



Sierra Nevada Memorial Hospital



service
to our community

2008 ANNUAL REPORT

Our Mission, Vision and Values

Sierra Nevada Memorial Hospital Mission

Our mission is to contribute to the health of our community through the provision of quality services delivered in a compassionate and cost-effective manner.

Sierra Nevada Memorial Hospital Vision

Believing the best we can imagine can be the reality we can create...we imagine:

- Patients choose to come to our hospital because they are confident that they and their loved ones will receive quality and compassionate care.
- Our employees find their work professionally rewarding and are recognized and respected for their skills, compassion, commitment, teamwork and contributions to excellence in patient care.
- Our physicians are strategic partners who share a sense of pride in our hospital and the community it serves.
- Our hospital is designed and equipped as a place to fully support curing and healing.
- Our hospital is viewed with pride as the community's primary resource for healthcare and the encouragement of healthy lifestyles.

As an affiliate of Catholic Healthcare West (CHW) we also subscribe to CHW's Mission, Vision and Values.

CHW Mission

Catholic Healthcare West and our sponsoring Congregations are committed to furthering the healing ministry of Jesus. We dedicate our resources to:

- delivering compassionate, high-quality, affordable health services;
- serving and advocating for our sisters and brothers who are poor and disenfranchised; and
- partnering with others in the community to improve the quality of life.

CHW Vision

A growing and diversified health care ministry distinguished by excellent quality and committed to expanding access to those in need.

Our Values

Catholic Healthcare West is committed to providing high-quality, affordable health care to the communities we serve. Above all else we value:

Dignity - Respecting the inherent value and worth of each person.

Collaboration - Working together with people who support common values and vision to achieve shared goals.

Justice - Advocating for social change and acting in ways that promote respect for all persons and demonstrate compassion for our sisters and brothers who are powerless.

Stewardship - Cultivating the resources entrusted to us to promote healing and wholeness.

Excellence - Exceeding expectations through teamwork and innovation

Sierra Nevada Memorial Hospital

As a member of Catholic Healthcare West, Sierra Nevada Memorial Hospital is committed to serving the health needs of our communities with particular attention to the needs of the poor, the disadvantaged and vulnerable, and the comfort of the suffering and dying. Catholic Healthcare West has a commitment to quality - quality healthcare services and the promotion of optimal quality of life for all of life.

Our Ministry

Catholic Healthcare West hospitals are technologically advanced without losing the human touch. At Sierra Nevada Memorial Hospital we foster the belief that people make the difference in the art of healing. We strive to create a professional and healing environment that respects human dignity, provides excellent services, promotes justice in serving the poor, stewards our healthcare resources and collaborates among healthcare providers and community leaders. We believe that high quality healthcare is a right, not a privilege, and we strive to provide healthcare access for all who seek care in our facility.



History and Heritage

Sierra Nevada Memorial Hospital is western Nevada County's only acute care facility, and has served area residents since 1958. Services include acute medical and surgical, emergency, rehabilitation, OB/GYN, and outpatient care. The hospital maintains an ambulance service, Sierra Nevada Home Care, and transitional care, plus a Cancer Center that offers radiation and medical oncology for cancer patients. Most recently, SNMH opened an outpatient diagnostic center that offers fully digital diagnostic technology including mammograms, MRI, 64-slice CT, combined with a comfortable, healing environment.



Improving Community Health

Our affiliated physicians, employees and volunteers recognize and support the physical, emotional, social and spiritual well being of those we serve. We aim to provide the highest quality healthcare within our hospital walls, but we also work in partnership with other local organizations to address the priority health needs of our community outside the walls of the hospital. We hold ourselves accountable to our community for the human, financial and ecological resources entrusted to our care. We are proud to share this 2008 Report to the Community on the strategic efforts we have undertaken over the last year to promote the health of the Sierra Nevada Memorial Hospital community.

Community Benefit Programs

In FY2008, Sierra Nevada Memorial Hospital provided \$12,634,731 in unsponsored care and programs for the benefit of our community. Unsponsored care includes costs of care for persons who are poor, the costs associated with caring for Medicare, Medicaid and other government program beneficiaries, and costs for services our hospital subsidizes because they are not offered anywhere else in the community. The remaining community benefit expenses may also include health professions' education and research, clinic services, health promotion and disease prevention programs, grants and donations of cash or services to non-profit organizations. Highlights of our 2008 programs include the following:



Wellness Center

Sierra Nevada Memorial Hospital's Wellness Center provides educational classes to the Sierra foothills community.

The Wellness Center offers a wide variety of health-related classes in diabetes, asthma, obesity, nutrition and aging designed to encourage healthy behaviors and lifestyles, as well as to help people manage chronic diseases. Classes are held for employees and the general public.

Occupational Health Clinic

The Occupational Health clinic does community outreach by providing

some of the following services at business sites on request: Ergonomic Screenings, Physical Therapy Evaluations, Back Injury prevention, Cumulative Trauma Disorders, Stress Relief, Nutrition and Weight Loss, Blood Pressure Screenings and Flu shots. We also host a quarterly meeting for community safety officers and provide most of the speakers. Most are offered at a small fee and some are free.

Heart Health Education

The Sierra Nevada Memorial Hospital Cardiac Rehabilitation Department offers low-cost classes on heart health that are open to the community. The full range of classes includes risk assessment, heart healthy nutrition, pharmacology and the physiology of the circulatory system. The six-class series is repeated quarterly and classes are always very full.

Cancer Support Groups

The Sierra Nevada Cancer Center believes deeply in the concept of healing – care of the mind and spirit, as well as the body. In support of this concept it has developed an extensive network of support designed to assist cancer patients and their families.

Support groups are offered to Sierra Nevada Memorial Hospital patients, their family and friends to assist in coping with the diagnosis, treatment and side effects of cancer and other diseases. The Cancer Center provides free skin cancer screenings and prostate cancer screenings to the underserved. Approximately 90% of the community's cancer patients receive their treatment at the Sierra Nevada Cancer Center.

Educational Services

The Educational Services department provides free classes for infant and child CPR on a regular basis. Costs of these classes have been partially underwritten by grants that enable the department to provide instructors and materials free to participants. The department also loans resuscitative manikins and other CPR materials on a case-by-case basis to community service groups and gifts outdated materials to the Luke Foundation (a medical missions organization). Some free diabetes education appointments are also provided on a case-by-case basis.

Community Grants

The CHW Community Grants program, which is funded by contributions from its member hospitals, is one way in which CHW supports and enhances the advocacy, social justice and healthier communities' efforts of its hospitals and religious sponsors. One of the program's objectives is to partner with other nonprofit organizations that share our values and also work to improve the health status and quality of life of the communities we serve.



Last year Sierra Nevada Memorial Hospital contributed \$85,000 in grant funding to 6 nonprofit organizations serving our community. Grant awards were offered to the following organizations:

Alzheimer's Outreach Project

By providing access to a counselor, education information & other resources available in the community over the course of the patient's long illness, caregiver stress, depression and emotional and mental strain can be reduced. This program will provide critical support to alleviating the mental anguish and consequent poor physical health of caregivers of patients with dementia.

KARE Crisis Nursery

KARE helps very low income families, providing services for children from birth through age 5. KARE will be an immediately available resource with a



stable and nurturing environment and caring staff, to provide assessments, linkages, and encouragement to help break down barriers for families to receive mental/behavioral health services.

Sierra Family Medical Clinic

Substance Abuse and Prevention will be added to the fully integrated behavioral health program, and documented for factors of improved health attributed to the decrease of substance abuse for those who are most in need.

Sierra Nevada Children's Services

SFMC will use the MINI Behavioral Health Screening Tool for all clinic patients at least once a year to identify of those in need of substance abuse therapy. Those at risk will be introduced personally through the "warm handoff" process to the Substance Abuse Professional for

"same day" care. Referrals will also come from the courts and other county agencies. Treatment initially would be on an individual basis then transition to a group setting (6-20 people) using a modified 12 step program. This group will be ongoing, once a week, led by the LCSW and the Peer Counselor. In addition to participation in group sessions the Peer Counselor provides Community Outreach and will be the bridge for those who might mistrust health care professionals but who would believe they could rely on someone who has "been there" and succeeded in controlling substance abuse problems.

Sierra Nevada Community Health Plan

The program will include the medical treatment of health issues associated with drug and alcohol use. Primary care will diagnose any morbid psychiatric disorder that the patient has been self medicating with drugs and/or alcohol. The Behavioral Health professional will work with the primary care provider for the prescription of abstinence medication such as Campral which decreases the desire to drink in alcoholics, Suboxone to decrease desire for opiates, and medications for anxiety therapy (associated with substance abuse).

Community Investments, Ecology and Advocacy

Community Investments



CHW's Community Investment Program provides below market interest rate loans to nonprofit organizations working to improve the health and quality of life in their communities. CHW borrowers develop affordable housing for low-income families and seniors, provide job training for unemployed or underemployed persons and create wealth in low-income and minority neighborhoods.

Since 1990 Catholic Healthcare West has invested over \$96.9 million in community based organizations.

Ecology Initiatives

In January 1996 the CHW Board of Directors endorsed the Ceres Principles for environmental stewardship. In endorsing the Ceres Principles, CHW agreed to conduct an internal environmental audit and complete an annual public report



on environmental performance. This action positioned CHW as a healthcare leader on environmental issues. At CHW we develop and implement policies for the reuse, recycling and conservation of Earth's resources.

Advocacy Efforts

Through effective advocacy efforts, CHW addresses the social, political and economic structures that impact the health of persons, especially those most vulnerable. Our advocacy priorities address issues related to: providing the resources needed to effectively care for those most vulnerable; promoting community health; and advancing ecological initiatives. CHW collaborates with other organizations that share our values to coordinate public policy and shareholder advocacy efforts.



About CHW

We are committed to delivering compassionate, high-quality, affordable health care services in a compassionate environment that is attuned to every patient's physical, mental and spiritual needs.



Catholic Healthcare West, headquartered in San Francisco, is a system of 41 hospitals and medical centers in California, Arizona and Nevada. Founded in 1986, CHW is the eighth largest hospital system in the nation and the largest not-for-profit hospital provider in California. The CHW network of more than 9,700 physicians and approximately 44,851 employees provides quality health care services during more than four million patient visits annually. In 2008, CHW provided more than \$967 million in community benefit and free care for the poor.

Key Statistics (as of June 30, 2008)

Acute Care Facilities:	41
Acute Care Beds:	8,660
Skilled Nursing Beds:	955
Employees:	44,851
Active Physicians:	9,754
Community Benefits and Care of the Poor:	\$967 million



Sierra Nevada Memorial Hospital
155 Glasson Way, Grass Valley, CA 95945
(530) 274-6000 • www.snmh.org