



Sierra Nevada Memorial
Hospital Foundation

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newsletter via e-mail, please send your
request to: infosnmhf@dignityhealth.org

Office Hours: Mon—Fri. 8am to 5pm

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www.supportsierranevada.org



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**Sierra Nevada
Memorial Hospital
earns "A" Safety Grade**
See page 7 for more information



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Sierra Nevada Memorial
Hospital Foundation

Winter 2023

Partners In Health

Our Mission: We touch and save lives every day by helping Sierra Nevada Memorial Hospital deliver superior healthcare through outreach programs, education, state-of-the-art technology, and facilities by means of philanthropy and volunteerism.

Our Health. Our Community. Our Hospital.

The Road to Cardiac Recovery

Heart trauma, such as heart attacks or surgeries, can have a profound impact on individuals and their families. While medical interventions play a crucial role in saving lives, it is equally vital to focus on post-trauma care and rehabilitation. This is where Sierra Nevada Memorial Hospital's Cardiac Rehabilitation Program steps in, offering a lifeline to those on the path to recovery.

The program employs a multidisciplinary approach, combining medical expertise, exercise physiology, peer support, and nutrition education to provide patients with the tools they need to regain strength, improve cardiovascular health, and enhance their overall well-being. By tailoring rehabilitation plans to the specific needs of each patient, the program ensures that they receive personalized care and attention.

According to the American Heart Association, participating in cardiac rehabilitation can reduce the risk of future heart-related events by up to 47%. Additionally, studies have shown that patients who complete a cardiac rehabilitation program have significantly lower mortality rates compared to those who do not.

Monitoring patients in a hospital environment during their rehabilitation journey is crucial for several reasons. First and foremost, it allows healthcare professionals to closely observe patients' progress, ensuring that any potential complications are identified and addressed promptly. This continuous monitoring helps prevent re-hospitalizations and provides patients with a sense of security knowing they are in capable hands. Sierra Nevada Memorial Hospital Foundation is currently focused on raising funds to purchase an advanced monitoring system for this program.

Furthermore, the hospital environment offers a supportive and structured setting where patients can receive individualized care while connecting with others who have experienced similar challenges. The camaraderie and encouragement found within the program's community fosters emotional well-being and motivates patients to stay committed to their recovery journey.

SNMH's Cardiac Rehabilitation Program is dedicated to providing comprehensive care and support to patients during their heart trauma recovery. By investing in this program and supporting its expansion, we can make a substantial difference in the lives of individuals and families in our community.

Together, let us rally to support local patients who need the Cardiac Rehabilitation Program. To give to this important program please use the enclosed gift envelope or donate online at www.SupportSierraNevada.org/Donate.



The Cardiac Rehab team reevaluate patient vital signs during rehab classes.



Staff and nurses work one-on-one with patients to ensure they are safe and recovering well.





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Maximizing Your Impact

Sandra Barrington, SNMH Foundation Executive Director and Certified Fundraising Executive



As we approach the end of 2023 and start thinking about 2024, we want to take a moment to highlight some tax-savvy ways that can help you maximize the impact of your charitable giving. By utilizing these strategies, you can make a difference in the lives of patients while also taking advantage of the tax benefits available to you. Here are a few options to consider:

1. Monetary Donations: Cash contributions made before the end of the calendar year are tax-deductible. By donating directly to SNMH Foundation you can support our ongoing programs and initiatives while potentially reducing your tax liability.

2. Appreciated Securities: Donating appreciated stocks, bonds, or mutual funds that you have owned for more than one year can be a tax-efficient way to support our hospital. By doing so, you may avoid capital gains tax on the appreciated value of the securities while still claiming a charitable deduction for their full fair market value.

3. Donor-Advised Funds: If you have established a donor-advised fund (DAF), you can recommend a grant to SNMH Foundation. A DAF allows you to receive an immediate tax deduction when you contribute to the fund, while providing you with the flexibility to support multiple charities over time.

4. Qualified Charitable Distributions (QCDs): If you are 70½ or older and have an individual retirement account (IRA), you can make a tax-free distribution, known as a QCD, directly to our hospital. QCDs count towards your required minimum distribution (RMD) while reducing your taxable income.

5. Planned Giving: Consider including SNMH Foundation in your estate plans through a bequest, charitable remainder trust, or charitable gift annuity. These options can provide you with potential tax benefits while leaving a lasting legacy that supports our mission for generations to come (see page six for more information).

Your continued support enables us to provide critical healthcare services, invest in advanced medical technologies, and offer compassionate care to those in need. We are truly grateful for your trust and dedication to our cause.

If you have any questions or would like more information on any of the aforementioned giving options, please do not hesitate to reach out to me at (530) 477-9700 or email Sandra.barrington@dignityhealth.org. We also highly recommend consulting with a tax professional. Local professionals can be found through the Gold Country Estate Planning Council.

Once again, thank you for your unwavering support and generosity. Together, we can make a significant impact on the lives of countless individuals in our community.

Sandra Barrington, CFRE
Executive Director



National Recognition in Patient Safety

Dr. Scott Neeley, SNMH President and CEO



Dignity Health Sierra Nevada Memorial Hospital earned an “A” Hospital Safety Grade from The Leapfrog Group, a national nonprofit watchdog that sets standards for excellence in patient care. Leapfrog assigns an “A,” “B,” “C,” “D” or “F” grade to general hospitals across the country based on over 30 national performance measures reflecting errors, accidents, injuries and infections, as well as the systems hospitals have in place to prevent harm.

“At Sierra Nevada Memorial Hospital, we consistently look to improve our safety and quality practices to ensure we provide the highest-quality care to our community and the patients we serve,” said Dr. Scott Neeley, President & CEO of Sierra Nevada Memorial Hospital. “Thank you to the Leapfrog Group and to all of our hard working staff and physicians that made this recognition possible.”

The Leapfrog Hospital Safety Grade is the only hospital ratings program exclusively based on hospital prevention of medical errors, infections and injuries that lead to more than 500 patient deaths a day nationally. The Leapfrog Hospital Safety Grade is peer-reviewed, fully transparent and free to the public. Grades are updated twice annually in the fall and spring.

“Earning an ‘A’ Grade means Sierra Nevada Memorial Hospital made a true commitment to put patients first,” said Leah Binder, president and CEO of The Leapfrog Group. “We congratulate the leadership, Board, clinicians, staff and volunteers that all had a role to play in this achievement.”

In Case You Missed It, Letter to the Editor

A Journey to Zero, published in The Union Newsletter on October 2, 2023

Dignity Health Sierra Nevada Memorial Hospital (SNMH) achieved a feat that few hospitals can claim – 1,000 consecutive days without a Central Line Associated Bloodstream Infection (CLABSI). This accomplishment reflects the fact that patient safety is our bedrock. Our outstanding achievements in patient safety put SNMH in the top one percent of hospitals in the United States for hospital-acquired infections.

This milestone demonstrates exceptional collaboration between our leadership team, physicians, ICU staff, and the outstanding efforts of our Infection Preventionist, Heather Scott. Together, we have turned excellence in patient care from a goal into a daily reality.

Importantly, our Journey to Zero patient harm extends to other measures. As of this writing, the hospital has gone 464 days without a Catheter-associated urinary tract infection (CAUTI) and 357 days without a case of hospital onset C-Difficile colitis (a serious diarrheal illness). For perspective, in the United States, CAUTIs represent 9% of all hospital-acquired infections. At SNMH, that percentage is ZERO. The CLABSI rate in ICUs nationwide is 0.8 per 1000 days. Again, at SNMH that number is ZERO.

Having practiced ICU medicine for more than 30 years, I deeply understand what an incredible achievement this is, and I am proud beyond words of our team’s accomplishment. But more importantly, I am proud that every patient that comes to us in need receives care that is safe and of the highest quality. That is our purpose and the heart of all that we do.

Dr. Scott Neeley, SNMH President and CEO



A Legacy by Surprise

Imagine that you are opening the mail one day and you receive notice that you are the beneficiary of an estate. The catch, you don't know who the person is that left you in their will or trust. It happens to a lot of non-profits. While we of course absolutely love the surprise and the support, there is a missed opportunity to have recognized these donors during their lifetime. Working with donors and their families to truly understand the impact they want to make in this community is very important to us. If we can know more about your passions and wishes, we can ensure that your legacy, of any size, is utilized in the project or program that is most near and dear to you.

At certain levels of giving, a planned gift to SNMH Foundation can mean the endowment of an important program, the naming of a building or hospital department, or ensuring programs and services are secured in perpetuity. Gifts of all sizes and types are graciously accepted.

When you communicate your future gifts with us we can ensure, that when they come to fruition, the organization understands your wishes and recognize you now for a gift later.

www.SupportSierraNevada.org/PlannedGiving

Types of Planned Gifts

- Cash
- Real Estate
- Life Insurance
- Retirement Accounts
- Stocks
- Annuities
- Personal Property
- Donor Advised Funds
- Remainder Trusts

Community Business Partner Spotlight

Our Community Business Partner Program recognizes businesses and organizations that donate \$500 cash or more a year to SNMH Foundation. Business are recognized in a variety of ways and in some cases receive event benefits as part of the program. For more information on how your business can become a Community Business Partner, please reach out to our Development Director Jenni Toedtemeier at jenni.toedtemeier@dignityhealth.org.



SmarterBroadband firmly believes in supporting the community and where better to support than the Hospital that supports all of us! SmarterBroadband takes pride in being your trusted local Internet provider. Since our inception in 2005, we have been on a remarkable journey of growth year after year. Our core mission is to offer our valued customers fast and dependable service, backed by a dedicated team that strives for excellence in customer support. The enduring trust and support of our community are exemplified by the numerous "Best of

the Best" Internet Provider awards we have received from our loyal customers in Nevada County for several consecutive years. In times of significant weather events over the past two years, when many Cell Providers and other Internet Providers, including Fiber, faced disconnections that lasted for days and even weeks, SmarterBroadband stood strong. To contact SmarterBroadband visit smarterbroadband.com or call 530 272 4000.



AJA Video Systems Inc. was founded by engineer John Abt in 1993. Today the company employs over 200 people worldwide, building industry leading digital converters, scalars, video I/O cards, digital recorders, video routers, frame synchronizers, streaming solutions, 4K cameras and HDR transformation and

monitoring devices. Behind every AJA product is a passionate team committed to bringing professionals high quality gear, designed and manufactured at our facilities in Grass Valley, California and sold through an extensive sales channel of resellers and systems integrators around the world. For further information, please see our website at www.aja.com.



Breaking Down Barriers

A Conversation on Alzheimer's and Dementia



In November, members of our Alzheimer's Outreach Program taped a special podcast episode on *Breaking Down Barriers* at Nevada County Media. The goal of the Breaking Down Barriers series is for our community to start having the hard conversation about challenges we need to face. In this episode, we tackle the difficult discussion of Alzheimer's and related dementias and the challenges of family caregiving. Sierra Nevada Memorial Hospital Foundation's Alzheimer's Outreach Program is a local resource in the community and helped lead the discussion. Moderator Pepsi Helmuth is a geriatric nurse specialist and local expert in Alzheimer's and related dementias. She is joined by Linda Aeschliman and Judy Kautz of the Alzheimer's Outreach Program and Marilyn, a family caregiver. It is estimated that nearly 3,000 people in our community are struggling with this disease and the challenges of family caregiving. Scan the QR code to

listen to this important conversation. Please take the time to learn more about how we can all help our friends and neighbors. www.SupportSierraNevada.org/AOP



Your Donations in Action

SNMH Foundation works tirelessly to ensure donor intent and that your financial support are put into action to the areas you designate. Donations to the Area of Greatest Need are voted on by our Board of Directors to ensure those funds are utilized to directly improve patient care.

In this fiscal year that started July 1, 2023, donor support has impacted several key areas of health care in our community. Funding from Area of Greatest Need Funds recently supported a Natus Hearing Machine for the Family Birth Center. All newborns are required to have hearing tests before going home, and it is imperative that our Hospital ensures the health and safety of our tiniest patients (picture top right). Area of Greatest Need Funds also purchased a brand new Ambulance for the community (pictured middle right). Our Hospital owns and operates its own ambulance fleet. Our Ambulance Department responds to nearly 10,000 calls a year to serve our community.

Many of our donors direct their giving to support the Alzheimer's Outreach Program. This program provides one-on-one support for family caregivers, caregiver empowerment education, home visits, and family caregiver respite funding support. Since July 1, this program has helped nine families with respite funding. Last year the program provided 39 Family Caregiver Support Groups, respite care for 21 families, eight AOP Educational Offerings, 285 client support contacts, approximately 60 home visits, and approximately 125 client referrals.





Breast Cancer Awareness Month

October is always an exciting month here at SNMH Foundation with many organizations and groups showing their support and raising awareness for local breast cancer care. From golf tournaments to bracelets, to pink drinks, to support from first responders and law enforcement, we are so incredibly grateful.

Over \$30,000 was raised with all of the Breast Cancer Awareness Month efforts for the Barbara Schmidt Millar Fund and Cancer Center Support Groups.



The Lake Wildwood Golf Clubs raised \$13,000 with their Swing for the Cure tournament in October. The funds raised from this tournament will benefit our Comfort Cuisine Program providing healthy meals for our cancer patients and their caregivers. The program makes about 900 meals a year.



Local CALFIRE stations rallied together with the 40x40 running relay that ended at the hospital on October 28th. Their efforts raised over \$1,800 for the Barbara Schmidt Millar Fund that provides free mammograms and breast health care to our community.



The Nevada County Country Club hosted their annual October tournament with proceeds benefiting the support groups at the Cancer Center. This year the club raised \$4,000 to help keep the many support groups up and running to benefit patients and their families.



Local law enforcement came together for another successful year of the Pink Patch Project. Officers pictured here are at the annual Coffee for a Cure event at Sierra Mountain Coffee Roasters promoting the Pink Patches and coins.



Pink awareness bracelet are back! Volunteers made 100 pink bracelets that are sold for \$30 at SNMH Foundation, the Cancer Center, and Hospital Gift Shop. All proceeds support Cancer Center Support Groups at SNMH.



The National Hotel and Holbrooke Hotel created the Pink Ribbon Drink with proceeds supporting the Barbara Schmidt Millar Fund. In the month of October, they sold 396 Pink Ribbon Drinks.



SNMH Golf Classic

Monday June 3, 2024

Lake Wildwood Golf Club

Join us for a fun day on the course while raising vital support for our non-profit community Hospital.

Golfers enjoy delicious food, on course games, ice cream, specialty drinks, an exciting raffle, hole-in-one prizes, and much more!

Sponsorships and Registration Go Live January 1st
Contact Jenni Toedtmeier, Development Director
jenni.toedtmeier@dignityhealth.org



Volunteer Open House

Tuesday January 30, 2024

Volunteers are integral to fulfilling our mission. There are many ways to get involved and make a difference at Sierra Nevada Memorial Hospital Foundation. We are honored by the generous participation of our volunteers who, through their time, talent, leadership, commitment and passion, enable us to better serve the healthcare needs of our community. There are many ways to volunteer. Come learn more!

10am to 1pm
SNMH Foundation Office
140 Litton Drive, Suite 220, Grass Valley

- Meet the Volunteer Outreach Steering Committee
- Learn more about volunteer opportunities in 2024
- Meet the staff and enjoy refreshments

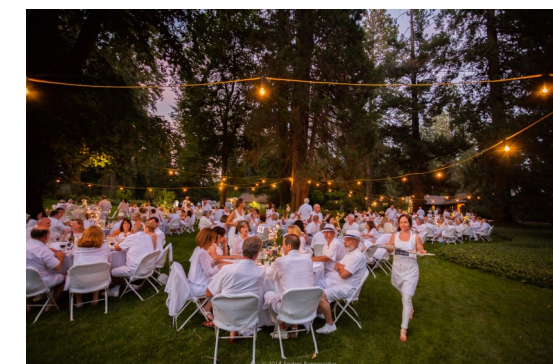
Starry, Starry Nights

Saturday June 29, 2024

Nevada County Fairgrounds

The magic of Starry, Starry Nights is back in 2024. This event will continue to be an incredible evening of award winning wines, gourmet food, specialty cocktails, dancing and star gazing while we raise funds for our nonprofit hospital.

Sponsorships available starting January 1st
Reservations open to Red Rose Society donors May 1st
Reservations open to the general public May 10th



Volunteer Spotlight Cancer Center Harp Program

Our local Cancer Center has a plethora of support groups to help patients and their families. One of the most unique programs is the Harp Support Group. The group meets at the Hospital on Fridays. They also perform out in the community and at the Hospital regularly. Group members can be seen playing at SNMH Foundation events such as the Red Rose Society social pictured to the right. They also play in skilled nursing facilities. Group members also play in the Hospital to support music therapy which can be an incredible part of the healing journey.

