



Sierra Nevada Memorial  
Hospital Foundation

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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

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[www.supportsierranevada.org](http://www.supportsierranevada.org)



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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.*

Fall 2018

# Partners in Health

## A Tale of Two Visits



Gale Corby Pylman

Sierra Nevada Memorial Hospital's Emergency Room handles up to 35,000 patients annually and often sees up to 100 patients a day.

In an effort to decrease Emergency Room wait times and further expedite patient care and treatment, SNMH Foundation is raising 2 million dollars—\$1.3 million of which has already been committed. This transformation includes a Rapid Treatment Unit (RTU) that will function as an in-hospital Urgent Care. Patients with non-life threatening emergencies will be triaged to the RTU, while patients with potentially life-threatening symptoms will be directed to life-saving care.

SNMH Foundation asks you to help us to achieve our remaining goal of \$700,000. This holiday season, please consider a gift that will touch over 35,000 people each year when they are ill and vulnerable. Enclosed is an envelope or you can go online to [supportsierranevada.org/donate](http://supportsierranevada.org/donate).

Your generous gift will help ensure our local Hospital is able to continue to provide high-quality healthcare, in a timely manner to patients such as Gale and Justin. Below are their stories.

Gale Corby Pylman entered the SNMH Emergency Room after suffering stomach flu-like symptoms. She initially visited a local urgent care that recommended she head to the Hospital for a CT scan. Emergency Room staff performed an immediate CT scan and it was determined that she had a ruptured appendix that had gone gangrenous. She was quickly sent to surgery and spent several weeks in the hospital recovering.

"I'm just another success story," said Gale. "There wasn't a single person on the Hospital staff that wasn't incredibly nice and friendly. They didn't just take care of me because it's their job, they did it because they are really passionate and care about their patients. It's something I don't think people understand or realize."

Another Nevada County local, Justin Ray Cory, was out for a ride on his bike when he was hit by a car and thrown over the hood.

"I had just gotten health insurance and had a lot of adrenaline going on, so I didn't feel the need to go to the Hospital," said Justin.

As the adrenaline began to subside, Justin began to feel sore and decided a trip to the Emergency Room was necessary. His wife Sara drove him to Sierra Nevada Memorial Hospital where it appeared he only had some stiffness and a road rash. While he and Sara waited, he became short of breath and Hospital staff quickly prepared him for an X-ray.

(continued on page 3)



Justin Ray Cory

## Your Health Radio Show

**Your Health** on KNCO News Talk 830, hosted by Sierra Nevada Memorial Hospital Foundation Executive Director Kimberly Parker. Tune in to hear her discuss community healthcare here in western Nevada County.

**Your Health** Airls every second Monday of the month from 1 p.m. to 2 p.m. on KNCO News Talk 830.  
To listen to past shows, please visit [www.suppooertsierranevada.org/yourhealth](http://www.suppooertsierranevada.org/yourhealth).

## Wheels for Wellness—Vehicle Donation Program



Thank you Ann (pictured) and  
Bill Hendricks for your recent donation!

Help us fund quality, community healthcare of the highest standards for western Nevada County by donating your cars, boats, RVs and motorcycles today! One hundred percent of your gift goes toward a Sierra Nevada Memorial Hospital project or program of your choice.

For more information,  
call SNMH Foundation at (530) 477-9700  
or visit [supportsierranevada.org/wheelsforwellness](http://supportsierranevada.org/wheelsforwellness).



**2018  
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Shari Voors  
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Judy Bagley  
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**Dear friends of SNMH Foundation,**

While appreciation is important year round, this time of year is the perfect time to reiterate our gratitude to you. We could not do what we do without our donors, volunteers, ambassadors, auxiliary, board members, hospital staff, physicians, and leaders. What you have helped us accomplish over the years is amazing!

There is no greater gift we can give someone than peace of mind over his or her health. Over the years, community support has literally touched every corner of the hospital. You helped us fund Cardiac and Cardiac Rehab equipment, Cancer Center equipment and services, equipment and services for our Women's Imaging Center, needs for our Stroke program, Telemedicine, Alzheimer's and dementia care, Emergency and diagnostic equipment and more. Because of you, we've been able to care for thousands of people locally.

*"At 35 I never thought I'd be diagnosed with breast cancer. Today, I am cancer-free because of you!" "We don't know where to begin; you are the heroes of our family." "I'm so grateful for the outstanding care at Sierra Nevada Memorial Hospital. You saved my life!"* These are the comments our hospital team hears that make them want to give 110%. They work hard to ensure the best care possible, but there are always needs that go above and beyond what the hospital has the financial means to provide.

**As we enter this season of giving, I ask you to join me in giving the gift of good health. Whether you are a long-time supporter or are considering your first gift, know that your support is impactful. One hundred percent of your donation will go where you designate it.** While our primary fundraising focus is the Emergency Department project that you read about on page 1—and honestly, we need your help to reach our goal—I encourage you to give to the area of the hospital that most deeply touches your heart and resonates with you. Please use the attached envelope to make your gift or visit our website below.

If I can answer any questions or provide more information, please do not hesitate to reach out by calling (530) 477-9700, emailing kimberly.parker1@dignityhealth.org or go to our website at [www.supportsierranevada.org](http://www.supportsierranevada.org).

Happy Holidays,

SNMH Foundation Executive Director Kimberly Parker, CFRE

**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.

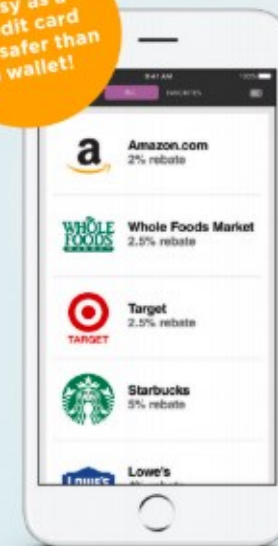
***Memorial Gifts***—honor the memory of someone who has passed away by providing an opportunity to show sympathy to a family by doing something that will benefit others. Memorial gifts are a lasting remembrance of a special person and a meaningful way to celebrate their life.

To make a Tribute/Memorial gift, please use the provided envelope in this newsletter or visit [www.supportsierranevada.org/donate](http://www.supportsierranevada.org/donate). Be sure to fill out the Tribute Information at the bottom of the secure online payment form. You can also call SNMH Foundation at (530) 477-9700.

**Check holiday gifts off your list while  
supporting Sierra Nevada Memorial Hospital!****Support our cause  
whenever you shop!**

We've teamed up with Benefit, a mobile app that allows you to instantly purchase digital gift cards to use online or in-store. You can use the Benefit app to pay for everything from groceries and clothing to dinner out and travel. When you buy using the app, retailers contribute up to 20% of your transaction back to us—so you don't have to spend an extra cent! The amount we raise can make a big impact for the people we serve. See how easy it is!

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credit card  
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**1 Download the app.**

Benefit is a free download on your iPhone® or Android™ device.

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**Benefit**

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**SHOP LOCAL!**

Visit [www.supportsierranevada.org/communitypartners](http://www.supportsierranevada.org/communitypartners) for a list of local businesses that support SNMH Foundation.

Support local businesses  
that support your local hospital!



**Get an SPD community card and  
support SNMHF every time  
you go to the store!**

SPD will contribute 3% of your purchases to Sierra Nevada Memorial Hospital Foundation every time you shop and present your community card. Forms for community cards are available in the store lobby. Register your card by calling 800-931-6258 or visit [escript.com/SPD](http://escript.com/SPD).

**Check out these other options ...**

The Pine Tree Gift Shop, located in building two of the hospital, offers a variety of holiday gifts both large and small. Proceeds support hospital equipment, programs and facilities. Cancer bracelets, representing all forms of cancer, are also available for purchase in the Pine Tree Gift Shop. Proceeds benefit SNMH Cancer Center.

A CD called "Harpfelt Connections" - featuring the Sierra Nevada Cancer Center Harp Group and internationally known guest harpist Joanna Newsom—can be purchased at the SNMH Foundation office. Proceeds benefit the Cancer Center. For more information, please call (530) 477-9700.





Leave a Legacy ~ A Contribution for the Next Generation

What mark are you going to make on this world and in our community? Many leave a legacy through their volunteer time, through their family, or through financial support to charity. A legacy gift to the Sierra Nevada Memorial Hospital Foundation is a meaningful gift that will endure beyond your lifetime for the benefit of others. You can establish a lasting gift with confidence.

You don’t have to be wealthy to make a valuable contribution to Sierra Nevada Memorial Hospital Foundation. In fact, nothing is further from the truth. Many SNMH Foundation benefactors have been rich only in their caring, commitment, and conviction. Even a small donation can have a big impact over time.

The Legacy Society is an honorary group recognizing individuals who have informed the Hospital Foundation, confidentially and in writing, that they have included SNMH Foundation in their estate plans. Its purpose is to recognize and appreciate those who have given a planned gift.

A bequest is the easiest, most tangible way to create a lasting legacy. A bequest is a gift made through your Will or Trust. There are several ways to make a bequest:

- A specific dollar amount
- A percentage of your estate
- A specific asset
- The residue of your estate

Other ways include:

- Make SNMH Foundation a beneficiary of your life insurance, pension plan, or IRA
- Make a donation of stocks or securities
- Establish a Charitable Gift Annuity or Trust and create a steady stream of income for yourself and/or others.

You can notify us of a future gift and designate it for an area of special importance to you. Your planned legacy can be kept confidential, it is up to you how much you would like to disclose. As a member of the Legacy Society, you will be recognized and listed in our printed publications (unless you opt not to be). Additional benefits to the society include invitations to Foundation celebratory events and activities and personal notification for participation in estate planning seminars, healthcare lectures, educational events and other informational forums. You will also receive newsletters, articles, and other updates on hospital and clinic activities.

We welcome your thoughtful support of Sierra Nevada Memorial Hospital Foundation, and would love to celebrate your choice to leave this world better than you found it. Please call SNMH Foundation office today to learn how we can design your legacy with the Sierra Nevada Memorial Hospital Foundation Legacy Society at (530) 477-9700 or visit our planned giving website at [www.planyourlegacy.supportsierranevada.org](http://www.planyourlegacy.supportsierranevada.org).



New SNMH Foundation Board Member—Dylan Hendricks

Dylan was born and raised in Nevada County and returned home after the birth of her son to start a law practice with her husband. The family recently added a baby girl to the mix. Dylan is an estate planning, trust and probate administration, conservatorship, and charitable advising attorney. She prepares individualized estate plans for clients with a range of needs including probate avoidance, tax planning, business transfer planning, arrangements for minor children, and planning for end of life and catastrophic injury. She also frequently serves individuals with special needs and their families to create plans to supplement public benefits with private funds. She especially enjoys working with clients to achieve their charitable plans through tax advantaged giving, charitable trusts, and other arrangements. Her charitable experience extends from initial set-up through ongoing organizational management including 501(c)(3) formation, board policy, and gift acceptance and use. Dylan also assists families in transitioning management of affairs for those who are incapacitated and transferring assets on death.



SNMH Foundation Welcomes New Hospital President/CEO



Brian Evans, MD is coming back to Sierra Nevada Memorial Hospital as the President and Chief Executive Officer effective December 2, overlapping with the current SNMH President/CEO, Katherine Medeiros. Dr. Evans recently served as Chief Medical Officer for Mercy General Hospital in Sacramento. His leadership was instrumental in improving relationships with the medical staff and hospital leadership, as well as actively engaging physicians, resulting in strong and consistent quality and patient experience results. Dr. Evans served as Vice President of Medical Affairs at Sierra Nevada Memorial Hospital from 2013-2016 and prior to that, was an emergency room physician since 2000. During his tenure at SNMH, Dr. Evans worked extensively on mental health issues, partnering with the county, law enforcement, non-profits and other key stakeholders to develop a mental health crisis stabilization unit for the community. He was also pivotal in moving forward key clinical quality measures and worked on the redevelopment of SNMH’s hospitalist program.

SNMH Foundation Bids a Fond Goodbye to Kathy Medeiros



Katherine Medeiros, president and CEO of Dignity Health Sierra Nevada Memorial Hospital will be retiring at the end of this 2018, overlapping with incoming Hospital President/CEO Dr. Brian Evans. Katherine has been an integral part of the Dignity Health Greater Sacramento Service Area executive team for 12 years and will be greatly missed. Throughout her tenure, Katherine’s accomplishments have been many. Her extraordinary focus on community needs led to vital partnerships to improve health care in Nevada County, from the creation of the area’s first Crisis Stabilization Unit, to key collaborations with Federally Qualified Healthcare Centers to improve and enhance the coordinated medical care of patients, and the creation of medical respite care for individuals without homes. Her efforts to create and establish the Dignity Health Medical Foundation for primary and specialty care at SNMH will have a lasting effect. Under Katherine’s leadership, SNMH achieved Gold Plus Advanced Primary Stroke Center, and made numerous noteworthy technology advancements, including instituting telemedicine services for Neurology, Psychiatry, ICU Intensivist and Neonatology. Cancer Center technologies and treatment have expanded to include advances in Radiation Therapy, an integrated cancer network, and nurse navigation services.

Katherine is looking forward to more time with her husband, children, and grandchildren, traveling, and enjoying her well deserved retirement years. We’re fortunate she’ll remain nearby and continue to be part of our community. SNMH Foundation staff and supporters will miss Kathy’s drive, compassion, focus, and sense of humor.

A Tale of Two Visits (continued from front cover)

“That’s when they turned up the speed and I was in the X-ray machine within 10 minutes,” said Justin. “Everybody there was super nice and pleasant. They discovered I had compression fractures in my back in between and slightly below my shoulders, as well as a sprained wrist and some contusions.”

Patients like Gale and Justin have benefited from having excellent emergency care, close to home. Help us continue to ensure our community has the best, potentially life-saving emergency services by supporting our Emergency Room campaign.

Almost everyone in our small town will likely visit the Emergency Room at some point in their lives’. Whether taking a sick child, an injured friend or seeking treatment for yourself, we will all benefit from shorter wait stands and maintained standards of care.

Please consider making a donation today and help ensure quality healthcare now and for generations to come.



## Community Partner Spotlight



Hilltop Commons Senior Living of Grass Valley, CA, is a community devoted to celebrating each member of our community. Stress-free living in the beautiful foothills of the Sierra Mountains means more time to enjoy a morning walk in the fresh air, an exercise class, or a cup of coffee and a chat with friends on our spacious outdoor patio. Enjoy everything our all-inclusive lifestyle offers, from delicious chef prepared meals, to live entertainment, or simply relax in your own apartment home, free from the cares of daily upkeep. For more information, visit <http://www.raystoneseniors.com/hilltop-commons>, or call (530) 272-5274.



As a premier skilled nursing facility in Grass Valley, Wolf Creek Care Center provides compassionate and personal skilled care 24 hours a day. When you are in need of rehabilitation or long-term nursing care, the team of medical professionals at Wolf Creek Care Center is ready to serve you. With advice from our experienced medical director, our therapists, nurses, social services and other support staff we'll develop the optimum care plan to suit you and your medical needs. For more information, call us at (530) 273-4447 or visit [wolfcreekcarecenter.com](http://wolfcreekcarecenter.com).

### Grateful Patient—BSM Celebration of Life Triathlon

Kate P. had participated twice in the Barbara Schmidt Millar (BSM) Celebration of Life Triathlon—swimming, biking and running in the Cascade Shores neighborhood of Nevada City—both to have fun with fellow all-female athletes as well as help raise money for breast cancer at Sierra Nevada Memorial Hospital. Little did she know that in early 2018 funds raised through the event would help her in her own fight against invasive lobular breast cancer.

After finding a lump in March, Kate was confronted with several obstacles to care due to some difficulties with her health insurance. Thanks to a coordinated effort between Sierra Nevada Memorial Hospital's Women's Imaging Center and the Hospital Foundation, the BSM fund provided Katy P. with a mammogram and biopsy that she says saved her life.

Kate is currently recovering from her cancer treatment, but says she hopes to participate in the 2019 Triathlon

"I love the event," said Kate. "The people are so wonderful and the purpose is so important. I have always participated knowing that I was helping other women. I did not expect it to save my life. It has been a huge blessing for me."

**For more information on the Barbara Schmidt Millar Celebration of Life Triathlon, please visit [www.bsmtri.com](http://www.bsmtri.com) or call Sierra Nevada Memorial Hospital Foundation at (530) 477-9700.**



Winners of the BSM Celebration of Life Triathlon. Photo by Andrew Wright/Lighthawkphoto.com



BSM Triathletes warm up before the swim portion of the race. Photo by Andrew Wright/Lighthawkphoto.com.

## Recent Fundraisers



Tatatini drinks for Breast Cancer at Friar Tuck's Restaurant.



Nevada Union High School Lady Miners Volleyball Pink Night for Breast Cancer.



Alta Sierra Women's Golf Club "The Witch Is In" Halloween golf tournament for Breast Cancer.



Lake Wildwood Golf Community "Swing for the Cure" golf tournament for the new Infusion Center at SNMH.



NCPD, GVPD, NCSO and CHP Pink Patches for Breast Cancer



BriarPatch Food Co-Op pink bouquets for Breast Cancer