



MENDOCINO
COAST
DISTRICT
HOSPITAL

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MCDH Submits Parcel Tax Measure R comes before District

When people speak of good health being a person's most valuable resource, that "good health" can, in so many cases, be dependent upon a quality, close-to-home hospital with an excellent and comprehensive health care staff along with up-to-date technological equipment and expertise.

We here on the North Coast are fortunate to have our own full-service facility, Mendocino Coast District Hospital, which has provided health care since June 1971 to residents living as far south as Elk, those living north in Westport and east to Comptche, and for our many visitors.

To further expand, make more efficient and modernize MCDH, a bond issue was approved by district voters in year 2000 authorizing \$5.5 million to construct the new Patient Services Building, a Material Handling building, and the remodeling of the Acute Care facility. (All are either open or in-progress; see "Hospital Briefs.") However, by law, funds from the passed 2000 bond measure cannot be used for operating costs: basic, to-be-expected expenses such as nursing and staff salaries, medical equipment and supplies, technology upgrades, and, of course, the continuance of providing ambulance and emergency services around the clock.

While MCDH has consistently worked to generate funds to maintain the hospital's current level of services—continually working to cut operating costs and re-negotiating for stronger contracts with third-party payers—expenses continue to escalate while payments from third-party payers such as Blue Cross, Blue Shield, Medicare and Medi-Cal don't keep pace.

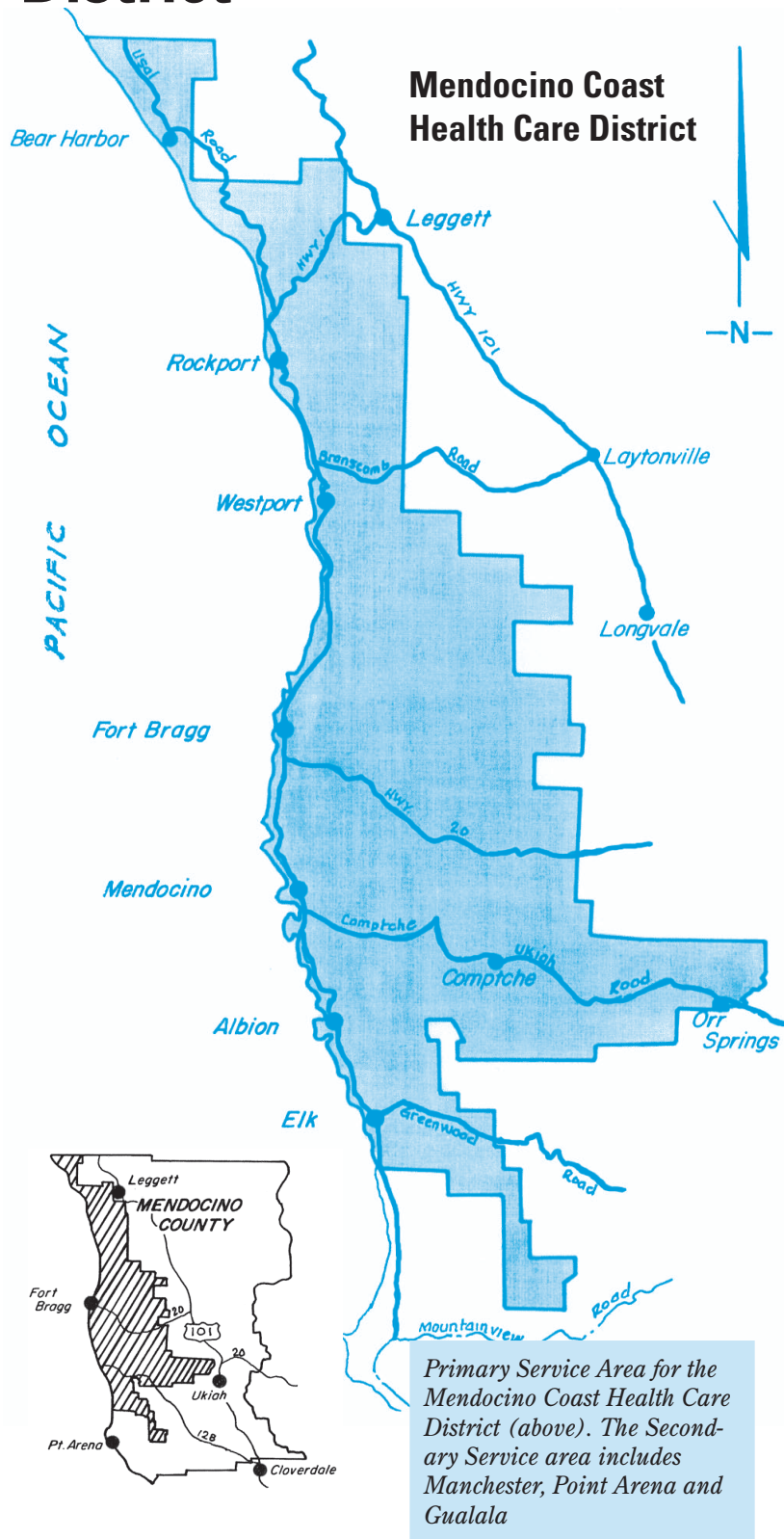
Reimbursements simply don't pay for the health-care services we on the North Coast have come to expect. And so, last February, the MCDH Board of Directors approved a resolution calling for an election this June 7 to seek voter approval of a parcel tax initiative which would raise approximately \$1.2 million annually for MCDH's district. In effect for six years, it would terminate thereafter. This initiative, Measure R, will require a two-thirds majority vote to pass.

Why a parcel tax?

During its more than three decades of service, this is the first time MCDH has asked its district residents to contribute via a parcel tax. While Bond Measure I allowed the hospital campus to expand and grow, it has defined restrictions as to how funds are used. Parcel tax Measure R is of a very different stripe. In voting to place it on the ballot, the Board determined that an additional revenue stream was essential to the hospital's ability to continue the following services to our community:

- Staffing the Emergency Room 24 hours a day, seven days a week.
- Providing surgical services and chemotherapy for cancer patients.
- Providing emergency paramedic and ambulance service throughout the District.
- Maintaining nursing and staffing for both the Intensive Care and Obstetric units.
- Keeping the hospital's laboratory open which helps doctors treat and diagnose patients.

The Board determined that \$8 a month per parcel would result in the dollars needed by the hospital to break even and to meet the short-fall that typically has occurred the last several years. While considering other alternatives such as



Primary Service Area for the Mendocino Coast Health Care District (above). The Secondary Service area includes Manchester, Point Arena and Gualala

a sales tax, a legal determination was made that the only alternative was the parcel tax; that the Health Care District does not have the legal authority to implement a sales tax measure.

The Board also voted to include strict financial controls and is requiring that the expenditure of parcel tax revenues be independently audited at least annually to ascertain that the income is spent only on those purposes approved by voters.

More considerations

While every area of MCDH's services is important, the Emergency Room and its Ambulance service have typically run in the red. Without this parcel tax, this department will need to be cut back. Anyone who has ever been in a life-threatening situation, whether it be a stroke victim or a child with a serious burn, can enormously appreciate this service. We all enjoy and sometimes take for granted how lovely this

continued back page

"This measure has a direct impact on our community and will be decided exclusively by voters in the Mendocino Coast Health Care District."

~Bryan Ballard, CEO
Mendocino Coast District
Hospital

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The Hospital Introduces

New Medical Staff:



Joseph F. Fleming, MD

Joseph F. Fleming, M.D.

Of all the physical senses many folks, but not all, might say that sight is the most important. Of course, this can be disputed, and many have proven otherwise, but, nevertheless, our eyes, the ability to visually see the world, our friends, our environment is paramount to so much of our lives.

Dr. Joseph F. Fleming who began practicing here this last Valentine's Day has more than fulfilled the position of North Coast ophthalmologist and staff surgeon.

Receiving his M.D. degree from University of California, San Francisco in 1979 and performing his residency in Ophthalmology at University of California in San Diego, he went on to become that university's Chief Resident in Ophthalmology.

Board Certified by the American Board of Ophthalmology in 1985, he began his general ophthalmology private practice in

Tulsa, Oklahoma with an emphasis on corneal, cataract and refractive surgery.

He then went on to become Medical Director at Aris Vision Institute in Glendale, California where he specialized in refractive surgery. He spent three years performing worldwide surgical training in the Intacs technique (trade name for Intrastromal Corneal Ring Technique). Fleming explains that Intacs surgery is a refractive surgical procedure designed to correct nearsightedness; however, unlike LASIK, it can be reversed if a patient wishes, which is rare, he comments. He was a pioneer researcher in the development of Intacs surgery and wrote the first scientific paper on the subject. He also participated in the development of the picosecond laser and incisional refractive surgery techniques. Indeed, he co-authored the book "Intrastromal Corneal Rings."

With many ophthalmologic publications to his credit, Fleming has presented Intacs surgical training courses in Zurich, London, Crete, Athens, Milan, Barcelona, Stockholm, Vancouver, Hong Kong, Singapore and Los Angeles. Yet with

all his international experience and credentials, why has he chosen to locate in the beautiful but far-from urban North Coast area?

He explains that his parents live in this area, and he has for years frequently visited the North Coast. "I always loved this area," he says, "and so when the opportunity arose to open my practice here and work at the hospital, I took it."

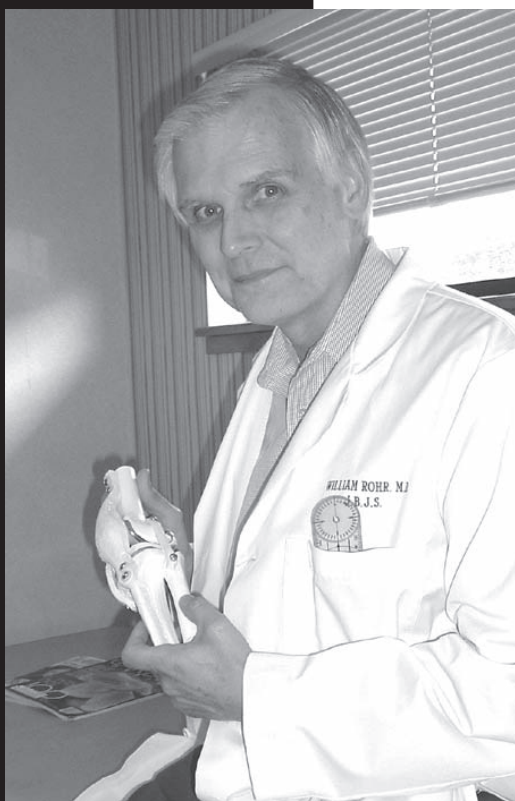
Father of three grown children, he says he went into the specialty of ophthalmology because, "I wanted to do surgery when I was back in medical school, but at the same time I wanted to do the general medical part as well. Ophthalmology encompasses both medicine and surgery of the eye."

Fleming, who has performed about 2500 LASIK surgeries, will continue to do this procedure here including corneal implants. Other ophthalmologic surgeries will include lid and cataract surgery; he has a long history with Intacs and performs all kinds of laser treatments for folks with diabetic eye disease and glaucoma. "We see people of all ages here," he says. "General eye exams included."

Before he arrived and the hospital invested in a new diode laser microscope, people with certain conditions needed to "go over the hill," for the laser surgery. Now available here, Fleming and the new equipment will save many trips for these locals (Note: the new microscope will also assist orthopedic surgeon Dr. Rohr to utilize the Visu 160 Zeiss Microscope for hand cases where he will need to repair nerves and tendons.)

Reflecting on why he chose ophthalmology Fleming says, "The field moves ahead at a very rapid pace. Because you are dealing with an optical system, you have elements which are unusual. Also there is a high satisfaction rate. People value their vision a lot, so if you are able to help them see better or prevent some sort of problem, they're very happy about this."

While his professional life is a boon to the North Coast, he says that the North Coast is also a boon to his recreational life. "I like to get outdoors," he says, naming kayaking and biking as favorite sports. †



William Rohr, MD

William Rohr, M.D., M.S.M.E.

A hundred years ago or less, if one suffered a worn-out hip or knee, elbow or shoulder, that was to be suffered and compensated for in whatever way one could. These days, because of the fine training of orthopedic surgeons combined with the extraordinary technological engineering of various prosthetic joints, folks who once were confined to painful and debilitating conditions are able to move about again. Sometimes better than ever.

Dr. William Rohr, M.D., a new coast resident and medical staff member of MCDH has done a multitude of these joint operations and replacements; and, of course, he's set many a broken arm, leg, ankle or wrist.

Here in Fort Bragg since the middle of March, Rohr moved from his private orthopedic practice in Jupiter, Florida. Board certified with the American Board of Orthopedic Surgery, he is a fellow with the American Academy of Orthopedic Surgery and honorary fellow of the Knee Society.

Interestingly and appropriately, Dr. Rohr received his bachelor's degree in engineering from Princeton University, followed by a master's degree in mechanical engineering from New York University. His medical degree was earned at Washington University where he won the Senior Prize in Medicine.

Completing his internship at Philadelphia Naval Hospital and his residency in orthopedic surgery at San Diego Naval Hospital, he was retained by the U.S. Navy in San Diego for two years where he ran children's services, including the cerebral palsy and neuromuscular disease clinics. He then spent four months in Yokosuka, Japan as chief of orthopedic surgery.

Dr. Rohr's special interests include adult joint reconstruction and hand surgery, including the management of rheumatoid arthritis, osteoarthritis, and tendon and nerve repair.

He has directed and been involved in the research and development of new technologies including implants for which he holds numerous patents.

Married for thirty-six years to wife Linda, who has worked as a medical transcriptionist, the Rohr's have two grown children. "I was a very orthopedically-conservative dad," he says. "They always had to wear the right knee pads and wrist protectors when they played sports." But has he ever had a broken bone? "Yes," Rohr says, "I broke my forearm in second grade. And I broke an ankle once; and in driving out here (to California) I broke my wrist. Stopped off and was treated by a friend of mine whom I trained."

Rohr says that he and his wife were simply tired of living with Florida hurricanes, amongst transient populations, in gated communities.

An avid photography buff, pilot and SCUBA diver Rohr says, "Of all the things I've done and experienced, I always wanted to be in a small community where I could personally affect people's lives. †

New Management Team:

Patti Murphy, RN

Director of Emergency and Ambulance Departments

As the new Director of Emergency and Ambulance Services Departments, Patti Murphy says that here at MCDH she's just "getting my feet wet."

Her education and her comprehensively intense experience in this critical field is impressive. A northern Utah native, she's worked as an RN in Idaho, and in Oregon, Nevada, California, Hawaii, New York and Washington D.C. Before coming to Fort Bragg she was working as a per diem RN in a emergency room in a Boise, Idaho hospital.

Her responsibilities as Director of Emergency and Ambulance Departments involve working with and coordinating all personnel in those departments. On a lighter note she adds that her work also involves "being a cheerleader, a tear-wiper, supporter and reality checker." As far as working in this relatively rural area compared to a larger city hospital she reflects, "Here there is more love to share more of the time."

To alleviate the stress and immediacy of this all-important position Murphy says she enjoys watching sunsets and hiking. "Everyone is family," she adds. ✚



Patti Murphy

Linda Dutcher

Director of Support Services and Materials Management

After living in Santa Rosa and working at the St. Helena Hospital for 27 years, Linda Dutcher has finally moved to the coast, "to the country" as she says.

While her responsibilities are numerous, her experience is also multi-faceted. She began at the St. Helena Hospital as a Central Service Technician, then later became the supervisor and manager of that department.

During this time she returned to school to earn her B.S. in Business Management. Then she was posted as Director of Support Services at St. Helena Hospital to direct the many departments which included being Manager of Materials, Security, Housekeeping and Nutritional Care.

Dutcher observes that "in the old days this job was usually done by a male, but more and more women are getting into this profession. I have always worked very closely with engineering departments on projects, capital equipment, and so on, so this position is not foreign to me."

Dutcher will be director over Materials Management, Dietary, Housekeeping, Security and Engineering. She says her main focus, since she has been at MCDH, has been "the completion of the Patient Services and Materials Handling buildings. The department took partial occupancy of the Patient Services building mid-April and we expect to be completely moved in within a couple of months."

An outdoor enthusiast, Dutcher and her husband Paul enjoy walking, diving, kayaking, gardening and reading. ✚



Linda Dutcher

Perry Crowder

Director of Business Services

Born in Little Rock, Arkansas, Perry Crowder has been here at our Hospital since last December.

Experienced in medical billing and administration, Crowder worked ten years at the University of Arkansas Medical Sciences department rising from billing supervisor to being Assistant Director of Patient Business Services. He subsequently served other hospitals as a Business Manager including his last four years in Hermiston, Oregon where he was the Business Office Manager at Good Shepherd Medical Center.

Newly moved into his office in the new Outpatient Services building, Crowder's responsibilities include the supervision of Patient Accounting, Medical Records, Patient Registration and Communications. Sounds pretty comprehensive, and it is. His position also includes financial and reimbursement analysis for MCDH, and he serves as the hospital's Privacy Officer.

Crowder says that he and his son chose to move to the North Coast area not only because of the hospital position, but also because he and his son will be pursuing their hobbies of hunting and fishing. ✚



Perry Crowder

Hospital's 2005 Employee Recognition Dinner

Largest number honored yet

On March 3, 2005, Mendocino Coast District Hospital held its annual Employee Recognition Dinner for employees with five or more years of service. The dinner was held at the Wharf Restaurant with over 170 employees and guests attending. There were 42 employees receiving awards. Music was provided by Sean Connolly, Radiology Technologist at the hospital. Good food and fun was had by all.

Awards were presented by MCDH Board members Charlene McAllister, James Hay, John Kermen, Camille Ranker, Donald Tucker, and Chief Executive Officer, Bryan Ballard. Special guests included: Fort Bragg Mayor Jere

Melo, President of the Foundation Joan Selchau, and Pennie Wilson, Auxiliary President.

The following employees received certificates of appreciation and service award pins:

■ 5-Year: Bryan Ballard, Nicola Boynoff, Jeanna Cauckwell, Michael Coleman, Curt Gore, Rita Hanover, Joan Hansen, Debra Hendricks, Linda Herrejon, Wendy Melcher,

Jerri Mihos, Anne Moffett, Susan Sherrill and Elizabeth Weaver

■ 10-Year: Tammie Bain, Julie Connolly, Timothy Harris, Deanna Lawrason, Jesusa Matson, Jennifer Ward and Shelley Ware

■ 15-Year: JoAnne Abreu, Julie Coggins, Jane Houghton, Manfred Lemke, Felicia Martinez, Heidi Olson, Linda Royat, Susan Sisk, Teresa Tuomala, Terri Wharton, and Lorraine Williams

■ 20-Year: Lori Cimolino, Helen Davis, Karen Harris, Rebecca Killion, Terrence Knaus, Elizabeth Paoli. (Each 20-year recipient also received a crystal vase.)

■ 25-Year: Joan Dias, Philip Sullivan, Julie Vichi. (Each 25-year recipient also received a crystal bowl.)

■ 30-Year: Marsha Green-Smith. (Each 30-year recipient received candlesticks.)

Marsha Green-Smith, this year's 30-Year Employee, joins Sharon Morris with 32 years of service and Kathy Costa with 34 years of service.

Employees of the Quarters for 2004 were: Manfred Lemke, RN, Surgical Services; Bernardo Perez, Food Service Worker in Dietary; Kathleen O'Connell, Medical Assistant in Occupational Department; and Rhonda Farrow, Computer Operator in Clinical Information Services.

Winning the Employee of the Year Award, Bernardo Perez was chosen by a vote of the employees, with candidates being the quarterly recipients listed above. Perez received an engraved plaque, a \$500 gift certificate for Indian Springs Spa, and a \$150 check.

Congratulations to all.

~Submitted by Terri Wharton
MCDH Human Resources Specialist



Bernardo Perez, Employee of the Year 2004 and Bryan Ballard, CEO



20-Year Recipients Karen Harris, Lori Cimolino and Elizabeth Paoli



Presenting Awards



25-Year Recipients Philip Sullivan and Julie Vichi



Employees of the Quarters Manfred Lemke, RN; Bernardo Perez, Food Service Worker; and Kathy O'Connell, Medical Assistant

Miscellaneous photos of employees having a good time at the recognition dinner.



Mammography Procedure "Passed with flying colors!"

Once a year the hospital must undergo a test by state and federal regulatory agencies to see that certain standards for radiology equipment and procedures are being met and rated as to their degree of compliance.

MCDH's mammography ratings have, for the last ten years, rated excellently. "And we passed with flying colors this last February," says Margaret DeMartinez, one of MCDH's two mammography technologists.

This news, of course, is important to all patients and their families who make use of the mammogram procedure. They can rest assured that the standards are high in regards to how much radiation goes into the breast; that the protocol is being met; and that the quality of film and what can be seen in the film is of a high standard. "We do phantom tests daily," she says of the procedure, "which is recorded...the quality, temperature...we analyze sample film."

DeMartinez says that both she and the other mammogram technologist, Janice Shelton, reassure women at the beginning of the procedure as to what they are going to do, explaining that the breast will be compressed at different positions for the filming.

"It's important that a patient be made as comfortable as possible," says DeMartinez. "After the mammogram," she says, "the film is checked for quality, and then Dr. Russell Perry, Medical Director of Diagnostic Imaging Services, interprets it."

"If there needs to be extra modality, such as ultra-sound, we try to fit that in the same day," she continues.

"Women who live here," she says, "may rest assured that this is a very controlled and standardized situation." †



Hospital Briefs

■ Progress on Meditech, the new computerized clinical information system being integrated into the hospital, is progressing well, reports Lorraine Webster-Prampin, Director of Clinical Information. This new system is made possible by the generosity of the Mendocino Coast Hospital Foundation.

■ Most hospital departments were moved into the new Patient Services building in mid-April. The Admitting and Chemo Infusion services will have moved into the building the end of May when the connecting corridor between the hospital and the new building is completed. The move into the new Materials Handling building is scheduled to take place by mid-May.

■ Look for both the new Patient Services Building's open house and MD reception scheduled later in June.

■ Lisa Wolfe, medical oncology nurse-practitioner is working with MCDH oncologist Jan Kirsch. (Next *UPdate* will have a short bio on her.)

■ Negotiations with Blue Cross and Blue Shield were wrapped up successfully with a good result on MCDH's part.

■ Telephone screenings of candidates for the urology staff position, as well as an additional staff orthopedic surgeon and general staff surgeon continue. Arrangements are being made with schedules for on-site interviews.

Safety Fair for Hospital Employees and Volunteers

Marcia Weeks, Staff Development Director, is pleased to announce that MCDH held, for the first time, a Safety Fair.

"This is a bit of a different approach for the annual training the hospital must do as required by regulatory agencies," she says. "In the past we have accomplished this in a variety of ways including lectures, videos, on-line programs. But this year we decided to not only learn and refresh, but to have fun doing it."

The theme for the Safety Fair, held May 2nd and 3rd—and open to all employees, staff, active volunteers, junior volunteers and chaplains—was Hawaiian with an Hawaiian name, informs Weeks. "Maluhia Hoi'ke means 'safety fair' in that language."

The Safety Fair had approximately fifteen stations with a variety of teaching tools, display boards, pamphlets, information, demos and videos.

A few examples of the stations included:

- Hospital Mission, Vision and Values
- Fire and Electrical Safety
- Security/Workplace violence
- Emergency Preparedness/Hazardous Materials
- Radiation Exposure
- Infection Control
- Patient Rights/HIPAA/Confidentiality
- Corporate Compliance/Reporting of Abuse
- Age specific and Cultural diversity
- Body Mechanics/ergonomics
- Sexual Harassment
- JCAHO Preparedness

Weeks goes on to say that there were quizzes to document compliance for the records.

Hosted by the Human Resource Department, the Safety Steering Committee dressed in Hawaiian attire and handed out food, prizes, "and there were lots of educational opportunities," adds Weeks. †



First Annual Safety Fair or Maluhia Hoi'ke (Hawaiian for Safety Fair)

In-house Survey Brings Suggestions

Last November, an in-house Patient Care Survey was provided to all Hospital employees and medical staff in order to ascertain their thoughts as to the quality of services provided hospital patients. (This is in contrast to the Patient Care surveys MCDH has sent out to the community.)

One-hundred five completed surveys were received back including thirteen from physicians/providers, fifty-two from clinical staff, twenty-eight from non-clinical staff and twelve from those who did not identify the type of work that they perform.

Questions asked included the rating of overall quality of care provided patients, communication between employees and patients, the condition and maintenance of the physical plant, and assessment of patients' experience within individual departments.

The replies were of vital importance to the hospital and have not gone unnoticed. While overall positive assessment was voiced by most employees and medical staff, two areas were identified as having the most room for improvement including what might appear to be a simple matter: that all employees should pick up after themselves.

Of a more subtle nature was the fact that communications between all employees and staff can be improved.

This last April an employee-driven Patient Satisfaction Committee began meeting which included developing a staff recognition program in which patients, visitors and co-workers can recognize a staff member for a job well done, or an extraordinary accomplishment. †

MENDOCINO COAST HOSPITAL FOUNDATION

Published Givers from September 1, 2004 through March 15, 2005

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 Diagnostic Imaging Services
 Ambulance Fund
 Gloria Fredrickson Nurse's Fund
 Womens' Healthcare Education Fund

Mail to:
MCHF, 700 River Drive, Fort Bragg, CA 95437

Foundation Report

Unanimous Vote in Support of Measure R

Caring for our families and our friends—some of the faces of OUR Hospital



Ambulance Crew: (L to R) Anabelle Krebs, Alden Baker, Jeanine Gregory, Lu Jakovac, Mark Klosterman, Ben Meyer, Megan Collison & KP Armstrong

On Tuesday April 19, 2005 the Board of Governors of the Mendocino Coast Hospital Foundation voted unanimously to endorse Measure R and to support efforts by the community-based volunteer Committee for Yes on Measure R, whose members are working diligently to ensure its passage.

A Shared Mission for our Community

While our roles are markedly different, we at the Hospital Foundation share a mission with our Hospital. As demonstrated in the Hospital Foundation's own Articles of Incorporation, we are all working to "the end that the greatest amount of hospital service may be extended to the greatest number of people." Our role is that of fundraising, providing those who value the level of local hospital service we currently enjoy with an opportunity to help support those vital services. Our Hospital's role is to provide those services. Though it has always been a tremendous challenge, providing

the level and number of vital services we've all come to depend on has become next to impossible.

We are NOT alone

You can read about it in the newspapers nearly every day. We, along with many other communities across the state and the nation, are facing the same considerable challenges to providing healthcare, and not just in rural communities. **All over, hospitals are closing and vital services are being eliminated because hospitals like ours are simply not paid enough by both government and private payers to cover their costs.** In a rural area such as ours with a large service area and a limited population, the problem is accentuated. There are less of us to be cared for and thus less of us to pay for that care, yet we still want, need and deserve the same vital services as our larger urban counterparts.

Larger service area, more costly to service and less people to pay...not a combination conducive to a balanced budget. Our Hospital is not trying to be all things to all people; they are trying to the best of their ability to provide us with the basic services—emergency, laboratory, diagnostic, chemotherapy, obstetrics, surgical services—that we all need in order to live and thrive here.

Economic impact...

The business of caring for our families and our friends takes a lot of people and costs a great deal of money, much of which is invested right back in our own community by those who care for us. Now our largest employer, our Hospital employs over 300 local community members, all of whom work tirelessly to provide this community with a vital resource, the services of which we cannot afford to lose. A significant reduction in hospital services would have a devastating impact on our health and our local economy.

Much is asked of us in this community. We're asked to help support our schools, our fire departments, our cultural organizations, our youth and our elderly. **In an area of our size and rural locale we must all play a part in our community's future.**

We depend on our Hospital to be there for us when we need it. The Hospital Foundation is here for OUR Hospital.

Eve Yeomans
Executive Director



Winesong! auction spotter Emmet O'Connell, Laboratory Manager



Nursing Station 2: (L to R from back) Chanda Morgan, LVN; Alison Rhoads, RNA; Elizabeth Luevano, Staffing Coordinator; Ken Hill, RN; Ann Beauchamp, RN; Brenda Howard, RN; Darlene Dean, RN; Julie Coggins, CNA



Curt Gore, Dietary Department



Maria Valadoa, Housekeeping Department



Linda James, MD, General Surgeon & Assistant Chief of Staff



Tamaki Kimbro, MD Medical Director, Emergency Department



Brent Wright, MD OB/GYN & Chief of Staff



Jan Kirsch, MD Oncologist

Jason Kirkman, MD Medical Director, Cardio-Pulmonary Department



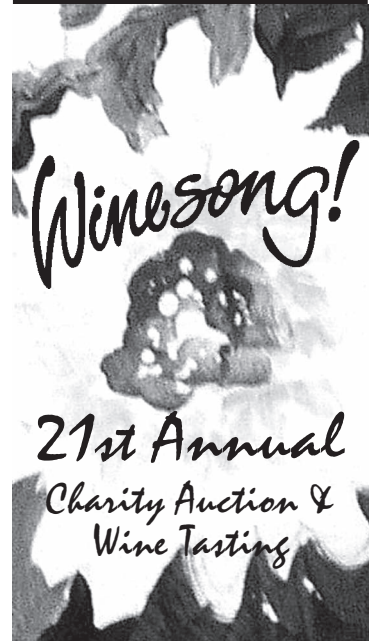
Diagnostic Imaging Team: (L to R from back) Janice Shelton, CRT; Dr. Russ Perry, Medical Director of Diagnostic Imaging Services; Margaret DeMarinis, CRT; Becca Killion, Amy Davis, ARDMS; Angel Carrillo, CRT; Jerry Wood, CRT, Manager of Diagnostic Imaging

Carol Joyce Winesong! Event Coordinator



We are pleased to welcome Carol Joyce as Wine-song! Event

Coordinator. A former owner and operator of a production management business, Carol brings a wealth of event planning experience in addition to having a degree in Industrial Psychology. Event Planning is her passion, so she is thrilled to be a part of Winesong! and to work with our many dedicated volunteers.



21st Annual Charity Auction & Wine Tasting

*a celebration of wine food * music * art*

Saturday, September 10, 2005

Mendocino Coast Botanical Gardens

Wine Tasting 11am-2pm
Featuring 100 wineries and 50 restaurants & food purveyors

Live Auction 2-5pm
Including rare wine, fine art & travel packages

Ticket information:
707 961-4688
www.winesong.org

Winesong! benefits Mendocino Coast District Hospital

MENDOCINO COAST HOSPITAL FOUNDATION...because it's OUR Hospital

Measure R continued from front page

rather remote, friendly and beautiful area is. So, all the more important it is to have our district hospital be ready to service any medical emergency twenty-four hours a day, seven days a week with emergency room staffing, paramedic services and extensive inpatient and outpatient service.

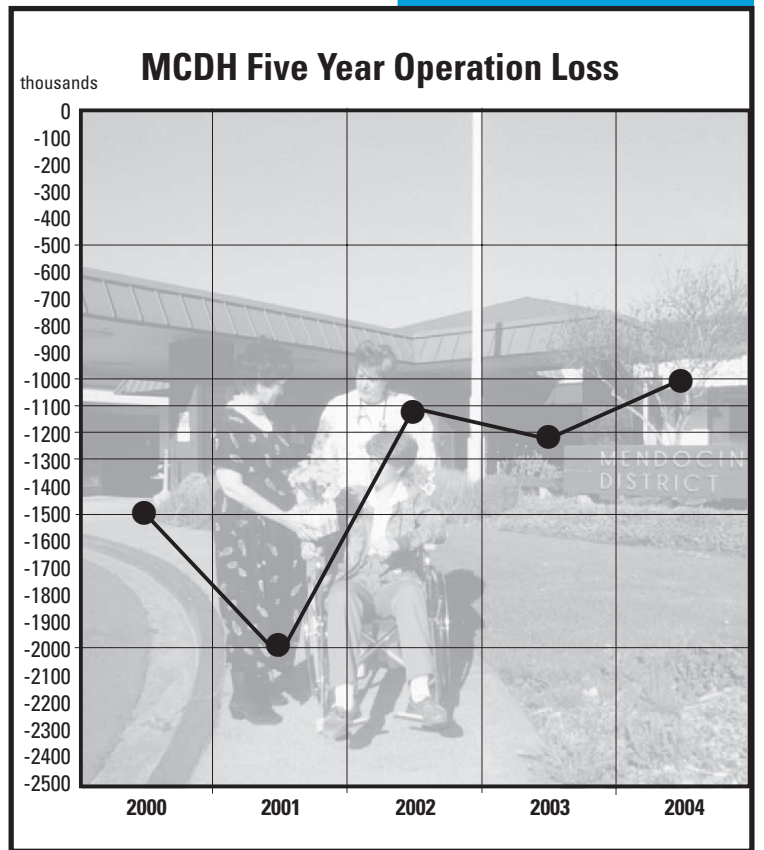
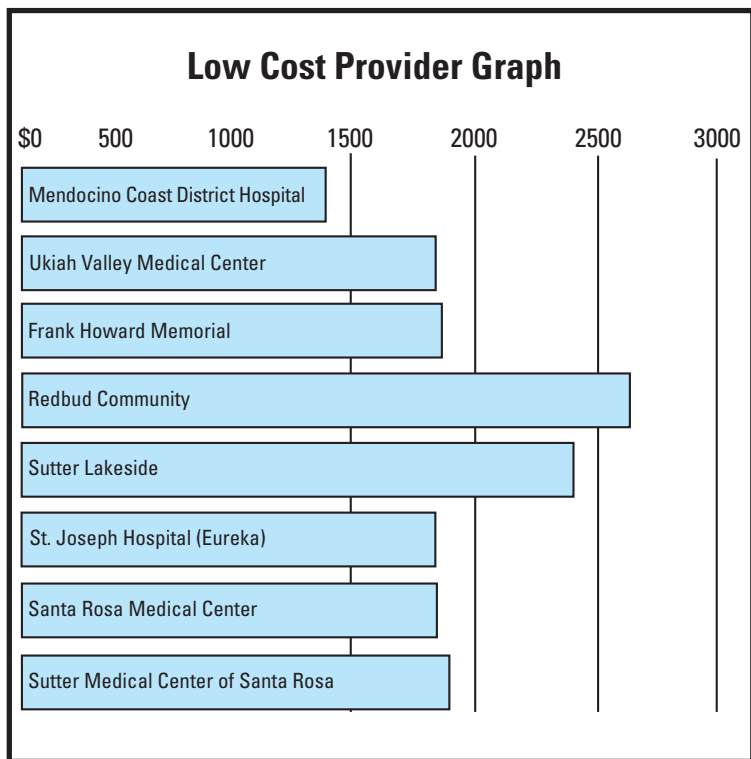
And there is the obvious yet sometimes over-looked concern that, without a comprehensive health-care institution such as MCDH, business-owners, renters, land-owners, retirees, families, and—not incidentally—visitors to this area, rely on the fact that this District has a full-time, quality health-

care facility available. To all. Twenty-four hours a day, seven days a week.

Without the additional revenue stream provided by passing of the parcel tax, the hospital will also face the problems of recruiting and retaining qualified physicians and employees, and of not having the funding to provide the most current technology. It follows that many more residents will have to “go over the hill” for necessary care and treatment.

As MCDH Chief Executive Officer Bryan Ballard writes: “This measure has a direct impact on our community and will be decided exclusively by voters in the Mendocino Coast Health Care District. It will be the local residents who stand to gain the most.” ✚

Cost per adjusted patient day comparison of MCDH to surrounding hospitals



Operating Loss graph shows hospital operates in a deficit.

Calendar for Health Education & Support

- **Advanced Disease Support Group**
Mondays from 1:30–3:00 pm. This is a professionally facilitated support group. Call 937-3833.
- **Alcoholics Anonymous**
For time and place of meetings call 964-7726.
- **Cancer Support Group**
Meets 1st & 3rd Wednesday, noon to 1:30, at the Redwood Coast Senior Center in Fort Bragg. For information: 964-8876.
- **Caregiver Support Group**
Meets 1st & 3rd Thursday at the Redwood Senior Center in Fort Bragg. Call 964-8876.
- **Childbirth Preparation Classes**
For registration and schedules call the Caring for Women office, 964-3513.
- **Compassionate Friends**
For bereaved parents, grandparents and siblings of children who have passed away. Meets 1st Tuesday at First Presbyterian Church in Fort Bragg, 367 S. Sanderson Way. For more information call Cynthia Wall at 964-5229 or the church at 964-2316.
- **Diabetic Support Group**
Meets 4th Saturday in the conference room at MCDH, 10:30 am to noon. 964-3826 or 961-4692.
- **Durable Power of Attorney for Health Care**
Call Kathy Branam, RN at 961-4692.
- **Grief Support Group**
Meets every Thursday from 6:15–7:45 pm in the Fireside Room of the First Presbyterian Church of Fort Bragg, 367 S. Sanderson Way. For more information call 961-4692.
- **Hevra Kadisha**
Jewish traditions relating to death, mourning and the Jewish cemetery. Call Rabbi Margaret Holub at 937-5673.
- **Hepatitis C Therapeutic Health Group**
Meets 2nd & 4th Thursday of the month. Call 962-0350 for more information.
- **HIV Support Group**
Meets 1st & 3rd Wednesday 1:00–3:00 p.m. 255 S. Harold Street, Fort Bragg. Call 962-0350.
- **Hospital Board of Directors Meeting**
Meets 3rd Thursday of the month in MCDH Conference room. (November meeting will be held the 17; December meeting the 15th.) Regular closed sessions begin at 5:30 pm; open sessions follow at 6:00pm.
- **Living Well with Health Challenges**
A weekly support group meeting Wednesday & Thursday from 10:00 am to noon at Saint Michael & All Angels Episcopal Church in Fort Bragg. For more information call Gayle Heiss at 937-5240.
- **Maternity Tours**
First Monday night of every month, 7 pm. Meet in Main Lobby of hospital. No registration required.
- **Mendocino Coast Cancer Support Group**
Meets 1st & 3rd Wednesday from 12:00–1:15 pm at Mendocino Cancer Resource Center, 45040 Calpella Street, Mendocino. 937-3833
- **NAMI Family Support Group**
For families and friends of people with neurological brain disorders. Meets 1st Thursday of each month, 5:30–7:00 pm at Saint Michael & All Angels Episcopal Church. For information: 937-3339.
- **Overeaters Anonymous**
Meets Mondays 8:35-9:35 a.m. and Wednesdays 5:45-6:45 p.m. at St. Michael & All Angels Church in St. Veronica's Hall, 201 E. Fir Street in Fort Bragg; and Fridays 12:30-1:30 pm in the Fireside Room of Eidsath House, Presbyterian Church, 44831 Main Street in Mendocino. For more information call 937-0615.
- **Parkinson's Support Group**
Meets first Friday of the month, 2:00–3:00 pm in conference room at Fort Bragg Library.
- **Winesong!**
The Hospital Foundation's annual Winesong! takes place every September. Call 961-4688 for more details.

The Update Calendar is reviewed periodically. For deletions, corrections or hospital-pertinent additions, please e-mail caldwell@mcn.org. Or call the hospital at 961-1234: Attention: Update Calendar.

Update

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