SPRING 2018

FMC FOUNDATION HEALTHY KIDS FAIR
Cultivating Health in Our Community

By Elizabeth Langford

On Friday, May 4, 2018, the Fairchild Medical Center Foundation hosted our first-ever, Healthy Kids Fair for local 3rd grade students. Public, private, charter and homeschoolers in the 3rd grade living in the north part of the county were invited to attend and the event hosted more than 260 students, teachers and chaperones. The Healthy Kids Fair took place at the Siskiyou Golden Fairgrounds in Yreka and focused on five key areas of health: physical fitness, nutrition, oral hygiene, mental health and staying drug, tobacco, alcohol and germ free. Presentations were given by members of the FMC team as well as our community partners and were designed to be interactive and fun for our student attendees.

Participants were provided with a healthy snack lunch and students were given a “Take Health Home” backpack as they exited the event. The backpacks contained helpful information and resources to encourage students to embrace and share the information they had learned, and to help them commit to living a healthy lifestyle.

The event was well received and supported by the community and we are so grateful to our presenters and community partners who helped form the curriculum for the event. Their contributions of tremendous energy and expertise made the Healthy Kids Fair such a great experience for everyone.

Special thanks to Anna Hanisko/Siskiyou County Office of Education, Cindy Fulcher/Siskiyou County Public Health, Dr. Zeke Melquist/Fairchild Medical Center, Dr. Vina Swenson/Swenson Medical Practice, Alexandra Stillwell/Siskiyou County Health & Human Services Agency - Public Health Division, Annie Kramer/Siskiyou County Office of Education, Michelle L. Harris/Siskiyou County Public Health SNAP-Ed Program, Sophia Sporty/Idles/Fairchild Medical Center Dental Clinic, Jilin Adams/Fairchild Medical Center Dental Clinic, Lauren Morley/Siskiyou Family Y.M.C.A.

Thank you also to the Yreka Kiwanis Club for supporting the Healthy Kids Fair by volunteering to be on-site the day of the event to assist with event operations and presentations. We appreciate your dedication to helping the children of our community.

The Fairchild Medical Center Foundation is excited to be part of the effort to cultivate health in our community through our kids and has applied for a grant with the “A Community Thrives” grant competition hosted by the USA Network. The Foundation’s application made it through the preliminary rounds and the Foundation will be notified in early June if the Healthy Kids Fair has been selected as a grant winner. Grants will be awarded in amounts ranging from $10,000 to $100,000.

Fairchild Medical Center
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Kristi Von Tickner
By Mary Ellen Bryan

A late afternoon tea break at Nature’s Kitchen was a great way to enjoyably meet Kristi Von Tickner: Vice-President and Financial Services Manager at Scott Valley Bank and new member of the Fairchild Medical Center Hospital Board. A woman of many interests and enthusiasms, her “FMC initiation” was happily co-chairing, with Deanne Terry, the Christmastime “Share the Magic” event for children. With its success, she will have the pleasure of taking on the sole leadership this coming December.

Born in Carson City, Nevada, Kristi lived there until she was eleven years old when her dad was hired to run the Safeway store in Yreka in 1977. She and her younger brother attended Yreka schools. With the later closure of the Safeway store, the family moved to southern California. She completed her senior year in Long Beach at David Star Jordan High School. After graduation, she attended College of the Siskiyous earning an associate’s degree in Business Administration-Accounting.

Kristi has two grown children, Katelyn and Kyle. Katelyn, born in 1991 is a college graduate who earned her Bachelor in Fine Arts degree in Interior Design and is now working at a design firm in Newport Beach. Kyle, born in 1994, is a college graduate, lives in Klamath Falls, works for Peterson Caterpillar and is newly married. Both are the “outdoorsy” type, as is their mother.

Kristi began her career at Scott Valley Bank in 1990 and has been there ever since - twenty-eight years, working her way up the corporate ladder. We discussed the potential sale of SVBank to Mechanics Bank. Both banks have similar histories and neither borrowed money during the 2008 financial crisis - good signs.

Beyond her banking commitments, Kristi finds time for volunteering and is dedicated to giving back to her community and career. As a charter member of the steering committee of the Yreka Community Garden, she spent seven years promoting its growth. A main interest for her was the Garden’s philosophy of sharing excess produce with community members in need.

Another community-oriented and work-affiliated group Kristi was involved with was the Community Health Plan of the Siskiyous: CHPS - a rural health program for those who could not afford higher priced services. One of many valuable services of CHPS was to provide dental services to children. Kristi served on the board for more than eight years.

Her most recent involvement: June, 2017 with the FMC Foundation Board and more recently with the FMC Hospital Board membership - are a sensible move forward from the Community Health Plan and a more challenging step into the medical field. Her hope is to bring energy and viewpoint to both the Foundation and hospital boards. She is very aware of how complex and involved health care is. She is highly supportive of the board’s scholarship programs for staff advancement. Looking ahead to provide staff backup niches to replace those who retire, she sees as vital for the future of the hospital.

SO...what does this delightful and energetic woman do in her spare time? She describes herself as “foot loose and fancy free, and I like to have fun,” Outings with her kids, wine tasting with friends, gardening and hiking are all special. Her two dogs - a pug/jack Russell and a black lab-bring her joy. She and her active mother are looking forward to a two-week cruise through the Panama Canal. Lucky them!

Kristi Von Tickner is definitely a plus for FMC! I wish her joy with Share the Magic!

Clip and Mail

“Together We Can Climb Any Mountain”

Pinnacles of Giving Society
Annual Giving Program

- $5000 Mt. Shasta President
- $2500 Marble Mountain Leader
- $1000 Guero Neel, Pat Liver
- $500 Mt. Eddy Fellow
- $350 Black Butte Pioneer
- $100 Willow Creek Mountain Associate
- Other ___________

Name ________________________
Address ______________________
City __________ State ______ Zip ____________

Enclosed is my tax deductible contribution of $ __________

Payable to: FMC Foundation

Your tax-deductible gift will help maintain the highest quality health care for those we serve today and for future generations. Annual Giving Donors at the $500 level and above receive an invitation to our Pinnacles of Giving Society Donor Recognition Dinner.

Heart Warmers
Recipe selected by FMC Nutritionist, Susan Wade

Simple Fish TACOS

Makes 6 servings: 2 tacos per serving
Prep Time: 20 minutes
Cook Time: 5 minutes
Calories: 290

Ingredients
1/2 cup non-fat sour cream,
1/4 cup fat-free mayonnaise
1/2 cup cilantro chopped fresh
1/2 package (1 oz or 2 Tbsp) low sodium taco seasoning
1 lb cod or white fish fillets, cut into 1 inch pieces
1 Tbsp olive oil
2 Tbsp lemon juice
2 cups red or green cabbage, shredded
2 cups tomatoes, diced
12 6-inch whole wheat tortillas, warmed

1 In a small bowl, combine sour cream, mayonnaise, cilantro and 2 Tbsp seasoning mix.
2 In medium bowl, combine cod, olive oil, lemon juice, & remaining seasoning mix. Pour into large skillet.
3 Cook stirring constantly over medium-high heat for 4-5 minutes or until the cod flakes easily when tested with a fork.
4 Fill warm tortillas with fish mixture.
5 Top with cabbage, tomato, and sour cream mixture & serve.
At this year's dinner our Board of Directors put their gratitude into action by serving dinner to our invited guests.

Pictured from left to right: Kristi Von Tickner/Share the Magic Chair, Jay Quisenberry/Foundation Chair, Deanne Terry/Foundation Vice Chair & Governance Chair, Dawn Cozzalio/Planned Giving Chair, Eileen Silva/Community Relations Chair, Jonathon Andrus/FMC CEO, Larry Mullan/FMC Chairman, Ray Ybarra/Golf Chair and Debbie Froelich/Scholarship Chair.

On Thursday, March 29th the Foundation hosted our Annual Donor Appreciation Dinner at the Miner's Inn Convention Center. This annual event is an opportunity for our Board of Directors to honor the donors whose generous gifts of $500 or more were given to the Foundation in the previous calendar year.

Our organization has been dedicated to helping Fairchild Medical Center for more than 20 years and the opportunity to celebrate our donors is one we look forward to every year.

SPRINGTIME - CHICK TIME!

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

As Spring is in full swing the thought of soft, fluffy chicks with downy feathers often comes to mind. Although cute, beware of cuddling or kissing these sweet little things as they have the potential to make you sick. While appearing to be healthy, poultry such as chickens, ducks, geese and turkeys can carry and pass along disease causing organisms such as Salmonella, E. coli, Avian Flu (the bird flu), West Nile Virus, Botulism and Campylobacteriosis. These diseases may cause anything from a minor skin infection to a serious disease resulting in death.

In 2017, the CDC reported 10 different outbreaks of Salmonella linked to poultry pets. The outbreaks involved 48 states as well as the District of Columbia and resulted in 1,020 people becoming infected. 249 people were hospitalized with one person actually dying from the disease. All live poultry can carry Salmonella in their droppings and on their feathers, feet and beaks in spite of appearing to be healthy and clean. Most people infected with Salmonella develop diarrhea, fever, and abdominal cramping 12 to 72 hours after infection. The illness usually lasts 4 to 7 days with most people recovering without treatment. However, people with weakened immune systems, such as the elderly and infants are more likely to develop severe illness.

The best way to prevent getting sick is to wash your hands immediately after coming into contact with poultry, which includes cleaning bird cages, and touching/cleaning their food or water dishes. It is best to wash your hands with soap and water, but if that is not possible, use hand sanitizer to prevent infecting yourself. Young children should be supervised when they are around poultry as they are more likely to get sick from the organisms birds carry.

I hope you enjoy this wonderful spring weather by remaining healthy and safe. And as always,

"Remember to wash your hands!"
Memorial Contributions

In Memory of Ralph Akana
June Girardner

In Memory of Tom Callison
Larry & Frankie Mulloy

In Memory of Jack Jenner
Larry & Frankie Mulloy

In Memory of Bill Leigh
Paulette Langguth

In Memory of Billy Mattan
Larry & Frankie Mulloy

In Memory of Daisy Roberts
Lori Hottendorf
Ron & Judi Washington

In Memory of Blair Smith
Larry & Frankie Mulloy

In Memory of Diane Tomicich
June Girardner

In Memory of Marion Wells
Elizabeth Pimentel
Cathleen Nicholl

SCOTT VALLEY RURAL HEALTH CLINIC
By Esther Van Baren

Established in 1972 in Etna, California, the Scott Valley Rural Health Clinic (SVRHC) has continued to grow and serve the communities that make up the Scott Valley. The towns of Fort Jones, Etna, Greenview, and Callahan make up this beautiful area. Recognizing the need for health care and the lack of practicing physicians in the valley, lead to the formation of the Rural Health Board. Contracts were made with providers seeking student loan forgiveness. In the late 1970s, Dr. Highy provided a practice within the clinic, which had moved to Fort Jones. In the mid-1980s, the clinic again moved to Etna but struggled to maintain providers.

In 1992, the Rural Health Board contacted Fairchild Medical Center and the development of the current clinic was on its way. Eileen Silva joined the team in 1992 and has managed the clinic working to obtain a rural health designation in 1995. She has continued to make SVRHC a success. The Rural Health Clinic Services Act of 1977 (Public Law 95-210) was enacted to address an inadequate supply of physicians serving Medicare patients in rural areas and to increase the use of non-physician practitioners such as nurse practitioners (NPs) and physician assistants (PAs) in rural areas.

Currently, SVRHC sees on average 430 patients a month for provider appointments, laboratory draws, and nurse checks. Currently Christa Fournier, F.N.P. and Carolina MonaKeene, N.P. see patients from pediatrics to geriatrics. With the increasing number of patient visits and regular providers SVRHC has outgrown the current building. Thanks to the generous donation of property by Jim Hendricks, SVRHC will have a new home. The Hendricks family have been valley residents for generations and founded Siskiyou Telephone.

SVRHC in 2017 has broken ground on their new home. The new building is well on the way to fruition much to the delight of Eileen Silva and her staff. Pending a state survey, the clinic is slated to open in the summer of 2018. The clinic will grow from approximately 2200 square feet to 4450 square feet. Fairchild Medical Center will continue to meet its mission and vision: “To ensure availability and accessibility of health care services to our community.”

We hope you will join us as we celebrate our grand opening this summer.