



# Foundation

# News

News for friends of the Fairchild Medical Center Foundation

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

**FALL 2008**



**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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## 2008 FMC Golf Tournament Winners

SEPTEMBER 7

**1st Place Low Gross**  
Stephen Swanson  
Reid Laeger  
Bill Newman  
Dale Hanstein

**2nd Place Low Gross**  
Richard Conroy  
Pistol Bray  
Troy Graves  
Tom Powers

**Long Drive Ladies**  
Jo Gibser

**Long Drive Mens**  
Pistol Bray

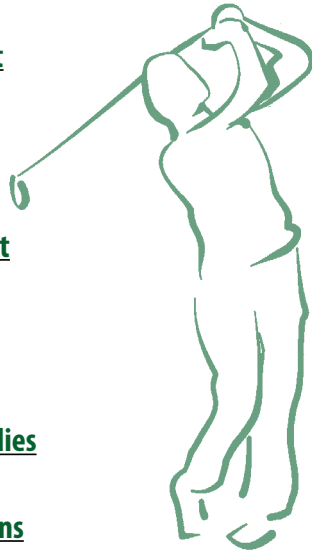
**Bank Holes**  
Tom Laustalot

**1st Place Low Net**  
Dwayne Jones  
Sandy Jones  
Sam Cox  
Donna Cox

**2nd Place Low Net**  
Bob Ensele  
Ed Titus  
Rich Friebel  
Rick Stretz

**Closest to Pin-Ladies**  
Donna Cox

**Closest to Pin-Mens**  
Mark Green



It was a perfect day at Lake Shastina Golf Resort when golfers came together to help raise money for new equipment at Fairchild Medical Center during the Hospital Foundation's 14th Annual Golf Tournament.



1st Place Low Gross Team - Stephen Swanson, Bill Newman, Dale Hanstein, Reid Laeger with Tyler Brown, Golf Pro



Tyler Brown, Golf Pro with 1st Place Low Gross Net Team - Dwayne & Sandy Jones, Donna & Sam Cox



Long Drive Winner - Pistol Bray with Tyler Brown



Tim Willis, Connie Croad & Steve Leal

Many people took home fabulous prizes won in the golf tournament and from the auction and raffle that took place following golf. Some of the prizes won were a set of golf clubs, golf bags, overnight golfing package, catered dinner in your home and much more! The tournament hosts this year were Fairchild Medical Center and Lake Shastina Golf Resort. Other major sponsors included Keenan HealthCare, Shasta Forest Products, Premier West Bank, Scott Valley Bank, Siskiyou Forest Products, Lincoln Financial, Michael S. Pavlik, CPA and Judith Pavlik Photography, Drs. Arvid Magnuson and Dan Purtzer. Hole in One Sponsor was Churchill Insurance.

Tom Laustalot won the closest to the pin contest on a memorial hole for Carol Crebbins, Bill and Maxine Zuelke and Paul Parsons. The men's long drive contest was won by Pistol Bray, while Jo Gibser won the women's long drive contest. The closest to the pin winners were Donna Cox for ladies and Mark Green for men.

Since the inception of the 1st Annual FMC Foundation Golf Tournament, \$275,000 has been raised, all of which has gone towards the purchase of equipment for Fairchild Medical Center. Proceeds from this year's event will be used to purchase a maternal fetal monitoring system for the Obstetric Department.

The golf committee would like to thank all of the participants and sponsors for this year's tournament.

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

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

## "Bag-teria"

Many women would never think of going anywhere without their handbags, but have you ever stopped to think about where those handbags have been? The Fox Television Network ran a segment that addressed this very question and the answer proved to be quite interesting!

The segment followed the course of events that ensued when a handbag was taken into the restroom and placed on the floor, it was then taken to the sink where it was placed on a wet countertop while the owner washed her hands, upon return to the dining table, it was placed directly on the table and then the floor of the restaurant. After leaving the restaurant, the handbag was placed on the floor of the vehicle, than taken home and placed on the kitchen table or countertop where food is prepared and eaten. Perhaps the "restaurant food" wasn't the true culprit for the owner's upset stomach!

A microbiologist for the news story tested 50 handbags for the presence of bacteria. Nearly 1 in 4 handbags tested positive for E. coli (a bacteria that lives in the intestines of humans and animals and produces a powerful toxin that can cause severe diarrhea and abdominal cramps). In general, cloth handbags were found to carry more harmful germs than handbags made from leather or vinyl. It was also noted that leather and vinyl handbags are easier to clean than cloth ones.

A few things you can do to prevent passing on harmful germs to you and your family include:

- Clean your handbag regularly. If your cloth handbag will not survive a cleaning in a washing machine, spray it with an anti-bacterial spray or wipe the outside with a soapy cloth or disposable wipe. Don't forget to clean off the strap and handle as well.
- Remember that bacteria and viruses attach themselves more easily to damp or wet items than to dry ones, so if you happen to set your handbag down on a damp or wet surface, clean it as soon as you return home—even if you just washed it recently.
- Keep in mind that when you set your handbag on the floor, it comes in contact with every surface that your shoes come in contact with. In other words, you wouldn't eat a hotdog after running your hand across the sole of your shoe—so don't eat one after handling your handbag! And if you wouldn't place your flip-flops on the kitchen counter while you prepare dinner, then don't set your handbag there either.

All this advice doesn't just apply to handbags—it is important for everyone to be aware that the same holds true for briefcases, backpacks and book bags. All should be cleaned on a regular basis and kept off surfaces where food is likely to be prepared and eaten. And last, but not least: Remember to Wash Your Hands!

## Mixed Berry Cobbler

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

Look for firm, plumb berries that are full colored for their variety. Fresh berries are perishable and do not ripen after picking, or store in the refrigerator for no longer than 2 days. Rinse with cool water just before using and remove the hulls, if necessary. Berries in season have more flavor and are typically lower in cost than their out-of-season counterparts. Enjoy summer's best all year long by freezing berries at the height of their season. Then, thaw and use as desired.

4 cups assorted berries, (blackberries, blueberries & raspberries)  
cup plus 3 Tbsp. sugar, divided  
3 Tbsp. MINUTE Tapioca  
tsp. ground cinnamon  
cup water  
1 Tbsp. lemon juice  
1 cups all-purpose baking mix  
1/3 cup milk

Preheat oven to 375. Spoon berries into lightly greased 9 – inch square baking dish; set aside. Mix cup of the sugar, the tapioca and cinnamon in large saucepan; stir in water and lemon juice. Bring to boil over medium-high heat. Pour over berries in baking dish; set aside.

STIR baking mix, remaining 3 Tbsp. sugar and the milk in medium bowl until mixture forms soft dough. Drop by heaping tablespoonfuls onto fruit mixture.

Bake 28 to 30 min. or until biscuit topping is golden brown. Cool slightly.

Top each serving with a dollop of whipped topping or a scoop of vanilla ice cream.

Nutritional Information:

Calories 210	Total fat 3 g	Saturated fat 1 g
Cholesterol 0 mg	Sodium 240 mg	Carbohydrate 44 g
Dietary fiber 3 g	Sugars 25 g	Protein 2 g
Vitamin C 10% DV	Calcium 4% DV	Iron 6% DV

## BEHIND THE SCENES AT FMC

By Betsey Shuteroff

### Administrative Support Team "First Ladies"

Being a hospital Administrator is no easy task, even a small medical center such as ours, is still "big business." Administrative responsibilities and duties are vast, such things as meeting Federal and State regulations, maintaining services, oversight, safety, and maintenance of a complex physical plant with over 350 employees, and of course, the commitment to our community for nothing less important than the protection and preservation of human life. Clearly our administrators must have help to accomplish these things, and the Administrative Support Team provides some of this vital assistance.

This team is a group of three individuals, Robin Bingham, Diana "Cookie" Hunt, and Sophia Spontylides. They are usually the first contact for the general public in the "administrative wing" of the hospital. They assist with visitor, employee, and physician concerns or requests, and have multiple tasks and activities; they are the "behind the scenes" organizers for administration, and employees as well. They are so often the providers of ready answers for so many typical employee questions, such as "how long can I take off for...? How much sick time do I have?" etc.

This team provides assistance to the CEO, Assistant Administrator Patient Care Coordinator, Assistant Administrator Ancillary/Support Services, Human Resource Manager and Senior Nursing Management.

Duties delegated to this team are many; they include but are not limited to, responsibility for all correspondence to the public and intra-hospital written communications, minutes for Department Manager meetings, Foundation meetings, and various medical committees and Board of Directors committee meetings. Calendars and appointments are managed for the administrative group. They make travel arrangements for recruiting of physicians and employees, along with travel planning for existing staff. They assist Auxiliary in their needs by attending meetings and help organize associate and active Auxiliary annual luncheons.

The Support Team is always available Monday through Friday to assist hospital staff with questions or appointments, and especially to help the public with directions, hiring information and other hospital related business.

Further, they manage the software program for all staff hiring, performance reviews, licensure, health plans, life insurance, AFLAC, and various employee leaves. The support team schedules childbirth and CPR classes for the public and

even sets up the bidding process for "hospital bargains" (such as used furniture).

Of course, they must respond promptly to the fast-paced and frequently ringing phones, directing callers appropriately. All of this, and in a competent, professional and friendly fashion!

Between the three, Robin, Diana and Sophia have a combined service total of 33 years. These ladies of course have life beyond work, and each have special talents and interests they actively pursue.

Sophia is married to Chris, an accomplished artist. She is working toward finalization of her Masters Degree in Psychology, an endeavor she looks forward to completing within the next 2 years. She somehow finds time for active involvement in Community Theater, acting and directing, and she loves her cats.

Robin and her husband Neil are building a new home, which Neil designed. She is a fine seamstress and quilter, and for real fun, she and her husband love "jeeping", that is, exploring the back roads in restored jeeps. They have 3 children and one grandchild.



Robin Bingham, Diana "Cookie" Hunt, Sophia Spontylides

Diana, known to most of us as "Cookie", also enjoys quilting. With her husband Daniel, now retired, they raised 2 children, and have 5 grandchildren. Cookie has an adorable miniature horse, which, as a project with one of her granddaughters, she shows in miniature horse shows. She also enjoys golfing, which enables her to be outdoors, something else she loves.

In addition to their professional and personal lives, these busy women, like many of our hospital family, volunteer for hospital activities such as the food booth at the annual Health Fair and participate in the Foundation's Children's Christmas Festival.

Thank you, "First Ladies" of the "admin hall" for helping to keep things running smoothly for administration, employees and the public.

## FOCUS ON THE FOUNDATION

by Mary Ellen Bryan

'tis a rare occasion when two former students of Feather Falls Elementary School meet.

Feather Falls, California, a small lumber mill community in the mountains east of Oroville, was a "going" concern beginning in the mid to late 1940's. Dave Dealey and I enjoyed swapping stories about our experiences living there. Dave's dad was the planning mill foreman; mine, at an earlier time, was the saw filer.

Born in Oroville, Dave attended elementary school both in Oroville and then Feather Falls where he graduated from the 8<sup>th</sup> grade. High school years and graduation were in Oroville. He then attended and graduated from the University of California at Berkeley receiving an M.S., as well as a B.S., degree in Forestry. While at UC Berkeley, he met Liz Young, an East Bay gal who graduated from high school in Sacramento, and became a teacher after her UCB graduation. They married in 1957.

Beginning as a forester working in the woods and then advancing into administration and management, Dave had a forty-five year career in the timber industry working for four of the major west coast companies: Diamond Match Company in Stirling City (near Paradise and Red Bluff); Kimberley Clark Corporation in the Anderson/ Redding area; and International Paper Company in Weed as logging manager. He became a part of Fruit Growers Supply Company when it acquired IP Timberlands. Later, he became Timberlands vice-president responsible for FGS operations in California, Oregon and Washington. He has many "kudos" for Fruit Growers Supply Company as a great company for which to work.

Leadership roles, primarily timber industry oriented, have included several years as president of a forest industry lobby group; president of the Sierra Cascade Logging Conference for California and Nevada; and chairman of the California Forest Products Commission (an elected position of the State Department of Agriculture) which is responsible for providing public information and education.

Dave and Liz have two daughters and four grandchildren: two boys and two girls ranging in age from ten to thirteen. Daughter Lori, married and living in Golden, Colorado, is a teacher like her mother and is presently an at-home mom for her two children. Daughter Diane, married and living in Shingle Springs (near Placerville, Ca) also has two children. Following in her father's footsteps, she has developed a challenging environmental forestry summer education program for high school students



Dave Dealey

After living in Mount Shasta for fifteen years, Yreka has now been home to the Dealeys for twenty-five years. They love to travel and have visited twenty-three countries – so far. Liz is a private instrument-rated pilot and flew her spouse on many of his business trips. For their fiftieth wedding anniversary last year, they flew around the western United States for a month. Siskiyou County provides a wonderful opportunity for Dave with his love of skiing, hiking and backpacking.

After retirement, Dave became active in the community. Initially, he served as president of SOSS helping to protect the Shasta and Scott Valleys. About ten years ago, FMC Board Chairman Larry Mulloy asked him to submit a resume. The Board liked what they read and enlisted him. He serves as secretary-treasurer of the FMC Executive Board and as chair for the finance committee.

Since he had no history in health care services, he mentions that FMC has been a challenging "total learning experience. FMC is an important and vital part of the community, a great facility with great people involved. It is a real honor and privilege to be involved with FMC and a source of personal satisfaction."

After a productive forty-five year career in the timber industry now enriched by enjoyable and challenging activities in his retirement years, Dave has a rich life. Doesn't surprise me! He's a kid from Feather Falls Elementary School!

## PLANNED GIVING

### The Triple-Whammy Gift

*Here's a gift idea that benefits you, your children or grandchildren, and Fairchild Medical Center Foundation. The fancy name is "two-life charitable remainder unitrust with term of years." We like to think of it as the "Triple-Whammy Gift."*

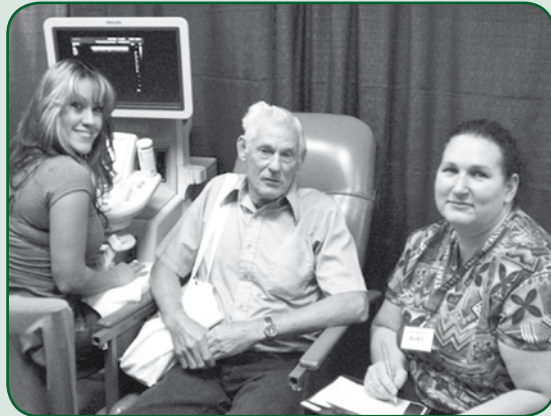
*In a nutshell, here's how it works: You create a trust that provides income for you and your spouse for as long as you live. You will need an appreciated asset like real estate or stocks that you have owned for more than a year. And, to work well, the asset should be valued above \$100,000. The trust also stipulates that after you and your spouse are gone, the income stream will go to your children or grandchildren for 10 years or so.*

*Finally, after the 10 years are over, whatever is left in the trust will come to Fairchild Medical Center Foundation. You can even arrange for this amount to fund an endowment in your name as a continuing legacy of your support for Fairchild Medical Center Foundation.*

*Fairchild Medical Center Foundation can serve as the trustee and take care of selling the asset and investing the funds in a balanced portfolio. Then, every quarter you will receive a check from Fairchild Medical Center Foundation. And later, your kids or grandkids will continue to receive these payments as reminders of your generosity to them and your support for Fairchild Medical Center Foundation.*

*A little article like this cannot begin to cover the details and all the benefits of this triple-whammy gift. But at least it may open the door of your thinking and whet your appetite to learn more. Please contact the Fund Development Office (530) 841-6239 for more information.*

## FMC HELD THEIR 10TH ANNUAL HEALTH FAIR - SEPTEMBER 27 2008



Fairchild Medical Center held their 10th annual Health Fair September 26 2008. Close to 600 people gathered information from approximately 70 booths. There was a great variety of participants including Madrone Hospice, Siskiyou Domestic Violence and Crisis Center, YMCA, Public Health and a mobile blood donation station.

The Yreka Branch of FMC Guild held its famous Ice Cream Social with some of the best homemade ice cream around! Fairchild Medical Center Auxiliary gave free blood pressure checks, while the Imaging Department of Fairchild Medical Center did free Carotid Artery screenings.

Of course, the BBQ booth was very busy selling chicken sandwiches, burgers, and veggie burgers.

Peggy Amaral, coordinator of the Health Fair was very pleased with the turnout from the community for the wealth of information that was on hand. Peggy starts sending letters to prospective booth representatives in the spring. Each year the Health Fair becomes bigger and better! Thank you Peggy and the entire FMC staff for volunteering your time and bringing our community this fabulous event.

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**CONTRIBUTIONS HAVE BEEN MADE  
TO FAIRCHILD MEDICAL CENTER  
FOUNDATION TO HONOR  
THE FOLLOWING**

**In Memory of Floyd Dill**  
*Michael & Carol Crebbin*

**In Memory of Eleanor Akin**  
*Michael & Carol Crebbin*

**In Honor of Marcia Churchill's Birthday**  
*Harry & Mary Ellen Bryan*

**In Memory of Donald Ferrell**  
*Wilma Ferrel*

**In Memory of Floyd Dill**  
*Bob & Ann Kaster*

**In Memory of Larry Wernicke**  
*Bob & Ann Kaster*

**In Memory of Steve Laws**  
*Bob & Ann Kaster*

**In Memory of Kohlie Crawford**  
*Bob & Ann Kaster*

FAIRCHILD MEDICAL CENTER  
FOUNDATION  
444 Bruce Street  
Yreka, CA 96097



ADDRESS SERVICE REQUESTED

**FMC  
FOUNDATION  
FALL  
BARBECUE**



The Board of Directors of Fairchild Medical Center, Fairchild Medical Center Foundation and the Medical Staff were invited to attend the fourth annual Foundation's Fall Barbecue.

"Everyone gives so much of their time to the Hospital and the Foundation, we wanted to show our appreciation. This was a wonderful opportunity for both Boards and the Medical Staff to come together and enjoy a casual afternoon of good food, good friends and good times!" stated Susan Ikenberry, Fairchild Medical Center Foundation's Fund Development Director. The delicious food was catered by Olivera's Catering.

We would like to thank Jim and Laura Flett for hosting this social gathering at their home.