

Fairchild Medical Center

# Foundation



News for friends of the Fairchild Medical Center Foundation

News

444 Bruce Street  
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[www.fairchildfoundation.org](http://www.fairchildfoundation.org)

SUMMER 2011



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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for all community members,  
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and friends of the  
Fairchild Medical Center.  
If you wish to be included or  
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444 Bruce St.  
Yreka, CA 96097

# FAIRCHILD Medical Plaza Expansion



Fairchild Medical Plaza Expansion

It is hard to miss the massive new construction project across the street from FMC. This is the new "Fairchild Medical Plaza."

While the existing building already includes the Primary Care Clinic as well as the Sleep Lab, and Rehabilitation Services, with the reality of ever-increasing health care needs within our community, greater space and service areas have become a distinct need. The new expansion area of 22,000 square feet will allow for future growth and will provide much needed additional space for the Primary Care Clinic.

Jonathan Andrus, CEO of FMC explains, "This project will be critical as we meet the significant challenge of recruiting and retaining physicians to our community. The new space will accommodate physicians who provide primary care services and specialty care services including orthopedics, general surgery, and gyn/obstetrics." In addition to the office and exam areas for specialties, a section of the new building expansion will be utilized as the "Medication Administration

Services." Out-patients needing certain injected or infused special medications will receive them in a comfortable and dedicated area.

Within the new expansion, patients will have access to X-ray and laboratory services providing greater convenience. The new Plaza entrance will be easily accessible under full canopy to protect our patients during inclement weather. An undertaking of this magnitude requires tremendous planning and foresight, and Mr. Andrus notes, "Significant resources have been expended to successfully manage this large project. It will be completed within the budget that was originally established by the Hospital Administration and approved by the Hospital's Board of Directors".

While it is impossible to predict the exact date of the opening, as medical construction is subject to stringent regulation and numerous inspections, it is anticipated the Plaza will be operational within in the month of September 2011.

# Fairchild Medical Center Foundation has a new member!

## Dawna Cozzalio

By Mary Ellen Bryan



As a new member of the FMC Foundation Board, Dawna Cozzalio brings her considerable experience and expertise to the position. She was a valued part of College of the Siskiyous staff for thirty-eight years beginning as a secretary, becoming a supervisor in the media center, serving as an adjunct instructor in business (1978-1998) and then branching into public relations and marketing. This branching off brought her to a part time position with the COS Foundation when it was formed. She became executive director of the Foundation in 1994, retiring in 2007. However, retirement was not total, she has served as interim executive director until her final retirement June 2011.

During her COS years, she served under four presidents (Eugene Schumacher, twenty-three years; Martha Romero, ten years; David Pelham, five years; and now, Randy Lawrence, three years) as well as two interim presidents (Carl Ehmann and Peggy Moore.)

Ashland born and high school graduated, Dawna raised two daughters while commuting and pursuing her college education.

Married to Rex Cozzalio for thirty years, she lives on the family ranch compound in Hornbrook. Apart from the fact that she often averaged one thousand miles per week with her COS employment, Dawna describes herself as home-oriented: she loves to garden, work in her greenhouse, sew, can, travel and enjoy her two dachshunds. (She shares this canine love with FMC Foundation member Betsey Shuter-off.) The ranch has fallow deer, Dexter cattle, geese, chickens, grapes, apples, pears and peaches. (Dexter cows, from Ireland, are special; you might want to ask her about them.)

Dawna feels privileged to be asked to serve on the Foundation board. Well aware it takes a team to make goals happen, she hopes she can bring something to enhance the FMC Foundation goals. She will serve on the Planned Giving and Investment committees. Welcome, Dawna Cozzalio.

## Heart Warmers

By Valerie Beaver, RD  
FMC Clinical Dietician



## Hummus

(Makes 4 cups)

Hummus is a dip or spread made from garbanzo beans (chickpeas). Served with fresh or toasted pita bread, hummus makes a great snack or appetizer.

3 cups canned Garbanzo Beans, rinsed

1/2 Onion, chopped

2 Garlic Cloves, minced

2 tsp. Olive Oil

1/2 tsp. Cumin

2 tsp. Basil

1 tsp. Oregano

1/4 cup Lemon Juice

1 tsp. Salt

1/4 cup Tahini

1/4 cup Water

1/4 Bunch Parsley, minced (no stems)

Sautee onions, garlic and olive oil until transparent. Add cumin, basil and oregano and sauté another 3 minutes. In a food processor, combine beans, lemon juice, salt, tahini and water. Process until blended, about 1 minute. Add water if the mixture seems too thick. Mix beans with sauté and add fresh parsley. Mix well. Serve with baguette, as a spread on sandwiches, or dip with fresh veggies. Makes 10 servings

## Women in Timber



With all of the babies being born at Fairchild Medical Center these days, the Obstetric Department is a very busy place! The Women in Timber wanted to show their appreciation for everything Fairchild Medical Center does for our community by generously donating a glider/rocker chair for one of our birthing rooms. The glider/rocker shown here with (left to right) Jackie Van Ee, RN, FMC, Monet Allen, Lee Ann McDonald, Darci Hamilton Franklin, Kayla Morgan and Connor Franklin (seated) from Women in Timber. Thank you Women in Timber! The new moms and dads will greatly appreciate the new glider/rocker!

## Planned Giving Article – Teach Your Children

It was more than 40 years ago that a song with this title became an instant classic and its album went to No. 1 on the charts. It speaks of parents teaching their children well, suggesting that we “feed them on your dreams” and to “know they love you.”

If you first heard the song when it was released, you are likely of an age where your children may be away from the nest, yet they – and you – are still learning life’s lessons. No one stops being a parent when a son or daughter moves into their own place, marries, or has children of their own. Parents continue to educate family members throughout their lives by the way they live and the commitments they make.

Here at Fairchild Medical Center Foundation we hear of this often. Many of our friends and supporters talk to us and to their children about how important our work is in the community. Whenever parents make an important lifetime gift, or establish a charitable gift in their estate plan, it speaks to their values and dreams. Often, they want that legacy to spread through their family.

We always encourage parents to let their families know of their involvement with Fairchild Medical Center Foundation for we know that generations of support can be created by them. Teaching what you feel in your heart has every potential to draw children and even grandchildren into considering how to follow your lead.

For more information on how you can support Fairchild Medical Center Foundation, please contact the Foundation Office at 530-841-6239.

## Clip and Mail – “Together We Can Climb Any Mountain”

### Pinnacles of Giving Society

- \_\_\_\_\_ \$5,000 Mt. Shasta President
- \_\_\_\_\_ \$2,500 Marble Mountain Leader
- \_\_\_\_\_ \$1,000 Goose Nest Partner
- \_\_\_\_\_ \$500 Mt. Eddy Fellow
- \_\_\_\_\_ \$250 Black Butte Pioneer
- \_\_\_\_\_ \$100 Willow Creek Mountain Associate
- \_\_\_\_\_ Other \_\_\_\_\_

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Enclosed is my tax deductible contribution of

\$ \_\_\_\_\_ Payable to:

**Fairchild Medical Center Foundation • 444 Bruce St., Yreka, CA 96097**

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

# FOCUS ON THE FOUNDATION

## Jim Hendricks

By Mary Ellen Bryan



Originally involved with the first FMC fundraising drive, Jim Hendricks has been on the FMC Foundation Board since its inception. Well aware of how vital and important it is to have a local hospital, Jim thoroughly enjoys being on the board and having the camaraderie of the membership. (He and former FMC administrator, Dwayne Jones, have known each other since seventh grade.)

Born in Yreka in the “old hospital” on South Main, Jim was raised

in Etna and attended local schools. After graduation, he journeyed to the LA area where he worked as a radio technician for a Motorola Two-Way Radio shop from 1965-1970. This was a great experience that he thoroughly enjoyed. With the advent of forced busing and school integration, he brought his family back to his home town. (His children were young, faced with drive-by shootings and long school commutes.)

His return to Etna brought him into the “family business.” (His gold miner grandfather had established the Siskiyou Telephone Company so that he could order mining supplies from the Forks of Salmon.) Jim played significant roles during his forty-two year tenure: chairman of the board, supervisor, business decision maker, and team leader to develop different projects. His official retirement was in April of this year.

Jim started Cal North Cellular Company by rounding up some good

partners who represented phone companies in the area to provide seed money.

Presently, he is the owner of the Shell Service Station and convenience store in Etna as well as two storage units, a RV park, and two laundromats. A new job he has taken on is as an inspector of gas and diesel underground storage tanks.

In 1981, Jim married Betty Mairel from Tulelake who is actively involved in their present businesses. Their marriage resulted in six children- a combination of step and biological offspring and six grandchildren, one of whom died in Afghanistan. Four of his children work in the family business- Siskiyou Telephone; one son is a general contractor in Redding and the sixth, a daughter, is a nail technician.

In 2001, Jim suffered a major stroke which brought out the tenacity in him. The diagnosis included never walking again. With concentrated and determined focus, he spent almost four months in various levels of treatment, challenging the diagnosis, first at FMC, then later at Rogue Valley Hospital and finally at Providence Hospital. Today, he has his walking ability although somewhat impaired.

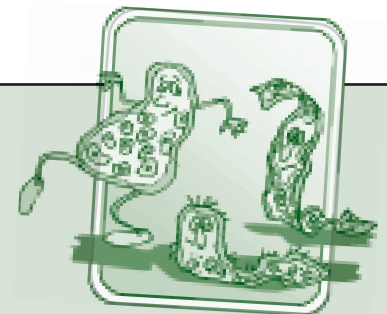
A major railroad buff and hobbyist, Jim keeps records of train activity and spends most weekends in their second home in Dunsmuir across the street from the railroad round house. Prior to his stroke, he owned a six cubic foot motorized signal car (a two-seater) in which he traveled to Canada as well as other areas. His travel adventures are now restricted to the car. He proved to the DMV that with his adapted vehicle he is well able to drive alone under a restricted license!

Jim Hendricks is to be admired! He is a man of varied interests, accomplishments and determination. Jim has looked adversity “in the eye” and, with the support of family and employees, came out managing very well.

# DON'T BUG ME

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

## Meningitis



Summer is in full swing and it's hard to think about school starting soon, however my son is eagerly anticipating a new chapter in his life by going away to college and living on campus with friends and fellow students. As an infection control nurse, I can't help but think of all the illnesses he may be exposed to when he goes away to school. One of the first that comes to mind is Meningitis; given the fact that it occurs more frequently when living in close proximity to others such as in dorms, barracks, and other communal settings. Meningitis (sometimes referred to as spinal meningitis) is an inflammation of the membranes that cover the brain and spinal cord. Symptoms include a sudden onset of fever, headache and a stiff neck resulting in the inability to touch one's chin to one's chest, nausea, vomiting, sensitivity to light, confusion and sleepiness. It may occur as a result of a virus, fungus or bacterial infection.

Bacterial meningitis is a more dangerous and deadly form of the disease therefore early diagnosis and treatment with appropriate antibiotics are very important. Some forms of bacterial meningitis are contagious and can be spread from person to person through the exchange of respiratory secretions such as through coughing, kissing and sneezing. Anyone that may have had this type of close or prolonged contact with a patient diagnosed with bacterial meningitis should receive antibiotics to prevent them from getting the disease. It is not spread by casual contact or by simply breathing the air where a person with meningitis has been.

There are several things you can do to prevent contacting meningitis. First and foremost is to maintain a healthy lifestyle and avoid coming into close contact with people who are sick. There are also various vaccinations available that provide protection against three types of bacteria that cause meningitis:

- **Meningococcal Vaccines:** Recommended for all 11—18 year olds, especially college students living in a dormitory, military recruits and for certain high-risk children and adults such as those having a damaged or removed spleen. It is also recommended for those people traveling or residing in countries in which the disease is common. This vaccine prevents 2 of the 3 most commonly occurring strains of *Neisseria meningitidis*.
- **Pneumococcal Vaccines:** Recommended for use in adults 65 years old and older, for children 2 years and older that have a high risk of contacting pneumococcal disease. It is also recommended for persons aged 19-64 who smoke or have asthma.
- **Hib Vaccine:** Recommended for all children under 5 years old and is usually given to infants starting at age 2 months. Also prevents pneumonia and epiglottitis (a severe throat infection) caused by the bacteria *Haemophilus influenzae* type b (Hib).

Certain viral infections can sometimes develop into meningitis. Viral meningitis occurs most often in children under the age of 5. It is usually less severe than bacterial meningitis. There is no specific treatment for viral meningitis, however most patients recover on their own within 7 to 10 days. Currently there are no vaccines for the most common causes of viral meningitis. The best way to prevent getting meningitis is to prevent contacting a viral infection which can be accomplished by:

- Washing your hands (sound familiar?)
- Avoid kissing or sharing water bottles/glasses, food, eating utensils or lipstick with others.
- Clean potentially contaminated surfaces, such as doorknobs or the TV remote control often.
- Make sure you and your children are immunized with the vaccines listed above.
- Avoid mosquito and other insect bites.

Fortunately meningitis is not contracted as easily as the common cold or flu—one needs to be in close contact with someone or something that is infected. Unfortunately when meningitis does present itself, it can be quite dangerous. Our best defense is prevention, but if that fails it is extremely important to recognize it and seek immediate medical care. **Take care, enjoy your summer and always remember to WASH YOUR HANDS!**

FAIRCHILD MEDICAL CENTER  
FOUNDATION  
444 Bruce Street  
Yreka, CA 96097



We are pleased to present  
Fairchild Medical Center Foundation's  
2010 Annual Report

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

**In Memory of Harry Bryan**  
*Doris Betts  
Bob & Ann Kaster*

**In Memory of Berry Boston, Jr.**  
*Mr. and Mrs. Daniel Girdner, Jr.  
Mary Ellen Bryan  
Bob & Ann Kaster*

**In Memory of Guy Snell**  
*Mr. and Mrs. Robert Jenott*

**In Memory of Betty Hart**  
*Michael & Carol Crebbin  
Margaret Alderman  
Bob & Ann Kaster*

**In Memory of Jim Johnson**  
*Michael & Carol Crebbin  
Bernice Meamber  
Bob & Ann Kaster*

### Mark your calendars!

**17th Annual Golf Tournament  
September 11, 2011**

**10th Annual Art-In-Hospital  
Photo Contest**

*Submit photos during month of October 2011*

## Foundation Donations in Action

By Rose Cardoza and Colleen Cowley

With the rapidly changing technology it is imperative to update our diagnostic equipment as soon as we are able. We are fortunate to have FMC Foundation Golf Tournament be a huge success each year as the funds raised are utilized for the purchase of such technology. A couple of very important pieces of equipment that we have added are the BioZ or ICG (Impendence Cardiography) machine for the Cardiopulmonary Department and the Newport Ventilator.

The BioZ or ICG (Impendence Cardiology) machine has made it possible to obtain diagnostic information about the hearts function without an invasive procedure. It has been a useful tool in the Intensive Care Unit and in the Emergency Department. The information from the test can inform the Physician of fluid balance which is important when treating shock, infection, or post operatively patients. It also gives us information in which direction to treat hypertension and what shape the heart is in. The BioZ has replaced indwelling lines and is a safe and quick way to get information to the Physicians.

The Newport Ventilator was another great piece of equipment purchased by the Foundation for the Cardiopulmonary Department. This is a critical piece of equipment that has been used from infant to adult patients. It offers advanced modes of therapy, which is important to the Respiratory Care Practitioner when caring for critical patients. With all emergency cases whether a baby, child, or adult, it is great to have the Newport Ventilator available and ready to breathe for that patient.

