



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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"Five Wishes"

Fairchild Medical Center and Madrone Hospice Partner for Assistance With Advanced Directives by Betsey Shuteroff

Recently the need for advance healthcare directives has been much in the public eye and mind following the very difficult and heartbreaking situation with a Florida woman, Terry Schiavo.

Basically, this legal and ethical struggle over end of life issues demonstrated the need for individuals to have clear and solid legal documentation of what their instructions are in the event they cannot speak for themselves.

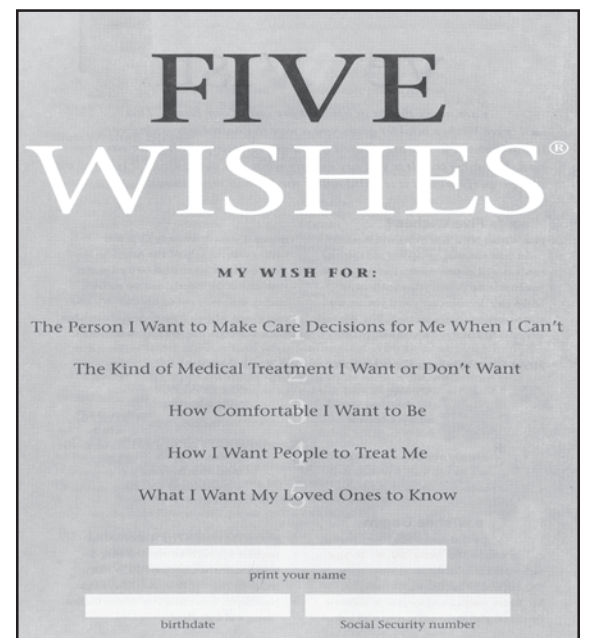
In recognition of this, Madrone Hospice Executive Director Audrey Flower and Hospice Medical Director Dr. Bruce Riger met with FMC CEO Dwayne Jones to discuss ways in which the two entities might best work together to help meet this need. Hospice had the staffing and knowledge for educational programs, but needed materials. The hospital readily saw the opportunity to help with this effort and offered the necessary financial support to provide Advanced Directive materials for the public free of charge.

The result of this partnership has been a series of free workshops presented by Hospice clinical social worker, Stephanie Zack, in different locations throughout the county. These workshops utilize "Five Wishes" an easy- to-use legal document that lets adults of all ages plan how they want to be cared for in case they become seriously ill. When completed, this document gives people control over their medical care, as well as the peace of mind that comes from expressing their own wishes and knowing those of their loved ones. More than three million American families are using Five Wishes, and more than 5,000 groups are distributing this form.

Thanks to Fairchild Medical Center and Madrone Hospice, this form will be widely available free of charge, at clinics, doctor's offices, the hospital, Madrone Hospice, and other health care settings.

The public is encouraged to contact Madrone Hospice at 842-3160 for further information regarding future free workshops on Advanced Directives.

This collaborative effort between these two very involved and concerned entities is yet another example of the level of dedication and commitment to service and healthcare needs that we are fortunate to have available to us in our rural area.



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

Focus on the Foundation by Mary Ellen Bryan

Jackie Roy

Before arriving in Yreka in 1978, this Stockton born, Woodland High school graduate spent two years at Sacramento City college and also received a license as a beautician.

During that time, she discovered she liked best working with the accounting aspect of the beautician profession.

Jackie has a strong connection to her family. She has a daughter and granddaughter living near Salt Lake City, Utah, and a son living in Brentwood, California. A committed grandmother, she travels frequently to the Salt Lake area to visit.

Jackie describes herself as being a "volunteer for ever" which included PTA president and other activities during her active mothering time. Yreka and Siskiyou County have reaped the benefits of her volunteerism. She served on the Chamber of Commerce Board for 8 years and as president for two. Carol Crebbin, Marcia Churchill and Jim Wilson recruited her to be an educator for promoting the need for a community hospital and supporting the fund raising efforts for the present Fairchild Medical Center. With the establishment of the Fairchild Foundation, Jackie became its secretary and a charter member.

In recognizing her contributions as a "multi-purpose" volunteer, the Chamber of Commerce and the community named Jackie Roy as Yreka Citizen of the Year in 1998- a significant honor. Since that time she has not rested on her laurels: with Leanna Dancer and Dave Elledge, she developed the concept of an appreciation dinner for Siskiyou County firefighters. Now in its 12th year, the banquet honors city and county firefighters for their commitment and contributions.

Jackie's commitment to Fairchild Medical Center and the Fairchild Foundation is strong. With Carol Crebbin, she established the Fairchild Golf Tournament held in the second week of September- now in its 11th year. During that time the tournament has raised over \$200,000 which has been used solely for equipment for the hospital. In the FMC Foundation annual report this year, 90% of the equipment purchased was made with golf tournament earnings - a plum for its chief organizer. Additionally, during the holidays, she has her own entertainment booth at the Fairchild Foundation Christmas party for children.

Over the years, she's learned to commit to what gives her energy and excitement and now is at a new point in her career and volunteer life. The end of June she left her position at Edward Jones to become the Community Relations Coordinator for Madrone Hospice where her many talents and skills are welcomed. Fortunately, she will still have time for an additional talent: a variety of local folks claim she has interior decorating abilities!



Jackie Roy

Children's Art Wall by Rose Cardoza



Mikie and Tana
in front of Art Wall

Art in the Hospital encompasses different forms of art from photos to paintings that have been created by members of our community and the Fairchild Medical Center staff. About 5 years ago a Children's Art Wall was started utilizing artwork from elementary school students. The Children's Art Wall has been highly welcomed by patients and staff alike. About 2 years ago Mikie Novello asked Tana Gliatto if she would be interested in procuring art from the school students so that the Children's Art Wall could continue. Newly retired from elementary teaching Tana eagerly sequayed into the job! Tana has many friends in the teaching community and that means a grand supply of art to be shared. Tana's goal is to have as many North County schools participate as possible. Tana sends out a list to a school of her choosing asking for participation. And she has never been turned down. One class a month is chosen and the art can be in any medium including poetry. Tana's sister, Marji Genter, teaches in Ft. Jones and her class submitted art that was done on paper they had created. The subject matter is entirely up to the students although it tends to run in a seasonal direction. When I asked Tana what the kids get out of donating their art to the hospital she said "Mostly, all kids like their work shown. They are proud of what they accomplish and the Children's Art Wall" becomes a very special display for thier work." And what does Tana get out of this project? "It keeps me in touch with the kids!" That is from a dedicated teacher who truly loved her job and her kids. Tana plans on conitnuing with the Children's Art Wall as long as the teachers and kids provide the art!

The art is changed on a monthly basis and during the summer months Mikie Novello takes care of the project. The Children's Art Wall is quite an attention grabber and many people have mentioned to Tana how wonderful it is.

The joining of Fairchild Medical Center staff and volunteers with community members brings a bright touch of innocense to the halls of the hospital where employees, patients and visitors smile as the view the unselfish caring each child has put to paper.

Thanks to all of the students and teachers for their talented contribution. The smiles and joy the art has given can not be measured. And a special Thanks! to Tana for her continued dedication to our kids!

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

April Baby:	Orion Samuel Neasbitt Mother: Tara Quinn Birthdate: April 7, 2005
May Baby:	Evauna Lynette Grant Mother: Michele Jerry Birthdate: May 20, 2005
June Baby:	Gabriel Ulysses Prothero Mother: Kristina Good Birthdate: June 22, 2005



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

11th Annual FMC Foundation Golf Tournament September 11th, 2005



For information call
Susan Ikenberry
FMC Foundation 841-6239
or
Jackie Roy
842-5873

Don't Bug Me

by *Georgianne DeMarco, RN*
Infection Control Nurse

SO YOU THINK YOU ARE VACCINATED

When we were little our parents took us to the doctor's office. We would roll up our sleeve and get whatever vaccination a child of our age needed. If we were lucky, a candy or a toy would be our reward. However we all realized that the real reward was to be protected from Polio, Measles, Mumps, Rubella, Diphtheria, Pertussis and Tetanus.

Those of us who were born before the oral Polio vaccine was available had to get shots; but as soon as the oral vaccination was available, we all stood in line for our sugar cube with the pink drops. That was a much easier and less painful way to be immunized.

As adults, do you realize that you still need to keep your immunizations up to date.

The following is a review of current 2004-2005 recommendations for immunizations for children, adolescents and adults. This is put out by the Department of Health and Human Services, Centers for Disease Control and Prevention.

The number of recommended and required immunizations and follow-ups for children and adolescents has greatly increased over the last 20 years. In the first year of life, 8 separate vaccines are recommended: Hepatitis B., DTaP (Diphtheria- Tetanus- Pertussis), Hib (Haemophilus influenzae type B), Inactivated Poliovirus., MMR: (Measles-Mumps-Rubella), Varicella (yes, they now have a vaccine for Chicken Pox), PCV: (Pneumococcal Conjugate) and Influenza. Boosters are needed for DTaP, Haemophilus, Hepatitis B, Polio, Hib and PCV.

MMR should be given a second time before starting school, as well as DTaP, PCV and Polio. Hepatitis A vaccine is advised at this time also.

By high school further vaccinations are recommended: Td (Tetanus, Diphtheria) and any catch-up that is needed.

Meningococcal vaccine is recommended for students before going off to college. College freshmen living in residence halls are 6-times more likely to contract meningococcal disease than other college students.

As adults we are still advised to keep our Tetanus-Diphtheria vaccination current by getting a booster every 10 years.

A Pneumococcal shot should be received when someone reaches 65 years of age (a one time booster should be given after 5 years if the Pneumococcal vaccine was received before age of 65).

Influenza immunizations should be taken by those with underlying conditions each year. The Center for Disease Control recommends influenza vaccination of persons age 50 and over. An intranasally administered influenza vaccine was developed a couple of years ago. It may be given to healthy persons aged 5-49 years as long as they don't have any high-risk conditions and don't have contact with immunocompromised persons.

Please check your records and make sure that you are up to date with current recommendations for immunization.

Oh,, and makes sure you wash your hands!



Why People Give

There are many reasons people make charitable gifts to Fairchild Medical Center Foundation. For example, a person who has a hefty tax liability may make a year-end gift to ease the tax burden. Another person may give to obtain a charitable gift annuity and gain a lifetime flow of income at a respectable rate. Another person may be influenced to give by a friend or family member. And still someone else may give out of a sense of duty.

But the overwhelming reason people provide financial support for an organization like Fairchild Medical Center Foundation is because they believe in what we are doing and want to help us fulfill our mission. They give to underwrite our cause.

This is especially true for donors who make planned gifts to Fairchild Medical Center Foundation. Such gifts involve estate assets and often include legal documents. They can be made during life or deferred until a later time. They can be used to create endowments or to provide funds for buildings or operational needs. Such gifts are not made lightly; they require thoughtful planning and sound rationale.

All of this explains why we like to sit down with folks and talk about the good things happening at Fairchild Medical Center Foundation. We like to open the annual report and show the results of good planning, wise stewardship and solid leadership.

How much do you know about Fairchild Medical Center Foundation? Would you like to learn more? Jim Flett, our Planned Giving Chairman or Susan Ikenberry, our Fund Development Coordinator, are available to visit with you and tell "Fairchild Medical Center Foundation's Story". They will answer your questions and provide an annual report and other informative literature. And then, if you want to discuss how you might join us in support of our mission through a planned gift, they can explain the various options.

To arrange a visit, or to obtain a copy of our most recent annual report and other literature about Fairchild Medical Center Foundation, please contact the Foundation Office at (530) 841-6239.

Very Veggie Soup



Heart Warmers
by Susan Wade RD, CDE

Fairchild Medical Center now has 2 clinical dietitians, Michelle Harris started work at FMC in February of 2005. She recently purchased a home in Etna and planted her first vegetable garden. With all those yummy fresh veggies this recipe looked great. Hope you will try it too.

Adding more vegetables to your cooking boosts nutrition, including fiber, water content, vitamins, minerals, and helps give you a full satisfied feeling while also decreasing calories per serving. What could be better?

Makes 6 servings
Serving size: 3/4 cup
Preparation time: 25 minutes

Cooking time: 33 minutes

1 tsp. olive oil
1 large onion, minced
2 garlic cloves, minced
2 carrots, diced
3 celery stalks, diced
1/2 cup diced zucchini
1/2 cup diced yellow squash
1 15-oz, can diced tomatoes
1 tsp. dried oregano
1/2 tsp. dried thyme
1/2 tsp. dried basil
1/4 tsp. crushed red pepper
4 cups low-fat, reduced sodium chicken broth
2 cups fresh kale or spinach, coarsely chopped
Salt and pepper to taste

1. Heat the oil in a large saucepan over medium heat. Add onion and garlic and saute for 3 minutes. Add carrots, celery, zucchini, and yellow squash and saute for 6 minutes.

2. Add tomatoes, oregano, thyme, basil, and crushed red pepper and cook for 1 minute. Add the broth and bring to a boil. Reduce the heat and simmer for 20 minutes. Add in the kale or spinach and cook for 3 minutes more. Season with salt and pepper.

Classes

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

CPR classes are given on the 1st Wednesday of every month. Two Classes are offered :Health Saver and Health Care Provider.

Call the Nursing Office at 841-6285 for the schedule.

Donor Dinner By Robin Bailey

On Wednesday evening, April 27, 2005, sixty-five (65) Pinnacles of Giving contributors attended a special dinner as a thank-you for their support to the Fairchild Medical Center Foundation. This fun filled evening was held at Lalo's restaurant ; Jose and Esparanza Alaniz, also Pinnacles of Giving contributors, provided an excellent meal to all. John Pomeroy, chairman of the Foundation board, welcomed everyone and spoke briefly of recent and past contributions that the Foundation has given in support of the hospital. John also mentioned future goals of the Foundation. Dwayne Jones, CEO of Fairchild Medical Center, thanked the Foundation for continued support to the hospital and shared with the donors the recognition of being selected one of the Top 100 hospitals in the nation. Dwayne also talked about future goals and direction for the hospital. Jim Flett, Vice Chairman of the Foundation, explained planned giving and talked of recent endowments received by the Foundation. Jim spoke very highly of the \$15,000 contributions given by the FMC employees in support of the Foundation. As dessert was being served a special Happy Birthday was sung to Marge Foster in honor of her 91st birthday. A very special Thank-you to Susan Ikenberry , Foundation coordinator, who arranged this wonderful evening shared by all. Anyone interested in becoming a member of the Pinnacles of Giving, contact Susan Ikenberry at 841-6239



Wes & Marian Hamilton
Bill & Martha Overman



Marge Foster



Joan Favero, Gretta Brown
& Mary Lou LaCom



Don Shevock
Marcus & Jennifer Issoglio



Esparanza Alaniz



Jim, Darrin and John

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*Childrens Art Wall
Inside*

Contributions have been made to Fairchild Medical Center Foundation to honor following.

In Memory of Dorothy Ellen Brown
Anna Harms

In Memory of Jack Lipski
Michael Crebbin

In Memory of Clarence Dutra
Michael Crebbin

In Memory Of Bernice Herfindahl
Anita Jefferson
Jerry & Marcia Churchill

In Memory of Irene Brenneman
Howard & Deanne Terry

In Memory of Frankie Mason
Michael Crebbin

In Memory of Dorothy Meamber
Michael Crebbin

In Memory of Peggy Favero
Jerry & Marcia Churchill

In Memory of Honorable George Tyler
Jerry & Marcia Churchill

In Memory of Frank Pavlik
Jerry & Marcia Churchill

In Memory of Dr. Douglas Lawson
Jerry & Marcia Churchill

In Memory of John W. Mires
Marie Mires

In Memory of Clarence Dudley
Michael Crebbin

In Memory of Wilma House
Michael Crebbin

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.