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**Support Sierra Nevada Memorial Hospital Foundation by shopping at [smile.amazon.com](http://smile.amazon.com)**

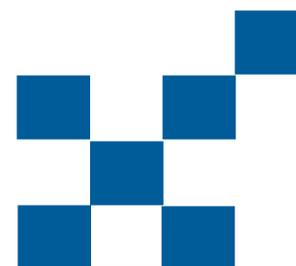
**Amazon will donate 0.5% of the price of your eligible**

**AmazonSmile purchase to SNMH Foundation!**

AmazonSmile is the same Amazon you know. Same products, same prices, same service.

**\*Head over to [www.smile.amazon.com](http://www.smile.amazon.com) to get started!**

\* Be sure to specifically go to [smile.amazon.com](http://smile.amazon.com) before making a purchase to ensure your 0.5% goes to SNMH 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.*

## Our Promise: Excellent Emergency Care Close to Home You don't plan on an emergency, but we do



Eight of fourteen Sierra Nevada Memorial Hospital Emergency Department Physicians

When it comes to an emergency, *every* moment counts. Some people say the Emergency Department is the true front door of a hospital. This year, over 35,000 patients, plus their families and caregivers, will come through our “front door.” A door originally built to accommodate 15,000 patients.

They will arrive on stretchers, walking, carried, or even in wheelchairs. They will travel across town, up the hill, or from isolated pockets of our county to get to us. Almost none of them want to be here, but they all come expecting one thing – to receive prompt, quality emergency medical care from compassionate and professional health care providers. Given the size and

layout of our current department, that is getting more and more difficult for us to provide.

It is during those moments of utter helplessness and suffering, when those who need it the most count on the physicians, EMTs, and clinical staff in the Emergency Department to be ready at a moment's notice to save lives, heal wounds and comfort distraught souls 24 hours a day, seven days a week, 365 days a year.

Renovating the Emergency Department (ED) at Sierra Nevada Memorial Hospital will help reduce wait time ensuring our patients are quickly triaged, diagnosed, and either treated or transferred to a partnering hospital for higher levels of care. Our Hospital's vision is to provide the best care, to every person, every time, including the care we provide in our ED.

About every 20 minutes someone is in need of care in our Emergency Department. That could be you, a loved one, a neighbor, a friend...together we can give and raise the needed support required to build this very important part of our hospital care. Sierra Nevada Memorial Hospital Foundation has launched a \$2 million campaign to assist our Hospital in funding the \$12 million needed to provide a crucial update to our Emergency Department.

**(Continue reading on page 3)**

## Nice to Meet You!

On June 30, we finished what I predict will be our highest fundraising year ever. While the numbers are still being crunched, it looks like we will surpass \$1.6 million. The word that comes to mind is AMAZING. We live in such an incredible community. I can't thank you enough for answering the call when asked for your generosity for our community hospital. We are forever grateful.

Many of you know us – the staff and board who work tirelessly to ensure a healthy future for our community. The sidebar to the left lists our board members. They are interested in talking with you about our Hospital and Foundation. The other heroes are the amazing staff that works at Sierra Nevada Memorial Hospital Foundation. I want you to meet them because they are incredible. They work tirelessly, are passionate about our hospital, care deeply about our community and are available to talk with you. We are a part of your community and welcome your calls and emails! Yours truly, Kimberly Parker

### Sierra Nevada Memorial Hospital Foundation Team:



Sandra Barrington, CFRE  
Associate Director  
11 years



Jenni Toedtemeier  
Development Director  
3 years



Amy Abt  
Communications/  
Development Manager  
3 years



Shari Voors, part-time  
Event/Development  
Associate  
5 years



Jennifer Weir Executive  
Assistant to Executive  
Director  
6 years



Kara Liller  
Bookkeeper  
5 years



Judy Bagley, part-time  
Administrative Assistant  
7 years



Kimberly Parker, CFRE  
Executive Director  
18 years

### Wheels for Wellness Vehicle Donation Program

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 Foundation 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 SNMH Foundation Board of Directors

##### Executive Committee

Sean Metroka  
*President*  
Gil Mathew  
*Vice President*  
David Jones  
*Treasurer*  
Barbara DeGraw  
*Secretary*  
Ken Drummer  
*Member-at-Large*  
Mary Bittle  
*Member-at-Large*  
Marty Lombardi  
*Immediate Past President*

##### Board Members

Jake Bronson  
Denis Drew, MD  
Alex Gammelgard  
Katherine Medeiros  
Jim Phillips  
Roberta Proctor  
Phil Ruble  
Edward Sylvester  
Daniel Swartzendruber  
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 Assistant to the  
Executive Director*  
Kara Liller  
*Bookkeeper*

##### Part-time Foundation Staff

Shari Voors  
*Development/Event  
Associate*  
Judy Bagley  
*Administrative Assistant*

## Host a Community Event for SNMH Foundation!

Have you thought about helping Sierra Nevada Memorial Hospital Foundation by organizing a fundraiser with proceeds supporting your local hospital? Many groups, businesses and individuals have come up with creative and fun ideas to raise funds for important needs at Sierra Nevada Memorial Hospital.

While we have been very fortunate to be the recipient of larger events like the John Kane Penny Pitch and The Union's Paint the Town Pink, events of every size are greatly appreciated and make difference. Whether you are an individual that wants to bring friends together to organize something, a service club that has a planned function or a business that sees this as an opportunity to bring your employees together for a great cause, we welcome your efforts.

Here's how it works. Start by going to our website at <https://supportsierranevada.org/eventplanning> to download the guidelines and community event form. Here you will find all the necessary details about how to work with SNMH Foundation on your event.

Next step, set an appointment with Shari Voors at SNMH Foundation at [shari.voors@dignityhealth.org](mailto:shari.voors@dignityhealth.org) or (530) 477-9700 to discuss your idea. Because we want you to be successful, it is important to coordinate with us to make sure what you want to do will work with our calendar and so you get permission to list SNMH Foundation on your flyers, invitations, etc.

If you are looking for inspiration, the following are examples of activities that others have done on our behalf.

Themed house parties  
Shred-a-thon  
E-waste collection  
Golf tournaments  
Pickle ball tournament  
Product events (e.g. Stella Dot, Tupperware, etc.)  
John Kane Penny Pitch  
Paint the Town Pink  
Fashion Shows  
Car Shows  
Nevada Union Girls Volleyball Pink Night  
Bear River Football team fundraiser  
Paint and pour parties  
Hair salon fundraisers  
Spaghetti dinners  
Breast cancer and cancer fundraisers  
Silent auction at your business  
**And much, much more!!!!**



The 2018 John Kane Penny Pitch raised money for SNMH Foundation's Emergency Department renovation campaign

### Save the Date! September 16!

SNMH Foundation's Barbara Schmidt Millar Celebration of Life Women's Triathlon and 5K Run/Walk returns to the Scotts Flat boat ramp in Cascade Shores on September 16, 2018. Join women of all ages and abilities as they come together for a day of comradery, sportsmanship and—most importantly—raising funds for local breast cancer support, outreach, treatment and education at Sierra Nevada Memorial Hospital.



**Sign up today!**

Visit [www.bsmtri.org](http://www.bsmtri.org) for more information or call SNMH Foundation at (530) 477-9700.



## Strategies for IRA distribution



Chances are that your IRA is one of your largest assets. In fact, Americans held \$7.9 trillion in IRAs at the end of 2016 according to the Investment Company Institute. Estates are increasingly made up of IRAs and other retirement plans. Thus, more IRA owners are seeking ways to distribute IRA assets to loved ones and nonprofits while being thoughtful and taking advantage of the tax advantages and consequences. Here are a few ways that you can put your IRA to work for you, Sierra Nevada Memorial Hospital Foundation, and your loved ones.

### The IRA Charitable Rollover

Did you know that if you are 70 and a half or older you can donate directly from your IRA to SNMH Foundation without being taxed on the distribution and without recognizing the distribution as income for tax purposes? Distributions from IRAs are taxable at ordinary income rates. Once a traditional IRA owner reaches age 70 and a half, he or she must begin taking a required minimum distribution (RMD) each year. To avoid paying tax on the RMD and being pushed into a higher tax bracket, many IRA owners choose to take advantage of the IRA charitable rollover. This qualified charitable distribution is allowed up to a total of \$100,000 per year and may satisfy part, or all, of the owner's RMD. Note that, because the transfer is not included in taxable income, there is no charitable income tax deduction. However, it still carries the same economic impact and, thus, is a great option for those choosing not to itemize their taxes in a given year.

### Bequest of IRA to SNMH Foundation

Since charities are exempt from income tax, they are able to receive IRA assets without having to pay income tax on the value received. In contrast, if a child inherits an IRA, the child will pay ordinary income tax on the entire distribution amount received. If donors with large IRAs desire to transfer an inheritance to children and leave a bequest to charity, a tax-effective method is to transfer part (or all) of an IRA to charity and leave non-IRA assets, such as cash, securities and real estate, to children.

### Benefiting loved ones and SNMH Foundation

IRA owners who want to use their IRAs to benefit both their children and SNMH Foundation at death might consider a testamentary unitrust funded with an IRA as a potential solution. With this option, the IRA owner transfers his or her IRA to a unitrust at death. Since the unitrust is tax exempt, no income tax is paid when the IRA is distributed to the trust. The full IRA value is invested and produces new income to family for one life, two lives or a term of up to 20 years. After all payments are made, the remainder is transferred to SNMH Foundation.

*Please note SNMH Foundation does not give legal or financial advice. Always talk to your CPA, Financial Advisor, and/or Estate Planner about your individual situation.*

**For more information, please call Sierra Nevada Memorial Hospital Foundation Associate Director Sandra Barrington at (530) 477-9700.**



From left, Doctors Nathan Claydon and Robert Tarter

### An outstanding achievement: 100 percent HCAHPS Scores!

We are thrilled to report that two of our local physician hospitalists — Drs. Nathan Claydon and Robert Tarter—received 100 percent on their Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) patient satisfaction survey scores for the month of April! Receiving a 100 percent is very rare and doctors only get credit when patients answer *ALWAYS* to every question on the survey.

**Congratulations to them both!**



(continued from page 1)

This transformation touches all corners of the Emergency Department. While caring for critical patients in crisis must always be the highest priority of Emergency Department personnel, this project will add two Rapid Treatment Units to provide an expedited pathway to less urgent medical needs, additional patient beds, a quiet and safe environment for patients in crisis, a family counseling room for when difficult discussions become necessary, closer access for stroke care, and more!

In addition, the Emergency Department transformation dovetails nicely with another important hospital update, our inpatient Diagnostic Imaging project, currently under construction. New equipment including an MRI, CT and Nuclear Medicine area will ensure a greater capacity of care for patients needing diagnostic services. Sierra Nevada Memorial Hospital Foundation previously raised over \$700,000 for this effort.

We are proud to announce we have currently raised over \$1 million for the Emergency Department, but we need you, our hospital family and friends - individuals and businesses throughout our community - to join us in supporting this critical effort. One hundred percent of your generosity will go directly to this project! There are no administrative costs.

**A gift to this important expansion has the ability to touch the over 72,000 local individuals who will likely see the inside our hospital's Emergency Department at some point in their lives.** Whether it's taking an injured child, a sick parent or grandparent or needing help for yourself, you can count on Sierra Nevada Memorial Hospital to be there during your moments of greatest need.

Together—with everyone giving and pledging—we know the financial needs of our Hospital can be achieved. Please carefully consider how your participation will make a difference in ensuring the best care is provided in our community, exactly when you or your loved ones will need it.

You can find more information as well as an informative video about our Hospital's much-needed Emergency Department transformation at [www.supportsierranevada.org/ourpromise](http://www.supportsierranevada.org/ourpromise). We'd also be happy to talk with you and give you a tour if interested. Please call Kimberly Parker at (530) 477-9700 for more information.

### 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.



### Community Partner Spotlight



Since 1959, SPD Markets has been a valued member of the community, providing customers with a clean, well maintained environment, products that are of the best quality at a reasonable price, and staff that is knowledgeable and friendly. SPD has always and will continue to support local efforts to make our community a place we can all be proud to call home.

Sign up for SPD's Escrip Community Card, and you can earn up to 3% of your purchase amount for Sierra Nevada Memorial Hospital Foundation!



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Colin Construction is committed to designing and building projects that facilitate the delivery of state-of-the-art patient care services and treatment in the communities they serve, including Sierra Nevada Memorial Hospital.

Collin Construction understands that implementing the advances in medical technology such as diagnostic and interventional imaging, sterilization, monitoring and therapeutic technologies is more involved than simply purchasing the latest medical equipment. To adapt to the medical industry's technological changes, major renovation is often necessary, usually on a limited budget, within a strict time period, and in restrictive surroundings. Colin Construction factors in all of our clients' concerns to ensure successful project completion.



**Congratulations to Bob Brown and the Shenanigators!**  
(sponsored by Nevada Country Contractors Association)

### 1st place at the 2018 John Kane Penny Pitch!

Thank you to the John Kane Penny Pitch committee, KNCO NewsTalk Radio, STAR 94 FM, Kane's Restaurant and everyone who donated to, participated in or helped out with this fundraiser!



**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** Airs every second Monday of the month from 1 p.m. to 2 p.m. on KNCO News Talk 830.

August 13 Topic—Dr. Crockett will discuss vein and vascular health.



### Spring/Summer Happenings



SNMH new Infusion Center ribbon cutting



2018 Martinis & A Movie featuring Spaceballs



SNMH Golf Classic Men's First place winners: Team Hutchison Insurance



SNMH Gold Classic Women's First Place winners: Team Wildwood Physical Therapy



SNMHF Awards Recognition Reception



Barbara Schmidt Millar Celebration of Life Triathlon and 5K Run/Walk 2018 scholarship recipients