate, rice vinegar, garlic, parsley, marjoram, salt, pepper and cayenne. Toss the dressing with the broccoli. Serve at room temperature or cold.

Makes 4 servings.

Per serving: 60 calories, 3.5 g total fat (<1 g saturated fat), 6 g carbohydrates, 2 g protein, 2 g dietary fiber, 85 mg sodium.

PLANNED GIVING

IRAs and Endowments: Looking Ahead

Anyone with foresight will plan for the future – especially when it comes to retirement funds. People know that Social Security income doesn't provide enough to care for day-to-day needs. Supplemental funds will be needed to make ends meet.

Nonprofit organizations must look to the future as well. Discerning board members realize that building up an endowment is the only way to prepare adequately for the uncertainties that lie ahead. To rely on annual gifts alone is risky business.

Fairchild Medical Center Foundation is building an endowment. We are preparing to meet the financial challenges that lie ahead. If you are retired – or in the process of building a retirement fund – you understand the importance of this kind of planning. We invite you to join us in this process. Here are some possibilities to consider:

1. Include Fairchild Medical Center Foundation as a primary or secondary beneficiary on your retirement funds document – depending on the needs of your spouse. That way, when you (and your spouse) are gone, the fund assets will flow into our endowment program. The principal or corpus of your fund will continue to be preserved to provide income for future needs at Fairchild Medical Center.

2. Transfer real estate or other appreciated assets to a life-income gift vehicle such as a charitable trust or charitable gift annuity. The asset will then be sold and the proceeds re-invested to gain both income and appreciation. You will begin to receive regular retirement disbursements from these funds. When you no longer need the income, the remainder can be used to create or support an endowment fund.

3. Include a bequest in your will to fund the Fairchild Medical Center Foundation Endowment.

To learn more about our endowment program, please contact the Foundation Office at (530)841-6239.

FOCUS ON THE FOUNDATION

by Mary Ellen Bryan

Although nursing has been a major part of her life, FMC Foundation member Betsey Shuteroff is an incredible gardener and landscape designer. Visiting the Shuteroffs' new home and gardens is a wonderful treat. They have spent four very active and focused years arranging boulders, rocks, fountains, art work, trees, and plants into a most pleasing and interesting design. (For thirty years, the Shuteroff family lived on "their little farm" raising pigs, sheep, horses, and a huge garden. When the children were off and grown, the couple decided to make a change and build a new home in Yreka.)



Betsey Shuteroff

Born in Ann Arbor, Michigan while her father was in medical school, Betsey and her family later moved to California after her psychiatrist father was recruited into the U.S. Navy during World War II. As the second born child with four brothers, she spent her formative years in Santa Rosa where she and Robin Bailey began their life long friendship.

Betsey married David Shuteroff in 1964. They began their now forty-four year marriage by putting each other through school: she was first with nursing school and an R.N. degree. Then they were off to Chico State College for Dave's teaching degree. Parenting their children (Anya, born in 1969 and Daniel in 1971) was easily shared by their compatible nursing and school schedules. Dave learned to cook. Now Anya, a talented vocalist who works in interior design, lives in the San Francisco Bay Area with her husband, Michael. They have an almost two year old son who is a great joy to his grandparents. Dan, an educated and accomplished outdoorsman, lives in Snowbird, Utah.

As a family, they moved to Yreka in 1972. Dave taught art at Yreka High School and Betsey went to work for Siskiyou General Hospital in the Emergency Department. She also worked a stint for the Public Health Department and spent several years in a doctor's office as his surgical nurse. She returned to SGH in 1982 where she again worked in the emergency room until 1988. At that time she moved into the newly developing "outpatient surgery" area. In the early 1990's she became Nurse Manager of that department. She expresses appreciation to the hospital administrators for not only acknowledging her ideas and proposals about nursing care but allowing her the opportunity for the development and working management of the then expanding concept of outpatient or "same day" surgery. She continued there as a working R.N. manager until she stepped down to a less active role in 2002. Although now

semi-retired, she maintains her connection to outpatient surgery as well as to FMC.

Betsey has served in a variety of community roles in her nursing career: membership on the Yreka Elementary School Board, on the Siskiyou Artist Association Board, and on the Siskiyou County Planning Commission (two years). She acted as NPR's KSOR representative for Siskiyou County (six years) and the Siskiyou General's Hospital liaison with the Yreka Chamber of Commerce.

Very important to her was being one of only two hospital employees asked in the early 1990's to participate in the early strategic planning for the new hospital. She actively fund raised for FMC. Since FMC Foundation's inception and at the request of Foundation co-chair, Jim Wilson, she served until 2006 as chair of the Community Relations Committee that is responsible for this newsletter.

Like the boulders anchoring and gracing her home garden, Bestey Shuteroff, R.N. acts as a solid presence and influence in her professional life. Her "hands on" approach, her need to "make connections with folks" and her love of geriatric nursing makes her a valuable asset to the nursing profession. She is most grateful that her vision, ideas, and energies have been appreciated and well-utilized by FMC administration. Understandably, the FMC Foundation is grateful for her presence and influence.

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

January 08 Baby: Nautica Lynn Michelle Peterson
Mother: Melissa Peterson
Birthdate: January 2, 2008

February 08 Baby: Logan James Taylor
Mother: Noelle Taylor
Birthdate: February 6, 2008

March 08 Baby: Sandralea Carson
Mother: Lea Hill
Birthdate: March 15, 2008

NEW FACES IN SENIOR MANAGEMENT AT FMC

In recent months there have been some changes in the Administrative Offices at FMC, and the Foundation would like to acquaint our community with our two new team members, Joann Sarmiento, Manager Human Resources (HR) and Michael L. Madden, Assistant Administrator. Mike Madden arrived at his new job at FMC in October 2007. He and his wife Geri relocated from Evansville, Indiana. He brings to FMC a broad spectrum of health care experience of over 28 years, working in many different areas of hospital services, including management of various departments such as Health Information Services, Materiel Management, Information Technology, Business Office and Controller. His experience includes his military service, and working in medical facilities as diverse as a 450-bed hospital, faith based, rural small community hospital, "not-for-profits", and "for-profits".



Mike Madden

In addition to his years of hands-on experience, Mike has pursued advanced education in health care, earning a Master's Degree in Health Administration, and is Board Certified as a Certified Healthcare Executive (CHE).

He describes his position as Assistant Administrator as being just that, the assistant to Jonathan Andrus who is the Associate Administrator of FMC. Madden's assistance will enable Andrus to focus his attention on many other aspects of hospital management in an ever-increasing world of regulations, requirements, recruitment, committee work, public responsibility and general oversight of the entire medical center.

Madden is busy, providing administrative oversight to the ancillary departments of Engineering, Environmental Services, Purchasing, Health Information Services, Business Office, Information Technology, Imaging Services and Clinical Laboratory. He is also Corporate Compliance Officer and HIPPA Privacy Officer.

As he settles into his position at FMC, he notes many areas of progressive and innovative practice; he also looks forward to sharing and bringing ideas and things learned from other areas to us. Mike expresses great enthusiasm for his new job and home. He and his wife have six grown children, "on both coasts," and have welcomed their first grandchild, a little boy, Jaxon, born in February of this year.

Mike and Geri live "in the country" and enjoy being in the outdoors and the rural environment. Mike describes the hospital as "Fantastic. The people here are so friendly and helpful".

We welcome Mike and look forward to working with him in our effort to continually improve our services to our community.



Joann Sarmiento

Right "next door" is the office of Joann Sarmiento, who has joined the FMC team as Manager of Human Resources (HR).

While new to FMC, Joann is actually a Siskiyou County native. Raised in Grenada, she graduated from Yreka High School, and went on to Fresno State University where she received her degree in Business Administration with a minor in Psychology.

After graduation Joann worked in HR for Blue Diamond Growers in the Sacramento area for two years, then moved to the SF Bay Area where she worked for nine years for a national retailer in several areas of HR.

As Manager for FMC Human Resources, Joann is the go-to person for employees for answers, clarification and help whenever needed. She is responsible for implementing and developing plans and policies related to Human Resources, making sure that employment practices and policies are uniform and meet legal requirements. She administers fringe benefit programs, maintains all employee records and conducts all new hire orientations.

Joann comments that she has really enjoyed working with all of the staff. "Things are really done well here," she comments, she also expresses appreciation for Sandy Rhodfer, her long-time predecessor, who has "really shown me the ropes", as well as her support staff who are also helping make the transition smooth.

Joann has been married for seven years to her husband Chuck; they have a six-year-old son, Quincy, who is in kindergarten at Evergreen Elementary School. Joann says her family is adjusting well to life in Siskiyou County, although she says she has been challenged to convince her husband this winter's snowfall is not typical. She is delighted to back in Siskiyou County, where all of her family still lives. "The thing I think I love the most about moving home is having Sunday dinner with my entire family. It's really great!"



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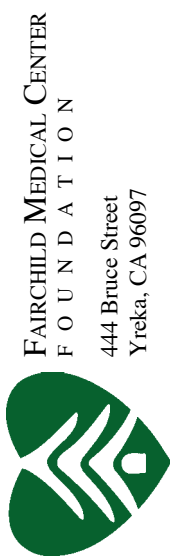
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In Memory of Helen Easton
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In Memory of Bob Moore
Tom & Peggy Amaral



FAIRCHILD MEDICAL CENTER
FOUNDATION
444 Bruce Street
Yreka, CA 96097

ADDRESS SERVICE REQUESTED

**FAIRCHILD MEDICAL CENTER FOUNDATION CONTRIBUTES \$250,000
TO THE NEW EMERGENCY DEPARTMENT AT
FAIRCHILD MEDICAL CENTER**



Jonathon Andrus, Dwayne Jones, Larry Mulloy, John Pomeroy, Jim Flett

Fairchild Medical Center was presented with money raised by Fairchild Medical Center Foundation to help with the cost of expanding and upgrading the hospital's Emergency Department. The Foundation raised \$250,000; half of which came from hospital employees and the balance from members of our community.