

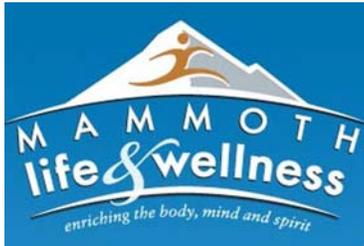
# Heartbeats

A Community Service of Mammoth Hospital  
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Lori Ciccarelli, Editor

Fall 2006

## Mammoth Life and Wellness Inaugural Event

By Gary Myers, Chief Executive Officer



As part of our mission to educate the public on disease prevention and promote healthy lifestyles, the Southern Mono Healthcare District has teamed up with

Mammoth Mountain Ski Area to present the inaugural Mammoth Life and Wellness Event, October 20-22. This three-day event will feature keynote speaker Dr. Andrew Weil, the world's foremost authority on health, healing, and alternative medicine. The Mammoth Life and Wellness event is where east will meet west and where everyone can find something to enrich the body, mind, and spirit. As the wisdom of eastern tradition continues to blend with western science to produce improved health outcomes, the incredibly beautiful surroundings of the Eastern Sierra provide the

perfect environment for the integration of these disciplines to produce new synergy.

Many of the seminar presenters are members of our own medical community right here in Mammoth Lakes. Dr. Jack Perry, Dr. Mike Karch, Dr. Pete Clark, Dr. Paula Nornes, Dr. Rich Price, and Dr. Yuri Parisky will all be featured presenters discussing topics of broad interest in health and wellness such as arthritis, ski conditioning, high altitude health, lower back pain, the pros and cons of hormone replacement therapy, breast cancer, and others. Physical therapists Karilyn Myers, Lorraine Maciorowski, and Sherri Pueblo will provide their expertise about the benefits of exercise in treating various medical conditions as well as to augment general health and prevent the acceleration of disease processes; registered dietician Pam Mason will talk about food supplements and will team up with exercise physiologist Rita Klabacha to present a class on safe and sustained weight loss.

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## Get Ready for Another Exciting Festival of Trees

By Lori Ciccarelli, Community Relations Director

Santa Claus is coming to town at the third annual Festival of Trees. Join us on Saturday, December 9 for another magical gala event. Enjoy the décor of these stunning trees created by local designers who are volunteering their time. Many community members have requested for us to showcase our themed holiday trees to the public. ***We will proudly display them the entire week prior to the event from December 2 - December 8 at the Mammoth Lakes Ski Museum.*** This will allow everyone the opportunity to partake in the festivities. Then on December 9 we will host the gala festival with a live auction of trees accompanied with gifts along with a silent auction of wreaths, gingerbread houses, gift and wine packages at Cerro Coso Community College (please note this is a NEW LOCATION). You can get all of your holiday shopping done in just one night. Enjoy delicious appetizers, wine, and dancing; this is a gala party you don't want to miss and it's all to benefit a great cause.

Our goal at Festival is to raise \$75,000 to help support a \$400,000 full field digital mammography system for Mammoth Hospital. In just one year, we are half way there with \$220,000. This type of mammography system has

gained FDA approval for the screening and diagnosis of breast cancer, and touted to be the single biggest advance in mammography in 30 years. Full field digital mammography allows for faster acquisitions, fewer total exposure, and less patient discomfort. Local residents now travel out of the area to receive this type of screening. Early detection of breast cancer greatly increases the chance for survival.



2005 tree designed by Sierra Design Studio

Come and support Mammoth Hospital. If you would like to attend this event or sponsor a tree, contact Lori Ciccarelli, Community Relations Director at (760) 924-4015 or visit [www.mammothhospital.com](http://www.mammothhospital.com).

## A.O. Orthopaedic Fellow Joins Sierra Park Orthopedics and Sports Medicine

By Jennifer Hansen, Public Relations Coordinator



Mammoth Hospital and the Sierra Park Orthopedics and Sports Medicine Service have made another step in the accomplishment of the strategic plan that was developed four years ago with the start of the A.O. Orthopaedic Fellowship.

This program kicked off August 1, 2006, with the arrival of Alec Denes, M.D. Dr. Denes will be working with the orthopedic team at Mammoth Hospital for the next year.

Alec Denes obtained his medical degree from the University of Missouri, Kansas City in 2001. He completed his residency training in orthopedic surgery at the New York Medical College - Brooklyn and Queens Division. He also completed his residency training in general surgery at Saint Vincent Hospital in Manhattan. Dr. Denes is a member of the American Academy of Orthopaedic Surgeons and the Wilderness Medical Society. His wife, Whitney, is

currently finishing her radiology residency in New York. He enjoys running and has participated in events such as the Paris and Boston Marathons. He is also an avid bike rider and has participated in the ALA Big Ride Across America.

Mammoth Hospital was selected in December 2005 to be an A.O. Center, which means that the hospital will receive support of the A.O. Foundation which includes hosting a fellowship and providing training for selected applicants under the direction of the Sierra Park Orthopedic medical staff. Fellows are board eligible orthopedic surgeons who further their knowledge by accepting a fellowship rather than going straight into general practice. Dr. Denes is the first fellow in this program at Sierra Park Orthopedics and Sports Medicine. An applicant has already been accepted for the 2007-2008 year and applications are being collected for the 2008-2009 year.

For more information on the fellowship program, please contact Jo Vroman at the Sierra Park Orthopedics and Sports Medicine Clinic at (760) 924-4084.

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## Sierra Park Family Dental Clinic Awarded Grant

By Greg Bissonette, Grant Coordinator

Through support from the California Dental Association (CDA) Foundation's Dental Materials and Supplies Grant Program, the Sierra Park Dental Clinic will be receiving donated supplies from the Henry Schein Corporation. The Dental Materials and Supplies Grant Program works in concert with the Henry Schein Cares Program to provide a broad selection of dental products and materials to help non-profit organizations and clinics enhance the quality of dental care of underserved individuals and families in local California communities. The dental clinic will receive donations of materials and supplies valued at \$5,000 to \$25,000 per year for two years. The only cost to the clinic is shipping.

Henry Schein Cares is the global corporate citizenship program of Henry Schein, Inc. (NASDAQ: HSIC), the largest distributor of health care products and services to office-based practitioners in the combined North American and European markets. The mission of Henry Schein Cares is to assist in narrowing the disparity in the delivery of health care services and information to underserved communities, both in the United States and abroad, by providing resources to support the programs of community-based health professionals and their

organizations. Henry Schein Cares currently supports nearly 100 non-profit organizations across the United States and abroad by providing resources, which



include cash donations, in-kind services and product donations, to support the programs of community-based health professionals and their organizations. It is part of Henry Schein's ongoing commitment to corporate social responsibility, and its belief in the theory of enlightened self-interest: doing well by doing good.

Mammoth Hospital is very excited about this great partnership. These dental supplies will go a long way to help serve our community. Thank you CDA and Henry Schein.



## Interpretive Services Recognized as Model Program

By Jennifer Hansen, Public Relations Coordinator

Over the past four years, Mammoth Hospital has been working toward the development of an Interpreter Services program to help assist those patients who do not speak English, who are Limited English Proficient (LEP), deaf, or hard of hearing. The implementation process began with hiring an independent consultant to conduct a language needs assessment, evaluate existing delivery of services, and provide a guide to program development. After several months of research, the hospital's Community Relations department developed the policy for Interpreter Services, and in June of 2005, Mammoth Hospital's Senior Management approved the creation of an Interpreter Services department. Now, Mammoth Hospital offers interpreting service coverage 24 hours a day, seven days a week for no cost to those patients that need assistance.

Because Mammoth Hospital has developed such an efficient interpreter services program, during the 6th annual California Healthcare Interpreting Association (CHIA) educational conference in Los Angeles on June 2nd, Jose Garcia, Mammoth Hospital's Interpreter Services Supervisor, was asked to participate by presenting the hospital program. The focus of this conference was to present developed programs and how they can be used as a model for other facilities. Over 400 interpreters and program coordinators from all over the country attended this conference. Jose's presentation included the history and facts of Mammoth Hospital; the Interpreter Services program; the standards of practice; and the challenges faced with developing a program of this magnitude. Other facilities (Memorial Hospital in Kingman City, Ca., and Memorial Health System in Colorado Springs, Co., among others) have now asked Mammoth Hospital to be a model for the development of their programs. In addition, Mammoth Hospital has been invited to participate in research studies

conducted by the University of California San Francisco, Center for Health Professions, and by the South Carolina Rural Health Research Center, Department of Health Services



Policy and Management University in Colombia. This presentation was a huge step for Mammoth Hospital and its strategic goals for creating a professional Interpreter Services program. The program's mission is to: *"support the Southern Mono Healthcare District's mission by serving the community providing the highest quality health care; facilitating communication between Limited English Proficient or non-English speaking patients and their providers."*

Jose Garcia was born and raised in Mexico City. He graduated from Universidad Nacional Autonoma de Mexico in 1986 with a degree in Cirujano Dentista (equivalent to a doctor of dentistry). The medical knowledge that he acquired during his years of dental school has allowed him to rapidly grow as a health care interpreter. Jose was hired by Mammoth Hospital as a "medical interpreter/translator." He has been a key person in the development and implementation of Mammoth Hospital's Interpreter Services Program. Jose has lived in Bishop since 1989 and recently became CHIA's Eastern Sierra Chapter Chair.

To learn more about Mammoth Hospital's Interpreter Services Program, please contact Jose Garcia at (760) 934-3311 extension 2640 or visit [www.mammothhospital.com](http://www.mammothhospital.com).

## Mammoth Hospital Supports the Passage of Proposition 86

By Gary Myers, Chief Executive Officer

Proposition 86 will increase the state's cigarette tax by \$2.60 per pack. Revenue derived from Proposition 86 will provide financial assistance to eligible hospitals, which should include Mammoth Hospital, by providing support for hospital emergency care services.

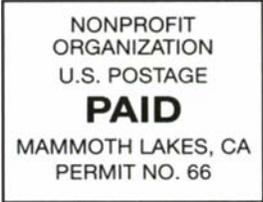
If approved by California voters on November 7, this innovative measure is reported to raise about \$2 billion annually, with approximately \$758 million per year allocated for hospital emergency and critical care services. If eligible, Mammoth Hospital may use its allocation of these funds to improve, maintain, or expand emergency and critical care services, facilities, personnel, and equipment; pay for on-call

coverage fees to specialist on-call physicians; and help cover the costs of uncompensated emergency department (ED) care.

Proposition 86 will provide sufficient new money to almost double the number of new nurses graduated each year in California. Additionally, approximately \$70 million of new money will be provided to pay doctors for uncompensated care provided in the ED. Assistance in both of these areas is critical to Mammoth Hospital.

Proposition 86 is an unparalleled opportunity for hospitals and all Californians. Mammoth Hospital supports this ballot measure. It will have a direct, positive impact on our local hospital.





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*Life and Wellness ... page 1*

In addition to our local health experts, Dr. Stephen Pratt, author of the bestseller *“Superfoods,”* will combine forces with Dr. Marc Sedwitz and Dr. Wayne Hooper and others from Scripps Institute to present several thought provoking classes on lifestyle changes and health practices that can lead to greater longevity and improved quality of life. Other keynote speakers include Dr. Richard Carlson, author of *“Don’t Sweat the Small Stuff”* and fitness expert Kathy Smith. Local exercise enthusiasts Suzanne Nottingham, Sabrina Nioche, and John Armstrong will lead activity-based sessions on nordic walking, nature walking, pilates, and cycling while yoga experts Mark Schlenz and Dagmar Zila will provide introductory sessions in the various aspects of this ancient art. So come and find out for yourself how Integrated Medicine, the blending of eastern and western traditions, can help you lead a longer, healthier, and fuller life. This exciting weekend of health and wellness education will have something of great value for everyone so come and join the fun! Log on to [www.MammothEvents.com](http://www.MammothEvents.com) to register online or call 800-MAMMOTH for more information. See you there!

**VISION**

The Southern Mono Healthcare District is dedicated to excellence in the preservation, enhancement and restoration of the health and well being of all members of our residential and visitor communities.

**MISSION**

The mission of the Southern Mono Healthcare District is to:

- ♥ Deliver excellent, compassionate health care services for our residents and visitors;
- ♥ Provide appropriate health care services which conform to the highest standards of care and are directed toward improving the overall health of our community;
- ♥ Ensure sustainability through sound governance, quality management and financial responsibility; and
- ♥ Facilitate continuity of care through the development of local and regional collaborative relationships with businesses and other providers.

**ADMINISTRATION**

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 Jim Smith, CPA, Chief Financial Officer  
 Joe Bottom, Chief Operations Officer  
 Kathleen Alo, RN, BSN, Chief Nursing Officer  
 Keely Ferguson, Chief Information Officer  
 Nancy Hilmo, Executive Assistant

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