



News for friends of the Fairchild Medical Center Foundation

## Fairchild Medical Center Foundation

### SPRING 2006

444 Bruce Street  
Yreka, CA 96097  
(530) 842-4121



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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## A Salute to Our Volunteers

By Rose Cardoza



Each year, April is designated as National Volunteer Month. What better time to honor those who give so much of their time, talent and finances to make Fairchild Medical Center what it is today?

Volunteerism is an integral part of non-profit organizations throughout the country, and this is especially true at Fairchild Medical Center. There are three branches of volunteers at FMC: the Auxiliary, the Yreka Guild and the Scott Valley Guild. The Auxiliary was established in 1970 at the Siskiyou General Hospital. Over the years thousands of hours have been logged by a continually growing membership of dedicated individuals with about 32 members to date.

The Auxiliary Volunteers wear many hats. Their warm smiles greet people as they enter Fairchild Medical Center assisting them with locating patient's rooms or ushering them to the right office or lab. They are there to administer free blood pressure checks, deliver flowers, comfort families and even rock babies. The volunteers have been known to run errands and answer phones. They provide hand knitted baby blankets, and comforting "hug pillows".

Serving the needs of patients and their families and that of the hospital has always been the focus of the



Auxiliary. The Auxiliary recognized the need to expand that focus to include public relations, fund raising, prenatal education, promotion of health careers and trained assistance during emergencies and disasters. Because of their tireless dedication to fundraising, the Auxiliary was crucial in the realization of the building of Fairchild Medical Center, which included a gift of \$15,000. The Auxiliary is able to award four scholarships each year from the working funds obtained from the Gift Shop proceeds, bake sales and active and associate membership dues. Through their many fundraising endeavors and hard work the Auxiliary strives to reach their goal of a \$25,000 gift to Fairchild Medical Center each year.

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our employees, medical staff  
and friends of the  
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Salute to our Volunteers conti. from page 1

The Yreka Guild was begun in January 1987 and was known as the Siskiyou Hospital Guild. Their main objective was to raise money for hospital needs. The Guild soon realized the need for a Chapel or "quiet room." After countless hours of fundraisers their dream of a Chapel was fulfilled at Fairchild Medical Center. The Guild provided the interior furnishings of the Chapel creating peaceful surroundings for those who visit.

Everyone looks forward to the Guild's fundraising activities, which include the See's Candy Sales at Thanksgiving, Christmas, Valentines Day, and Easter, plus the ever-famous Ice Cream Social held at the Fairchild Medical Center Health Fair.

The Yreka Guild slate of officers includes President Rosalie Meyers, Vice President Wilma Elsea, Treasurer Amanda DeRouchey, Recording Secretary Betty Carrier, Corresponding Secretary Sylvia Coward and Historian Daisy Roberts. The Guild meets every 2<sup>nd</sup> Wednesday at 10:30am in the FMC Board Room. If you would like to become a Guild volunteer please contact Rosalie Meyers at 842-5665.

The Scott Valley Guild was formed in 1986 at the urging of the late Jane Friden. Being a long time supporter and Siskiyou General Board member, Jane's enthusiastic pursuit to form a Scott Valley Guild for the purpose of promoting the building of a much-needed new hospital gained momentum and membership grew. The Scott Valley Guild boasts 30 members and meets in member homes on a monthly basis. The community eagerly supports the fundraising projects and events they put on each year. The Springtime Home & Garden Tour is quite popular as is the Fall Luncheon and Fashion Show held at the Scott Valley Parrish Hall in Ft. Jones. The Scott Valley Guild recently added a Biscuits and Gravy Breakfast and Pie and Ice Cream sale held at the Etna Jr. Rodeo. The Guild was able to establish a Rose Garden in memory of Jane Friden who was an avid rose gardener. This garden is a beautiful and peaceful place for patients, staff, and visitors. The Scott Valley Guild has been a great asset to our community and for everyone who uses our medical facility and services. The members continue to give so much of their time, generosity, and enthusiasm for such projects.

Officers of the Scott Valley Guild are: President Altha Lindsay, Vice President Roberta Robock, Secretary Shirley Downey, Treasurer Peggy McCutcheon and Publicity, Ann Schaller. If you are interested in becoming a member of this great organization please give Joyce Landi a call at 467-3928.

The Auxiliary, Yreka Guild and Scott Valley Guild are a tremendous presence in the Fairchild Medical Center and our community and we are thankful for their dedication, hard work and endless caring.

Another group of volunteers that have truly changed the course of progress of the Medical Center are the members of Fairchild Medical Center Foundation. This large group of caring and generous individuals donate countless hours and thousands of dollars each year to help provide whatever is needed to make sure that Fairchild Medical Center is equipped with state of the art technology for the comfort and care of everyone in need. This dedicated group of people also participate in many of the fundraising events including the FMC Golf Tournament held in September and the Children's Christmas Festival and Breakfast with Santa the first weekend in December. These people give of themselves because they enjoy the end result: the laughter and smiles of all the kids at the Christmas Festival, the care that each patient receives and the comfort given to family members.

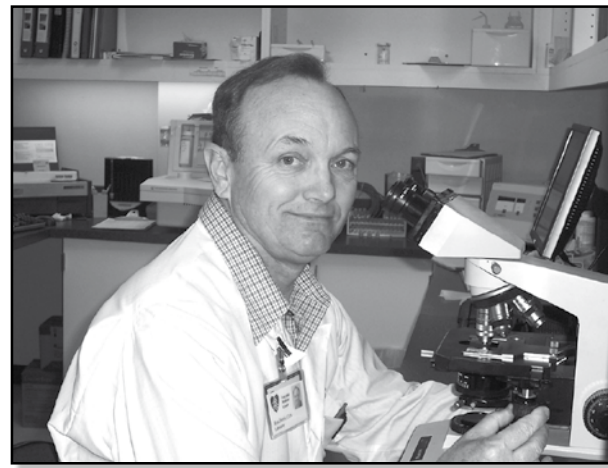
These board members share the pride in knowing they help create and continue to provide support for Fairchild Medical Center.

Last, but hardly least, are the hardworking volunteer members of the Board of Directors of FMC. This group of community members spends untold hours in service to help set policy and work with hospital administration to continue in the successful operation of our Medical Center.

Many thanks to all volunteers; we can't do it without all of us working together.



***Your doctor has ordered lab tests; you report to the hospital, get your blood drawn (or contribute in other ways,) and go off about your business. Most of us are very familiar with this phase, but what happens after that, and what do you know about the jobs of the people working in the lab?***



**Behind  
the  
Scenes  
in the**

## **Medical Laboratory**

Your blood draw is performed by a phlebotomist. These workers are certified in venipuncture under the rules of the State of California. They must not only be skilled in obtaining blood, but they must know exactly what kind of vial is necessary for the preservations of the specimen in order for the test to be successful. Phlebotomists are also trained in specimen processing, which can get very precise and technical. Although the customer/laboratory contact is relatively short, it is very important. After all, the correct specimen and processing and reporting to the physician and having a happy customer are a challenge!

Now that you have done your part, what happens to your specimen? Seemingly it goes off into a land of flashing lights, vacuum pumps, robot arms, and ominous looking equipment, which is the heart of the medical lab.

The lab has several departments that receive the processed specimen. The Hematology section studies the blood, checking red and white cell counts, hemoglobin measurements, and white cell differentials (the CBC). The Coagulation department provides equipment and trained personnel necessary for the measurement of the ability of the blood to coagulate. Blood from persons on blood thinners goes to this department. The Chemistry section provides measurements for a multitude of blood constituents and drug levels. Your cholesterol, electrolytes, glucose, and Dilantin levels would be examples of data coming out of Chemistry. The Immuno-Chemistry department applies technology to measure levels pertaining to, among other things, the prostate, thyroid, and drug levels in the body.

Extremely important is the Blood Bank Department. This is where antibody screens and all the ABO and Rh typing are performed. The very essence of the blood bank department is the testing of blood for transfusion. All blood for transfusion must be "cross matched" with the patient's blood to ensure that the transfusion will not cause harm to the recipient. Stringent identification measures are applied to patient and specimens at all times.

Certain specimens are bound for the Microbiology department located in a separate room where bacteria are grown on special media. The Microbiology department provides data to the physician to help determine the correct antibiotic or other treatment. The Urinalysis department is of course, where urine is analyzed for infection or other abnormalities that are indicators of health and body function.

The people who work in these "hidden reaches" are called Technologists. They have earned Bachelors Degrees in one of the life sciences, chemistry or biochemistry. After graduation from a university, they spend a specified amount of time rotating through each laboratory department in a metropolitan hospital laboratory. This intern process takes a full year. Upon successful completion of this the student takes the State of California licensing examination. Passing this exam licenses the person as a "Clinical Laboratory Scientist" (CLS).

So, it is evident that in addition to all kinds of technical equipment, the human element is always present in your Medical Laboratory. The people helping you are trained scientists, but they are also engaged in the caring, skillful art of medicine and personal attention.

Special thanks to Ron Dorris, M. A., CLS, of the FMC lab, for assistance in writing this article about our medical laboratory.

## **Planning with Purpose**

### **Calmly Doing Your Will**

Getting around to writing or updating a will is one of those things that seems to always wind up at the bottom of our "to-do" list. We do not want to stop what we are doing to spend time contemplating our demise and making decisions about the distribution of our assets. We know it's important, but we keep putting it off for a more convenient time.

Sometimes, however, we get a nudge that makes us act. For example, we become aware of a recent death that came suddenly to a friend who didn't have a will, and how this causes so many problems for the grieving loved ones. Or maybe we are preparing for a long journey overseas and we are motivated to "get our house in order" should something horrible happen during the trip. Then again, maybe we receive disturbing news from a physician that causes us to care for long-delayed estate-planning decisions.

Following through on any of these nudges is a good thing, because living without a will is a risky alternative. But acting on nudges has its downside, too. We can make poor or faulty decisions when hurried. This is one reason your friends in the planned giving department at Fairchild Medical Center Foundation urge you to care for your will now when you are not facing an emotional reaction to a friend's death, a trip deadline or event or unsettling news of a physical ailment. It is so much better to write or update your will when you have the time and mental quietness to concentrate on making sound decisions regarding your estate – when you can do it calmly.

# Don't Bug Me

By Georgeanne DeMarco, RN  
Infection Control Nurse

## CAMRSA COMMUNITY-ASSOCIATED METHOCILLIN RESISTANT STAPHYLOCOCCUS AUREUS (CA-MRSA) SKIN INFECTIONS

I have been telling you for years about the importance of WASHING YOUR HANDS! Have you been paying attention?

Well, there is a new infection that is running uncontrolled through out our society; and the biggest cause of this infection is lack of good personal hygiene. People are sharing their personal items and space. They are not using good washing techniques. They are not being responsible for possibly contaminating things for others.

Staphylococcus aureus is a common bacteria in skin and soft tissue infections; an estimated 30-50% of persons are carriers of S. aureus.; half of these have Methicillin- resistant Staphylococcus aureus( MRSA).

MRSA has developed resistance to certain antibiotics and has become a well-known source of infections in hospitals and healthcare facilities.

In the last few years, community-associated MRSA (CA-MRSA) infections have been reported with increased frequency. The Center for Disease Control (CDC) defines CA-MRSA infections as those infections that are acquired by people who have not been recently hospitalized or had a medical procedure. Unlike hospital associated MRSA (HA-MRSA), CA-MRSA infections often occur in otherwise healthy people without traditional risk factors. Most people diagnosed with CA-MRSA have not been hospitalized within the last year, nor had medical procedures nor had a history of previous MRSA infections or colonization.

Hospitals and laboratories are now reporting over 50% of all S. aureus isolates are MRSA, many of these being CA-MRSA.

MRSA skin infections may present as: cellulitis, impetigo, folliculitis (infections in the hair follicles), abscesses, infected lacerations, myositis (infected muscle) or necrotizing faciitis. Some MRSA skin infections have been initially misdiagnosed as "spider bites."

The infection may look like an ordinary infected cut or rash or pimple, but it may be MRSA and should be treated. Prompt diagnosis and treatment are essential. A mild, uncomplicated MRSA infection can usually be treated with incision and drainage of the infected wound. Antibiotics are not always required. However if the infection becomes severe, more aggressive treatment may be necessary

Be aware that these infections are easily spread among family members and other close contacts.

### Prevention is necessary, so follow these guidelines:

- Wash hands well
- Avoid close skin-to-skin contact with a person infected with MRSA. Be aware of a fomite or surface that may be contaminated with MRSA.
- Keep skin lesions covered with clean, dry bandages.
- Limit sharing of personal items (towels, washcloths, clothing, razors, cosmetics and soaps, etc.)
- Wash soiled clothing in hot water and detergent; dry clothing in a hot dryer.
- Avoid participating in contact sports or other skin-to-skin contact until skin lesions have healed.
- Use a towel or layer of clothing as a barrier between bare skin and surfaces of shared equipment.
- Wipe surfaces of shared equipment with a disinfectant before and after use, especially if the surface has become wet with sweat. Bleach solution- 10 parts water to 1 part bleach- is an economical disinfectant.
- Inform anyone who cares for you if you have MRSA.

So, as I've told you before:

**WASH YOUR HANDS!**

Your life could depend on it!

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

**January Baby:** Skyler Chase Holloway  
Mother: Tara Holloway  
Birthdate: January 3, 2006

**February Baby:** James Mason Beardsley  
Mother: Amanda Styers  
Birthdate: February 14, 2006

**March Baby:** Sophie Marie Myers  
Mother: Alexandra Byrd  
Birthdate: March 7, 2006



Heart Warmers  
by Susan Wade RD, CDE

## Succulent Spring Soups

### From the American Institute for Cancer Research Newsletter

Sometimes blustery and chilly, other times unseasonably warm, springtime can be unpredictable. You no matter how the weather shifts, nourishing soups can bring fresh springtime vegetables and fruits to your table. Serve these light and refreshing recipes warm or chilled to add more cancer-fighting nutrients and phytochemicals to your meals while celebrating spring.

#### Spring Vegetable Soup

1 Tbsp extra virgin olive oil  
1/4 medium head red cabbage (about 2 cups), finely shredded  
medium ripe tomatoes seeded and chopped  
1/2 cup canned artichoke hearts drained and chopped  
1 cup frozen or fresh green peas  
1/2 cups low sodium tomato or vegetable juice  
1 cup water  
1 tsp dried basil  
salt and freshly ground black pepper, to taste  
In large soup pot, heat oil over medium heat. Sauté cabbage, tomatoes, artichoke hearts and peas for 5 minutes. Add tomato juice and water. Bring to boil. Reduce heat, add basil and simmer for 15 minutes or until all vegetables are tender and soup is piping hot. Serve in individual serving bowls. Season to taste with salt and pepper.

Makes four servings. Per serving: 125 calories, 3 g total fat (< 1 g saturated fat), 19 g carbohydrate, 8 g protein, 4 g dietary fiber, 610 mg sodium.

#### Fresh Spinach Soup

1 Tbsp extra virgin olive oil  
1/2 medium onion, chopped  
1 Tbsp water  
2 cloves garlic, minced  
1 medium russet potato, peeled and chopped into 1/2 inch pieces  
1 can (14.5 oz) fat free, reduced sodium chicken broth  
1 bag (5 oz) baby spinach leaves  
Salt and freshly ground black pepper, to taste  
1/2 tsp garlic powder  
1/2 cup evaporated fat free milk  
1/2 cup shredded reduced fat cheddar cheese for garnish  
In large soup pot, heat olive oil over medium heat. Sauté onion for 5 minutes until translucent. Add water and garlic and sauté 1 minute more. Add potato and stir to coat. Add broth and bring to boil. Reduce heat and simmer until potatoes are tender, about 15 minutes. Add spinach, stir and simmer until spinach is wilted, about 5 minutes. Season soup with salt and pepper to taste. Transfer soup to blender and puree until smooth. Return to pot and place on low heat. Add garlic powder and milk. Stir 1 minute more. Serve in individual bowls and garnish with cheese.

Makes 4 servings. Per serving: 125 calories, 3 g total fat (< 1 g saturated fat), 19 g carbohydrate, 8 g protein, 4 g dietary fiber, 610 mg sodium.

## FOUNDATION FOCUS

by Mary Ellen Bryan



Susan Ikenberry

As Fund Development Coordinator for the Fairchild Medical Foundation, Susan wears many hats stylishly and well in this complex role. She's a "Johnny on the spot" for the Foundation offering supportive services, liaison with the administration, archival resources, annual report development, as well as planning and implementing all sorts of activities, especially those involving fund raising and community relations. As the oldest daughter of three kids, she is well suited for this challenge. For example, this Focus on a Foundation Member column was her inspiration.

Susan was born and grew up in Baltimore, Maryland. As a teenager she was intrigued by what she viewed as the youthful, free spirited west coast with its appealing southern California weather. After graduation, her fascination took her for three years to Palm Springs and the desert which she loves.

Finding that "life is truly a journey", Susan traveled to Idaho where she met her spouse. They lived there for four years where her now twenty-five year old son, Matthew, was born. (A college graduate, he lives now in the Lake Tahoe area in retail sales.) The family then moved to Palm Springs. Her fourteen year old daughter Kaitlin, now at Jackson Street Elementary School and an active Four-H member, was born there. During the fifteen years Susan and family lived in the California desert, she worked for a real estate developer as social director on four major projects of upscale home communities with private golf courses. After the untimely death of her spouse from cancer in July of 2001, Susan sought a change. She was acquainted with Siskiyou County after summer visits to a friend here. At this crucial point in her life, the area was appealing; so she and her daughter moved to the Copco Lake area- definitely a gain for us!

The work of establishing educational programs, planning social experiences and field trips, and marketing real estate in the private profit sector provided a great foundation for her present position as FMC Fund Development Coordinator. "I had learned well the team work process, but the challenge was going from corporate profit to foundation non-profit and from one boss to many", Susan comments. This transition she has managed very well as she enters easily into the strong sense of community she admires here. She is excited about the chance to work in a comparatively new foundation and to grow with its mission. She sees the Foundation as expanding, especially with the excitement of the Keefer bequest which was cultivated by Carol Crebbin.

FMC is fortunate to have this woman who wears so many chapeaux so graciously and competently in her role as its Fund Developer Coordinator. Hats off to Susan Ikenberry!

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### IN MEMORY OF ERNESTA RIZZARDO'S BIRTHDAY

*Mike & Tersilla Precie*

## ART IN THE HOSPITAL

By Rose Cardoza



Left to right are: Duane Cullen, Kathy Overman, Betsey Shuteroff holding John Jackson's photo, Chuck Frumerie.

About 4 years ago the Fairchild Medical Center Foundation Community Relations Committee came up with a project to brighten the walls of the hospital by displaying photographs taken by members of the community. 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 last fall and could select only four to display. With that many fabulous photos our job was not an easy one. After much deliberation we chose the following photos: Pelicans on Trout Lake near Montague taken by Duane

Cullen, Mt. Shasta & clouds taken by Chuck Frumerie from his deck in Lake Shastina, a close-up of a California Poppy taken by John Jackson of Montague, grandchildren on a dock over Oaknoll pond by Kathy Overman. These photos become the property of Fairchild Medical Center and will be on permanent display in the halls for everyone's enjoyment. Eventually, as the collection increases, the displays will 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.