



News for friends of the Fairchild Medical Center Foundation

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www.fairchildfoundation.org

SUMMER 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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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

“How It All Works” The Medical Staff At FMC

By Betsey Shuteroff

This is the first in a planned series of articles that will examine and look at the various ways that FMC functions to help deliver excellent medical care. “How it All Works” will look at the team approach, the collaborative efforts of committees comprised of physicians, hospital staff and the community-member Hospital Board of Directors. The series will examine how we conduct planning and oversight; how we meet standards and comply with multiple regulations and strive to remain a vital entity as a modern small rural community hospital. The process of how our doctors attain and maintain their hospital privileges, and how the medical staff is structured and organized to provide their services will be the first topic of this series.

Fairchild Medical Center has a fine staff of well-qualified physicians serving the community. Jonathan Andrus, CEO, notes how fortunate we are in our small town to have the variety of specialties and choices for primary care that we enjoy. Andrus notes, “Most incoming physicians are here as a result of being actively recruited by the hospital. We determine our needs by medical staff and community needs assessments and then begin the recruitment process, which in fact, is quite intensive.”

The process is involved, it can take months, requiring considerable follow-up as potential applicants undergo extensive screening for verification of credentials, training, and experience. In addition to information supplied by the applicants, several resources are used including a National Data Bank, AMA Data Bank, and others, which can include data from all fifty states.

Personal and professional evaluations and recommendations, peer review, on-site interviews, and personal conversations between hospital and prospective staff physician are utilized to help determine strengths and weaknesses on both sides. It is important for all that the community, the hospital, and the physician and his/her family will be a good fit. When the above criteria are met and when the basic contractual model has been established, the prospective physician and the hospital then enter the next step, which is the completion of the “Application Packet”. New medical school grads start with the “primary verification,” medical schools and training facilities are listed, including residencies and fellowships, all pertinent experience is reported. The hospital Medical Staff Coordinator obtains verification of this training as well as references and evaluations from teaching staff and others involved with the new doctor. For experienced physicians not part of a recruitment program but who are interested in relocating here and have been on staff at other hospitals, extensive verification is also required. As part of the application packet, letters of personal and professional references and lists of professional activities, procedures practiced, and procedural competencies are presented, reviewed and confirmed. Once all of the information is complete and verified, the Medical Staff Coordinator presents the packet to the Medical Executive Committee, which is comprised of a group of staff physicians and hospital administrators.

The Medical Executive Committee, known as “Med Exec”, is the privilege and credentialing body for the hospital. Subject to approval by this committee, the application moves to the next step, which is to the Hospital Board of Directors, who has the final say. Upon board approval, the applicant is granted “provisional appointment”. Additionally, doctors on provisional staff are “proctored” by active staff physicians for competence on procedures until they have performed a certain number of these under supervision and have been deemed as proficient following peer commit-

tee review.

The provisional doctor will be subject to review in one year, then again one year after that. Completion of these two successful yearly reviews will result in granting of “Active Privileges” or “Courtesy Privileges” status, depending on the physician’s request. Doctors on active staff usually do most of their medical practice at FMC. Doctors requesting “Courtesy Staff Privileges” may do more of their practice at another hospital but wish to be able to consult or assist in FMC as well. After attaining full staff privileges, the doctors are required to re-apply every two years thereafter. This involves an updated version of their application, and verification of all qualifications and licenses, peer references, evaluation of communication skills, professional conduct, and so forth. At initial appointment and each reapplication thereafter, all physicians sign a “Professional Conduct” statement, which reflects the intent to uphold a culture of professional conduct as determined by the hospital board. In addition to this reapplication process every two years, each doctor also has an “Ongoing Periodic Performance Evaluation” review every six months. This examines such areas as performance, infection rates, volume indicators, and peer review. The Med Exec committee does this evaluation; any concerns are then discussed with the physician. This ongoing performance review is part of meeting hospital licensing and accreditation requirements and further helps ensure a high quality of care. In addition to meeting the rigorous standards required to be on the hospital staff, there are also a few other obligations to being on hospital staff. The physicians are required to attend regular bi-monthly Medical Staff meetings and are also assigned to sit on various hospital committees to help provide input and oversight for patient care issues. On a yearly basis individual doctors are appointed as “Medical Advisor” to various areas such as surgery or pediatrics.

Continued on page 2



Dr. David DellaLana, Dr. Christal Duncan, Dr. Dan Purtzer, Dr. Rick Swenson and Dr. Steve Nelson

Every three years the Medical Staff elects a leader to represent the doctors in working with the hospital. This "Chief of Staff" chairs the Medical Executive Committee twice monthly and represents the Medical Staff on the hospital Board of Directors. He/she presents applications for the appointments and reappointments to the medical staff to the Board of Directors. Dr. Dan Purtzer MD, is finishing his final and third year as Chief of Staff, and Dr. David Della Lana MD, is chief of staff elect and will assume that office in January of 2010. FMC has seventy-eight physicians on the medical staff, twenty-eight of these are on active staff, and the remainder are courtesy staff.

It is an exacting and thorough process to become a member of the hospital medical staff, and one that entails considerable effort and oversight. It is enlightening to learn more about how things work within a facility with as many critical services as a hospital and we are reminded of the dedication and diligence of our doctors and our hospital, to safely and effectively serve this community.

For a complete listing of individual physician information as well as much further detail about all available services please visit the hospital website fairchildmed.org

Special thanks to Jonathan Andrus, FMC CEO, Kathy Shelvock RN, Asst. Administrator, and Kristi Apodaca, Medical Staff Coordinator for assisting with information for this article.



CROSS PETROLEUM MAMMOGRAPHY FUND

By Rose Cardoza

In October 2007 Cross Petroleum owner Jim Cross called FMC Fund Development Director, Susan Ikenberry to collaborate in creating a mammography program for women in Siskiyou County who otherwise would not be able to afford this service. Radiologists Dr. Gary Wade and Dr. Michael Maloney graciously agreed to perform the screenings "at cost" as their support for the much needed health care. Cross Petroleum's Yreka Chevron and Stage 3 in Ft. Jones raised over \$4000 during the annual Think Pink Breast Cancer Awareness Day in 2007 to start the Cross Petroleum Mammography Fund. In 2008 Fairchild Medical Center was able to provide 6 women with mammography screenings. Jim Cross continues his generosity in donating monies collected during the October 2008 Think Pink Breast Cancer Awareness Day.

This October when you are driving to work or home and see the Chevron or Stage 3 gas stations, stop by to fill your tank and purchase a bright pink donation card to support Think Pink Breast Cancer Awareness. You will be helping many women in Siskiyou County who would not be able to obtain this very important screening.

If you know someone who may qualify for the Cross Petroleum Mammography Fund, please contact Fairchild Medical Center Foundation. Our community stands strong when we stand together.

DON'T BUG ME

Liz Pimentel, RN, BSN, CIC, CNOR

Infection Control Nurse

Now that summer has arrived many of us will take advantage of the opportunity to camp and hike around our beautiful area. However, being outdoors does not mean that you should disregard everything you know about keeping yourself free of disease causing germs. Becoming ill can spoil your camping and outdoor fun, so stay healthy and make the most of your summer by following these safe and simple guidelines:

- Keep flies away from your food and drinks. If you don't have access to cold storage, plan meals that don't contain perishable foods such as fresh meat or eggs. If you do plan on serving these items, eat them on the first day, followed by meals with non-perishable foods such as canned and dried foods.
- Store all food items in sealed containers in order to prevent attracting wild animals. Keep trash separate, sealed and away from your sleeping area.
- Drinking water is something that is very easy to overlook but it is one of the most important things to have when you are camping or hiking. You will need it for drinking, cooking and washing. The best thing you can do is bring your own water from home; however that is not always feasible. Do not drink untreated water from lakes or streams. If you are unsure of the water safety, here are some ways of treating water to make it safe to drink:

Boiling: Boil water for at least 15 minutes.

Iodine: Drop 2-3 tablets into the water and wait thirty minutes before drinking. Tablets have a shelf life of about 3 months, after which they should be replaced. (This method is not recommended for pregnant women, people with thyroid problems, those with an allergy to iodine, or continuous use for more than a few weeks at a time.)

Bleach: Use regular unscented laundry bleach. Add 2 drops of bleach to one quart of clear water (4 drops if the water is cloudy). Shake or stir well, then wait 30 minutes before drinking.

Filters: Follow the instructions that come with each filter

Purification Tablets: Follow the instructions that come with the tablets.

- Wash your hands or use hand sanitizer often (Sound Familiar?), especially before preparing, serving and eating food. You should also wash your hands after using the restroom, after contact with animals, after swimming and/or contact with natural waters, after touching any contaminated items such as uncooked meat or soiled laundry, and before and after treating skin wounds.

Following these simple guidelines will help you enjoy the great outdoors to the fullest. Please don't let an illness caused by eating or drinking unsafe food and water spoil your fun and may you have a sensational Siskiyou summer!

Pizza Chicken

Kristine Napier, MPH, RD
6 Servings

Enjoy the best of two American favorites in this please-every-family-member dish. Reminiscent of Chicago-style pizzas, this dish is Italian-delicious but moderate in calories and fat. Be sure to try it if you can't get your kids to eat chicken. Spice it up or down with the pasta sauce you choose, and be sure to make an extra batch to freeze for another night.

Vegetable cooking spray

- 1 pound boneless, skinless chicken breast, trimmed of all fat and sliced into strips**
- 1 medium-size yellow onion, finely chopped**
- 1 green bell pepper, cored and thinly sliced**
- 1 red bell pepper, cored and chopped**
- 1 26-ounce jar favorite pasta sauce**
- 1 cup shredded part-skim mozzarella cheese (4 ounces)**
- 6 cups cooked favorite family pasta**

1. Spray a large nonstick skillet, Dutch oven, or electric skillet with the cooking spray. Heat to medium high. Add the chicken and onion; brown 3 to 5 minutes.
2. Reduce heat to medium low, top the chicken with the peppers, then the pasta sauce. Cover tightly and simmer 20 minutes.
3. Remove the lid and add the cheese. Replace the lid, remove from heat and allow the cheese to melt about 5 minutes. Serve over pasta.
Serving size: 1 cup chicken and sauce plus 1 cup cooked pasta

Nutrition Facts per Serving:

Calories: 390 kcal Fat: 7 g
Saturated fat: 2.5 g Cholesterol: 55 mg
Sodium: 880 mg Carbohydrates: 50 g
Fiber: 5 g Protein: 30 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.



Mark Your Calendar!

- ✓ **FMC Golf Tournament - September 13th 2009**
- ✓ **FMC Health Fair - September 26 2009**

FOCUS ON THE FAIRCHILD MEDICAL FOUNDATION

by Mary Ellen Bryan

Kevin Martin



Kevin Martin, a resident of Siskiyou County for the past thirty-five years is a man of many talents. Born in New Jersey, he grew up in the Pennsylvania Poconos and still considers himself a "country kid." He studied electronics in high school and then continued his studies as a mechanic in the U.S. Air Force during the Viet Nam War, as well as serving as an electrician in a steel mill during the war. He continues his education as a frequent student of community college courses and is an active pilot.

How does one get from New Jersey to Scott Valley? The Air Force helped the transition of course. While living in Santa Rosa (too big for this country kid), he and a buddy started out to hitchhike to Idaho. On the way, they checked out Scott Valley, liked it, called their wives, and the Martins settled in for the long haul. Initially, he managed a ranch and ran cattle prior to establishing Martin's Appliances in Etna. Eventually he took on the ownership of the Sears store as he specialized in refrigeration. He credits Ron Black of Yreka's Black's Appliances as providing lots of help. He branched out into servicing commercial businesses such as Denny's and Ray's Grocery Stores. In 1997, a contract evolving from Pacific Power and Light took him to China where he installed walk-in coolers. This job gave him the opportunity to be a tourist, personally escorted by his Chinese contractor counterpart, and to explore the Great Wall of China- a "Wowser" experience.

Thirty-seven years ago, while stationed at an air force base in Nevada, Kevin met and married his wife, Christine, who local folks know as "Davie." After retiring from ownership in Martin's Appliances and Martin's Experienced Items, she trained to become a medic. In addition to now teaching in the COS paramedic program, she works on the Northern Siskiyou Ambulance and the Etna Volunteer Ambulance.

Kevin and "Davie" have two sons: Jay, a single father with two sons eight and ten, who works as a chef and Shawn who sells and services cash registers in Eugene, Oregon. For fun the couple like to travel, usually visiting Mexico twice a year, and to fish. Understandably Kevin usually is the pilot on their travels. Computers and Rotary are his retirement hobbies.

Retirement from business and twenty years as assistant fire chief for Etna now finds him continuing to be involved with his piloting. He is a pilot and flight instructor at the airports in Montague and Ashland and serves as the vice-president for the Scott Valley airport groups. Presently, he flies as a spotter for the USFS during fire season.

Kevin's computer interest and skills have won him volunteer webmaster positions with the Scott Valley Rotary and its district, with pilots' groups and with the Fairchild Foundation. His good friend, John Pomeroy is "totally responsible" for his involvement with FMC. Kevin serves on the FMC Foundation Board as well as its webmaster. He is very supportive of FMC and sees it as a valuable community resource.

If you are looking for Kevin Martin, FMC webmaster, you may need to look up or in the computer room.



Back: Georgeanne DeMarco, Betty Carrier, Rosalie Jorgensen, Rosalie Meyer, Marie VanCamp, Amanda DeRouche, Maxine Hurley Front: Gerri Cramer, Judi Washington, Wilma Elsea, Daisy Roberts

FAIRCHILD MEDICAL CENTER GUILD YREKA BRANCH

By Robin Bailey

The "Garden Beautification" outside Fairchild Medical Center's newly remodeled Emergency Department is one of the many projects by the Fairchild Medical Center Guild - Yreka Branch. This guild began in 1987 as the "Siskiyou Hospital Guild. One of their first projects was to establish a chapel or quiet room at Siskiyou General Hospital, but due to lack of space was unable to finish the project. The guild was able to complete this goal when Fairchild Medical Center opened in 1997 by furnishing the new chapel.

See's Candy sales held at Fairchild Medical Center prior to Christmas, Valentine's Day, Easter and Thanksgiving are their most successful fund raisers. They also sell the Sees candy at the annual Arts and Crafts Fair, held in November at Siskiyou County Fairgrounds. Another fund raiser is the "Old Fashioned Ice Cream Social" held during the annual Fairchild Medical Center Health Fair.

Their fundraising efforts are used to purchase new equipment for Fairchild Medical Center and provide scholarships for Yreka High School Students. Each year the Yreka Guild presents two Yreka High School students with a \$500.00 scholarship through the "Eunice Adams Health Career Fund". Some of the departments that have benefited from the Yreka Guild are I.C.U., Out-Patient Surgery, O.B. and the Emergency Department.

This hard working group of approximately 40 women meet the 2nd Wednesday of each month in the boardroom at Fairchild Medical Center. Anyone interested in joining the Guild may contact Rosalie Meyer, President at 530-842-5665.

Clip and Mail

"Together We Can Climb Any Mountain"

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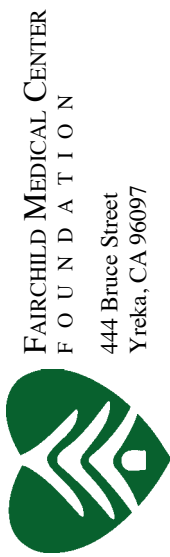
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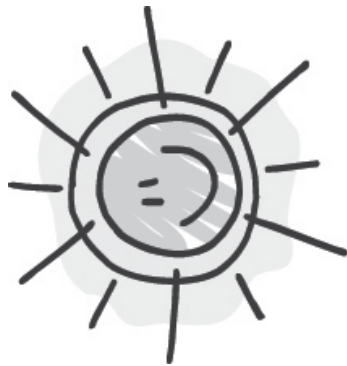
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FAIRCHILD MEDICAL CENTER PATIENT TRANSPORT PROGRAM

The Patient Transport program will provide transportation for senior citizens and the disabled to the hospital for tests, the Fairchild Medical clinic, FMC physical therapy and hospital-affiliated doctors.

The new van, which was purchased by Fairchild Medical Center and the Fairchild Medical Center Auxiliary will be operated by Auxiliary volunteers as a service to our community. Cost is free, but donations will be accepted.

Patient Transport is a curb-to-curb service, which is equipped with a lift seat. We can transport patrons with one additional care giver as needed. Our drivers are volunteers and do not have medical training.

The van will operate on Tuesday and Thursdays primarily in the Yreka area. With time, more days and an expanded area will be added. To schedule a ride please call 841-2048 at least one week prior to appointment. You must leave name, phone number and your appointment time and place.



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On the Occasion of Dari Ehlen's Birthday

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