



Foundation

News

News for friends of the Fairchild Medical Center Foundation

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Yreka, CA 96097
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www.fairchildfoundation.org

FALL 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

“Foundation Golf Tournament”

By Jackie Roy

On a warm windy day, 148 players and 12 volunteers gathered at Lake Shastina Golf Resort for the 15th Fairchild Medical Center Foundation Golf Tournament. Many of the players and volunteers have participated in all 15 tournaments. This year the tournament was raising money for a Newport 360 Ventilator. This piece of equipment provides continuous ventilatory support and monitoring for infant, pediatric and adult patients. The price of this piece of equipment was \$18,000 and the tournament raised enough money to purchase this ventilator. Every year hospital departments turn in a wish list of equipment needed. The list is put in priorities of importance. From the top items on the list, the golf committee has the opportunity to pick a piece of equipment, which they will put their hearts and energy in raising the money. In 15 years the tournament has raised almost \$300,000 for new equipment for our hospital.

Winning team was Dr. Louis DeRouchey, Dr. Steve Nelson, Dave Kotsch and Rudy Yost; Long Drive for Men was Damon Denman; Long Drive for Women was Tammy McCoy; Closest to Pin Men was Keith Bailey; Closest to Pin Women was Annika Wilkes; Bank Hole winner of \$300 was David Page. The Surprise Hole was a Golf Pro GPS, valued at \$345.00 and won by Richard Stidham

Lake Shastina Golf Resort has co-sponsored this event for 14 years and without all their help, it would not happen. Fred Duchi, Bill Duchi and their staff and volunteers work hard to make this the biggest tournament in the County.

Members of the golf committee are Ann Kaster, Jackie Roy, Doug Blangsted, Tina Chenevert, Marcia Allen, Joan Blakesley, Gene Fink, Matt Osborn and Susan Ikenberry. The committee starts meeting in January and we invite any new members to call Susan Ikenberry at 530-841-6239. A special thank you to all the volunteers that contributed to a wonderful day of golf for all.

Next year the tournament will be held on Sunday, September 12th. Mark your calendars, join the fun and invest in new equipment for our hospital.



Betty Kaae & Karen Hogan volunteers working the Surprise Hole.



Dr. Steve Nelson, Dave Kotsch, Rudy Yost & Dr. Louis DeRouchey

FOCUS ON THE FAIRCHILD MEDICAL CENTER FOUNDATION

by Mary Ellen Bryan

Rose Cardoza, a woman of many talents, interests and joys, is petite. Placing her in the driver's seat of her big yellow "Cardoza Transportation" school bus is a stretch for the imagination. However, facts support her good driving record. She celebrates twenty-six years of bus driving this year and loves it.

Born in San Jose, Rose spent her first five years in the Cupertino area before moving to Yreka in 1959 where she attended the local schools and graduated from YHS. (Rose's mother died when she was sixteen, and her dad subsequently married YHS Spanish teacher. San Jose State College claimed her for two years while she worked part time at Roos Atkins - an upscale clothing store that included sports and outdoor wear. (Some of you readers may remember the "goosed by Roos" street slogan.) This sales experience began her love of retailing and working with people. She worked full time for twelve years, entering the management level before the company was sold. Subsequently, working at Kaufman's Store in Chico lasted several years until 1983 when she returned to Yreka to take on her dad's bus transportation business.

In 1993, she and Trish Moore opened Finishing Touches- a salon and gift shop they eventually expanded by adding a consignment clothing shop. After a very successful business operation, they sold it in 2004. She then worked at Knuth Hinges in Montague, at Surroundings in Yreka and helped out other retailers. The Chamber of Commerce welcomes her many ways of assistance; she's a community resource and treasure.. She remembers with pleasure the first picking and stomping of the grapes for Gail and Roger Rogers' Shasta View Winery nine years ago. Daughter Chaney, age two at the time, joined the squishing. Presently, Rose continues her daily school bus route and serves as administrative manager at the Siskiyou Family YMCA. She is often the front desk person greeting members, families, new members, and giving tours. Representing Yreka, she writes the "Neighbors" column for the Pioneer Press and has done so for the past eight years.

She shares parenting of Chaney, her ten and one- half year old daughter who attends school in Alameda and proclaims her as the "apple of my eye" and "a phenomenal and interesting kid."

Rose's many talents include tiling, molding applications and house renovations. She credits her father, an



Rose Cardoza

able teacher, as well as her experiences, with helping her learn her remodeling limits. Sharing her beautiful home are Ruby and Rio, friendly, enthusiastic, two-year old corgis. Rose loves to travel: with her brother John and friends she's traveled to Wales and Puerto Rico and spent New Year's in Paris. Additionally, she takes much pleasure in cooking and entertaining her "great group of friends."

Her maternal family originally came from the Azores but have been based in the Pescadero area, near San Jose for several generations. Her roots in Siskiyou County go back to paternal great grand-parents who owned the Edgewood Market. Great uncles were responsible for the first irrigation line in Hornbrook. A variety of cousins remain in this area.

Rose became involved with FMC and the public relations committee about four years ago with the encouragement of Robin Bailey and Betsey Shutteroff. Her love for writing and doing feature articles is a valuable asset for the FMC's newsletter.

For a petite person, she has a lot of wallop when she puts her mind to a project. FMC is fortunate to have her on the newsletter team.



REESE'S

PEANUT BUTTER COOKIES

This is an easy, no bake recipe for a cookie version of Reese's Peanut Butter Cups.

1/3 # graham cracker crumbs (1 2/3 to 2 cups)

1/2 # margarine (2 sticks)

1 # sugar

1 cup peanut butter

Mix all ingredients together until smooth.

Press into a 9" x 13" buttered pan.

Melt 2 cups chocolate chips over hot water.

Spread over peanut butter mixture.

Cool until firm. Cut into squares and serve.

DON'T BUG ME

By Liz Pimentel, RN,BSN,CIC,CNOR

H1N1 (Swine Flu) or Seasonal Flu: What to Do If You Get Sick

Fall has arrived, school is back in session and the flu season has already begun. With H1N1 being uppermost in people's minds, there is quite a bit of concern about this in our community. Hopefully the following information will help answer some of your questions.

H1N1 symptoms are very much the same as those of the seasonal flu: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes diarrhea and vomiting. So far, the symptoms do not seem to be any more serious than the seasonal flu symptoms.

If you or a family member becomes sick with these flu-like symptoms, stay home and away from others for at least 24 hours after you no longer have a fever (100 F) without the use of fever-reducing medications. If you become ill with mild flu-like symptoms, your first stop should not be the Hospital Emergency Room. Rather, call your healthcare provider for advice. It is not necessary to be tested for the virus in most cases. Get plenty of rest; drink plenty of fluids and see a health care professional immediately if you experience any of the following symptoms:

IN CHILDREN:

- Difficulty or rapid breathing**
- Bluish skin color**
- Being so irritable that the child does not want to be held**
- Fever with a rash**
- Difficulty waking up**
- Severe or persistent vomiting**
- Not drinking enough fluids**
- Flu-like symptoms improve but then return with fever and worse cough**

IN ADULTS:

- Difficulty breathing or shortness of breath**
- Pain or pressure in the chest or abdomen**
- Sudden dizziness**
- Confusion**
- Severe or persistent vomiting**
- Flu-like symptoms improve but then return with fever and worse cough**



An H1N1 vaccine will soon be available, however it will first be offered to high risk groups such as pregnant women, people who live with or care for children younger than 6 months of age, healthcare and emergency medical services personnel, persons between the ages of 6 months and 24 years old and people ages 25 through 64 years of age with chronic health disorders or compromised immune systems.

Current studies indicate the risk for infection among persons age 65 or older is less than the risk for younger age groups. Therefore the vaccine will be offered to persons 65 and older after the younger age groups have been vaccinated.

For more information consult your healthcare provider, call the Siskiyou County Public Health Department at 841-2134 or visit the Centers for Disease Control and Prevention website at <http://www.cdc.gov/h1n1flu/guidancehomecare.htm>

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

Pinnacles of Giving Society

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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.

“HOW IT ALL WORKS” FMC PATIENT SAFETY PROGRAM: NUMBER ONE PRIORITY

By Betsey Shuteroff

The Patient Safety Committee is the current subject in a series of “How It All Works” at FMC. This series looks at the organization and structure of the many ways in which we collaborate to fulfill community needs and meet mandated standards for providing health care.

In 2002, Patient Safety became a national focus of The Joint Commission (TJC), the accrediting agency for hospitals. The Joint Commission established National Patient Safety Goals (NPSG), and all accredited institutions such as FMC, were mandated to comply with, and meet these goals by January 1, 2003. In addition to the national mandates regarding Patient Safety, the State of California also imposes regulations, thus national as well as state levels regulate our hospital. Each year, The Joint Commission publishes the National Patient Safety Goals that all accredited organizations must comply with for that year. FMC has policies and procedures addressing each goal, staff is educated as to each goal's requirements, and compliance is monitored through medical record review and/or physical observations. Compliance status is reported to our Patient Safety Committee on a monthly basis.

The Committee meets monthly and is multi-disciplinary; members consist of representatives of the Medical Staff, Board President Larry Mulloy, FMC CEO Jonathan Andrus and other senior administration members, and clinical department managers. Risk Manager/Patient Safety, Sheila Morgan, RN, chairs the committee.

Perhaps there is no other committee within the hospital that receives more attention and scrutiny than the Patient Safety Committee. Assistant Administrator-Director of Patient Care Services, Kathy Shelvock, RN, comments “the Board of Directors recognizes Patient Safety as the most important issue in the hospital, and as such, the work and function of this group is placed first on the agenda of every monthly meeting of the Board of Directors, reported and discussed before all other business.”

It is the responsibility of the committee to ensure compliance with the State and Federal regulations and guidelines; the committee works closely with Risk Management and the Performance Improvement programs to maintain a culture of safety throughout the organization.

This is accomplished by collection of data, identification of health and safety issues with opportunities for improvement, implementation of new and/or improved interventions, and monitoring and evaluation of outcomes to promote delivery of safe medical care. A typical agenda for the monthly meeting of the Patient Safety Committee contains about 15 different items for review, discussion and evaluation. These results are then reported in detail to the hospital Board of Directors at each of their monthly meetings. Examples of some of the current safety goals implemented, measured and reported are:

- Improved accuracy of patient identification (e.g. two identifiers when providing care, specimen labeling in presence of patient)
- Verification of accuracy or intent, of verbal or telephone orders from physicians
- Standardized lists of abbreviations, acronyms, symbols and drug dose designations
- Timeliness of reporting and receiving critical information between licensed caregivers
- Improved drug administration safety measures such as: labeling, alerts for “look alike/ sound alike” drugs, standardized drug concentrations, reconciliation of patient drug lists, (a complete list of all current medications must be documented on entry to the facility and discrepancies must be resolved) provision of complete lists of medications on discharge for patient and/or care provider.
- Fall reduction program (to reduce risk of patient falls)
- Recognition and response to changes in patient condition
- Timely reporting of adverse events to regulatory agencies
- Universal Protocols within the surgical operating rooms
- Ongoing and proactive program for identifying and reducing unanticipated adverse events
- Orientation and continuing education of staff as to patient safety initiatives

The above examples are but a few of the many goals that are addressed and monitored by the Committee.

These measures, policies, procedures and goals are practiced universally throughout FMC, Scott Valley Rural Health Clinic and Fairchild Medical Clinics in order to comply, implement and meet all National and State standards and mandates for patient safety. FMC takes pride in providing high quality and compassionate health care as well as meeting the high standards set for our industry.

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. “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. The delicious meal was catered by Olivera's Catering.

Once again, we would like to thank Jim and Laura Flett for hosting this social gathering at their home.



Carrie Hayden & Jim Flett



Back row: Carol Crebbin, Vera Clement & Mary Ellen Bryan
Front row: Mike Crebbin & Harry Bryan



Dr. David & Theresa Della Lana



Scott & Simone Merritt with Linda Richter

October is Breast Cancer Awareness

Linda Richter, RN from the outpatient Surgery Department at Fairchild Medical Center, made a king size Savannah Quilt for a raffle to support October Breast Cancer Awareness Month. The drawing was held on October 1st. Proceeds from the raffle are being used for the Mammography Fund at Fairchild Medical Center. We are pleased to announce that Scott and Simone Merritt were the lucky winners of this beautiful quilt.

Thank you Linda and everyone who participated!

Mark Your Calendar!

**"Share the Magic"
CHILDREN'S CHRISTMAS FESTIVAL
DECEMBER 12**

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

- In Memory of Virginia Larens**
Jerry & Marcia Churchill
- In Memory of Freda Wilson**
Marian & Wes Hamilton
- In Memory of Lee Hubler**
Mary Lindley
- In Memory of Ed Sylva**
Marian & Wes Hamilton
- In Memory of Anna Harms**
*Marian & Wes Hamilton, Bob & Ann Kaster
Tom & Peggy Amaral*
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- In Memory of Joseph Hedge**
Mr. & Mrs. Daniel Girdner, Jr., Bob & Ann Kaster
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- In Memory of Roland Frink**
William & Bette Sandford
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Susan & Kaitlin Ikenberry, Bob & Ann Kaster

FAIRCHILD MEDICAL CENTER HELD THEIR 9TH ANNUAL HEALTH FAIR



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, Clarity Medical Spa, Yreka Women's Clinic, Siskiyou Home Health, YMCA, Siskiyou County Public Health as well as other county agencies to name a few.

There were presentations given by Siskiyou County Office of Education for vision screenings, FMC Auxiliary and Shasta View Nursing did blood pressure checks. The ultrasound department at FMC performed carotid screenings. The Yreka Branch of FMC Guild held its famous Ice Cream Social with some of the best homemade ice cream around!

A contest was held at FMC to create a theme for this year's health fair. Over 80 entries were submitted. "Be Fair to Yourself, Care About Your Health" was the theme selected for this year. Congratulations to Caroline Whitchurch from FMC Clinic and Scott Valley Rural Health Clinic.

Peggy Amaral, coordinator of the Health Fair was very pleased with how the community came out for the wealth of information that was on hand.

Thank you Peggy and the entire FMC staff for volunteering your time and bringing our community this fabulous event.



SEPTEMBER 26, 2009