



Sierra Nevada Memorial
Hospital Foundation

140 Litton Drive, Suite 220
P.O. Box 1810
Grass Valley, CA 95945
Phone (530) 477-9700

If you would prefer to receive the newsletter
via e-mail, please send your request to:
jennifer.weir@dignityhealth.org

Office Hours: Mon—Fri. 8am to 5pm

If you wish to be removed from our mailing
list, please send a brief note to the above
address or e-mail.

www.supportsierranevada.org



Facebook.com/SupportSierraNevada



snmhfoundation

A different way to give back



Tribute Gifts—a meaningful way to honor birthdays, weddings, anniversaries, newborns or other special occasions. Surprise someone with a special donation in their honor.

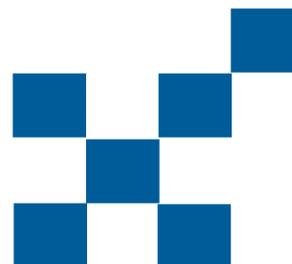
Memorial Gifts—honor the memory of someone who has passed away by providing an opportunity to show sympathy to a family by doing something that will benefit others. Memorial gifts are a lasting remembrance of a special person and a meaningful way to celebrate their life.

To make a Tribute/Memorial gift, please use the provided envelope in this newsletter or visit www.supportsierranevada.org/donate. Be sure to fill out the Tribute Information at the bottom of the secure online payment form.

NEW: If you have made a previous donation to SNMH Foundation, you will also receive a Memorial/Tribute envelope with your thank you letter.

You can also call SNMH Foundation at (530) 477-9700.

NON PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
Permit No. 316
SACRAMENTO, CA



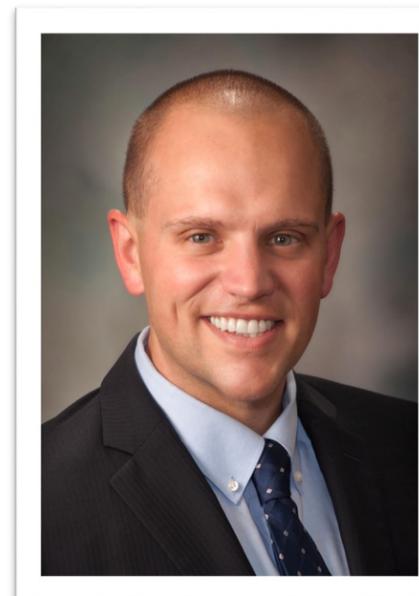
Sierra Nevada Memorial
Hospital Foundation

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.

Spring 2020

Partners in Health

SNMH Foundation lands \$750,000 grant to create a residency program



Dr. Glen Gookin, hospitalist at Sierra Nevada Memorial Hospital

In July, Sierra Nevada Memorial Hospital Foundation was awarded a \$750,000 federal Health Resources and Services Administration (HRSA) Rural Residency Planning and Development Program grant aimed at creating a primary care residency program. Sierra Nevada Memorial Hospital Foundation was one of only 26 national grants chosen.

Sierra Nevada Memorial Hospital's Family Medicine Rural Training Tract program will train family physicians in the needs of a rural community. Joining in the planning and development of this effort locally is Chapa-De Indian Health Clinic in Grass Valley. Methodist Hospital and Mercy Family Medical Clinic in Sacramento shall serve as urban partners. Local physicians will serve as the faculty.

Dr. Glenn Gookin, MD and Hospitalist at Sierra Nevada Memorial Hospital was the visionary for this project. He completed his residency at Dignity Health's Methodist Family Medicine Residency program in Sacramento and understood what an advantage this could mean for our rural community.

"This is a tremendous achievement," Dr. Gookin stated. "We have a lot of work ahead of us, but the benefits of this program include enhanced recruitment and retention of graduates who then choose to practice in our rural community. It will also support heightened referrals to Hospital's specialists and ancillary services."

The first step is to design what we want our program to look like. Next we'll develop a physician faculty, confirm all the partners, and apply for national accreditation. Once launched, the residency program will train two physicians a year for three years meaning by year three there will be six residents in the program. Retention is a priority so there will also be focus on engaging these residents in our community with a goal of their continuing to practice here after their residency.

Happy 10 year anniversary to Sierra Nevada Memorial Hospital Center for Wound Healing and Hyperbaric Medicine!

Since its inception in 2010, the Sierra Nevada Memorial Hospital Center for Wound Healing and Hyperbaric Medicine has treated chronic wounds associated with, but not limited to: diabetic foot ulcers, venous ulcers, pressure ulcers, surgical wounds, traumatic wounds, arterial ulcers, radiation wounds, comprised skin grafts, burns and crush injuries.

In addition to utilizes cutting-edge therapies and technologies, the center also specializes in hyperbaric oxygen therapy, a well-established wound healing treatment (originally used for decompression sickness, a hazard of scuba diving). When placed inside one of the center's two pressurized chambers, a patient breathes 100 percent oxygen while the air pressure is increased to about two and a half times greater than normal atmospheric pressure.



A Wound Center patient being treated in the state-of-the-art hyperbaric oxygen tank.

(Continued on page 3)

SAVE THE DATE

SNMH Golf Classic
Monday, June 1, 2020

Alta Sierra Country Club in Grass Valley
Check-in time now at 10 a.m.!

Starry, Starry Nights
Saturday, July 18, 2020
Empire Mine State Historic Park

Barbara Schmidt Millar
Celebration of Life Triathlon
Sunday, September 20, 2020
Scotts Flat Lake in Nevada City
Registration open now!
Visit bsmtri.org for more details

For more information, please call (530) 477-9700 or visit www.supportsierranevada.org

SNMH Foundation Board of Directors

Executive Committee

Gil Mathew

President

Mary Bittle

Vice President

David Jones

Treasurer

Barbara DeGraw

Secretary

Jake Bronson

Member-at-Large

Dylan Hendricks

Member-at-Large

Sean Metroka

Immediate Past President

Board Members

Jean Creasey, DDS

Denis Drew, MD

Monty East

Brian Evans, MD

Alex Gammelgard

Marty Lombardi

Katy McKay

Edward Sylvester

Heather Thorpe

Tom Tomasello

Greg Vixie, DDS

Kim Zwick

Full-time Foundation Staff

Kimberly Parker, CFRE

Executive Director

Sandra Barrington, CFRE

Associate Director

Jenni Toedtemeier

Development Director

Amy Abt

Development/

Communications Manager

Jennifer Weir

Executive Administrator to

the Executive Director

Kara Liller

Finance Manager

Part-time Foundation Staff

Shari Voors

Development/Event

Associate

Judy Bagley

Administrative Assistant

Dear friends of SNMH Foundation,



This column will be serious in nature compared to those I generally write, but two occurrences have profoundly impacted me recently. They are difficult to talk about because the subject matter can be highly emotional. However, they are important conversations to have and ones that makes me proud to be associated with Sierra Nevada Memorial Hospital.

A few months ago, there was a tragic circumstance and a family had to make the very difficult decision to let a loved one go. It is incredibly heart wrenching when a family must come to grips with losing a loved one. This was true with a young man who had previously had the foresight to make a decision that if anything were to ever happen to him, he wanted to be an organ donor. What a remarkable gift!

An amazing way our hospital can express profound and deep gratitude for our organ donors is an **Honor Walk**. With permission of the family, SNMH employees and the family members were invited to silently line our hallway from the young man's room all the way to surgery where he would give one of the greatest gifts possible. At 7:30 pm, he was quietly taken from his room to surgery. Some said prayers to themselves, some stood quietly and almost everyone cried.

No one was prepared for the depth of emotion all experienced. The deep show of support was palpable, but also tremendous respect and gratitude for this man, his family, and all who cared for him. I mentioned the time above because many of our employees had already gone home for the day, but made a special trip back to the hospital to participate. The halls were filled and everyone there immensely touched. This special moment reminded so many that organ donation is one of the greatest gifts that can be given.

Even more recently, a second remarkable gift of love occurred by a family that does not live locally. They donated a Caring Cradle to our Family Birth Center after the tragic loss of their baby at a hospital in Sacramento. Their goal was to find a hospital that did not have a Caring Cradle and provide it to give others experiencing loss comfort. A Caring Cradle gives parents that have heartbreakingly lost a baby born stillbirth time to spend with and grieve their loss. These are the gifts that we hope are rarely used, but have such an incredible impact when they are.

In February that family made the trip to Grass Valley to meet the team at the Family Birth Center, our Hospital CEO Dr. Evans, the Chief Nurse Executive Monica Biley, and myself. They shared their story and did a lovely dedication ceremony allowing us to participate in an amazing and personal experience.

I have always appreciated life, but after these recent experiences, I know more than ever how precious it is. We cannot control destiny and so it is so very important to make sure your wishes are known.

If you have not thought about an Advanced Directive, we have a wonderful one here at SNMH Foundation that we offer free. It is called 5 Wishes and is very complete. You can fill in as much or as little about your wishes and then you should make copies and give one to your physician, keep one at home, attach one to a medical record at the hospital and give one to your estate professionals. That way you know your wishes will be followed. We invite you to stop by to pick one up for you and your spouse or family members at 140 Litton Drive, Suite 220, Grass Valley.

These two losses were tragically sad, but memorable moments resulted because of them bringing some peace to all. There are so many inspirational stories most of which have very positive endings at hospitals. I am so grateful to see that we can help those suffering through loss find a beautiful path forward to pay honor during a tremendous loss.

My heartfelt appreciation,,

Kimberly Parker, CFRE
SNMH Foundation Executive Director

Leave a Lifelong Legacy

There's nothing more heartwarming than receiving a call or a letter that a donor has remembered Sierra Nevada Memorial Hospital Foundation in their will. The thoughtfulness and planning that goes into adding a charity to your estate plan is remarkable. Notifying SNMH Foundation of your intent allows us to recognize you in your lifetime as a member of our Legacy Society to receive the recognition you deserve today for a gift you will make in the future. Leaving a legacy means something different to everyone, and every gift of every size is meaningful and makes a difference.



Beverly and Ron Mathis have been dedicated donors of SNMH Foundation since 2005, and Ron was a regular at our annual golf tournament for many years. Ron has been a steady visitor to our office and we love having a cup of coffee with him. One day Ron came into the office for a visit and he brought their estate planning documents with him. Much to our delight, Ron shared with us that he and Beverly have left SNMH Foundation in their plans. We would love to hear from you about your intent to make a future gift through your will or trust and welcome you into our Legacy Society.

Bequest are the simplest way to support SNMH Foundation in your will. Bequest can take many forms and can be of any size, including specific bequests, percentage bequests, and residual bequests based on what works best for you and your family. Bequest of all sizes make a significant impact!

Other ways to remember SNMH Foundation in your estate plans include designation beneficiary of a portion of your retirement funds, life insurance, or marketable securities. Many times designating these types of gifts directly to charity can save your family in taxes, but always talk to a qualified professional first before making any decision related to your estate plans.

Give us the opportunity to recognize your support today. If you have made a gift to SNMH Foundation in your estate plans please let us know. If you have questions about how to make a charitable estate planning gift call us at (530) 477-9700 or email kimberly.parker1@dignityhealth.org.

SNMH Thing?



Local business owners donate commercial vehicles to SNMHF

Buckley and Laura Armacher (left and middle)—owners of Budget Blinds of Grass Valley and longtime donors to SNMH Foundation—recently donated a third commercial work van (pictured) to the SNMH Foundation Wheels for Wellness vehicle donation program. Thank you Buckley and Laura!

SNMH Foundation will take any vehicle (including commercial, business ones) as long as they are running. Updating your fleet vehicles? Let us take care of the old ones. Retiring? Let us take care of your company cars that are no longer needed. Storing a vehicle and no longer interested in keeping it? Give us a

call. We will take down your information and get the quick and easy process underway that same day.

SNMH Foundation board member Jake Bronson (pictured right) will act as your personal vehicle concierge, making your donation process efficient and stress-free. SNMH Foundation Wheels for Wellness vehicle donation program accepts a variety of vehicles from high-end to older models, including: cars, commercial vehicles, boats, RVs, motorcycles and more!

SNMHF Wheels for Wellness Program

Call us today at (530) 477-9700! Or visit www.supportsierranevada.org/wheelsforwellness

CALLING ALL GOLFERS!

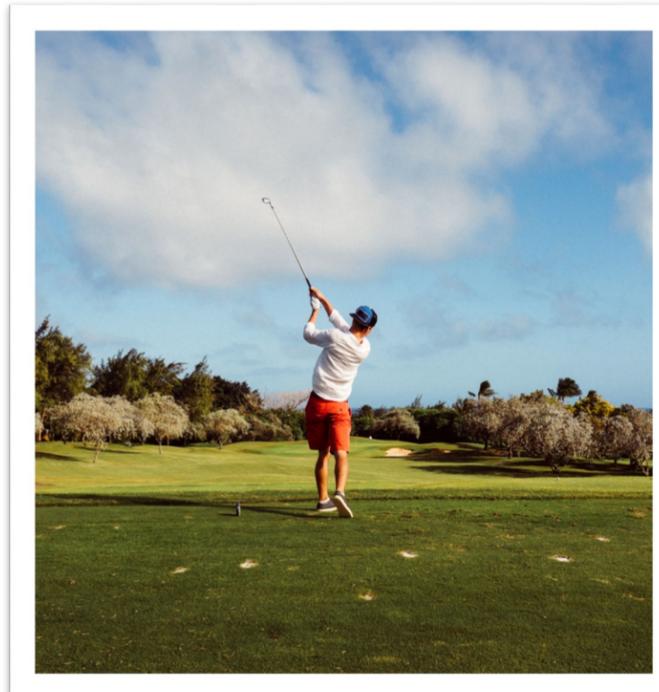
Looking to have some fun for a great cause?

Look no further that the
28th Annual SNMH Golf Classic!

June 1, 2020
Alta Sierra Country Club
Benefiting Sierra Nevada Memorial Hospital's
Family Birth Center

\$165 per player/\$145 if member of Alta Sierra
18 holes of golf
Green fees included
Golf cart included
Fun tee prizes

Complimentary lunch and on-course refreshments
Awards banquet, raffle, and silent auction



For more information, visit www.supportsierranevada.org/golfclassic or call (530) 477-9700

(Wound Center Continued) This “hyperbaric” (or high pressure) dose of oxygen helps blood carry more oxygen to organs and tissue to promote wound healing. It also activates white blood cells to fight infection.

We are grateful to have the wound center and it's important treatment options in our community. Congratulations on 10 years of providing quality, community healthcare! The Wound Center can be reached at (530) 272-8619.

Fill it for Families!



SNMH Foundation board member Marty Lombardi returning his filled bottles

At Sierra Nevada Memorial Hospital's Family Birth Center, the OBGYN physicians and clinical staff at the Family Birth Center are committed to being leaders in the care of mothers and infants in our community by ensuring a safe and comforting environment.

You can help honor them and ensure our Family Birth Center stays up to date with the latest, state-of-the-art equipment by donating to SNMH Foundation's commitment of \$72,000 to help fund vital equipment and technology for newborns and moms.

One fun way to help out is by participating in our Fill it for Families baby bottle drive. Please consider picking up a baby bottle to keep on your person or in your office and encourage people to fill it with their spare change. Your contribution could potentially touch over 500 new lives and countless families each year! To pick up a bottle, please give us a call at (530) 477-9700.

You can also use the gift envelope within this newsletter to make a gift. Or you can make a secure online donation by visiting our website at www.supportsierranevada.org/donatenow or call the office at (530)477-9700. Every gift matters!

Because of you, we can help save lives and keep future western Nevada County residents healthy and happy now and for future generations to come. Help us hit our goal by June 2020.

Mammo article/small ask

(Waiting for some info from Linda. She will get back to me next week.)

Community Partner Spotlight



Budget Blinds offers consumers a large variety of custom window coverings and the convenience of shopping at home.

Style and service for every budget.*

Style and service for every budget. Please visit us at www.budgetblinds.com/grassvalley or call 530-274-1122.



Grass Valley Courtyard Suites is a locally owned luxury boutique inn nestled in a quiet neighborhood, one block from

historic downtown Grass Valley.

Elegant and comfortable, we boast a variety of 42 rooms and suites which offer accommodations that leave our guests feeling totally pampered. Very spacious and beautifully appointed, each space has its own signature décor and includes world-class amenities.

Our prices are competitive, and our friendly concierge services are sure to make your stay memorable. Set in the historic Grass Valley Binkelman Brewery building our Special Events Center offers over 4000 square feet of meeting space with state of the art amenities in a comfortable atmosphere.

We offer a perfect setting for your Gold Country getaway, wedding, corporate event, or special party. Come by and check out the Grass Valley Courtyard Suites, where we're all inclusive and all about you!

(530) 272-7696 * gvcourtyardsuites.com



BriarPatch Food Co-Op is a community owned grocery store that has served Nevada County local and organic foods since 1976.

As part of the national family of cooperative businesses, we are proud to provide healthy, trusted products to our owners and shoppers for more than 40 years. We invest in a vibrant local

community by supporting farmers, non-profit groups and sustainable energy projects like our 680-panel solar array and Electric Vehicle Charging Station.

Shopping for healthful foods is easy at BriarPatch. Our store features a 99% certified organic produce department, organic dairy, sustainable meat and seafood and more than 600 items in bulk.

We invite you to come to BriarPatch and experience our truly vibrant community hub for yourself. Everyone is welcome!

(530) 272-5333 * briarpatch.coop

**Thank you to our \$2,500 and up
Community Partners**

**Plaza Tire & Auto Service
Swope Medical Group**

Protect yourself and your family from getting sick

The following are everyday preventive actions that you and your family can take to help prevent the spread of respiratory diseases (source: CDC).

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - * CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - * Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - * If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

SNMH Foundation Photos



2020 SNMH Foundation Community Partner Mixer at Sierra Nevada Memorial Hospital was a huge success.



Paul Faahs, Director of SNMH Foundation's Comfort Cuisine Program, cooks meatloaf, green beans, mashed potato's and gravy meal for cancer patients.



Grass Valley Police Department, Nevada City Police Department, and Nevada County Sheriff's Office present SNMH Foundation with a check from their Pink Patch fundraiser.



SNMH Foundation Treasurer, David Jones, donated his Law Enforcement Pink Patch collection lightbox to the SNMH Women's Imaging Center. Thank you David!



Grass Valley Police Department presents SNMH Foundation with a check from their No Shave November fundraiser.



SNMH Foundation office volunteers help with an important mailing. We love our volunteers!