

# InTouch

"Bringing Today's Medicine Close to Home"

Madera  
Community  
Hospital's  
Quarterly  
Newsletter

Summer 2006

*InTouch*, the quarterly newsletter of Madera Community Hospital, informing our readers of services, community benefits and current events.

## In This Issue:

Message from John Frye, CEO

Employee Appreciation Program

League of Volunteers Officers

Vision Madera 2025

Children's Visitors Center

Nicole Adams, RD, CLE

Foundation Blues & BBQ

Blood Drives at MCH

Anesthesia Services


Enjoying Summer  
Picnics and Potlucks

## Questions and Answers

For questions regarding healthcare and/or services offered at

Madera Community Hospital please call the Community Relations Office at (559) 675-5503, e-mail [rgomes@maderahospital.org](mailto:rgomes@maderahospital.org), or write a letter to:

Madera Community Hospital  
Attn: Community Relations  
1250 E. Almond Ave.  
Madera, CA 93637

We hope you enjoy *InTouch* and welcome your comments. 

Visit our website:  
[www.maderahospital.org](http://www.maderahospital.org)

## Message from the CEO - John W. Frye, Jr.




John W. Frye, Jr.

Summer is a time for relaxation, family vacations and outdoor activity. I hope you and your families had a safe and sane 4th of July and enjoy the remainder of the summer.

Rest assured that MCH is here for you year round and staff is ready to assist with all your healthcare needs.

I am happy to report on the progress being made to improve the overall ap-

pearance and functionality of the hospital. The exterior dashing is completed and the new landscaping efforts are nearly finished. The expansion of our Labor and Delivery area has been completed.

We are very proud of the changes that are being made to upgrade Madera Community Hospital, your community hospital. 

## Madera Community Hospital Employee Appreciation Program

Madera Community Hospital values our employees and appreciates fully their commitment and dedication to the patients. MCH currently has 855 employees or 655 full time equivalents. They work in 135 job classifications all related to health care. The Hospital is the 5th largest employer in Madera County. Our appreciation is demonstrated in part through the following programs.

### Employee of the Month

The Madera Community Hospital Employee of the Month Program was established in February 1990 to recognize valued MCH employees. Recognition included a \$25.00 United States Savings Bond and a personalized parking space. The Employee of the Month was announced by the Administrator at the monthly hospital

birthday celebration.

Modifications have been made to the program over the years. Recognition now includes a \$100.00 United States Savings Bond for the employee and a reserved parking space for the month. A gathering is held in the employee's department where the Employee of the Month plaque is presented to the employee by their director.


Employees are nominated by managers and supervisors. Nominations are then reviewed by a committee of managers representing a wide range of hospital areas. Selection is based on multiple criteria, including attendance, outstanding patient/customer care, integrity, interpersonal relations, job performance, and initiative. Managers and department heads are not eligible for nomination/selection.

### Appreciation Dinner

Hospital Administration and the Board of Trustees host the Annual Employee of the Month Appreciation Dinner in November at the Madera Country Club for Employees of the Month, a guest and their department director.

### Employee of the Year

In December, MCH employees vote by secret ballot for the Employee of the Year. The winner is announced by John W. Frye, Jr., CEO, at the Annual Madera Community Hospital Holiday Extravaganza. The Employee of the Year receives a \$500 United States Savings Bond, a certificate of appreciation and a gift certificate for dinner for two at a local restaurant.

Madera Community Hospital values its employees and the contribution they make. 

## League of Volunteers Officers 2006-07

(Left to Right) John Rose, Volunteer Coordinator; Emily Boitano, Social Hostess; Janet Billington, Secretary; Jo Guthrie, Calling Committee; Edith Chastain, Publicity; Val Clute, Treasurer; Dorothy Thomas, President; Elsie Bottorff and Diane Dunn Co-Vice-Presidents.

For volunteer information, contact  
John Rose at 673-4546 or  
Rae Gomes at 675-5503



# Vision Madera 2025

Rae Gomes, Community Relations Director

The Madera Visioning Project is a community visioning process sponsored by the City of Madera on behalf of the entire community of Madera and all of its citizens. Through this process, community members will come together to build consensus on a preferred future direction for Madera, specifically, participants will:

- Assess Madera today - its strengths, weaknesses and core values
- Analyze where Madera may be headed tomorrow - its key trends and emerging issues
- Envision what we want Madera to be in the future - our vision for the year 2025
- Plan to achieve our vision over time through a community-led strategic action plan

These activities will be guided by the Madera Vision Partnership (MVP), a citizen task force representing the wider community. Working with the MVP will be several Madera Action Teams (MATs), working groups which will develop the community's vision statement and its action plan.

Throughout the visioning process, participants in the Madera Visioning Project will be focused on four key themes - or "focus areas" - that are central to Madera's future. They are:

- Growth and Development
- Health and Safety
- Economy and Infrastructure
- Culture and Community

Source: Madera Visioning Project - Zenn Associates

As a member of the Madera Vision Partnership (MVP) I have enjoyed the opportunity to work with other community members to help with the visioning process. My area of participation is Health and Safety.

The MVP committee began meeting with Doug Zenn and Mike Dahlstrom from Zenn Associates last November to work on vision and action plans as well as training for future community forums.

The first community forum was held on December 10, 2005. Residents of Madera were invited to share their vision for Madera 2025 as well as their questions and concerns for our growing community.


The Madera Vision Partnership met again in February and March in preparation for the Town Hall meeting at Hatfield Hall on April 6, 2006. Information tables were staffed by MVP members from each focus group. Those in attendance were asked to write their ideas for Vision Madera on large butcher paper table coverings. There was also an area for children where they could do arts and crafts projects. A panel of MVP members answered questions regarding the visioning process. Local dignitaries including Mayor Robert Poythress made comments on Vision Madera 2025 and its importance to the future of our community.

The MVP committee met again in May for preparation for the Action Planning Workshop on June 3. Specific vision statements were developed for each of the four focus areas noted above.

## What's next?

A committee of volunteers from the MVP will work together as a drafting committee to finalize the vision statements.

What will come of the vision plans created by community members?

They will become action plans which will be presented to Madera's community leaders. I will keep you updated on future meetings and plans for Vision Madera 2025. 

# MCH Children's Visitors Center

Rae Gomes, Community Relations Director


The MCH Children's Visitors Center opened in May of 2004. Parents of children ages 2-14 are encouraged to bring their children to the center while they are utilizing MCH services such as x-ray, lab, and physical therapy or while visiting patients. Children can stay up to 2 hours and enjoy many fun activities like finger painting, arts and crafts, building blocks, videos and dramatic play. The center averages about 250 children a month and has really been a tremendous service provided by Madera Community Hospital. There is no charge for this service. The center relays mainly on grants and donations. Since it opened grants and donations have totaled approximately \$44,000. The yearly cost to operate the center is roughly \$55,000.

The first grant for \$30,000 was awarded to Madera Community Hospital on April 18, 2000. The grant was from Madera County Public Health Department, CMSP Wellness Grant. These funds were used to help purchase the MCH Children's Visitors Centers modular unit.

Partial funding for a full time licensed daycare provider came from donations from Central California Women's Facility, and a

mini grant from California Endowment. The Madera Charros Unidos holds a poker run on horseback and have donated the proceeds to the Children's Visitors Center for the last two years. The Sunrise Kiwanis donated funds from their walk run. The MCH Junior volunteers have held fundraisers for the Children's Center and recently held a book fair raising money for the Children's Center.


The Visitor Centers Director is Pat Jay, a full time licensed daycare provider who came to MCH with over 20 years' experience in children's services. It is obvious she really enjoys her work. She makes a lot of the decorations used in the center and is very creative with crafts and children's activities. In addition to the director's position, the center is staffed with a part-time position through Madera County Workforce Development Office. Junior volunteers also help in the Visitor Center and really enjoy their time with the children.

If you, your company or service organization would like to help with the Children's Visitors Center please call the MCH Foundation office at 675-5503. 

# Nicole Adams, RD, CLE

Karen Paolinelli, FNP; Director, Family Health Services

MCH is pleased to welcome Nicole Adams, Registered Dietitian, Diabetic Educator to our staff. Nicole graduated from California State University, Fresno with a B.S. in Food Science and Nutrition: Dietetic Administration and minor in Gerontology. While in school she worked in food research and development. She completed her internship through California State Polytechnic University, Pomona. Since completing the RD exam, she has worked in both clinical and community nutrition.

Nicole specializes in nutrition counseling of chronic diseases, including diabetes, metabolic syndrome, obesity and heart disease. She is also a lactation educator, and supports new mothers on successful breastfeeding practices. She is currently pursuing her certification as a Diabetes Educator (CDE). Her hobbies include cooking, running, hiking and cross-country skiing. 



# MCH Foundation Holds Annual Blues and BBQ

The Madera Community Hospital Foundation held their annual Blues and BBQ on May 20, 2006 at the Sherman Thomas Ranch located at 10795 Road 26. The festivities began at 2:00pm and concluded at 7:00pm. This event was for the entire family with something for all ages including a wonderful BBQ feast prepared by the MCH Custom Catering staff.

The entertainment fun began at 2:30 with Oklin Bloodworth, the interactive family entertainer who pleases children of all ages. Children were encouraged to join in the fun. Oklin's enthusiasm is contagious and had us all singing and dancing!

The Grammy nominated, Shane Dwight Band followed from 4:00 to 7:00pm. Shane Dwight is a charismatic and supremely talented guitarist, soulful vocalist, prolific songwriter and one of the brightest young up-and-coming stars on the rock/blues scene

today. Shane has appeared at prestigious concerts such as the Monterey Blues Festival, San Francisco Jazz Festival and many more. He has had extensive local and nationwide radio play on shows such as King Biscuit Radio and Dan Ackroyd's House of Blues Radio Hour. The Shane Dwight Band, known for it's high octane, dance 'till you drop Rock & Blues, is fast becoming the Sensation of the West Coast. We will definitely ask him back next year.

Special thanks to Sally Thomas for donating the use of the Sherman Thomas Ranch and to all of our sponsors (listed below).

The date we have chosen for next year's event is March 17, 2007, St. Patrick's Day. The location will be Hatfield Hall, Madera Fairgrounds. A buffet BBQ dinner will be catered by MCH Custom Catering with fun and entertainment for all! Mark your 2007 calendars! 📅

# Blood Drives at MCH

*Rae Gomes, Community Relations Director*

The Central California Blood Center conducts blood drives every two months at Madera Community Hospital. Thank you to everyone who has donated blood. Between our May 12th and July 14th Blood Drives, we netted 40 units of blood. We had five first time donors and hopefully they will continue to donate. In the future we hope to match our April 2005 record of 46 donors!

## 2006 Future Blood Drives:

Shebelut Pierini Room 2pm-5:30pm • September 22nd and December 8th  
*A message from Lynn Stone, Central California Blood Center-*

"Every summer Central Valley residents go on vacation, but the need for blood does not. 'The summer months are especially crucial for the Central California Blood Center, when the need for blood is often strongest, and donations are diminished by vacations and recreation,' said Chris Sorensen, Director of Community Relations and Development. 'Every donation makes a difference during the summer. Every pint has the potential to save up to three lives.'

Blood Needs: Every 3 seconds someone needs blood. Approximately 40,000 units of blood are used each day in the United States. Roughly 60% of the U.S. population is eligible to donate blood but less than 5% actually do donate. We are the sole provider of blood for the 5 counties and 31 hospitals that we supply.

Many of our blood recipients are leukemia patients and the need for blood is vital for them. They get blood transfusions on a regular basis (average 2-4 times per month). That blood is essential to keeping them alive until a bone marrow donor can be found.

One success story is Miranda Castro who was diagnosed at the age of 3 with Aplastic Anemia which means her body doesn't produce bone marrow. Finally after waiting 3 years they found the perfect marrow match and had the transplant in June 2005. Miranda now 6 years old is back in school and loving life all because donors gave on a regular basis. Kids like Miranda use hundreds of pints of blood to stay alive. That blood must be on the shelves and ready to go whenever needed and we can't do that without generous thoughtful people donating on a regular basis."

As you can see the need for blood is great. Please join us by giving the gift of life...we can make a difference! 📅

## Thank You to our 2006 Blues and BBQ Sponsors

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Chukchansi Gold Resort & Casino

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Zak's Security One

### BRONZE

Creative Copy  
Foster and Parker  
47th Place Carpet One  
Madera Family Medical Group  
Purl's Sheet Metal

### CONTRIBUTORS

Charles Ugwu-Oju, M.D., California Bank and Trust, Budweiser, Sequoia Brewery, Round Table Pizza, Slush Puppie, Espinoza's Sewer Service, Jack Frost Ice, Hormel, Madera Chamber of Commerce

# Anesthesia Services

*Karen Philp, CRNA*

On March 1, 2006, Madera Anesthesia Consultants contracted with Madera Community Hospital to provide a full spectrum of anesthesia services for the hospital's clientele. The group was organized by MCH's long term anesthesia provider Victor M. Yanez, M.D. The other providers include Joselito Syfu, M.D., Young Kim, M.D., Nathaniel Soriano, CRNA, and Karen Philp, CRNA. Services include general, regional, and local anesthesia and monitored anesthesia care for the surgical patient; pre-operative anesthesia consultation; post-operative acute pain management; labor epidural or spinal blocks; and invasive line placement and monitoring. Victor Yanez, M.D. also offers chronic pain management services and epidural steroid injections. 📅

# Upcoming Foundation Events

- **22<sup>nd</sup> Annual Foundation Dinner Dance**  
August 19, 2006 - Holy Spouses Hall
- **2007 Blues & BBQ**  
March 17, 2007 - Hatfield Hall

MADERA COMMUNITY HOSPITAL  
**F O U N D A T I O N**

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# Enjoying Summer Picnics and Potlucks

Nicole Adams RD, CLE  
Registered Dietitian  
Family Health Services Clinic

'Tis the season for potlucks, picnics and family reunions. A time when table-lengths of tempting foods are all crying out "Try me!". Diabetics (as well as others who do not suffer from diabetes) can often find these events confusing and frustrating when it comes to choosing which foods to eat. But these events need not be such a gastronomical challenge. You can still control blood sugars (and your waistline) with a few simple tips.

Remember to take in the pleasure of the day. Enjoy the people around you, keep active and appreciate all of summer's splendor. These events are all about sharing each other's company, reminiscing and creating new stories; focus less on the food and more on these celebrations to nourish your whole self. 🍷

1. **Plan ahead:** Good decisions start at home. Figure out how much you can have before attending the event. Use the diabetic exchange system to decide how many servings you can have from each group. This will avoid confusion and temptation later. Also, find a healthy recipe to take with you so you will be guaranteed at least one healthy option. When you get to the event, scout out the table of foods, and then decide which dishes you want before you serve yourself.
  2. **Use portion control:** There will likely be more variety of foods at a party than you would normally have for a meal at home. This can often lead to overeating because we want to try everything, but tend to serve ourselves a large portion of each dish. Keep the portion sizes smaller, and don't go back for second and third servings. Avoid snacking through the entire event, or bring snacks that won't add up in calories as fast, such as fresh veggies.
  3. **Stay hydrated:** Drink plenty of water throughout the day, especially if you're outside.
  4. **Go for veggies first:** Start your meal with veggies so you'll feel fuller faster, decreasing your overall intake.
  5. **Control your carbohydrates:** Be aware of your intake of all carbohydrates, including potato dishes, corn, pasta salads, beverages, and sweets. Remember to plan ahead how many carbohydrates you can have before. Utilize sugar-free options when available, or bring your own.
  6. **Choose lean meats:** Good options include lean cuts of beef, pork, turkey, skinless chicken and fish. Beware of higher fat meats like hotdogs, sausage, ribs and any fried meats. Also remember that many barbeque sauces can have substantial amount of sugar.
  7. **Bring your glucometer with you to check blood sugars.** Especially be aware if you are more active than usual. Increased activity can bring your blood sugars lower.
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