



News for friends of the Fairchild Medical Center Foundation

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SPRING 2009



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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Jonathon Andrus the New CEO of Fairchild Medical Center



On January 1, 2009, Jonathon Andrus stepped up from Associate Administrator to become CEO of Fairchild Medical Center, following the retirement of Dwayne Jones.

Jonathon is actually not a new face in our hospital, having been part of the senior management team since December 2001, when he arrived here from Camarillo, California, to assume the position of Assistant Administrator overseeing ancillary departments.

In a recent interview, Jonathon shares some thoughts and insights, past, present and future.

His path to hospital administration began with a degree in Clinical Laboratory Science (microbiology and chemistry) from Brigham Young University. He started as a medical technologist in a hospital laboratory, and enjoyed working with people as well as utilizing his interest and training in science. He realized he wanted to work in the health care industry in a role where he could have more involvement in the organization; in his words, he wanted to focus on "the nuts and bolts of hospital operations with the objective of improvement in process and outcomes."

This interest ultimately led to continuing his education, achieving a Masters in Healthcare Administration (MHA) and Masters in Business Administration (MBA) from University of Minnesota.

He followed this with a yearlong fellowship with Catholic Health Care West in San Francisco, and then spent the next five years with CHW Hospitals in Santa Cruz and Camarillo.

With his young and growing family, (now four daughters and one son!) Jonathon and his wife Amy sought a smaller community in a more rural setting, geared to family life and with, of course, a nice little hospital. Yreka and Fairchild Medical Center was just such a place.

He and his family love the beautiful country and access to wilderness areas. They have become "white water enthusiasts" enjoying rafting and kayaking together on the Klamath and they look forward to the opportunity to do the "wild and scenic Rogue River" in the near future. Jonathon and his wife are involved in our community. Amy currently serves on the Little League Board and is active with many youth programs. Jonathon enjoys coaching the children's sports teams and has served on the County Board Of Education for the past several years. He is involved at the state level serving on the Board of the California State Rural Health Association and actively participates in the California Hospital Association. The entire family is involved with their local church functions.

With four years as Assistant Administrator, and the past three years as Associate Administrator, Jonathon has had ever increasing responsibilities, giving him an excellent opportunity to get to understand and know his organization and community. These years have served him well to be prepared to step up into the role of CEO. His transition has been part of a plan of succession that the hospital Board of Directors had implemented with the realization of coming retirements and changes with personnel at management levels.

Jonathon is enthusiastic about our hospital and what it represents. He comments, "This is an excellent organization. I am privileged to work with the Board, medical staff, and hospital staff. We have a good thing going here, and I want to continue what we have. Our strength is our people: medical staff, employees, and our community volunteers. We have enjoyed great stability. We have worked hard to insure a smooth leadership transition and I am confident that the new administrative team, working together, can carry this work forward in a positive successful manner."

He goes on to note, "We are rather unusual in that we are a freestanding rural community owned hospital, not associated with any large corporation and not dependent on public funding. This enables us to focus on the needs of our community and gives our Board full authority to make decisions and choices that are focused solely on the best interest of our local communities and patients. Such projects as the remodeled ER completed last year, and the newly completed parking and patient discharge areas at the back of the hospital are examples of continued monitoring and consideration of meeting changing needs of those using and working in the hospital."

When asked about present concerns and future plans, Jonathon acknowledges that the current economic uncertainty at both the state and federal level presents unprecedented challenges. Similar to most other industries, the financial environment of the healthcare industry is dynamic and changing.

High on the list of priorities is recruitment. "We face the reality of an aging workforce, not only among the physicians but also among the hospital staff."

He notes medical specialties are particularly difficult to recruit to a small area such as ours. "We are always looking for ways to align the needs of the hospital and the medical community. The reality of decreased reimbursements for doctors, the problems and demands and costs of practice can increase tensions between hospital and doctors. However, we are in this together and clearly the key to their success and our success is to work collaboratively together. The hospital based Fairchild Medical Clinic provides clinic space where different alignment models with physicians will be utilized. Andrus notes, for example, a new Urologist, Dr. Robert Kim, will be starting at the clinic in April, thus filling a real need in this specialty area. Andrus comments that workforce related issues will be a top strategic priority in coming years, acknowledging that it has been stable board leadership and a solid employee base through the years that have contributed to the success and progress of the hospital, and it is clear that broad community support and generosity are a huge part of the reason we have our hospital.

"The Fairchild Medical Center Foundation is a key stakeholder in the success of the hospital. This is an active enthusiastic organization of volunteers who are productive and supportive. The Foundation has provided tremendous energy and financial contributions to the improvement of FMC such as the ER remodel and significant equipment purchases through the years. Their generosity, dedication, and tireless fund-raising has enriched and enabled us to add many services and health related activities to the community. It is an honor to work with them."

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Jonathon concludes his thoughts and outlook for FMC with optimism but caution. "We have a solid organization. But we do not take things for granted. Every patient matters, every employee matters, every medical professional and care giver matters. And the community must not take us for granted. We need each other; it is vital to keep us all viable and strong in every way to continue our fine quality of life and services here. Tremendous challenges lie ahead, but with these challenges come opportunities. I look forward to these opportunities."

By Betsey Shuteroff

DON'T BUG ME

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



Be A Good Visitor

The staff here at FMC joins me in welcoming you to our hospital. We take pride in having a very low infection rate and strive to prevent any infection from occurring. Our motto is "One Infection Is One Infection Too Many". Please help us achieve our goal by helping to prevent infections by simply following these tips when visiting a patient in our hospital. These tips were compiled by the Association for Professionals in Infection Control and Epidemiology (APIC) in honor of Patient Safety Awareness Week.

Clean your hands before and after visiting

The soap and hand sanitizer that are in the patient rooms are for everyone to use. Wash your hands or use hand sanitizer when entering or leaving the room of the person you are visiting and insist that our staff do the same. Clean your hands after sneezing, coughing, and touching your eyes, nose or mouth; and please don't sit on patient beds or handle their equipment.

Stay home if you are sick

Please don't visit the hospital if you are currently sick or have been sick within the last 3 days with symptoms such as nausea, vomiting, diarrhea, fever (or feeling feverish), uncontrolled cough or a rash. If you bring children with you, make sure that they are free from infection as well (e.g., runny nose, sore throat, rash, cough, etc.). If you bring children, please don't let them play on the floor or bed and have them wash their hands as they enter and leave the room as well.

Check first before you bring food

Bringing food is risky because the patient may be on a special diet or the food could spoil before he/she has an opportunity to eat it and that can make him or her sick.

Special precautions

If the person you are visiting is on "Isolation Precautions," please talk to the nurse before entering the room to find out what steps you will have to take, such as wearing a mask or other protective clothing during your visit.

Visiting more than one patient

If you are visiting more than one patient, wash your hands or use hand sanitizer before and after visiting each patient. If one of the patients you plan on visiting happens to be on Isolation Precautions, visit that person last and follow the specified precautions.

If you have any suggestions, questions or concerns, please don't hesitate to contact me during your visit or phone me at 841-6228.

And please remember to Wash Your Hands!

New Parking Lot

To better serve our patients, Fairchild Medical Center has a new parking lot. This lot will provide a more private exit for those having outpatient procedures as well as those being discharged from the hospital.

The door is handicap accessible and is open until visiting hours are over (8:00pm) This lot with 42 spaces is accessed from Wendy Drive and has 9 designated patient parking spaces along the garden area and 9 designated physician parking spaces along the outside wall of the hospital.



ART IN THE HOSPITAL



Art in the Hospital photographers, Ann Wagner, Janene Keiser, Don Hall, Robin Bailey standing in for Janet Vreeman, Eileen Silva, Linda Mathews and Trisha Shoemaker.

Local Siskiyou County Photographers display their photographs that were selected by the Community Relations Committee for Fairchild Medical Center Foundation. This is the seventh year for the "Art in the Hospital" project at FMC. The next time you are at Fairchild Medical Center, be sure to view these wonderful photographs on display.

Portabella Mushroom Wraps

Elizabeth Arvidson, RD
4 Servings



A la California style, this wrap is filled with layers of flavor that fuse together well. If you haven't tried quinoa, this is a great recipe to start with. Quinoa is an ancient grain from South America. It was a staple for the Incas.

- 1 tablespoon extra-virgin olive oil**
- 1/3 cup soy sauce**
- 1/3 cup Merlot or any red wine**
- 1/3 cup balsamic vinegar**
- 1 tablespoon garlic powder**
- 1 teaspoon crushed red pepper**
- 2 medium-size portabella mushrooms, sliced**
- 1/2 cup uncooked quinoa**
- 8 ounces reduced-fat cream cheese, room temperature**
- 1 7-ounce jar sun-dried tomatoes, drained**
- 4 10-inch whole-wheat tortillas (or other designer flavor, such as garlic-herb)**
- 2 cups fresh baby spinach, washed and dried**
- Substitution: Substitute brown rice for the quinoa; increase the simmer time to 35**

1. Combine the oil and the soy sauce, wine, vinegar, garlic powder and red pepper; add the portabella mushrooms. Cover and marinate overnight in the refrigerator.
2. Combine the marinated mushrooms and 1/2 cup water in a medium-heavy saucepan. Bring to a boil; add the quinoa, reduce heat, cover and simmer 15 minutes. Remove from heat; stir, cover and let stand 5 minutes.
3. Meanwhile, blend the cream cheese and tomatoes in a food processor on medium speed until smooth. (Alternatively, finely chop the tomatoes and stir them into the softened cream cheese.)
4. To prepare the wraps: spread the cream cheese mixture evenly over the tortillas. Top with 1/4 cup of the cooked mushroom-quinoa mixture and 1/2 cup of the spinach leaves. Tuck in the upper and lower edges of the tortilla and roll it into a cylinder. Serve warm.

Serving size: 1 wrap

Nutrition Facts per Serving:

Calories: 420 kcal Fat: 13 g
Saturated fat: 2 g Cholesterol: 5 mg
Sodium: 1,360 mg Carbohydrates: 62 g
Fiber: 8 g Protein: 20 g

Recipe provided courtesy of John Wiley & Sons, From American Dietetic Association Cooking Healthy Across America by American Dietetic Association and Food and Culinary Professionals, a Dietetic Practice Group of ADA ©2005, John Wiley & Sons.

SPOTLIGHT ON THE FOUNDATION

Vera Clement

By Mary Ellen Bryan

After being actively involved with the Red Scarf Society's "Voices of Siskiyou" haiku project, I was surprised and honored when I interviewed Vera Dexter Haven Clement: surprised to learn what deep roots Mrs. Clement has in Siskiyou County and honored to meet a woman who met the criteria for four of



the ten historical and cultural voices reflected in the haiku poems. (These poems are soon to be sand blasted on to boulders lining the pathway to the Yreka Community Theater.) "Pioneer," "Provider (farmer, rancher, cowboy)," "Explorer" and "Woman" are all labels which fit Vera Clement like the beautifully banded western hat she wears so well.

A third generation Siskiyou County person on both sides of her family, Vera had a grandfather from Canada (George Dexter with a Hornbrook bride) and a grandfather from New York. Both grandmothers were midwives. Her dad, Roland Dexter was born in Hovey Gulch and married Eunice Lyons. Vera, her twin, Verna, and their brother grew up as farmers with no electricity until 1947, no farm machinery, and lots of chores.

Vera attended the second Montague Elementary School (near the swimming pool) and graduated from Yreka High School. As a kid she played piano and sang duets with her sister. Needing to "check out" her sister's eastern husband, she spent some time back east waitressing and then returned home where she has had a variety of jobs over the years (beyond that of farming woman) - many connected with children. Her first husband, Jim Haven, a WWII Okinawa Marine vet, died of malaria two years

into their marriage. Her second husband of forty-five years, Albert Clement, was a Shasta River and Yreka High schools graduate and a farmer all his life.

As a mom, Vera was involved in many kids' type activities: PTA president, FFA, FHA, Girl Scouts. She was the "mom with the camera." She helped Montague fundraising efforts by directing the ambitious and sometimes "naughty" Montague Follies.

Twins are frequent in the Dexter family: Vera's mother Eunice, Vera and Verna and Vera's son Christopher (died in an auto accident at age 25) and daughter, Christina who works in Consumer Affairs for the State of California. Vera's older daughter, Carolyn Houghton, has two daughters and a granddaughter. Carolyn farms her grandfather's property and is presently lambing 103 ewes.

Vera is truly a horsewoman and proudly announces that she remembers well all the horses she has ever known. Recently, getting caught between a protective-of-her-mistress mare and an energetic gelding, she went sliding over the ground with a resulting broken hip. This event put her into the FMC services to which she has so generously contributed.

She is still actively involved with the Mount Shasta Trail riders and the Backcountry Horsemen and is responsible for the parade division of the latter group. She presently transports horses to and from the Montague Rodeo's cattle penning events. Acknowledging that she has "won my share of prizes," she claims "the horse did all the work." Among her honors are the titles Siskiyou County Cattlewoman of the Year and Pioneer Cattlewoman of the Year.

Although none too keen on being a patient, Vera is most supportive of FMC and has provided not only the quiet room for the new hospital but has financially helped the recent Emergency Room expansion. In doing so, she follows a family precedent: her father helped the building of the original Siskiyou General Hospital. (A historical footnote she adds is that he lost most of his money later when the Montague bank went bankrupt.) Would it surprise anyone to know that Vera Clement hunted with her spouse and their friends and explored Siskiyou County? Or that her network of relationships is vast? She has connections to many of the generational families in Siskiyou County. Her hip injury has curtailed her lifting hay bales - at least temporarily - but it certainly has not limited her involvement in life. She is definitely a four person haiku!

BEHIND THE SCENES AT FMC

Fairchild Medical Center Guild - SCOTT VALLEY BRANCH

When plans began for the new hospital in Yreka, the late Jane Friden was a driving force behind the fundraising efforts in Scott Valley. The Scott Valley Guild was formed in 1986 for the purpose of promoting the building of a much needed new hospital. Jane's enthusiastic pursuit to form the Scott Valley Guild gained momentum and membership grew. The Guild maintains a membership of approximately 30. It meets monthly in members homes where it plans fund-raising projects. The projects taken on are chosen for their ability to raise funds and to be fun for the members to carry out!



Front Row: L to R: Virginia McFadden, Greta Morss, Diana Stickley, Pru Magnusen, Sue Martin. Back Row L to R: Karen Markov, Cindy Hayes, Roberta Rehbock, Wendy Campbell, Freda Crum

Upon her demise, the Scott Valley Guild wanted to remember Jane's efforts. The Guild decided to honor Jane Friden with a Memorial Garden at Fairchild Medical Center. This garden is a beautiful and peaceful place for patients, staff and visitors. Please visit the garden when you are at Fairchild Medical Center.

Today the Guild's main focus is continued support of Fairchild Medical Center. Some of the Guild's activities are the Fashion Show Luncheon, the Scott Valley Junior Rodeo Pie and Ice Cream booth and the Ft. Jones Christmas Craft Fair. Other projects have been a house and garden tour of valley homes and a "Walk through Historic Etna". To insure future talent in medical care, a \$500 scholarship is awarded annually to a graduating Scott Valley high school student who is planning to pursue a career in the medical field.

The Guild is a sisterhood where ladies get together, work together and play together - all the while knowing they make a difference. If you would like more information about the Scott Valley Guild, please contact Sue Martin at (530) 598-2366.

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FAIRCHILD MEDICAL CENTER FOUNDATION'S ANNUAL FUND - "THE PINNACLES OF GIVING SOCIETY" DONOR RECOGNITION DINNER

March 10, 2009 was a perfect winter evening in Yreka California – the air was crisp and clean; we could not have asked for a better evening to recognize a group of very important people to Fairchild Medical Center Foundation. Donors to the Annual Giving Fund – The Pinnacles of Giving Society, were welcomed at Miner's Inn Convention Center by the classic cowboy music of Jive Mountain. Foundation Board Chairman, John Pomeroy and Fairchild Medical Center CEO, Jonathon Andrus thanked the group for their generosity and support. John Pomeroy stated, "At Fairchild Medical Center Foundation, we raise money for medical excellence, one dollar at a time, and without you, we would not be able to succeed." Mr. Andrus highlighted the ways in which Annual Giving Fund donations support vital needs of Fairchild Medical Center.

Members of The Pinnacles of Giving Society are those who join the Annual Giving Fund with annual donations, or memorial contributions. Donors at the \$500 a year or above giving level receive an invitation to our Pinnacles of Giving Society Donor Recognition Dinner. Continual changes in the healthcare system have dramatically decreased the amount of funding traditionally available to medical institutions. Meanwhile the costs of caring for patients, purchasing necessary technology and maintaining a vibrant state-of-the-art facility continue to rise. Through annual donations, Fairchild Medical Center Foundation will work to meet the needs and priorities of Fairchild Medical Center by assisting with the purchase of equipment, and providing funds for the expansion of services.



Left to Right: Martha Overman, Jonathon Andrus & Bill Overman



Left to Right: Dave Dealey, Liz Dealey and Bert Morgan