



444 Bruce Street
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www.fairchildfoundation.org

FALL 2012



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.

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Golf Tournament

18th Annual Fairchild Medical Center Foundation Golf Tournament

This year Fairchild Medical Center Foundation's 18th Annual Golf Tournament was held on September 9, 2012 at Lake Shastina Golf Resort. A full field of golfers enjoyed a day of fun and games on the golf course. There were closest to the pin and long drive contests, a Bank Hole contest that paid \$475 to the winner! Congratulations Travis Salvestro!

Many people took home prizes won in the golf tournament from the auction and raffle that took place following golf. Some of the great prizes were a Bushnell Range-finder, camping equipment, wine packages, barbecue grill, rounds of golf, tools and more.

We want to thank the Tournament Hat Sponsor this year – Scott Valley Bank – for the wonderful hats each golfer received. Thank you Scott Valley Bank for all of your support and the great hats!

Our first Golf Ball Drop sponsored by Mark Gibson and Mercy Flight Medford was a huge success. Following golf, lunch and the raffle, the Mercy Flight helicopter flew over the golf course and dropped 1000 golf balls over the target pin on the driving range. There were golf balls flying and bouncing all over the place! When they came to a rest, the ball closest to the target pin was ball # 835 – Jay Quisenberry. Congratulations Jay on winning the \$1000!

We are so pleased that we reached our goal of \$20,000! Proceeds from this year's event will be used to purchase a Neptune 2 Waste Management System for the Surgery Department.

Plans are underway for next year's tournament – September 8, 2013 – so mark your calendars! If you would like to be on the mailing list for next year's tournament, please contact Susan Ikenberry at Fairchild Medical Center Foundation Office 841-6239.



First Place Low Gross Team: Bob West, Jake West, Dennis "Hags" Hagerty, Rich Cloutman

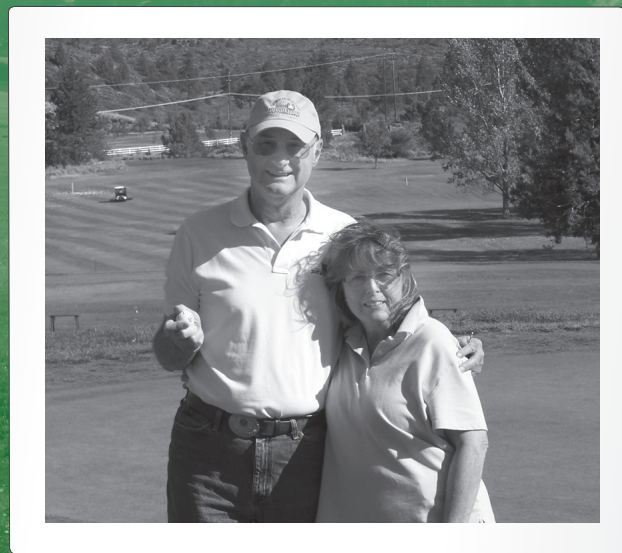
TOURNAMENT RESULTS:

1st Place Low Gross Winners were:
Bob West, Jake West, Dennis Hagerty & Rich Cloutman

2nd Place Low Gross Winners were:
Jim Mullins, Mason Hanson, Jim Clark & Mark Jones

Closest to the Pin - Men's: Don Nolan
Closest to Pin - Ladies: Wanda Hollenbecky

Long Drive - Men: Jake West
Long Drive - Women: Wanda Hollenbecky



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

A big thank you to all of our sponsors, prize sponsors, golfers, volunteers and the staff at Lake Shastina Golf Resort. What a wonderful day!

What is an Anesthesia Provider ?

By Marcia Miller, RN

An anesthesia provider is responsible for the well-being of patients before, during and after surgery. This may include placing the patient in the state of controlled unconsciousness called “general anesthesia”, providing “regional anesthetics,” in which only a portion of the body is made numb, and administering sedation when indicated for the relief of pain or anxiety. All of these functions provide continuous pain relief and sustain patients’ critical life functions as they are affected throughout surgical, obstetrical or other medical procedures.

What Types of Anesthesia Providers Are There?

Anesthesiologists are highly skilled medical doctors (M.D. or D.O.) who specialize in the field of anesthesiology. They have significantly longer and more extensive training than other classifications of anesthesia practitioners, so they are most qualified to make anesthesia-related perioperative medical decisions. An anesthesiologist is the director of the Anesthesia Care Team.

A nurse anesthetist or CRNA is a registered nurse who has satisfactorily completed an accredited nurse anesthesia training program. They are nonphysician anesthetists, specializing in the provision of anesthesia care and participate in the administration of anesthesia in a variety of surgical cases.

What do Anesthesia Providers Actually Do?

The role of the anesthesia provider extends beyond the operating room. The anesthesia provider is responsible for the pre-operative assessment of the patient, and evaluation process that carefully considers both the patient’s current state of health and the planned surgical procedure. This evaluation allows the anesthesia provider to make judgment about the safest anesthesia plan for each individual patient. The anesthesia provider is also responsible for the well being of the patient post operatively, while the patient emerges from the effects of anesthesia. They often are involved in the management of acute post operative pain, as well as chronic and cancer pain; cardiac and respiratory resuscitation; blood transfusion therapies; and respiratory therapy.

There are three main categories of anesthesia, each having many forms and uses. The three categories are general, regional and local.

In general anesthesia you are unconscious and have no awareness or other sensations. There are a number of general anesthetic drugs – some are gases or vapors inhaled through a breathing mask or tube and others are medications introduced through a vein.

In regional anesthesia, your anesthesia provider makes an injection near a cluster of nerves to numb the area of your body that requires surgery. You may remain awake, or you may be given a sedative, either way you do not see or feel the actual surgery taking place. There are several kinds of regional anesthesia; the two most common are spinal anesthesia and epidural anesthesia. In local anesthesia, the anesthetic drug is usually injected into the tissue to numb just the specific location of your body requiring minor surgery.

What Kind of Training and Education does an Anesthesia Provider Have?

Anesthesiologists in the United States complete a four year undergraduate college degree that includes satisfying pre-med requirements. Like other medical doctors, anesthesiologists must follow undergraduate education with four years of medical school. After medical school a physician specializing in anesthesiology completes a four year anesthesiology residency program and completes the American Board of Anesthesiology exam.

The requirements for becoming a Certified Registered Nurse Anesthetist (CRNA) mainly include having a bachelor’s degree in nursing, Registered Nurse Licensure, a minimum of one year acute care experience, and successful completion of both an accredited nurse anesthesia educational program and the national certification examination.



Dr. Gabriel Pereira



Dr. Gerald Wade



Fran Young



Kamal Cheema

Let’s meet Fairchild Medical Center’s anesthesia providers!

Dr. Gabriel Pereira – Dr. Pereira has been a practicing medical doctor for 20 years and has lived in Siskiyou County for 6 years. Dr. Pereira is the Anesthesia Service Director at Fairchild Medical Center. Dr. Pereira received his medical degree from Loma Linda University’s School of Medicine. He completed his Anesthesia Residency at University of Kentucky Medical Center. Dr. Pereira is Board Certified in Anesthesiology. He enjoys his time off with wife and two daughters playing in the water. He enjoys reading and hiking as other hobbies.

Dr. Gerald Wade – Dr. Wade has been practicing medicine for 33 years, 6 years in general practice and 27 years in anesthesiology. Dr. Wade received a Bachelor’s degree from Walla Walla College, his medical degree from Loma Linda University and completed his internship from Wright Patterson AFB Hospital. Dr. Wade completed his anesthesiology residency from University of California at Davis. Dr. Wade is Board Certified in Anesthesiology. Dr. Wade enjoys his time off with his wife Susan, by flying his airplane, camping, and attending church activities. They also enjoy visiting their children.

Fran Young—Fran attended El Camino College in Torrance, CA graduating with an ADN, and continued her education at Barnes Hospital Nurse Anesthesia School, graduating with a Diploma in Anesthesia. Later she attended Stephens College in Springfield, Missouri with a BSA degree. Fran currently holds a Registered Nurse Degree, Certified Registered Nurse Anesthetist, and is Certified in Advanced Cardiac Life Support, Basic Life Support and Pediatric Advanced Life Support. Fran has been in Anesthesia for 34 years and has been working in Siskiyou County for 4 1/2 years. Fran enjoys many hobbies including; photography, travel, origami, kerigami, and quilting. She enjoys white water rafting and is a published novelist of two science fiction books, an adult and a childrens.

Kamal Cheema – Kamal completed her Bachelor and Master’s degree in nursing at California State University at Fullerton. She completed her School of Anesthesia at Kaiser Permanente receiving a master’s degree in Anesthesia. She also attended Medical College in Ludhiana in India. She is Board Certified and has been in her position of anesthetist for 6 years and has been working in Siskiyou County for 1.5 years. Her hobbies include being outdoors, music, keeping up on current affairs and cooking. Kamal enjoys attending Gymboree with her two year old son. Kamal also participates in community outreach programs as a volunteer.



Heart Warmers

Eggplant, Tomato & Cheese Casserole

Ingredients:

Olive oil cooking spray
2 medium eggplants, washed, ends cut off (do not peel)
2 tsp. dried oregano
1 (16-oz.) jar reduced-sodium chunky marinara sauce
2 Tbsp. chopped fresh basil, divided
2 cups cooked spinach
3/4 cup shredded Fontina cheese (Gouda, Gruyère, or Monterrey Jack may be substituted)
Black pepper and salt (optional)
2 Tbsp. freshly grated Parmesan cheese

Directions:

Preheat oven to 375 degrees.

Bring large pot of water to boil. Spray 7 x 11 baking dish with cooking spray and set aside.

Slice eggplant lengthwise in very thin slices, about 1/4 inch each. Add to boiling water with a quick stir. Eggplant slices will float to top; push down into water. Cook for about 2 minutes from when it starts to boil again. Drain and set aside.

Mix oregano into marinara sauce and spoon 1/4 cup sauce onto bottom of baking dish. Place a layer of eggplant slices, as you would pasta, on bottom of dish. Cover eggplant layer with more tomato sauce, some basil, a layer of spinach, and then sprinkle some fontina cheese on top. Sprinkle with salt and pepper if desired. Continue to layer eggplant, sauce, basil, spinach and cheese until you reach almost the top of baking dish. The last layer should finish with both Fontina and Parmesan cheese.

Cover baking dish with parchment paper and then aluminum foil and bake for about 35–40 minutes. * Test with knife for doneness. If knife can be inserted with no resistance, uncover, and bake for additional 15 minutes until top is golden and bubbly. Remove from oven. Let rest for 10 minutes and garnish with remaining basil.

Makes 8 servings.

Per serving: 150 calories, 7 g total fat (2.5 g saturated fat), 19 g carbohydrate, 7 g protein, 7 g dietary fiber, 151 mg sodium.

By Valerie Beaver, RD - FMC Clinical Dietician

Focus on the Foundation

Jim Wilson Retires

By Mary Ellen Bryan



After forty years actively involved with the Siskiyou General Hospital and its successor, Fairchild Medical Center, Jim Wilson has retired. Owner/dealer of Jim Wilson Motors, this able and focused man has had an important and pivotal role in the success of both medical institutions.

Jim was asked to fill a vacant seat on the closely held SG Hospital board in 1972. He joined members AH Newton, MD; Robert Bayuk, MD; John Collier, Siskiyou County Title Company; Alden Dixon, pharmacist, Yreka Drug; Charles Cooley, banker; and Fred Burton, attorney. This board signed a contractual agreement with Beverly Enterprises to operate the hospital. The board negotiated a buy back of the county management agreement from Beverly Enterprises and set the precedent for board and staff administration and management of SGH. They rented the facilities from the county for a nominal fee as well as fulfilling the county's commitment to indigent care. One of the board's goals was to build a new facility.

In that effort the hospital board attempted to form a foundation that they considered vital to their efforts to be successful. The first foundation failed for a number of reasons and Jim left the board for a short period of time. Then, in the early 90's, a San Diego consultant was hired to do a feasibility study and convinced the board a foundation was possible for two major reasons: the McConnell Foundation was interested and employees were willing to make a huge percentage of contributions toward its establishment. The board bought the plan!

At this point, the board courted Ann Kaster, Kevin Eberle, and Jim, convincing them to establish a fundraising committee which these three co-chaired. These three surrounded themselves with many community members, hospital staff and instrumental doctor support. Everyone helped the success of a monumental fundraising effort!

Jim was re-appointed to the Fairchild Board at that time. Jim continued to serve the board again retiring from it when Dwayne Jones, FMC administrator retired in 2008. However, he became the initial chair of the Fairchild Medical Center Foundation Board and remained an active member of it.

Early in 2012, he phoned in his resignation from the foundation board and is now enjoying the lack of obligation. However, his ties are not disconnected: he considers himself a conduit for information between the public and the hospital as people still call him to complain, compliment and make suggestions. Why did he retire? Aging and the need to expand his world to do some different things.

He has been a rodeo fan and participant all his adult life and involved in the study and understanding of it. His roping activities came to a standstill three years ago when he had a serious accident with a horse falling on him. Presently he is in the "futurity" (as distinguished from "maturity") bucking bull business with a cousin of his late wife, Freda's. They recently bought "Modoc Mad" (15,000

pounds, young, big and strong) and are showing him at the American Bucking Bull Institute (ABBI) competitions: Oklahoma; Springfield, Missouri; and Las Vegas, Nevada. "Modoc Mad" has been winning.

Apart from his ranches here and in Modoc County, Jim has a winter home in Arizona where, among other activities, he plays pickle ball. He, Marcia and Jerry Churchill have established, for those missing their winter activities, a two times weekly pickle ball group playing in Montague.

Even with his "new and retired" life, FMC is not far from Jim's thinking. The most important thing in his mind is the value of the hospital and recognizing people who have dedicated large amounts of time and money to make it what it is. "FMC has a vital part, not only in the past and present, but in the future of our community with many folks benefiting from it." He wishes to thank all those folks and general public who use its services. Most importantly, he makes the point that Fairchild Medical Center belongs to the people of Northern Siskiyou County. FMC Foundation is the proof!

Happy retirement, Jim. You have earned it!

FMC Foundation Fall BBQ

By Susan Ikenberry, Fund Development Director

Fairchild Medical Center Foundation's Board of Directors meet in February of each year to conduct Foundation business, such as election of officers, introduction of new board members and any other order of business that needs to be addressed by the Board. A second meeting of the Foundation's Board of Directors is held in September of each year. At this meeting, the Board of Directors from Fairchild Medical Center and the Medical Staff of Fairchild Medical Center are invited to attend. Board Members and Medical Staff are given the opportunity to come together and share their ideas and thoughts for ways to improve health care in our community. "This is an opportunity to show how much we appreciate these people who give so much of their time and talent to Fairchild Medical Center," states Susan Ikenberry, Fund Development Director for FMC Foundation.



This year, Howard and Deanne Terry opened their home to host our Fall Barbecue. It was a beautiful day, delicious food from Olivera's Catering, and lots of fresh peaches for everyone to pick and take home! Thank you to Howard and Deanne for such a lovely day.

DON'T BUG ME

SHINGLES

By Liz Pimentel, RN,BSN,CIC,CNOR
Infection Control Nurse



If you've ever had chickenpox, you are at risk of getting shingles. After a person recovers from chickenpox, the virus remains in the body in a dormant (inactive) state. For unknown reasons, the virus can reactivate years later, resulting in what is known as "shingles". Shingles is a painful, blistering skin rash that appears on one side of the face or body and lasts from 2 to 4 weeks. The first sign of shingles is often burning or tingling pain, or sometimes numbness or itchiness in one particular location on only one side of the body, after which a painful rash develops. Some people go on to develop postherpetic neuralgia (PHN) which may last for months and sometimes years. Symptoms of PHN include: aching, burning, stabbing pain in the area of the earlier shingles rash as well as extreme sensitivity to touch.

Almost 1 out of 3 people in the US will develop shingles; however the risk of disease increases as a person gets older. About half of all cases occur among men and women 60 years of age and older. People who develop shingles typically have only one episode in their lifetime; however some people may develop a second or even third episode. If a person with shingles passes the virus to someone who has never had chickenpox, the newly infected person will develop chickenpox, not shingles.

The Siskiyou County Public Health Department and many physicians' offices provide the shingles vaccine to people over 50 years of age. The Centers for Disease Control and Prevention recommend that the shingles vaccine be given regardless of a history of shingles. Because shingles can recur, the shingles vaccine may give protection from having shingles again. The vaccine consists of a weakened chickenpox virus, which helps stimulate your immune system to protect yourself should the virus become reactivated. In scientific studies, the vaccine reduces the risk of developing shingles by about 50%. The findings also show that in the event a person develops shingles, the period of PHN is shorter. The vaccine is a single injection, usually in the upper arm. The most common side effects of the shingles vaccine are redness, pain, tenderness and swelling at the injection site, and occasionally a headache.

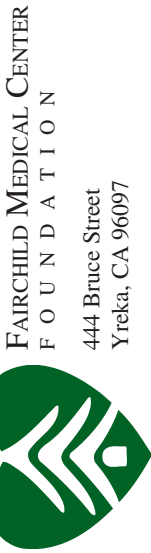
The shingles vaccine isn't recommended if you:

- Had a life-threatening allergic reaction to gelatin or the antibiotic neomycin
- Have a weakened immune system due to HIV/AIDS, lymphoma or leukemia
- Are receiving immune system-suppressing drugs, such as steroids, Humira, Remicade, Enbrel, radiation or chemotherapy
- Have active, untreated TB
- Are pregnant or trying to become pregnant.

The cost of the shingles vaccine may not be covered by Medicare or insurance, so it is best to check your plan prior to getting the vaccine. If you develop symptoms and think you may have shingles, see your Healthcare Provider as soon as possible. There are several antiviral medications that can be used to treat shingles and help shorten the length and severity of the episode. These medications are most effective if they are administered within 24 to 72 hours of the appearance of the rash.

Shingles can be a debilitating disease for the unfortunate 33% that develop it. Hopefully you gained some good information on how to prevent it as well as how to recognize it if it does occur. Remember early treatment may limit its severity.

May you enjoy good health and always remember to wash your hands.



Mark your calendars!

Fairchild Medical Center Foundation
Children's Christmas Festival "Share the Magic"
will be held Saturday, December 1, 2012
at Yreka Community Center.

Contributions have been made to
FAIRCHILD MEDICAL CENTER FOUNDATION
to honor the following:



In Memory of Ida Cappello
Norma Ellis
Chuck & Elena Atkins

In Memory of Dr. James Ungar
David & Debbie Howell • Tom & Peggy Amaral
Lavon Ramsey • Daniel & June Girdner
Fairchild Medical Center Medical Staff

In Memory of Betty Hendricks
Jim, Dan, Travis and Evon

In Memory of Mary Rose
Jim Wilson Motors

Clip and Mail – "Together We Can Climb Any Mountain"

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

2012 Health Fair

By Rose Cardoza

Fairchild Medical Center held its 14th Annual Health Fair Saturday, September 22, 2012 at the Siskiyou Golden Fairgrounds. The day started out with a Fun Run/Walk that had many participants. At 10:00 am our community members enjoyed opening ceremonies of the Flag Salute and the National Anthem presented by Boy Scout Troop #58 with Scout Leader Don Hill, followed by the Jackson Street School Choir led by Music Director Karen Clark.

Outside attractions included Fairchild Medical Center Disaster Preparedness display of the Decontamination Tent & Surge Tent, a Mercy Flight helicopter, CHP child car seat safety checks and a Mt. Shasta Ambulance was on display. FMC Kids Activities included face painting and games, a line dance demonstration by the High Mountain Line Dancers led by Sigi Mikec and a Zumba demonstration by Audacity Yoga and Fitness Studio. The FMC barbecue sold burgers and drinks with the proceeds benefiting the FMC Annual Health Fair and the crew did a great job! The ever famous Old Fashion Ice Cream Social put on by the Yreka Guild of Fairchild Medical Center was again a big hit.

Something new this year was helicopter rides provided by Cal-Ore Life Flights/ REACH Air Medical. Raffle tickets were sold at Fairchild Medical Center and 9 lucky winners had the opportunity for a thrilling helicopter ride! There were over 60 booths in two buildings offering health screenings and a variety of information from health care & veterans services to fitness facilities and classes. The Siskiyou County Public Health was in the Surge tent offering Tdap vaccine and Flu mist or shots for a small fee.

Peggy Amaral and her staff did a fabulous job of gathering so many organizations to present valuable information to our community. Thanks to all of the organizations for joining in the day!

