

Fairchild Medical Center



Foundation News

News for friends of the Fairchild Medical Center Foundation

444 Bruce Street
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(530) 842-4121
www.fairchildfoundation.org

WINTER 2010



Building A Healthier Community

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FAIRCHILD MEDICAL CENTER CHILDREN'S CHRISTMAS FESTIVAL "SHARE THE MAGIC"



Everyone excitedly awaited Saturday, December 12, 2009 when the 10th Annual Fairchild Medical Center Foundation's Children's Christmas Festival returned to the Yreka Community Center.

"Share the Magic had approximately 300 people attend this year" stated Marcia Churchill, chair of this heart-warming event. The children put in their names to win one of the many adorable stuffed bears Marcia gave away that day. Carrie Hayden, breakfast chair, had a fabulous volunteer crew that included Fairchild Medical Center board chairman, Larry Mulloy and his wife Frankie, board members Dave Dealey, Dwayne Jones and his wife, Sandy, and CFO, Kelly Martin. After breakfast the kids were off to make crafts and purchase gifts for their families at The Gift Shoppe. This year's crafts were great. Our volunteer crafters outdid themselves with wooden race cars for painting, snow globes, jingle bell necklaces, pine cone bird feeders, and cookie decorating to name a few. The kids get quite a joy from purchasing gifts at the Gift Shoppe with complimentary



gift wrapping available for them. Bavarian Bear (our own Robin Bailey) meandered through the crowd visiting and having fun watching the kids make their crafts. And of course, we cannot forget Santa! He was there all day listening to the wish lists of the many children and laughing for the cameras!

This event would not be possible without the dedication and generosity of our many volunteers that make this magical day happen, Thank you!!!



FOCUS ON The Fairchild Medical Center Foundation

Mary Ellen Bryan

By Betsy Shuteroff

How do you write about a former English teacher? Carefully, and with close attention to spell and grammar checks!

It is said that “turnabout is fair play,” and Mary Ellen Bryan has interviewed many of our foundation members over the past several years and seriously, it is a pleasure to now focus on this busy, committed, and community-minded lady. Mary Ellen is truly a Northern Californian, born of a New Zealand immigrant father and an “Arcata farm girl” mother. Mary Ellen, her younger brother, and her parents moved “a lot”. Her father was a saw filer; in those days the mills were plentiful and functioned well, and the family lived in places such as Merced Falls, Feather Falls, Westwood, Castella, and finally in Dunsmuir where Mary Ellen attended Dunsmuir High School, graduating in 1955 in a class of 35 students.



She moved on to what would become a lifetime love of being a student, of teaching students, and working with people. Following her high school graduation, she enrolled in UC Berkeley with a major in Physical Education and minor in English. Coming from Dunsmuir and the tiny mountain communities before that, Mary Ellen laughingly comments, “I was a pollywog in an ocean!” Clearly undaunted, she then went on to Stanford University to obtain her Masters in Education and General Secondary Teaching Credential.

For the next several years, she taught high school and community college in several areas in California. In the meantime, her parents had moved from Dunsmuir to Yreka, having bought the El Rancho Motel, which they expanded and operated for some years. In 1959 Mary Ellen met Harry Bryan, a Civil Engineer and 4th generation Siskiyou County native. They married in 1961. Harry became a partner in the firm of Piemme and Bryan Inc. Civil Engineers and Land Surveyors, and Mary Ellen taught English, PE and Speech at YHS.

After a year of teaching, she started the next phase of her life, giving birth to Elena in 1964 and Emerson in 1967, (5th generation Siskiyou County Bryans!)

Today, her daughter Elena lives in Washington DC and works with the US Trade Representative and deals with trades negotiations and treaties with foreign nations.

Emerson is manager of Pepsicola Distributing Co., living in Mt. Shasta with his wife Dee Dee and their two children, Blakeley and McKenlee, who are, yes, 6th generation Siskiyou County Bryans.

“Being a mom was great as well as challenging,” she comments, and among other family oriented endeavors she and friends started the Yreka Cooperative Nursery School, which successfully continued for many years.

Not one to “sit around,” Mary Ellen continued her on-going education and pursuits of various interests; she attended school at SOSC where she obtained a Masters in Interdisciplinary Studies with an emphasis in psychology and education. She became an MFT (Marriage Family Therapist) and worked in the Siskiyou County Mental Health Department for 13 years, retiring in 1997. She also taught various subjects in Adult Education in the community for many years.

“Retirement” to Mary Ellen only meant moving on to other things.

She has been a board member of Madrone Hospice for many years and currently serves as President. Through the efforts of many, Madrone Hospice provides a variety of services, and particularly satisfying is the beautiful and well-received Hospice House. “It has been an abiding pleasure and honor to be a part of something that is so important and valuable to so many” she says of her involvement with Hospice.

She also has a passion for the arts, and is a founding member of the “Red Scarf Society”, which began five years ago with the purpose of promoting the arts in Siskiyou County. The “RSS” has three purposes: to support the Yreka Community Theater, to provide at least two concerts a year in Yreka, and to provide outreach to students all over Siskiyou County. Mary Ellen also finds time to do a little art of her own, occasionally exhibiting playful and original pieces in Liberty Arts Gallery, another local endeavor in which she participates. Then there is our hospital. She has been an active participant in Fairchild Medical Center Foundation activities for some years. She comments “we are fortunate to have this hospital and quality of medical care we enjoy in this town, I am honored to be part of the Foundation.”

She loves living in Yreka and expresses a philosophy that explains much of her motivation and energy for her many contributions to our community: “Living in a small community is a valuable idea to me. If you want to get things done you put your own energies and talents into them. It is an exciting way to live.”

Mary Ellen gets excited about this small town; she loves it here and has done much to help enhance the quality of life for so many. Thank you Mary Ellen, for the gifts and enrichments you have helped bring to our community through the years.

Art in the Hospital

By Rose Cardoza

Once again the time to choose four new photographs to adorn the halls of Fairchild Medical Center and, as usual, it was not an easy task. The criteria for selection is that they must be original photographs taken in Siskiyou County and can be scenery, human interest or wildlife. Well that seems to be the easy part. Being a member of the Community Relations Committee we viewed over 30 photos this year and could select only four to display. With that many fabulous photos you can understand why it takes so much time to choose. After much deliberation we chose a photo of my favorite natural lakes, Castle Lake taken by Tracy Hall of Yreka. A most wonderful Owl was our next pick taken by Mike Lamb of Yreka. Alex Gaulden of Yreka captured a very serene and quite cute fawn lying down for the day. And Don Hargreaves captured the quintessential quiet of Siskiyou County with a look at the Memorial Gardens with Mt. Shasta in the background. We thank everyone who submitted their photos. and Congratulations to the photographers that were chosen. You captured magical moments that will be on display for everyone’s enjoyment in the halls of Fairchild Medical Center. These photos become the property of Fairchild Medical Center and will, eventually, as the collection increases, be moved around with some of the photos decorating the walls of patient rooms. The photos are testimonial to the beautiful area we live in and the talent that exists in our community. The Community Relations committee looks forward to seeing what this year’s photos will be.

Photos are not the only art on display at Fairchild Medical Center. Tana Gliatto of Yreka has volunteered her time and effort in coordinating with our county schools to gather artwork done by the children to create a “Children’s Art in the Hospital” in the hallway leading to the FMC cafeteria. Tana’s efforts and those of the students brighten the day for staff, volunteers and visitors alike. Tana: We applaud your dedication and that of the students and teachers you have collaborated with. We look forward to all of the future art on the “Children’s Art in the Hospital” wall. It truly takes people like you to make life work on all levels.



Picture is left to right: Robin Bailey, Mike Lamb, Tracy Hall, Don Hargreaves.

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

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How It All Works: Collaborative Clinical Care Council “Sets The Standard”

By Betsey Shuteroff

In this on-going series of “How It All Works” at FMC we look at the function of the Collaborative Clinical Care Council, known as the “CCC”.

The Council sets the standard for clinical care within the hospital by providing oversight of the care and management of patients in every department and area of the hospital. This includes Pharmacy, Laboratory, Surgery, Rehabilitation, Cardiopulmonary, Obstetrics, Emergency, Imaging, Medical/Surgical, Special Care and Out-patient Surgery units as well as services provided in the FMC out-patient clinics.

This council is truly collaborative, comprised of the clinical department managers, physician representatives of each of the medical specialties and some members of the senior administrative team of the hospital. A physician who is appointed at the beginning of each calendar year chairs the council.

They meet monthly to consider, evaluate and examine from many different perspectives how we care for our patients, reviewing and acting on such topics as:

- Performance Improvement reports submitted by various clinical departments
- Medication usage and evaluation/Pharmacy&Therapeutics
- Infection control
- Revision of various treatment policy and procedures as needed
- Regular updating of written manuals
- Blood usage review
- California Transplant Donor Network
- Quality control activities
- Patient satisfaction based on survey results
- Human resource as it applies to training/competencies

Principal concern is how to achieve the very best possible outcomes in clinical care of patients. This is done through critical analysis, peer review and medical record review, and includes studies for certain specialties for our hospital-based physicians such as pathology and radiology. The council also monitors how well we comply with standards set by the Federal government for what are known as “core measures” or, “best practices”.

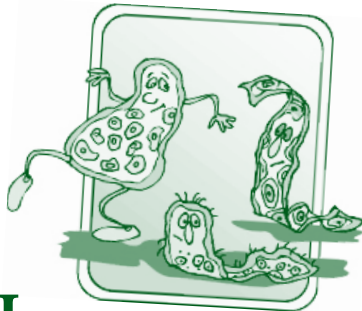
The hospital pharmacists are an important part of this council as there is strong emphasis in the area of Pharmacy and Therapeutics, which examines medication usage, strengths and types, dosage recommendations, warnings, and changes in drug information, all of which is communicated to the entire medical and clinical staff on a regular basis.

As the body responsible for approving all policies regarding clinical practices within the hospital and clinics, the Collaborative Clinical Care Council is an extremely important group of professionals meeting and working together to bring excellence to our hospital, helping to “make it all work” at FMC.

Thanks to Kathy Shelvock, RN, Assistant Administrator, Patient Care Services and member of the CCC for informational assistance.

DON'T BUG ME

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



Germs in Your Home

Although an object may appear to be clean, when it comes to germs, looks can be very deceiving. Approximately eighty percent of all infections are spread the same way: touching a surface that is covered with germs. With flu season in full swing, it is crucial that we limit the amount of germs we come in contact with to prevent getting sick. As you all know, the best way to do that is to Wash Your Hands! In addition to washing your hands, it is important to be aware of the following germly places inside your home. You are probably already aware of most of these areas, but you may see one area that didn't occur to you.

The Kitchen: A dirty dishrag or sponge is a perfect breeding ground for organisms and will just spread the germs around when using it to clean. A good way to prevent this is to mix a solution of a tablespoon of bleach to a quart of water and use it to clean the kitchen—making sure to include chopping boards. Just remember to rinse with plain water to make sure that there is no trace of bleach left. Ways to disinfect a sponge include: Soaking it in the above bleach solution once a day, putting it in the microwave for one minute (just make sure it is wet prior to heating) or placing it in the dishwasher to be washed with your dishes.

The Bathroom: You probably clean the toilet bowl and bathtub regularly, but have you ever thought about the faucets, shower head or toilet paper dispenser? One study found more germs on those places than on the toilet seat. As for toothbrushes, don't let them touch each other. Also, don't keep the toothbrushes near the toilet and put the toilet seat down before you flush—toilet water has a way of flying through the air.

The Laundry Room: It is best to wash underwear separately in water that is at least 150 degrees and if the fabric will tolerate it, add bleach. Wash your hands after loading and unloading the washing machine. The heat of the dryer also kills bacteria, so dry your clothes for at least 45 minutes to kill any bacteria such as E coli that may have survived the wash cycle.

You are probably already following these recommendations, but it never hurts to get a reminder every once in a while. By following these simple recommendations, you will limit the amount of germs you come in contact with and prevent getting sick. And last but not least, remember to Wash Your Hands!

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Heart Warmers
by Susan Wade RD, CDE

Three Bean Salad Makes 6 1-cup servings

This traditional salad is quick to make and keeps well. For a quick meal, serve it on a bed of romaine lettuce leaves with a slice or two of whole-grain bread.

- 1 15-ounce can kidney beans, drained**
- 1 15-ounce can garbanzo beans, drained**
- 1 15-ounce can green beans, drained**
- ¼ cup finely chopped red onion**
- ¼ cup finely chopped fresh parsley**
- ½ cup cider vinegar**
- ¼ cup seasoned rice vinegar**
- 3 garlic cloves, pressed or minced**
- 2 tablespoons chopped fresh basil, or ½ teaspoon dried basil**
- ½ teaspoon dried oregano**
- ½ teaspoon dried marjoram**
- ¼ teaspoon black pepper**

Place drained beans in a large bowl with onion and parsley. In a separate bowl, stir together vinegars, garlic, herbs, and black pepper. Add to beans and toss to mix. Chill 2 to 3 hours before serving if time permits.

Per 1-cup serving Calories : 174

Fat: 1.6 g

Calories from Fat: 8.2%

Protein: 9.2 g

Sugar: 5.7 g

Sodium: 456 mg

Iron: 3.2 mg

Beta Carotene: 281 mcg

Saturated Fat: 0.2 g

Cholesterol: 0 mg

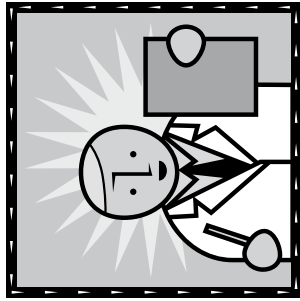
Carbohydrates: 31.1 g

Fiber: 7.2 g

Calcium: 65 mg

Vitamin C: 7.7 mg

Vitamin E: 0.4 mg



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