

Fairchild Medical Center

Foundation News



News for friends of the Fairchild Medical Center Foundation

444 Bruce Street
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WINTER 2008



Building A Healthier Community

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2007 FMC CHILDREN'S CHRISTMAS FESTIVAL

"Share The Magic"



Magic was truly in the air on December 1st for the 7th annual Children's Christmas Festival.

Festivities began with a family pancake breakfast prepared by Santa's helpers and elf volunteers.

There were workshops available for each child to create his or her own brand of magic from painting wooden cars or recipe holders, creating peanut butter bird feeders, decorating Christmas cookies, ornament making, to decorating special bags to hold all those treasures.

Our resident storyteller created her own expressive wonderland with each story she read by the warming fireplace. Magic music, played by our very own talented musician was heard throughout the community center, children even had an opportunity to try their talent with some of the musical instruments. Santa arrived just in time to greet all the kiddies and



listen to each and every request, and have his photo taken with each one. The children even had their own gift boutique (no adults allowed), where each child could not only find that special present, but have it gift wrapped as well. Cinnamon Bear was there to give out hugs and warm wishes and enjoy the magic of this special day.

There were drawings held throughout the event for Teddy Bears and a raffle drawing was held for beautifully decorated Christmas Trees and Wreaths. Through a child's eyes, the world still continues to hold only wonder, joy and fascination.

Thank-you to Marcia Churchill, Chair, and all the participants, volunteers and persons involved in the success of this wonderful project.

What a wonderful way to involve oneself in the joy and magic of the holidays. We hope next year all will join us in "Sharing the Magic" with the children of our community.

FOCUS ON THE FOUNDATION:

FMC Focus on the Foundation
Mary Ellen Bryan

Marian Hamilton

If any one could be easily interviewed by phone on a day too snowy to meet face to face, Marian Hamilton is the one. With her business experience and creative skills, this five-year plus member of the FMC Auxiliary and Foundation is a valuable asset.

The daughter of a logging company superintendent, Marian was born in Klamath Falls, Oregon, lived her first six years near Canby, Oregon in a mill community, and then spent her educational years in Klamath Falls, graduating from its high school. She has two brothers and a sister, separated by at least five years between each of them,

As a business major at Oregon State College, she was one of only seven women in the business department during the flux of Korean war veterans returning on the GI bill. One of those vets was named "Wes Hamilton". When she learned (after getting acquainted and smitten) that her mother and two younger children were living in a house that Wes had previously lived in, she knew they were "meant to be together". Marriage in December 1954 was the result. She completed her AA degree and had their first child; then Wes graduated from OSC in forestry in 1957. Their first forestry assignment with the USFS took them to Alturas, then on to Tulelake (one and 1/2 years), to Surprise Valley near Cedarville (ten years), to Happy Camp (five and 1/2 years) and then to San Bernadino (seven years). They moved to Yreka in 1980. Marian reports that they have lived in twenty-four different houses during their married life, moving each time more adequate housing became available. They have three children: Harry, Robin, and Becky and five grandchildren. Harry lives in Alabama and Becky in San Bernadino. We all know Robin Bingham as the FMC executive secretary. She is very proud of her offspring and see them as having benefited from small town education and with the need to develop their own independence and talents.

Throughout her married life, Marian has utilized her business and seamstress abilities. Because USFS policy prevented family members from working in the same forest, she initially established a home business by sewing for others. She later opened her first fabric store in San Bernadino. Her fabric store in Yreka occupied the present Surroundings and Natural Selections location. Teaching, designing, constructing, altering and fabric selling were her mainstays. Many are the brides in Siskiyou County who wore a Marian Hamilton gown. For many years, she and Wes have been in the business of making child-sized rocking horses and other toys and structures from wood. These were for sale in her Yreka store. They still make them for sale.

Presently, she and Wes have been bitten by the genealogy bug. They are researching his family and writing a book meant only for family members. She plans to tackle her family one of these days but finds Wes's family most interesting.

Marian became involved with FMC as a way to help others. She enjoys it completely and finds it a great outlet. She presently is manager of the auxiliary gift shop and a co-buyer with Natalie Arkfeld. She's made some changes in its operation: sharing buying responsibilities; adapting to the new purchasing process by buying online and using disks; and establishing a credit card charging ability which allows the sale of more upscale items. She notes that sixty-five percent of shoppers use credit cards.

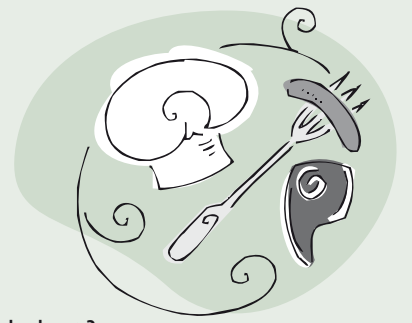
Each December, she's an important part of the FMC's Share the Magic event offering children a chance to write a letter to Santa. She also makes sure that Santa takes time to answer those letters. (June Gardner recently told her that one of her grandsons was delighted to receive a letter from him.)

On a snowy day, Marian was a delight to interview. Stop by the FMC gift shop on Tuesdays, have a visit, and bring your credit card.



DON'T BUG ME

By Georgeanne DeMarco, RN
Food Safety



How do you know that your food is safe?
Are you handling foods properly?
Are you checking for outdates?
At what temperatures should hot and cold foods be kept?
How long should leftovers be kept? Etc.,etc.,etc.

Let's start with basics:

- WASH YOUR HANDS WELL. 20 seconds of hand washing under running water with soap is recommended. Be sure to wash after using the bathroom (avoid fecal contamination).
- Use clean, sanitized work areas, cutting boards, knives and utensils.
- Avoid cross contamination. Wash and sanitize utensils and cutting surfaces after cutting raw meats. Be sure that cutting boards are run thru the dishwasher or washed under hot, soapy water.
- Thoroughly cook meats to the proper temperature: Meat/Fish... 145 degrees; Ground Meats... 155degrees; Food with Stuffing... 165degrees; Poultry... 165degrees.
- Use sanitary food and water sources. If something looks or smells bad, DON'T USE IT!
- Keep cold foods cold and hot foods hot! The temperature danger zone is between 41-135 degrees; don't allow perishable foods to be in this zone any longer than four hours. If you can't get that "Doggie Bag" refrigerated with in the four hour time limit, then leave unfinished food at the restaurant.
- Cool cooked foods quickly then properly refrigerate leftovers in appropriate containers. Date and label; then use or discard within three days. Don't overfill the refrigerator as it will have to work harder to stay cold. Don't put hot food in the refrigerator (or the freezer); you could spoil other foods near a hot container.
- When reheating any potentially hazardous food, get the temperature to 165 degrees for at least 15 seconds within two hours.
- Control flies and other varmints.
- Remember to always monitor expiration dates and rotate your supplies (put the new behind the older items).
- Once a can is opened, store leftovers in an appropriate container; do not store in the can. Reseal bags and packaging so that they are airtight.
- Never thaw foods on the counter; microorganisms will begin to grow and multiply. Thaw in the refrigerator, under cold running water, in the microwave or as part of the cooking process.
- Oils should be kept in cupboards or away from sunlight.
- Flours and grains should be kept no longer than one year.
- Maximum storage time for frozen foods is:

- | | |
|----------------------------------|---|
| 1. Beef, Poultry... 12 months | 5. Fruits, Vegetables... 12 months |
| 2. Fresh Pork... 6 months | 6. Ice Cream, Frozen Yogurt... 3 month |
| 3. Lamb, Veal... 9 months | 7. Discard meat with freezer burn. |
| 4. Ground Meat, Fish... 3 months | 8. DO NOT refreeze foods that have been thawed. |

Go, now, and check your canned goods! If a can is damaged, dented, or rusty or if a safety seal does not pop when you open a jar---throw it out!
And, while you are up, go WASH YOUR HANDS!

Stuffed Red Peppers

 **Heart Warmers**
by Susan Wade RD, CDE

Color your meal healthy with these savory stuffed peppers. The sweet red bell peppers bring an impressive presentation, as well as healthful nutrients to your table. They are bursting with two vital antioxidants, vitamin C and beta-carotene, which help prevent cancer and other chronic diseases. The stuffing freezes well, making it a great choice for a quick mid-week meal or for entertaining. Lasty food will make friends but food that looks as good as it tastes will keep them coming back for more.

4 medium red or yellow bell peppers., tops, ribs and seeds removed
1/2 lb. ground turkey breast
1 cup cooked brown rice
1 small onion, finely chopped
1 clove of garlic, peeled and minced
1/2 cup canned black beans, rinsed and drained

1/2 cup corn, fresh, canned, or frozen and defrosted
1/4 cup finely minced flat- leaf parsley
1 tsp. dried oregano
1/2 tsp. salt
1/4 tsp. freshly ground black pepper
2 Tbsp. grated Parmesan cheese
2 Tbsp. bread crumbs, preferably whole-grain

*Note: You can also use green bell peppers if red or yellow me not available. But please note that green peppers are not thoroughly ripened and therefore contain less vitamin C and beta-carotene.

Preheat the oven to 400.

To get the bell peppers to stand up straight, cut a very thin slice off of the bottom of each bell pepper without making any holes. Set them aside.

For the filling, in a large bowl, combine the turkey, rice, onion, garlic, corn, parsley, oregano, salt and pepper. Add beans, mixing in lightly with a fork so beans aren't mashed. Set aside.

Divide the filling into four portions, packing each pepper with the mixture and mounding any extra at the top. Place stuffed peppers in a baking dish just large enough to hold them. Pour 1 cup of water into the bottom of the pan. Cover the dish with foil and bake it in the center of the oven for 40 minutes. In the meantime, combine the cheese with the bread crumbs in a small bowl.

After 40 minutes of baking, uncover peppers. Sprinkle the cheese mixture over the top of each pepper. Continue baking the peppers, uncovered, 15 to 20 minutes or until the peppers are soft when pierced with a knife but not collapsing. Cool for 10 to 20 minutes, and serve.

Makes 4 servings.

. Per serving: 249 calories, 5 g. total fat (2 g. saturated fat), 31 g. carbohydrate. 19 g. protein, 6 g. dietary fiber, 579 mg. sodium.



EMERGENCY DEPARTMENT EXPANSION

By Deanne Terry

On January 8, 2008, the new expansion of Fairchild Medical Centers Emergency Department opened their doors to the community.

Fairchild Medical Center Foundation is grateful to everyone for their generous donations and support for the project. You have helped make this expansion a reality.

The new Emergency Department offers a separate entrance and a larger more comfortable waiting area. In addition, a private confidential registration area and a private triage area for nursing staff to perform thorough patient assessments to determine urgency of patient care.

Fairchild Foundation Medical Center Foundation would like to acknowledge the leadership of Kathy Shelvock, R.N., Assistant Administrator, Patient Care Services, in seeing this project through to its completion.

The Emergency Department Expansion at Fairchild Medical Center is just another wonderful example of your Community and your Foundation working together.

BEHIND THE SCENES AT FMC

Behind the Scenes... Health Information Services
Another Link in the Chain of Medical Care

By Betsey Shuteroff

Health Information Services (HIS) is what used to be known as "Medical Records". When you enter this department there is a sense of focus and concentration among the staff, each involved in quiet productivity. Some are wearing headphones, busily typing away in front of computers, some almost hidden at their desks behind large baskets containing stacks of charts and records. Usually, someone is standing at the copier/fax machine, feeding reams and piles of paper into the large and hardworking machine. Then there is that remarkable room with the moving wall that rolls aside to reveal isles of what appears to be millions of color-coded folders. (It looks like a place that you had better know how to find what you are looking for or you will be in a lot of trouble).

This department is another of those vital areas in FMC that is "behind the scenes", perhaps even unrealized, by the general public, yet critical in the communication of records, protection of privacy, and keeper of information. HIS is another link in the chain, which provides safe and appropriate medical treatment to our community.

While most of us chafe at endless paper work and record keeping, it is vital in the process and there is no escaping it. As is well known by hospital employees, this department serves as our "records police", (if that sounds harsh, it is not, they serve a function that protects everyone.)

HIS helps FMC remain compliant to the strict regulations imposed on the industry. If the various professionals within the hospital, and this includes the doctors, fall behind in any record keeping, from the smallest initialing of an order to the most complicated physician dictation, this department is ever-vigilant and our names will appear on a list to report to HIS and get our records appropriately completed. This is important because in our highly regulated industry, insurance and governmental agencies demand standards and we must comply or risk losing status or even accreditation.

Given increasing regulation and use of our hospital, this department is extremely busy these days, notes Department Manager, Alexis Parsons. She explains that in addition to handling not only the usual business of medical records, they are responsible for the transcription of all clinical departments in the hospital. They take care of all of the data transfer, including abstracting and processing of the hospital's Core Measures program. Core Measures is data that is collected on different diagnoses and sent to CMS (Centers for Medicare and MediCal Services) and JCAHO, (accreditation) where we are rated on our performance. HIS is also responsible for reporting data to other entities in the State.

The group of employees that handle these tasks number 13, including the Manager, and they have 87 years of combined service. The tasks within the department vary, each with degrees of specialization. There are 3 transcriptionists, whose job is to type with lightning speed,



Top row left to right: Alina Jaycox, Pat Scott, Raynette Pellizzer, Debbie Sylva, Sunshine Betts, Regina Beardon
Front row: Linda Johnson, Alexis Parsons, Kathy Hagedorn

the complicated histories and procedures, dictated by the providers of the services. Anyone who has ever read one of these things can appreciate the skill needed to keep up and understand, let alone be able to spell this kind of dictation!

There are 3 "coders", who are responsible for making sure the records are complete and accurately coded so they can be sent to billing to be processed and sent to insurance companies.

Also keeping the department running smoothly are 2 file clerks, a scanning clerk, 2 main desk clerks, one for day and one for evenings, and a "float" or backup person who can work in different capacities. The float person also handles such things as birth certificates, records releases, and general support for the crew.

Manager Parsons, RHIT (Registered Health Information Technologist), who has 25 years in medical records, also has degrees in Family Studies and Gerontology, and worked as a Therapist for 8 years. She is rightfully proud of her staff, commenting that many are Certified specialists in their areas, or are eligible and/or planning on sitting for their exams for Certification. She says, "There is a real sense of team in our department. Everyone is very supportive of each other and we have become quite a little family!"

True. All hospital employees know the best potlucks and treats in the place are "over in 'records.'" Not all work and no play, thank you, HIS, one and all, for your invaluable contributions and assistance.

THANK YOU

To these Fairchild Medical Center Employees who unselfishly contributed to the Fairchild Medical Center Foundation during 2007 through payroll deductions:

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"ART IN THE HOSPITAL" UPDATE



left to right: Dean Summers, Penny Wells-Thomas, Debbie Scott, Michael Cassady, Christal Duncan & Nancy Egeline

The FMC Foundation "Community Relations Committee" met recently and juried what will be the 6th season of original local photographs selected to hang in the hospital. Chosen photos are matted, framed, and the contributor is acknowledged with a plaque.

This "competition" has really grown in popularity and participation. Each year more and more local photos are submitted; it is difficult to choose, as there are so many really good pictures! Generally the committee considers suitability, variety, and general appeal of the works submitted. Identities of the photographers are unknown until judging is completed.

Selected photos for 2007 include "The Pumpkin Patch" and "Aloft in Shasta Valley" by Christal Duncan, "Barn in Montague" by Dean Summers, "Cummins Drug Store Fire of 7/7/90" by Nancy Egeline, "Kitty at Gate" by Michael Cassady and "Cow in Snow" by Penny Wells-Thomas. The committee also chose "The Four Seasons at the Courthouse" by Debbie Scott to be placed in the newly remodeled Emergency Department.

"Art in the Hospital" started in 2000, and has been a favorite project of the Community Relations committee. In addition to the photography, works

include the Carol Crebbin Memorial bas-relief mural that hangs above the lobby by local artist Dave Cullison, the "History Wall" with historical local photos, and original portraits by Kathleen Magnuson, and the ever-popular and ever-changing "Children's Art Wall, which hangs in the hall to the cafeteria.

The entire "Art In the Hospital" project was conceived by the committee as a way of making our hospital more attractive and the public areas more interesting, thus adding enjoyment in general to all users of the facility. The public has responded enthusiastically and the committee looks forward to ongoing projects.

Committee members are: Chairperson Robin Bailey, Betsey Shuteroff, Tres Churchill, Rose Cardoza, Ann Kaster, Deanne Terry, Mary Ellen Bryan and Susan Ikenberry, Fund Development Director.

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

October 07 Baby: Joanna Kinderman
Mother: Kim Kinderman
Birthdate: October 25, 2007

Nov. 07 Baby: Noah Vittorio Lee Lane-Koop
Mother: Lisa Lane-Koop
Birthdate: November 6, 2007

Dec. 07 Baby: Stevie Marie Dean
Mother: Lisa Dean
Birthdate: December 22, 2007