



## 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

### BOARD OF DIRECTORS

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## Tenth Annual Golf Tournament by Jackie Roy

The tenth annual Fairchild Golf Tournament was held on September 12th at Lake Shastina Golf Resort. This was by far our best tournament. Lake Shastina Golf Resort and Edward Jones did a great job hosting this years event. Hats off to the tournament committee: Jackie Roy chair, Ann Kaster, Gene Fink, Pete Nixon, Susan Ikenberry, Susan Cervelli, Marcia Allen, Fred Duchi, Doug Marlow and Matt Osborn.



Pete Nixon and Dwayne Jones present Lael and Carolyn Collins the "Triple 10 Award" for 10 years support as sponsors, workers and players.

The tournament met its goal of \$20,000 to purchase a fetal monitor for Fairchild Medical Center. The committee will start meeting in January to work on the next tournament which will be held on September 11, 2005. If you are interested in being an active member of this committee, please contact Jackie Roy at Edward Jones 842-5874.

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Golf Committee presents a \$20,000 check to John Pomeroy FMC Foundation chair

### Tournament Winners

**Men's Long Drive :** Rick Swenson, M.D., **Women's Long Drive:** Renee Wildenberg, **Men's Closest to the Pin:** Mike Jones, **Women's Closest to the Pin:** Doris Nolan **1st Place Low Gross:** Scott Eastman, Kevin Alexander, Ryan Van Hook, **Ryan Allred 2nd Place Low Gross :** Juan Sanchez, Gary Gropi, Bob Hall, **Trevor Vogel 1st Place Low Net:** Dave Roy, Dean Perdue, Kim Lawrence, Arnie Campbell **2nd Place Low Net:** Jason Fisher, Trapper Fisher, Brian Wagy, Brian Crist **Closest to the pin Bank Hole:** Ryan Allred



Gene Fink congratulates Ryan Allred for winning closest to the pin on the Bank Hole



First Place Low Gross



First Place Low Net

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

### 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

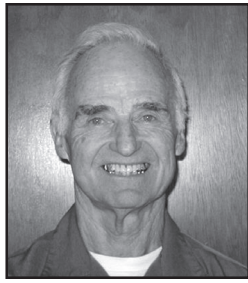
Your tax-deductible gift will help maintain the highest quality health care for those we serve today and for future generations.

## Focus on the Foundation

by Mary Ellen Bryan

### Dwight Roberts

As an active member of the capital raising team for McConnell matching funds for the establishment of the Fairchild Medical Center, Dwight Roberts began his commitment as a long time staunch supporter and hard worker for the hospital and Foundation. He serves as treasurer of the Foundation Board and helps keep tabs on its financial pulse.



Dwight Roberts

Keeping tabs on the financial pulse is second nature to this man who has spent his career in the banking industry. He came to Yreka in 1964 as assistant manager of the Bank of America under manager Ray Kelly and, at Kelly's retirement in 1966, became manager. Retirement from Bank of America in 1984 did not end his financial career as he became active in our local Scott Valley Bank management, serving as VP, interim CEO, and on the board.

He graduated Fresno State College with a degree in psychology and a business minor. During this time trombone playing was a major interest and involved him in the marching, concert and dance bands and in the symphony orchestra. When you see him, you might inquire as to what a "neon" band is. With graduation he put aside his musical interests to focus on a career.

Dwight has a daughter Wendy who has business administration and financial engineering advanced degrees and is entering the challenging work world of a start up company in San Francisco. He and his wife of twenty years, Daisy, share many interests together, including his long term commitment to running. . By his count, he has participated in over 250 races over his lifetime, including 4 marathons. You can see him regularly running around Greenhorn. In addition, he is an active member of the Elks Lodge, the Masonic Lodge, and Rotary where he serves a variety of leadership positions locally as well as at a broader level.

Dwight's commitment to Fairchild is strong. He considers us very lucky to have such a fine facility. One of his mottos is "Do what you enjoy". We're fortunate to have him enjoying his involvement and sharing his talents with Fairchild Medical Center and Foundation.

## Jane Friden Memorial Garden

In 1986 under the guidance of Jane Friden, former Scott Valley resident, the Scott Valley Guild was formed. Its goal was to provide financial support to Fairchild Medical Center in Yreka through fundraising efforts in Scott Valley. Charter members at that time included the following individuals: Betty Babcock, Margaret Denny, Arvilla Dudley, Valeda Facey, Patricia Graham, Audrey Gustafson, Mary Jo Harms, Carrie Hayden, Dorothy Hayden, Ellen Hayden, Carolyn Hewes, Marie Johnson, Suzie Jones, Peggy Limpert, Rita March, Sandra Murphy, Doris Neely, Phoebe Schaap, Nancy Schallen, Betty Seaver, Ora Seaver, Laurie Sweezey, Lisa Walker and Polly Yergler.



Jane Friden was a passionate supporter of the then Siskiyou General Hospital, serving as a Board Member. Stan Friden was in complete agreement with Jane's dedication and determination that there would be a new hospital in Yreka. Mr. Friden and his family gave the land that our present modern Fairchild Medical Center is on as a gift to the community. When plans began for the current hospital facility, Jane was a driving force in fundraising efforts in Scott Valley. Over the years the Scott Valley Guild raised several thousand dollars in support of various departments at FMC, purchasing everything from guest chairs to surgical equipment. In her memory, the Scott Valley Guild decided to commemorate her accomplishments by establishing the Jane Friden Memorial Garden at Fairchild Medical Center.



The project has now been completed and Fairchild Medical Center Board of Directors would like to invite you to enjoy the garden on your visits to the hospital. It is located just outside and behind the cafeteria facility. They would also like to extend a thank you to the Scott Valley Guild members past and present, who helped to see this project to completion and acknowledge the efforts and the generous donations of community members and businesses.

## Planning With Purpose. . .

### FMC Foundation receives planned gift

When the community was fund-raising for a new hospital, the late Wilfred W. Eastman, Sr. and Mary Eastman supported the project. Their way of demonstrating in a tangible way their belief in the need was to establish a charitable remainder unitrust. They considered the unitrust a wonderful way to make a significant contribution because it allowed them to make the contribution and receive income from the trust during their lifetime; it also offered them significant tax benefits.



Dr. Fred Eastman makes presentation of his parents planned gift to FMC Foundation chair John Pomeroy and FMC CEO Dwayne Jones

By establishing a charitable remainder unitrust to benefit Fairchild Medical Center Foundation, you (and/or others you designate) receive income for life or a term of years while ultimately helping to provide exceptional healthcare for future generations. You can fund a charitable remainder unitrust with cash or appreciated securities. It is also the preferred vehicle for donating real estate. Trusts provide significant tax benefits along with lifetime or term income.

A charitable remainder unitrust is one of many ways you can make a planned gift to Fairchild Medical Center Foundation. If you are working with a professional such as a financial planner, lawyer, accountant or insurance agent, talk with him or her about leaving a gift. A professional can tell you about the tax benefits of planned gifts. You can also call Fairchild Medical Center Foundation at 530-841-6239 for help.

## Fairchild Medical Center is a "Choice Hospital"

In a recent letter to Fairchild Medical Center, Blue Shield of California determined that Fairchild will retain its designation as a "Choice Hospital." This designation means that according to a methodology that includes cost, quality and patient experience criteria, Fairchild Medical Center is recognized as a top performer.

Introduced in April of 2002, this program divides hospitals into two categories called choice and affiliate. Blue Shield wanted to assist their members in choosing hospitals that provide cost effective, high quality patient care. According to Blue Shield, "Network choice was developed in response to a rapid increase in hospital costs and has been successful in educating our members about the underlying cost of health care."

Choice hospitals such as Fairchild Medical Center can save you money. For example, members pay less in co-payments and coinsurance for choice facilities than for affiliate facilities.

The quality measurements used to identify a choice hospital focus on each hospital's progress toward implementing processes that have been proven to support improved healthcare outcomes. The measurements include scores from patient satisfaction surveys together with evaluations of hospital specific performance regarding certain procedures and outcomes that are reported by the Office of Statewide Health Planning (OSHPD) and with accreditation status with the Joint Commission on Accreditation of Health care Organizations (JCAHO).

The July, 2004, retention of Blue Shield's "Choice Hospital" designation serves as additional evidence and recognition of the excellent, cost effective health care available to our communities at Fairchild Medical Center.

### Classes

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

CPR classes are given on the 3<sup>rd</sup> 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.

## Don't Bug Me

by Georgeanne DeMarco, RN  
Infection Control Nurse

### INFLUENZA 2004/2005

Due to the shortage of influenza vaccine, most of us will not receive our flu shot this year. We will need to practice preventative medicine.

Each year the content of the vaccine has to be decided on by March/April, matching the virus strains from the previous year. It takes months to process each year's supplies. Due to contamination at one of the companies that make the vaccine, only half of the usual supply is available. There is no time to make more vaccine!

Influenza is a respiratory illness caused by influenza type A or type B viruses.

Symptoms include:

- . Fever
- . Headache
- . Extreme tiredness
- . Cough
- . Sore throat
- . Runny or stuffy nose
- . Muscle aches, and
- . Nausea, vomiting and diarrhea (more common in children)



Influenza season is October thru April - usually peaking over the Christmas/New Year holiday.

There are antiviral medications available if started within 2 days of the onset of the flu for otherwise healthy individuals.

#### GOOD FLU HEALTH HABITS

If you are unable to get your flu shot this year, it is more important than ever to be vigilant and take some simple steps to help prevent the spread of the flu. Below are suggestions from the American Lung Association:

- . Wash your hands often. The most common way to catch the flu is to touch your own eyes, nose or mouth with germ-y hands. So keep your hands clean, and away from your face.
- . Keep your distance when you are sick or if you are around someone else who is sick.
- . Keep it to yourself, one gift you can give others is to help prevent other people from catching your flu. We highly recommend that you stay home from work, school and public places when you are sick. Cover your mouth and nose: with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Remember, you can still spread germs up to 7 days after getting sick. Following these simple steps for up to a week after getting sick will reduce the chances of spreading the flu.

This year, please follow your common sense avoid those who are ill, cover your coughs and remember what your mother told you: **wash your hands!**

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

July Baby: Grace Jones  
Mother: Sara Jones  
Birthdate: July 26, 2004

August Baby: Mya Renee tenBerge  
Mother: Tiffany tenBerge  
Birthdate: August 16, 2004

September Baby: Isaac Charles Deppen  
Mother: Hayley Deppen  
Birthdate: September 15, 2004



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

## Children's Art Adds Color to Pale Walls

by Michaelia Novello

One of the really fun projects in which the Community Relations Committee participates is the Fairchild Medical Center "Children's Art Wall." During the past several years teachers and students from our local schools have signed up to provide their art work with which we decorate the bulletin board in the main hallway. This art work has ranged from pen and ink drawings to sophisticated attempts to paint like VanGogh. Those of us on the committee are continually surprised when the new art arrives each month. Each month we are able to add smiles and a splash of color to all those who stop and view the Wall. A special thanks goes out to Tana Gliatto, a retired school teacher from Yreka, who has so graciously coordinated getting the art from the classes to the hospital each month. Also many thanks to the classes who have donated their work. Some of these thanks are over due but we wish to acknowledge these classes anyway.



October- November 2003- Mrs. Hanna and Mrs. Black- 3<sup>rd</sup> grade Gold Street School, Yreka  
November - December 2003- Steve Robeson - 5<sup>th</sup> grade Jackson Street School, Yreka  
January-February 2004- Mrs. Giordanengo and Mrs. Smith- 4<sup>th</sup> grade Gold Street School, Yreka  
February-March 2004- Mrs. Prosvirnin- 3<sup>rd</sup> grade, Gold Street School, Yreka  
April-May 2004- Mrs. Sandahl- 1<sup>st</sup> grade, Evergreen School, Yreka  
June-August 2004- Mrs. Whitlow, Chrysalis PreSchool, Yreka  
September- October 2004- Mrs. Genter- 5<sup>th</sup> grade, Fort Jones Elementary  
October- November 2004- Mrs. Costello- 1<sup>st</sup> and 2<sup>nd</sup> grade, Fort Jones Elementary

## Children's Christmas Festival

The Children's Christmas Festival is coming! The Children's Christmas Festival is coming! Boys and girls remind your parents of this special date, Saturday, December 4, 2004. I have a new outfit this year and I am looking forward to seeing all of you! We can hear stories together and make gifts for your family and friends. See you at the Christmas Faire.



Cinnamon Bear



by Susan Wade RD, CDE

### Sweet Potato Puffs From Vegetarian Cooking by Jeanie Burke, R. D.

5 medium sweet potatoes, peeled and cubed (measure 4 cups when cooked and mashed: reserve liquid after cooking)  
1/4 cup millet  
About 3 cups sweet potato water  
2 large cloves garlic, minced or chopped fine  
1 cup finely chopped onion  
1/2 cup finely chopped celery  
1/4 cup finely chopped celery leaves  
1 cup grated carrot  
2 Tbsp. fresh chopped basil  
1 tsp. rosemary leaves, fresh or dried  
1 tsp. marjoram leaves, fresh or dried  
1 tsp. winter savory  
1/8 tsp. white pepper  
1/4 tsp. salt  
Fresh ground pepper

Preheat oven : 350

Cook potatoes until fork-tender. Drain water into a bowl and save to cook millet and for mashing potatoes. Mash until light and fluffy, using enough potato water for correct consistency. Place millet in a saucepan with all but 1/3 cup potato water and cook over low heat, 30 to 40 minutes, or until soft and tender.

In large frying pan, saute garlic, onion, celery stalks and leaves, carrot and seasonings in 1/3 cup of potato water until tender, about 10 minutes. Combine millet, potatoes and vegetables, mix well.

Drop heaping tablespoons of mixture onto nonstick baking sheet, being careful not to flatten puffs. Bake for 20 minutes or until lightly browned.

*Recipe Tips: The smallest of our familiar grains, millet surpasses whole wheat and brown rice as a source of some 8 vitamins, copper and iron. If millet is kept covered and undisturbed while simmering, it will be fluffy and separate. However, if stirred frequently and a little liquid is added from time to time, the millet will have a creamy consistency. Either method will work in this recipe.*

# Fairchild Medical Center's Sixth Annual Health Fair

By Betsey Shuteroff



Fairchild Medical Center Foundation  
444 Bruce Street  
Yreka, CA 96097

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The annual health fair was held on September 22 at the Siskiyou Golden Fairgrounds, and once again it was a tremendous success. This health fair has become a premier autumn event for our area, with over 600 hundred in attendance and over 70 participant booths.

Peggy Amaral, RN, FMC, has been coordinator of the event since inception in 1997, when it was held as a small gathering in the hospital parking lot. Many changes in the health fair have taken place in the ensuing years.

Community members mark their calendars and look forward to coming to this day of fun, activities, demonstrations, and interesting as well as important health information for all ages. You can run in a race, get a massage, have your arteries checked for blockages, have your blood pressure



checked, your blood sugar checked, learn about alternative medicine such as Chinese healing, herbal therapies, and chiropractic, check your body fat, obtain dietary information, have skin cancer screening, learn about sleep disorders, have vision screening, obtain diabetes information, stroke education, learn about abuse protection, women's health, eat homemade ice cream, go to a BBQ for burgers or chicken or vegetarian fare, watch demonstrations of Tai Chi, cheerleading, music from the local schools, martial arts, and just like the county fair, wander around and visit with all your friends and have a wonderful time of it.



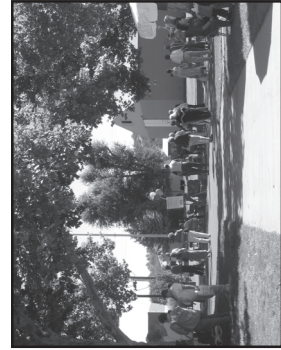
Amaral further notes that the Health fair has become an important way for health and community agencies to network with one another and bring their various services to the attention of the community.

While over forty-five Fairchild employees participate, the fair is really a broad-reaching health event involving many other entities. "We have so many services and providers here in this area", she comments. "Many people just do not realize the scope of information and assistance and programs available to us."



Increasingly, various groups and agencies now contact Peggy as much as a year in advance to participate in the Health Fair. "It is just amazing the interest and enthusiasm and variety of health and social programs as well as businesses providing health services, that exist in our area. The persons working in these programs and businesses are dedicated and enthusiastic, and want to make sure that the public knows about them" Amaral notes.

As sponsor to this important community health event, Fairchild Medical Center continues in its dedication and mission to further provide support and education and opportunities to our area residents to enjoy better health, access to services and information for a better quality of life.



ADDRESS SERVICE REQUESTED

**Golf Tournament  
Inside**

*Contributions have been made to Fairchild Medical Center Foundation to honor following:*

**In Memory of Gene Keefer**  
Michael Crebbin

**In Memory of Mary Neal**  
Georgeanne DeMarco  
Alice Mary Buckman

**In Memory of John W. Mires**  
Marie Mires

**In Memory of Madaline Schoonmaker**  
Betty Kuck

**In Memory of Clarence Mead**  
Jerry & Marcia Churchill

**In Memory Ed Geyer**  
Jerry & Marcia Churchill

**In Memory of Dr. Don Meamber**  
Jerry & Marcia Churchill

**In Memory of Ernesta Rizzardo**  
Mike-Tersilla Precie