



Dear SNMH Foundation Friends,



Season’s Greetings from Sierra Nevada Memorial Hospital Foundation! I wish you the happiest of days this holiday season. I hope you are surrounded by friends and loved ones with many fun-filled holiday surprises.

This time of year when many choose to do their most significant philanthropic giving, I hope you will consider SNMH Foundation among your choices. While the campaign mentioned on the front page focuses on our most urgent need, you may certainly give to other areas of the hospital that interest you.

Hospitals are hard places to be...especially this time of year. And, unless you have spent time as a patient, you may not realize what makes one more exceptional than another. Of course state-of-the-art equipment and technology are an absolute must for we hang our hat on the care that is delivered. You go to a hospital; you expect great care. Sierra Nevada Memorial Hospital does everything possible to deliver on that expectation.

But honestly, hospitals are not here for equipment or technology they are here for you and those you care about. You, our community, and hospital family, are the only reason we exist.

People often don’t put much importance in something until they need it. While that works for many things, your health should always be something to be thoughtful about. The team of physicians, clinical and non-clinical staff, Auxiliary and volunteers at Sierra Nevada Memorial Hospital is second to none. You can trust your care to them. They are the most dedicated group of people I have ever met. I know it because I see firsthand and because you tell me.

Our nursing staff works hard to ensure your health needs are being met. The Hospitalists are the bridge between what you are managing as a patient and your physician and/or specialists. Our Auxiliary members stop by with comfort items and friendly smiles. Our chaplain and his volunteers bring comfort and spirituality to patients and families. The Hospital leadership team rounds regularly to make sure everything is going smoothly with your care. Volunteers visit with therapy dogs, harps, guitars, native flutes, and more. The list goes on and on. All to make sure a difficult experience is as pleasant as possible.

That is why I hope you will join me this holiday season in saluting their exceptional care with a gift. All gifts big and small make a difference. Larger gifts help us secure new equipment and technology, but small gifts make a difference too! Did you know \$3.00 helps purchase a comfort meal for a cancer patient? You can help purchase 12 books for our Read Me A Story Program for \$50. Gifts in the \$100 range provide tremendous support to our Cancer or Alzheimer’s program. Every dollar is meaningful and is spent to help patients.

I wish you the best this holiday season. I thank you for gifts already made and those yet to come.

Have a happy and healthy New Year, **Kimberly Parker**, CFRE
Executive Director

Three new members recently joined SNMH Foundation Board. Judy Hess, Jake Bronson and Marty Lombardi officially started in November. Each brings wonderful skills that will be of tremendous benefit to the organization. Judy, Jake and Marty all understand how important Sierra Nevada Memorial Hospital is to our community. “I’ve been involved with the Hospital Foundation on many levels for years,” stated Hess. “When asked to serve I thought this would be a great place to put my energy in a meaningful way that supports my belief for quality healthcare close to home.”

2013—2014
SNMH Foundation
Board of Directors

- Executive Committee
Alison Jones-Pomatto President
Daniel Swartzendruber Vice President
David Jones Treasurer
Ruth Hochman Secretary
Ken Drummer Member at Large
Sean Metroka Immediate Past President

Board Members

- Daniel Bibelheimer, MD
Jake Bronson
Jay Cooper
Dale Creighton
Judy Hess
Buzz Hoever
Jean Linder
Marty Lombardi
Katherine Medeiros
Kathy Rappath
Tom Tomasello
Greg Vixie, DDS
Kim Zwick

Foundation Staff

- Kimberly Parker, CFRE Executive Director
Sandra Barrington Major Gift Director
Shanin Ybarrondo Development Associate
Shari Voors Development/Event Assistant
Bill Altavilla Planned Giving Specialist
Jennifer Weir Executive Assistant to the Executive Director
Shirley Jairett Bookkeeper
Judy Bagley Assistant Bookkeeper



Emergency Department Reservations

If you have a non-life threatening emergency, you can now make a reservation to be seen in the Emergency Department and wait in the comfort of your home until your appointment time. The Hospital web site home page displays the average Emergency Department wait time and gives you the ability to make an online reservation for a visit time. From your desktop computer, smart phone or tablet, logon to www.snmh.org home page, press “select” by the “online ER waiting display” and complete the questions on the reservation form. Once a reservation is completed, SNMH is notified and will prepare for your arrival. It is also important to remember that occasionally the Emergency Department may be taking care of patients who have life threatening emergency conditions.

Sierra Nevada
Memorial Hospital
Free Foot Screening
a BIG Success!



Sierra Nevada Memorial Hospital’s Wound Healing and Hyperbaric Medicine Center held the first in a series of free foot Screenings on Saturday, November 9, 2013. Center Manager Michelle Harris said, “We had over 700 calls from interested community members and as a result we have scheduled additional screenings to meet this need.” Podiatrists, Dr. Stephen Latter and Dr. Keenan Runte joined the Wound Center team screening 94 people. Dr. Latter said, “Because the feet are literally and figuratively at the bottom of good overall health, unattended, they can be the source of any number of problems, like aching knees, hips and backs. The worst thing people can do is to wait until they have a problem. Regular foot screenings can help us deal with issues before they reach a problem stage.”

Visit the Pine Tree Gift Shop in the main lobby for special gifts all year round.
Hours: M-F 9:30am—4:00pm
Sat. 11:00am—3:00pm

A Special Thank You to Lance Amaral



Lance Amaral was involved with SNMH Foundation long before he joined the Board of Directors. He has assisted with almost every SNMH Foundation event, but is best known for chairing Starry Starry Nights for a number of years along with his wife Gloria and close friends Bobbie and Tom Tomasello. Known as one of the “monkeys”, Lance and his crew have assisted with construction projects big and small for SNMHF events and activities. Upon joining the Board in 2004, Lance quickly became an asset and through his active involvement has helped the organization grow and evolve. He and Gloria have been active supporters of various Hospital Foundation projects and have assisted in fundraising for the organization. Lance was a valuable member of the Finance Committee since he joined the board. The SNMH Foundation Board and staff thank Lance for his dedicated years of service to the Hospital Foundation, Hospital and community.

Community Partner Corner



small in size BIG ON CARE!

A visit to the newly remodeled and refurbished Wolf Creek Care Center is a calm and peaceful experience offering an intimate and home-like environment. Their new vision allows for individualized and compassionately delivered rehabilitation programs, and with on site physicians, Wolf Creek helps you get better faster with fewer complications and a reduced chance of being re-hospitalized. Welcome to new Medical Director Dr. Cheema MD. and his group of independent multi-specialty physicians and nurse practitioners to Wolf Creek Care Center. This talented group will provide daily exceptional in-facility coverage. Feel free to drop by anytime to meet their superior staff and tour their newly refurbished state-of-the-art facility at 107 Catherine Lane, Grass Valley. 530.273.4447. For information about SNMH Foundation’s Community Partner Program, please call Shanin Ybarrondo at (530) 477-9700 or sybarrondo@snmhf.com

Your Gift Makes A Difference



Neighbors caring for Neighbors What other Grateful Patients have to say...

"I utilized many of the programs the Cancer Center had to offer from oncology to support groups, and seven years later, I am thriving."

~ Mary Peterson

"Due to the care and diagnosis I received at SNMH, I am living a whole new life." ~ Michelle Litton Ogaidi

"A special kudos to the SNMH Cardiac Rehab program. The kindness and compassion shown by the staff is exceeded only by its competency."

~ Gerard Currie

"The physicians, nurses, technicians, business services, and other staff members gave me top-notch care and endless compassion."

~Stephanie Ortiz

Photo credit: Upper left, SugarPine; Upper right, John Hart/The Union; Lower left, SNMH staff; Lower right, Andy Wright/Lighthawkphoto.com



Katheryn Kray: communicates with a physician using Telehealth at SNMH

Sierra Nevada Memorial Hospital is part of a Telehealth program linked to our Nationally Certified Primary Stroke Center and offering neurology consultation. The Washington Post, Huffington Post, San Francisco Examiner, among others, report that remote presence robots allow physicians to "beam" themselves into hospitals to diagnose patients and offer medical advice during emergencies.

These mobile video-conferencing machines move on wheels and typically stand about five feet, with a large screen that projects a doctor's face. Sierra Nevada began using the telemedicine machines several years ago to diagnose patients suspected of suffering strokes - when every minute is crucial to prevent serious brain damage.

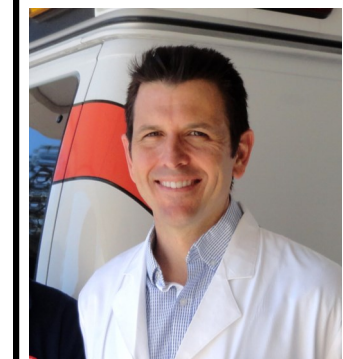
"The Hospital Foundation helped fund the first robot during our Stroke of Luck Campaign chaired by former board member Gil Mathew", Kimberly Parker stated. "It is fantastic because it doesn't matter where the patient is located.....through technology, help can be by the bedside in minutes." Telehealth is just one way in which our Hospital stays ahead of the curve ensuring patients stay local for care whenever possible.

Sierra Nevada Memorial Hospital receives award for Stroke program

Sierra Nevada Memorial Hospital (SNMH) has received the Get With the Guidelines® - Stroke Gold Plus Quality Achievement Award from the American Heart Association/American Stroke Association. The award recognizes SNMH's commitment and success in implementing a higher standard of care by ensuring that stroke patients receive treatment according to nationally accepted guidelines. SNMH's participation in Get With The Guidelines demonstrates its commitment to quality care. The goal of participating in the program is to save lives. SNMH is proud to be a part of the American Heart Association/American Stroke Association's efforts to turn guidelines into life-lines.

"I am very proud of the hospital's Stroke Program. This accomplishment is the result of a tremendous team effort, with outstanding work by the emergency first responders, the Emergency Department, nursing units, physicians and rehabilitation services offered at SNMH," said Marie Daly, SNMH Stroke Program and Readmissions Coordinator.

Sierra Nevada Memorial Hospital is pleased to announce the appointment of Dr. Brian Evans as Vice President of Medical Affairs. Reporting to the SNMH CEO/President Katherine Medeiros, the



VPMA is the senior physician leader charged with ensuring quality and service development throughout the Hospital. Working with physician leaders within SNMH, the community, Dignity Health Medical Foundation and beyond, Dr. Evan's role is critical

in focusing on innovative care management throughout SNMH by implementing best practices in a collaborative manner.

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