



Sierra Nevada Memorial
Hospital Foundation

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mailing list, please send a brief note to
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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.*

Spring 2018

Partners in Health

SNMH Foundation Announces 2018 Award Recipients!



A big thank you from SNMH and SNMHF staff and board members for all of your dedicated work!

Each year Sierra Nevada Memorial Hospital Foundation acknowledges the dedication and contributions of community members that helped make a difference for the Hospital Foundation and Hospital. Please join as we recognize the following recipients on April 26:

Carry Canady ~ Curtis Grimes Perpetual Leadership Award

This award is presented to the individual that has demonstrated outstanding healthcare leadership that Curtis Grimes—one of the founders of Sierra Nevada Memorial Hospital Foundation— exemplified.

Antonio Ayestaran Custom Catering ~ Business of the Year Award

This award recognizes the efforts of a business that provides valuable support to Sierra Nevada Memorial Hospital Foundation.

Nan Drummer ~ Volunteer of the Year Award

This award recognizes the extraordinary efforts of a western Nevada County resident that volunteers for Sierra Nevada Memorial Hospital Foundation.

Stonebridge Artisans + 2 ~ Volunteer Group of the Year Award

This award recognizes the efforts of a group of western Nevada County residents that volunteer for Sierra Nevada Memorial Hospital Foundation. **Recipients include:** Bill and Karen Seckington, John (JV) & Missy Nichols, Steve and Martha Dasovic, Larry and Cathy Jostes, Dave Hood, Bill and Ann Hendricks, Dick and Ann Mentzer and Jake and Janice Bronson.

Terry and Robin Prechter ~ Humanitarian of the Year Award

Sierra Nevada Memorial Hospital Foundation's Board created the Glaister A. Dawkins Humanitarian Award in 2002 to recognize western Nevada County residents that have made humanitarian contributions at a global level.

Through their generosity, time, talent and treasure each award recipient has made a valuable and meaningful contribution to the work of SNMH Foundation and our Hospital exemplifying our commitment to healthcare and humankindness.

*Thank
you*

A different way to give back



Tribute—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 and provides 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. You can also call SNMH Foundation at (530) 477-9700.

Wheels for Wellness Vehicle Donation Program

Help us keep raising funds for quality, community healthcare by
donating your cars, boats, RVs and motorcycles today!

One hundred percent of your gift goes toward a SNMHF project or program of your choice.

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

Please join us at our Awards Ceremony!
This event is open to the public and is free to attend.

When: April 26, 2018, 5:30 to 7:00 p.m.
Where: Gold Miners Inn, Grass Valley
Refreshments provided by
Antonio Ayestaran Custom Catering

RSVP Required: Please call (530) 477-9700



Dear SNMH Foundation Friends,



Last week I had the privilege of visiting numerous people in the hospital, sat with a friend in our Infusion Center, attended a memorial service for a kind and caring man, and spoke by phone with someone confused and not quite sure where to turn. I know they thought I was lifting them up, but honestly each conversation was with people whose hope, faith, and resilience was so strong that it gave me a tremendous sense of purpose.

When people ask me why I do what I do, the answer is simple. These moments, experiences, and stories inspire and touch me in a way that is almost unexplainable. That week was a very typical week and a part of my job that I love.

Sierra Nevada Memorial Hospital Foundation has served our hospital and community since 1984. Our founding pioneers were amazing people that had the foresight to know our hospital would thrive because it belongs to our community. Names that many still remember for their association with SNMHF include: Gay Pryor, Curtis Grimes, John Kneepkins and others who were instrumental in ensuring that the hospital of today could serve the needs of those that want to live in this rural paradise. And for over sixteen years my predecessor Pamela Comstock worked to raise the bar of philanthropy, not only for our Hospital Foundation, but the community in general.

As healthcare evolves, so has the role of SNMHF. Philanthropy is and will continue to be a major focus of the work we do. Currently there are over \$25 million in capital needs that our hospital has on its list. It is amazing to me between our community’s generosity and our hospital’s investment how much we are able to accomplish each year.

Occasionally someone will ask me “Do you really need money for the hospital?” To which I easily answer “Oh my, yes. Let’s go on a tour so I can show you.”

In partnership with our hospital, the work of SNMHF is continuing to expand. Community education, outreach, service club talks and wellness classes have become an important part of our work. We also coordinate with our hospital to identify ways we can help them decrease operating expense. The three year HRSA (Health Resources and Services Administrator) grant we recently received is doing just that and adding tremendous value to patient care.

While we need our community’s philanthropic support, we also need your voice and volunteer time. The Hospital Foundation and Auxiliary both have tremendous volunteer opportunities. Whether you are interested in something ongoing or on occasion — in the SNMHF office, at events or within the hospital, we can use you!

To reflect these changes the Board of Directors recently updated our mission statement: “*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 Board does a tremendous amount of work on behalf of our hospital including working on campaigns, helping at events, putting together education programs and much more.

Thank you for caring about our Hospital and Hospital Foundation. We work hard to ensure you can live in this beautiful community, confident should you have a healthcare crisis, you will have access to the very best care possible. As always please call me if you need anything. We are here for you!

My very best to you,
Kimberly Parker, CFRE

- 2018
SNMH Foundation
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Sean Metroka
Vice President
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Treasurer
Barbara DeGraw
Secretary
Ken Drummer
Member-at-Large
Gil Mathew
Member-at-Large
Daniel Swartzendruber
Immediate Past President

- Board Members
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Jake Bronson
Martin Engel, MD
Alex Gammelgard
Katherine Medeiros
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Roberta Proctor
Edward Sylvester
Tom Tomasello
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Judy Wirkner
Kim Zwick

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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
Bookkeeper

- Part-time Foundation Staff
- Shari Voors
Development/Event
Associate
Judy Bagley
Administrative Assistant



Hospital Volunteers Needed

Sierra Nevada Memorial Hospital’s Auxiliary is looking for volunteers. Members provide support services to hospital patients and staff, but do not provide any clinical care for patients.

Auxiliary volunteers help throughout the hospital in areas including: the Cancer Center, Diagnostic Center, Emergency Department, Gift Shop, Main Lobby desk, Nursing floors and at the Outpatient Lobby desk. Jobs vary and can accommodate your skills and capabilities.

In addition, the Auxiliary Volunteers assist hospital departments with special projects and events and provide support to SNMH Foundation. Funds raised through Auxiliary projects and the gift shop help fund equipment needs at the hospital.

The Auxiliary welcomes new volunteers. Women and men are both encouraged to apply. In addition to the tremendous satisfaction you’ll feel from helping at your local hospital, it is a great opportunity to meet others and provide service to your community.

The next Auxiliary interview session will be on April 5th and applications should be received no later than March 16, 2018. Applications can be obtained at the Main Lobby Desk, the Outpatient Lobby Desk, and the Diagnostic Center of the hospital. Or you can download an application at <https://www.dignityhealth.org/sacramento/ways-to-give/volunteer-opportunities-sierra-nevada>.

Please return your application to: SNMH Hospital Auxiliary, C/O Membership Chairperson, 155 Glasson Way, Grass Valley, CA 95945.



New for 2018 ~ Doc Talk

Check out our new series called Doc Talk. Each of these short, five minute clips will introduce and profile a local doctor. Visit www.supportsierranevada.org/videos to view our first Doc Talk video featuring Medical Oncologist Dr. David Campbell.

SNMH Emergency Department Online Waiting Room

Reserve an arrival time at Dignity Health Sierra Nevada Memorial Hospital’s Emergency Room, and do the waiting in the comfort of your own home. Visit www.dignityhealth.org/ourdoctors/online-waiting-room to select Dignity Health Sierra Nevada Memorial Hospital and reserve your time slot.



Your Health on KNCO

SNMH Foundation Executive Director Kimberly Parker now hosts *Your Health* on KNCO News Talk 830. Tune in to hear her discuss community healthcare here in western Nevada County. The show airs every second Monday of the month from 1 p.m. to 2 p.m.





Having “The Talk”

Talking about estate planning with your loved ones can be as nerve racking as having “the talk” with a teenager. Let’s face it, most of us avoid it, and the communication never happens in a timely manner.

Most people do not want to be a burden to their children, yet managing an estate can be one of the most stressful times in a survivor’s life. Clear communication about your estate plan will reduce the stress for your loved ones as they will know your intentions and feel good about executing them properly.

Having open dialogues can actually save money and increase benefits for the survivors. For example, uncertainty and conflict can mean more money spent on lawyers and mediators. When a clear plan is established that everyone understands and agrees upon, it is more likely the process will go smoothly.

Also, lack of communication can result in the survivor feeling like they can’t make decisions that can slow up closing the estate. For an investment portfolio, stagnation can lead to loss of growth. One of the most important reasons to be open about your estate plan is to ensure that the person you choose as trustee for your estate is comfortable with the task. Make sure the person you choose to execute your estate understands the time and energy it takes to tackle the role.

How do you get the conversation started? Every family is different, but here are some tips:

- Pick a quiet time and environment—Having these conversations during a moment of crisis will not bode well. The important points may get lost in the hectic nature of events or emotions may take over. On the flip side, avoid times like Christmas or Thanksgiving that are moments of celebration. Find a calm time of the year for your family in an environment that is comfortable.
- Talk about leaving a legacy— Flipping the conversation from estate planning to legacy planning can provide a more positive and meaningful theme. Remind your family that estate planning is about how you will leave a legacy for them and your community. You want to have a positive impact and make sure that those wishes are carried out.
- Remind them that life is unpredictable and it’s important to be prepared—Just as it is important to have an emergency plan, it’s important to have an estate plan. In most cases, estate planning is revocable. As time passes, your plans may shift. Because life is unpredictable, it is important for you and your family to understand that this plan is fluid.

Be open and honest with loved ones and family members about your estate plans. They will appreciate it. For more information on estate planning and planning your legacy, please visit www.planyourlegacy.supportsierranevada.org. This website has a free Will Wizard tool to help you gather your thoughts. For more information please call the Hospital Foundation office at (530) 477-9700.



Save the Date!

SNMHF Awards Reception

A free event, RSVP required. Please call (530) 477-9700.
Thursday, April 26, 2018 at Gold Miners Inn 5:30 to 7:00 p.m.

SNMH Golf Classic

Monday, June 4, 2018 at Alta Sierra Country Club in Grass Valley
New check-in time at 10 a.m.!

Starry, Starry Nights

Saturday, July 21, 2018 at Empire Mine State Historic Park in Grass Valley.

Barbara Schmidt Millar Celebration of Life Triathlon

Sunday, September 16, 2018 at Scotts Flat Lake in Nevada City.
Registration starts at 7:00 a.m.

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

SNMH Employees Share the Spirit for a Family in Need

In any given day at Sierra Nevada Memorial Hospital (SNMH) employees experience both triumph and tragedy, large and small. In times of true need, staff at SNMH are known for coming together to show great humankindness.

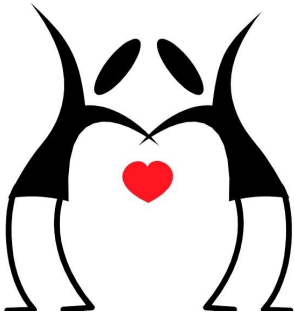
In November 2017, a newcomer to our community from Chile was admitted to our ICU. Tragically, his injuries were too severe to save him. However, this kind soul was registered as an organ donor. With the help of SNMH and Sierra Donor Services, his organs were donated to four people.

A young adult male received the right kidney. He enjoys card collecting, attending comic cons and fishing. An adult female, suffering from hypertension, received the left kidney. She is married with two adult children. She worked as a dog groomer up until her transplant and enjoys spending time with her 13 grandchildren. An older, married man received the liver. An adult male received the heart; he is married and retired.

Through the tragic loss of one man, four others have a second chance at life. The recipients, their families, and Sierra Donor Services are grateful for the collaboration with Sierra Nevada Memorial Hospital in saving lives through multiple organ donations.

Equally heartwarming, is the patient and his partner had recently moved to our community from Chile, and did not have many resources, or speak English well. Upon his passing, his partner was stranded, and had no way to return to Chile. SNMH’s Share the Spirit Program—which is funded by Hospital employees—assisted her with an airline ticket home. The Share the Spirit Fund is employee directed and funded, and supports employees, patients, and our hospital, including our Helping Hands Fund, through which the gift came.

Employees are the heart of our Hospital. Their giving makes a difference to our patients, our employees and community. We are so fortunate that SNMH employees donate to the Share the Spirit Fund, so that we may come together to help a stranger in need. That’s the definition of humankindness.



Community Partner Spotlight

BAIRD

Private Wealth Management

The Lee & Dunn Group at Baird is a Private Wealth Management Team with over 50 years of combined experience.

When we decided to become Financial Advisors, we were driven by a genuine passion for creating great outcomes in clients' lives and a deep desire to help them achieve the things they wanted for themselves and the people they care about.

We have closely guided high-net-worth individuals, corporate executives and families through many market cycles, led by a thorough understanding of their unique situations and an unwavering commitment to keep their best interests first.

(530) 271-3050
www.bairdfinancialadvisor.com/theleedunngrout



COUNTRY COPY
PRINT SHOP

Country Copy Print Shop is proud to be a local shop serving the Nevada County community for over 40 years.

We are now partnered with Sierra Office Supply and Printing, so not only can we offer printing and copying services, we are finally a true one-source supplier for your business.

We can provide office supplies, mailing services, signage, office furniture, and promotional specialties; as well as your printing and copying needs.

Please feel free to drop by our office at 1230 E. Main Street, Grass Valley, or give us a call at (530) 272-4657 or email us at countrycopy@yahoo.com. Bonnie and Jane are ready, willing, and able to work with you any way we can, and we'd love to see you!

Because of you ~ An Infusion Center Update

Over 75,000 western Nevada County residents will have access to life-saving infusion therapy at Dignity Health Sierra Nevada Memorial Hospital's new, state-of-the-art Infusion Center.

Thanks to your generosity and ongoing support, Sierra Nevada Memorial Hospital Foundation has successfully surpassed the \$250,000 needed to complete the new Infusion Center, which our hospital will begin construction on this March. The new Center will administer nearly 9,500 infusions per year to patients in a relaxing environment, complete with new equipment, ample natural light, increased privacy and a view of the surrounding foothills.

The new Infusion Center will be open seven days a week, including holidays, and will serve 17 to 18 patients at one time. The new Center will also include a nourishment area and an in-department pharmacist.

Community members can utilize the new Infusion Center for treatment of a variety of conditions including: cancer, anemia, multiple sclerosis, asthma, osteoporosis, liver disease, deep vein thrombosis, dehydration, kidney disease, genetic diseases, rheumatoid arthritis and many more.

Because of *you*, your loved ones, friends and neighbors have a place to go, close to home, to receive the care needed to live a comfortable lifestyle or battle life-threatening diseases.

Thank you again for your overwhelming generosity. We could not provide our Hospital with essential equipment and services without the support of our community.

Please feel free to reach out to us should you have any questions by calling (530) 477-9700 or visit our website at www.supportsierranevada.org/snmhinfusioncenter.

Grateful Patient



As a Sierra Nevada Memorial Hospital Foundation Board Member who always knew and believed in the importance of our community hospital, sometimes it still takes a personal experience to fully impress how true that is. My wife and I entered the hospital the morning of January 18th overwhelmed with emotion, knowing this was the day we would be bringing a new life into this world. One of our great hopes was that those caring for us throughout the process would understand the significance of the day for us as well.

What made the experience so memorable was the instant connection and caring hearts who joined us on the journey. Our nurses in the Family Birth Center instantly made us feel comfortable and built a trust that made the difference. Walking in to the hospital we were strangers.... After the birth of our son it felt more like family. Jenna and Erin were amazing nurses. Light-hearted when necessary, attentive when needed, and always kind even when asked crazy questions in the midst of an emotional moment. We spent some time walking the halls waiting on contractions and every staff person said hi, made eye contact, or had a kind and sympathetic word.

Our progression went much quicker than anticipated. The labor lasted less than an hour, but the staff was quick to respond and made sure the doctor was there and we never felt the panic that could have set in. It was like a peace was upon us because they knew how to react quickly and in such a calm manor that it never felt chaotic. We didn't even realize until after that they had three babies born in three hours including ours which is more than typical for our birthing center.

The follow-up from the hospital still continues with phone calls and cards checking in on the precious life that began that day. When I look at my amazing wife and beautiful son I am still overwhelmed with gratitude for the experience we had at our community hospital.

Forever grateful,

Daniel and Erin Swartzendruber,
....and Baby Jack!

