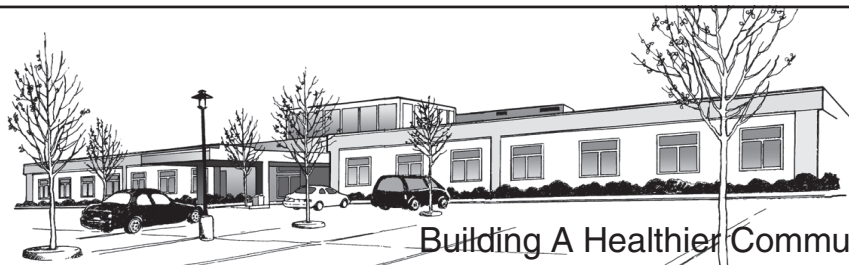




Fairchild Medical Center Foundation

444 Bruce Street  
Yreka, CA 96097  
(530) 841-6239  
www.fairchildfoundation.org



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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FMC Sleep Diagnostic Laboratory

by Betsey Shuteroff

Fairchild Medical Center is proud to present their newest service, the "Sleep Diagnostic Laboratory" located across from the hospital in the Fairchild Medical Plaza.

A Bit of History

Dwayne Jones, CEO of FMC explains that this new service was originally born of a conversations he had over one year ago with the late Robert (Bob) Briggs. Mr. Briggs was at the time the Manager of Cardio-Pulmonary Services at the hospital. Bob had a keen interest in the problem of sleep apnea and felt it was a largely unaddressed serious medical condition prevalent in the population, with no local treatment available. Briggs spent considerable time and effort preparing information for Mr. Jones to present to the FMC Board of Directors to demonstrate need in our own community for recognition and treatment of sleep disorders. Mr. Briggs' untimely death last autumn did not derail plans for the new lab, and the hospital is indebted to the efforts of Bob Briggs to get this project started.



John Pomeroy, chair FMC Foundation presents a \$40,000 check to Dwayne Jones, CEO of Fairchild Medical Center to be used for the sleep lab.

"The goal of the hospital Board of Directors is always to seek new ways in which to serve our community," Dwayne Jones explains.

The hospital Board looked at the problem of sleep disorders and initiated a strategic plan to make this sleep lab a reality. Central to the success of the plan was involvement of the FMC Foundation. The Foundation was approached and the executive Board agreed to make this Sleep Diagnostic Lab a focal point of their fund raising, naming it as the recipient of the monies earned from the annual Golf Tournament held last September.

"This is yet another example of how important our Foundation is to our hospital" Dwayne Jones comments. "Time and again the Foundation has recognized our needs for new equipment, staff education and various expanding health services. This Foundation is a vital group of dedicated local residents who give countless hours and resources to make these things happen for the entire community."

Dr. Everett Trevor MD, Medical Director

Critical to the success of the lab was to locate a highly qualified Medical Director. Bob Briggs paved the way for this by helping bring Dr. Everett Trevor, MD, from Redding, to Fairchild to become the Medical Director of the Sleep Diagnostic Lab.

Dr. Trevor brings a distinguished background to our program. He is Board Certified in Sleep Medicine, Internal Medicine, and Pulmonary Medicine. He is currently in private practice in Pulmonary Medicine and Sleep Disorders at North State Sleep Disorder Center in Redding. He has served as Medical Director of the Center for Sleep Apnea in Redding, has acted as Director for several Respiratory Therapy Departments in the Redding hospitals as well as being an active member of the hospital medical staffs. As Director of Fairchild Medical Center's sleep lab, he will interpret sleep studies and will be responsible for quality control and accreditation.

Dr. Trevor comments, "I have been most pleased with the staff and administration at Fairchild Medical Center. They have been dedicated to the goal of providing the local community with state of the art sleep laboratory testing and treatment."

Dan Coons, Manager of the Sleep Diagnostic Lab

Mr. Dan Coons is Manager of Cardiopulmonary Services at FMC as well as the Sleep Lab. Mr. Coons is well qualified to take the reins of the new sleep lab; he has extensive background in this field, having managed sleep labs for Asante Health Systems in the Rogue Valley and Grants Pass. He is an RRT, (Registered Respiratory Therapist), and in addition to his managerial experience he has a background in education. He has also recently completed formal training in Polysomnography at the Midwest School of Sleep Medicine in Rockford, Illinois. Mr. Coons continues his training by interning at the North State Sleep Center in Redding under the direction of Dr. Trevor.

Dan Coons comments about the new sleep lab: "Our goal is to become fully accredited by the regulatory agencies. Within 18 months we expect to have our technicians ready to pass their national registry exams as Polysomnographers."

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

## ***FMC Sleep Diagnostic Laboratory (continued from page 1)***

Mr. Coons further notes, “our techs are all local, and they have been hired and specifically trained for this facility. They live here, this is their community and their home; this new diagnostic lab not only represents a needed new health service, but it is a great employment opportunity and that helps all of us.”

### **The Sleep Apnea Problem**

The purpose of the sleep lab is to diagnose and treat sleep disorders, most common of which is Obstructive Sleep Apnea (OSA). Sleep apnea is a serious, potentially life-threatening condition. It is a breathing disorder characterized by repeated collapse of the upper airway during sleep, with consequent cessation of breathing. Virtually all sleep apnea patients have a history of loud snoring. Obstructive Sleep Apnea is becoming increasingly recognized as an underlying factor in a wide range of serious medical problems. It is estimated that about 4% of the male population and 2% of the female population of the US meet criteria for the disease. Sleep apnea is more prevalent among the obese, in males, and in older individuals. It may be more common than asthma, and a majority of sufferers go undiagnosed and untreated.

Persons with OSA may experience gasping or choking during sleep, snoring, breathing pauses, (apnea) excessive daytime sleepiness, restless sleep, intellectual deterioration, poor judgment or concentration, memory loss, irritability, depression, morning headaches, sexual dysfunction, and frequent nighttime urination.

OSA is implicated as the underlying cause or at least aggravating factor for a large list of very serious medical problems such as hypertension (high blood pressure), heart attacks, stroke, heart arrhythmias, and fatigue-related motor vehicle and work related accidents.



***Persons experiencing these sleep problems or symptoms should seek medical attention.***

### **The Diagnostic Sleep Study**

The study is actually easy for people to do. They arrive at the sleep lab at 8PM where they will meet their technician and be given explanations. Each sleeping room is a pleasant, comfortably furnished private bedroom and bathroom.

The study is accomplished by connecting painless monitoring devices to the head, chest, and limbs. The client wears his/her normal sleeping attire. While people may read or watch television prior to sleep, most people fall asleep within 20 minutes of beginning their study.

The biological signals being monitored are carefully recorded during this period allowing the technician to assess the quality of sleep and note any abnormalities. The equipment monitors a remarkable array of body functions: brain waves, (EEG), the cardiac rhythm, respiratory rate, oxygen saturation of the blood, eye movement, movement of air in and out of the nose and mouth, chest and abdominal movement, leg movements and chin position. Often, the sleep tech will be able to determine the type of sleep abnormalities very early into the study. Upon completing the nightlong sleep study normal activities are resumed the next morning. Persons may return to work with no interruption in routine.

The data collected will enable Dr. Trevor to determine the type and severity of sleep apnea and treatment options. Dr. Trevor will work with the sleep lab personnel and the family doctor to coordinate the appropriate treatment.

The most common primary treatment of choice is a device worn at night known as CPAP, which delivers continuous positive airway pressure. Candidates for this treatment will be instructed and assisted in the fitting, use and care of their equipment.

**The good news is, this serious and potentially life-threatening condition is easily identified and can be effectively treated! Sleep related disorders are a quality of life issue; persons that seek diagnosis and treatment, and are compliant, can quickly experience life-changing improvements.**

## ***10th Annual Fairchild Medical Center Golf Tournament September 12th 2004 Lake Shastina Golf Resort by Jackie Roy***



Lake Shasta Golf Resort and Edward Jones are Tournament Hosts for one of the most exciting golf tournaments in Siskiyou County. The money raised from this event is used to purchase equipment for the hospital. Proceeds from this year's tournament will be used towards the purchase of a new Fetal Monitor System for the Obstetrics Department. If you are interested in playing or would like to be a sponsor please call the number listed below. Last years prizes included \$500.00 cash, season ski passes, golf packages, golf clubs, butane barbecue, and special hole in one prizes for all par 3's. Seventy six prizes were given out last year, all with a value of over \$50.00.

Prizes will be given for 1st and 2nd place Low Net and Low Gross teams, closest to pin and long drive. Special closest to pin memorial hole for 1/2 the bank.

The tournament is a scramble format. The \$70.00 entry fee includes green fees, snacks and lunch and driving range balls.

For more information call:  
Jackie Roy - 842-5874  
Susan Ikenberry - 841-6239



## Don't Bug Me

by **Georganne DeMarco, RN**  
**Infection Control Nurse**  
**Handwashing**

"I just washed my hands an hour ago (and since then, I have dug in the dirt, gone to the bathroom, eaten a sandwich and played with the dog.) MY hands aren't dirty yet!"

Why such a concern over our hands? If they don't look dirty why should we have to wash them? After all, who can they hurt? Well. .

"On the ground, in the air, GERMS are everywhere."

Ignaz Philipp Semmelweis, a Hungarian physician, discovered (while practicing medicine in Vienna in 1847-1849) that many women who died after childbirth had been delivered by doctors who came directly from the dissecting theaters (autopsy rooms) without washing their hands. The physicians, who had washed their hands, lost fewer mothers to infection. Semmelweis became a pioneer in antisepsis in obstetrics; and to Infection Control, the father of hand washing.

How to wash your hands:

- ✓ Wash with soap and warm water, or a hand sanitizer, using lots of friction. Make sure you clean around fingernails, jewelry, knuckles and any cracks or cuts.
- ✓ Dry hands thoroughly using YOUR towel. Don't use a communal towel.
- ✓ Use lotion to prevent chapping.
- ✓ Be aware of recontamination from coughing, sneezing, handling money, shaking hands with someone with an infection, using the toilet, etc. SOAP is a four letter word that does not leave you dirty. So don't let germs become attached to you ...WASH!



## "For Every Body"

by **Fairchild Medical Center Physical Therapy Dept.**

### Ergonomics versus Economics: Can your job hurt you?

In modern workplaces, there is a distinct focus on ergonomics and the effect a workstation has on an employee. There is a direct relationship between employee comfort and productivity and on-the-job injury, and it is so significant that large-scale manufacturers identified it decades ago.

The automakers of Detroit have evolved over the years to take worker's comfort into account when designing and installing new equipment. In 1990, when General Motors opened the Saturn automotive plant in Spring Hill, Tennessee, it was designed from the ground up with new and innovative ergonomic industry changes: adjustable work stations that allowed the worker to manipulate the car into a comfortable position, work benches were installed with pneumatic height adjustment, and employees were regularly interviewed to measure the improvements effect on pre- and post-shift discomfort. Needless to say, this was all a huge success.

Members of the rehabilitation field are also called upon to assist in improving an employee's workstation. Frequently, employers are limited by budget; and varying marketplace fluctuations and placing a priority on improving a workstation is relegated to the back burner. The rehabilitation professional can often confer with employees and employers to determine the best course of action to reduce or eliminate the potential for injury. In some cases, all it takes is a phone call.

At Fairchild Medical Center, the members of the Rehabilitation Services Department provide such workstation evaluations free of charge to businesses in our local area. The employee and employer are provided with a detailed analysis of the existing work area and several suggestions to improve the situation, frequently at a very low cost to the employer. With the knowledge and experience of the physical therapist or occupational therapist, suggestions and changes are backed up with existing ergonomic standards and proven clinical outcomes. In the 21st century, there is no reason the configuration of any employee's workplace should cause harm.



### Spinach and Strawberry Salad

 **Heart Warmers**  
by **Susan Wade RD, CDE**

Eating fruits and vegetables is an easy and delicious way to improve your health. The American Cancer Society recommends 5 or more servings of fruits and vegetables each day. Fruits and vegetables provide beneficial vitamins, minerals, anti-oxidants and phytochemicals that help prevent disease, give you energy and just make you feel great. This delicious recipe will get you off to a healthful start to including fruits and vegetables in your daily intake. ENJOY!

#### Spinach and Strawberry Salad

- ] bag clean Spinach
- 1 pint fresh strawberries (washed and thinly sliced)

Put in skillet 1/4 cup water and 3 Tablespoons sugar. Cook on low heat until slightly browned. Add 3/4 cup slivered almonds. Stir until nuts are coated with sugar. Set aside.

#### Dressing:

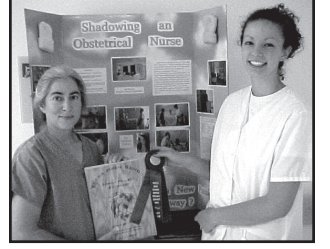
- 3/4 cup Mayonnaise
- 1/4 cup milk
- 1/2 cup sugar
- 3 Tablespoons red wine vinegar
- 3 Tablespoons poppy seed

Mix spinach and strawberries. Add nuts when cool. Pour dressing over salad and mix lightly.

## Melissa Reyes wins

Melissa Reyes is in the R.O.P. (Regional Occupational Program) through Yreka High School where she is studying to become a Registered Nurse with an interest in Obstetrics. In the R.O.P. students come to Fairchild Medical Center two hours a day, four days a week to observe and assist the staff

For her senior project, Melissa prepared an exhibit entitled "Shadowing an Obstetrical Nurse". On May 27, 2004 Melissa was awarded First Place and Best of Show for her project exhibit in this category. Melissa plans on attending C.O.S. and Chico State to complete her nursing credentials and eventually return to Yreka and Fairchild Medical Center.



**Jeanne Bertolins, R.N.**  
(Obstetrical Nurse) at Fairchild Medical Center congratulates R.O.P. student Melissa Reyes

### Classes

Diabetic Classes are offered free of charge.  
Call 842-0817 to see when the next class starts

CPR classes are given on the 3rd Tuesday of every month. Learn how to perform CPR and the Heimlich Maneuver on adults and children in this one-session 4 hour class.

Call the Nursing Office at 841-6285 to reserve a space.

## Focus on the Foundation

by **Mary Ellen Bryan**  
**Jim Flett**



What is there to say about a man who has elephants on his tie? Perhaps this tie is a connection to the three years he spent in India as a youth during the time his pediatrician father was part of a UN effort to establish medical schools in that country. Perhaps this tie is a reflection of his love of the outdoors and involvement with animals. As a university student in Santa Barbara in the fields of zoology and English, Jim had a string of 40 horses and a business teaching young folks how to ride. During that college time, he met Laura, his wife of 25 years, at the vets when he transported there his three cats for immunization. He "passed muster" with her mom when she realized that his father had been Laura's pediatrician in the Bay Area.

Jim, an investment advisor with Pacific Financial Planners, and Laura, a physical therapist in private practice, moved to Siskiyou County because of all its advantages for a young family. They have been active, contributing and caring members of the community ever since. Their son, Saylor, is a senior at YHS with a passion for tennis. Their daughter Dana is a freshman cultivating her dramatic and singing talents.

Since 1998, Jim has been a most enthusiastic member of the Fairchild Foundation's Board of Directors. He chairs the investment committee and the planned giving committee. His investment skills and enthusiasm are valuable contributions. "What's even more exciting is for me to be able to share these skills with even more knowledgeable, committed and energetic people."

Jim's definitely a committed man: "I get to take part in helping shape the future and ensuring the longevity of what I view to be one of the most important and beneficial organizations in our community."

His energies and time are devoted to his committee responsibilities and recruiting new members and donors for the Foundation. He eagerly welcomes folks contacting him for information, particularly about leaving a legacy. You can reach him at 842-6664 or 800-655-7435.

**Fairchild Medical Center**  
**Health Faire**  
**September 25th, 2004**

### Congratulations to the Baby of the Month 'Footprints to the Future' Winners

April Baby: Riley Spring Gregg  
Mother: Anna Gregg  
Birthdate: April 10, 2004

May Baby: Cassidy Burgan  
Mother: Kimberly Burgan  
Birthdate: May 5, 2004

June Baby: Kalani Kamryn Bennett  
Mother: Angela Delay  
Birthdate: June 20, 2004



For footprint information call the Foundation Office at (530) 841-6239

**Planning With Purpose...**  
*by James Fleet*  
**Charitable Remainder Trusts**

Here's a little story about a real life experience. The names are changed, but everything else could be true. John is 67 years old. He sold his home in the Bay Area four years ago and moved up here to God's Country. He has a nice place at lake Shastina and some money left over (not that much) from the equity in the home he sold "down below". He has a couple of things going for him. He has Social Security coming in each month, and he gets a pension check from the company where he used to work. He also owns quite a bit of stock in that company as part of his retirement.

The best things in his life are his married daughter, her husband, and their two beautiful children. His wife, Janet, died the same year that they were going to move up here. She got sick and had to go to one of those HMO places. But that's another story.

Fairchild Medical Center Foundation sent two of their planned giving experts out to visit John. Here's what they learned.

John loves our hospital. He's been here for some lab work and for his last grandchild's birth. He has contributed to the Footprint Program. He remembers the article about the new CT Scanner in The Daily News. He can't believe that he's got a facility like FMC in his own back yard. He's a fan of ours.

John is on a pretty tight income. He wishes that he could travel with his grandkids and help them with college expenses when it comes time for them to go off to school.

What choices does John have with his limited income, the appreciated stock in his old company and his love for our hospital?

Well, he can do nothing. He keeps all of the stock. That means that he can't help the grandkids with school or travel with them. His income stays where it is. The good news is that his daughter will inherit the stock in the company. There is some bad news. If the value of that stock exceeds \$1.5 million (and it does in John's case) then the government takes 50% of everything above \$1.5 million. That is pretty steep. So, John keeps control of the stock, his grandkids stay home, and the government gets a good bite. What other choices does John have?

John can chip away at the shares of stock he holds. He can sell a little bit of what he owns each year to supplement his income. That might not be a bad choice given today's favorable capital gains tax rates. However, this choice worries John. The stock market keeps going up and down and so does the value of John's investment. He's more and more concerned that almost all of his money is tied to the fate of one company's stock. He wants income but hates the stock market roller coaster.

There is another way. John can set up a Charitable Remainder Trust. He makes an irrevocable gift of his stock to the trust and names Fairchild Medical Center Foundation as the beneficiary. Our Foundation wins because on John's death, the assets in the trust are distributed to The Foundation tax free. John wins because the stock inside of the trust can be sold without tax consequences to John. The cash from the sale of the stock can be reinvested to provide an income of more than \$100,000 per year to John for the rest of his life. A portion of that income will be tax free to John. John can purchase a life insurance policy for himself and name his daughter as the beneficiary. On John's death the assets in the trust pass to Fairchild Medical Foundation, and his daughter still receives her inheritance, tax free, through the gift of the life insurance. Everybody wins except for Uncle Sam.

There are many to ways to give. The main thing is to give from your heart and give what you can. The Foundation has the ability to help you manage the details.

**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
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  - \_\_\_ \$100 Willow Creek Mountain Associate
  - \_\_\_ Other

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Enclosed is my tax deductible contribution of \$ \_\_\_\_\_ Payable to:  
**Fairchild Medical Center Foundation**

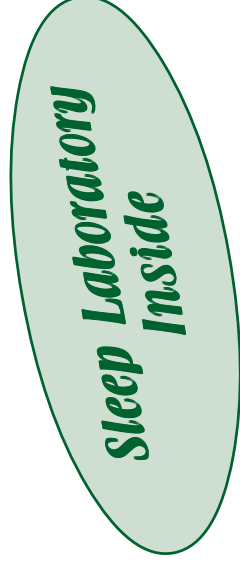
Your tax-deductible gift will help maintain the highest quality health care for those we serve today and for future generations.



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 Jim & Freda Wilson  
 Pat Foster  
 Michael Crebbin

**In Memory of Tim Burton**  
 Georgeanne & Frank DeMarco

**In Memory of Linda Clark**  
 Michael Crebbin

**In Memory of Harriett Denney**  
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**In Memory of Elden Hoy**  
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**In Memory of Vance Maloney**  
 The Imaging Department

**In Memory of Vonetia Phipps**  
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**In Memory of James L. Stinnett, Jr.**  
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