

From the President's Desk



It is with great sadness that I inform you that one of our most treasured Board Members, Bud Harwood, has passed away. Bud believed in public service and was actively engaged in the political process throughout his life. He was a political leader, an independent thinker, and ardent advocate for the hundreds of families employed by Harwood Products for over 60 years.

Bud was community minded and participated in many community organizations including: President of the Redwood Region Logging Conference, Chairman of the Mendocino County Democratic Central Committee, President of the Willits Unified School District Board of Trustees, Laytonville Lions Club, Frank R. Howard Memorial Hospital Board of Directors, Board of Directors of the Bank of Willits and Laytonville Little League to name a few. Through Harwood Products Bud donated liberally to worthy community causes including \$60,000 to start the Long Valley Health Center and to the renovation of Harwood Park including new grandstands and fence.



Bud Harwood served on the Board of the Frank R. Howard Memorial Hospital from 1979 to 1986. In 1987, when the Foundation Board decided to lease the hospital to Adventist Health, Bud continued to serve as a member of the Foundation Board. Bud served the hospital community for 32 years and I'm certain you could count on one hand the meetings that Bud

missed. In his later years, his wife Virginia would drive him to the meetings as he didn't like to drive at night. The Frank R. Howard Foundation, the Frank R. Howard Memorial Hospital, and the Willits community-at-large all owe both Bud and Virginia Harwood immense gratitude for a job well done. We will miss Bud's hearty laugh and quiet demeanor.

Continued next column

I would also like to take this opportunity to mention that the funding of the new hospital by Adventist Health will allow the Foundation to concentrate its efforts on the remaining development of the new health care campus. Plans call for a medical office building, campus housing, an auditorium and a wellness center.

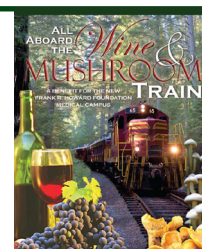
The development of a wellness center is a project that is near and dear to my heart, and one that would include an indoor pool as there is a great need for an enclosed swimming pool in our community. That belief was confirmed when recently I received a petition signed by over 600 community members asking that the Foundation consider making the pool an integral part of the Wellness Center. We have already explored this possibility and have spent a considerable amount of time and effort reviewing similar health and wellness facilities. One of the hurdles we face is that the Wellness Center did not pencil out as being financially feasible. And, while I hope that there is a way to overcome this challenge, the last thing we want to do is to build something that we can't support into the future. I was happy to receive the petition from the community because now I know that there are over 600 people who share my belief in the importance of a Health & Wellness Center and that it is also near and dear to their hearts. I trust that, collectively, we will find a way to be able to move forward with this project.

The Foundation is also making it possible for there to be a 5-acre organic garden (COMMONWEALTH Gardens), to grow food for the new hospital. It is meant to provide food for patients, visitors and staff and it sits directly across from the new hospital. Much of the infrastructure of the Garden is in place with the hopes of providing its first crops to the hospital in 2012. A heartfelt thank you goes to Keith and Ananda Johnson for all their hard work in bringing the Garden to this stage.

Margie Handley, President

*The 3rd Annual
Wine & Mushroom Train,
November 5, 2011!*

See page 3 for details →





Frank R. Howard Memorial Hospital Continues to Provide World Class Care Right Here at Home

Many exciting things are happening at Frank R. Howard Memorial Hospital (HMH). From new leadership to new technology to a new physician of the year, HMH is leading the way into the future of health care while maintaining its neighborly way of caring for people in our community.

NEW CEO

On September 26, HMH welcomes its new CEO, Rick Bockmann. Current Interim CEO Terry Hansen said, "Based on the strong relationship-based culture of our hospital, I know Rick Bockmann will be a positive addition to the team. When I spoke with Rick's colleagues about his leadership style, they described him as 'collaborative, principled, and even-tempered.' I think his transition to our community will be pretty easy, too, considering his daughter, son-in-law, and grand-daughter live in Willits."

Bockmann joins us from St. Helena Hospital where he has been managing dual roles: vice president for physician services and CEO of Adventist Health/California Medical Group, roles he's held since 2007. He has managed physician/hospital business relationships, and has also contributed to the \$100 million of growth at St. Helena Region Hospitals.

"It hardly seems possible that it's been nearly four months since having had the privilege of serving as interim CEO of HMH," said Terry Hansen. "The time has gone so quickly. I have greatly appreciated the opportunity to work with the outstanding staff at HMH, even if only for a short time. I have felt warmly welcomed and accepted as part of the HMH family. I pray that they will continue to serve with the warm, compassionate caring support that makes HMH such a special place."

NEW MINIMALLY INVASIVE SURGERY TECHNIQUE

While waiting for their new CEO this summer, HMH personnel have stayed busy. The Surgery Department hosted a Chicago-based film crew who came to document orthopedic surgeon Dr. Bill Bowen while he performed a new carpal tunnel release technique. The technique, MANOS, is a minimally invasive procedure that can be performed in less than 10 minutes. The incision is less than an inch long and has only a one to two week recovery time compared to the potential six weeks needed for full recovery from traditional carpal tunnel surgery. The new system was developed by Thayer, a privately held company based in San Francisco, CA.

This innovative procedure was first performed in November, 2010 at HMH by Dr. Bowen on another physician, Edward Eyester, M.D., who also served as Thayer's Medical Director. The procedure was performed with local anesthetic. "Dr. Eyester left the hospital thirty minutes after the procedure, and was back to work operating the following day,"

said David Undercoffler, a Thayer representative.

HMH's three orthopedic surgeons are three of only 150 MANOS-trained surgeons nationally. Presently, HMH is the only hospital north of Santa Rosa to offer this service.

ELECTRONIC MEDICAL RECORD ENHANCEMENT

As with other computer technology, things are always improving with electronic medical records. The latest development at HMH is computerized provider order entry (CPOE). It allows doctors and other providers to enter more information directly into the system, which will enhance patient safety and facilitate evidence-based/best practice medicine at HMH. HMH Spokesperson Kristen Meadows said, "Information that used to be transcribed from a doctor's hand-written notes or recorded messages is now instantly available electronically. When CPOE goes live in September, it will improve efficiency, which is good for patients."

2011 HMH PHYSICIAN OF THE YEAR

Every year Adventist Health asks HMH to identify a physician who embodies the mission to care for patients physically, emotionally and spiritually. HMH is pleased to announce that Charles Hott, M.D., Emergency Department Director, has been named the 2011 Physician of the Year. As a physician who has been with HMH since 1993, he is used to being appreciated for his technical expertise. With this award, he is reminded that his loving kindness is also deeply valued.

As director of Phoenix Hospice, Dr. Hott believes that compassion is paramount. He is part of a cohesive team of social workers, volunteers, registered nurses, home health aids, spiritual advisors, and medical physicians who work together to care for the patient who is passing and that patient's family. In caring for hospice families, "All you can do is be receptive, sensitive and try to focus on what they need at the moment. It's all about seeking information, listening and caring," he comments.

Dr. Hott knows it's important to stop and take time to listen. He recognizes his own inclination to move quickly through his day, so he has incorporated a physical reminder to help him slow down. He moved his watch to his right arm to make room for a Tibetan bracelet on his left that reads, "Compassion for All." When he looks down at his left wrist to check the time, he is instead reminded to be present in the moment and make decisions from the heart.

Dr. Hott has cared for countless people, through his work in the hospital, his time in the Peace Corps, and his dedication to an orphanage in Africa. He summarizes his approach to life and caring for others with this: "Do your best, be kind."





2012 Construction Start Date



The site of the new hospital sits quietly awaiting the arrival of the hustle and bustle that accompanies construction. While the site is quiet, there is a considerable amount of activity occurring on computers and phone lines across the state and country, with many people striving to get as many details defined as possible for the new Frank R. Howard Memorial Hospital. The team is confidently moving forward to make a July 2012 construction start date.

While the drawings are being reviewed by OSHPD, they are being simultaneously reviewed by the City of Willits, County of Mendocino, CalTrans Division of Aeronautics, the FAA and various other agencies that will need to give construction and operation permits.

While the open field peacefully awaits its new tenant, you can rest assured that there is an overwhelming amount of activity going on behind the scenes to make sure that construction starts next summer. How nice it feels to say “start next summer”! We will keep you posted as plans progress. We appreciate the patience of our community.

Amy Ford, Project Manager

However, there are many variables that must still fall into place to make sure construction starts next summer.

The initial set of drawings were submitted to OSHPD (Office of Statewide Health Planning and Development), on April 22, 2011 for review and permitting. The first complete set of comments from OSHPD will be received by the end of September, 2011. It will then be a “dance” as the design-build firm works with OSHPD, communicating back and forth to resolve all the comments OSHPD has on the drawings.

This is a completely new design and includes about 75,000 square feet of new hospital space. The design includes Emergency Department, Lab, Radiology, Surgery, Central Supply, Administration, Pharmacy, In-Patient Physical Therapy, 21 private Med Surg rooms, and 4 private ICU rooms. There will also be an expanded Kitchen with adequate dining space for the community to come and enjoy the gourmet food being produced in the HMH kitchen. All departments will have more elbow room than what the existing 85-year-old hospital was able to allow, and everyone is grateful for the extra room!

HBE is the new design-build firm that is responsible for the design. A sign will be going up on the site showing a rendering of what the new facility will look like. There are still many details to be fine-tuned on the exterior of the building, such as paint color, textures, finishes, signage, landscaping, etc. So, the actual hospital may look different than what will be depicted on the sign when things are completed. However, the general dimensions and shape of the building will stay essentially the same.

Fundraiser, continued

This year the Foundation chose to have just one fund raiser, the 3rd Annual Wine & Mushroom Train. It is the signature event for the Mendocino County Wine & Mushroom Festival that runs November 4-13, 2011. The Wine & Mushroom Train is being graciously hosted by Robert Pinoli, owner of the

Skunk Train, with the event planning being handled by Travis Scott. It is a very generous offer and we are extremely grateful for their willingness to manage the Foundation’s 2011 fund raiser.

Please mark your calendars and join us on this year’s Wine & Mushroom Train, November 5, 2011. The Train is a truly memorable event that boasts an amazing line-up of Mendocino County Chefs and Wineries that will surely delight the palate during the Mushroom Cook-off. Please see www.howardfoundation.org for complete details!

If you would like to Sponsor the Wine & Mushroom Train, please contact Margie Handley at (707) 459-6874.





Update

As many of you know, the late rains and cool temperatures that we experienced this year made for a lot more weeding, weed-wacking, and mowing . . . everywhere. It was quite a challenge to get the Garden looking its best for an event that took place a few weeks after the rain let up. On April 14, CG hosted the Community Foundation of Mendocino County as they presented checks to the Garden as well as several other non-profit organizations as part of the Community Foundation's annual grant program. The Board of Directors of the Community Foundation awarded over \$100,000 in grants to local non-profit organizations through the Community Enrichment Grant program. These grants are made possible by families, individuals and organizations who have contributed to Community Foundation Endowment Funds for the long-term benefit of Mendocino County and its residents. Please visit www.communityfoundation.org to learn more about the Community Foundation of Mendocino County. We are very grateful for their support! Also, thank you to Pete Mihelcic and his son, Danny, who developed the pathways around the orchard and up to the gazebo. And, to Mendocino Construction Services/Northern Aggregates for their on-going donation of rock for the pathways and greenhouse foundation.

Keith Johnson continues to serve as the Project Manager, doing whatever is needed in the garden - and often that is quite a bit! Most recently, Keith trellised and got drip irrigation to the grapes that were planted in November; a very professional job! Now, he is on to the construction of the greenhouse!

Richard Jeske continues to oversee the CG orchard and reported that this year "there are a few peaches, mulberries, nectarines, plums, apples and pears. And, "the grape trellising is very good." The orchard is now into its third year.

The greenhouse kit that was donated by Sparetime Supply was delivered just a few weeks ago and Keith is now gathering a crew to help with the foundation work. (If you wish to volunteer your skills, please contact Keith at 354-0532.) We

will still need to purchase the greenhouse fans, benches, etc., however, the greenhouse completion will make it possible for us to grow winter crops and be ready to start seeds for the coming year of production. If you would like to volunteer or donate to COMMONWEALTH Gardens, please contact Ananda Johnson at the Foundation Office (707) 459-2777.

Chef Kyle Evans, at HMH, is working closely with COMMONWEALTH Gardens and is excited about receiving produce from the Garden next year that will feed hospital patients, staff and visitors. "I think we have an incredible opportunity with the relationship of the garden, hospital and community. It is so important to know where our food comes from and by what means it gets into our kitchens and ultimately our bodies. Just as Mendocino County has been a pioneer in organic farming over the years, the Garden Project we will be able to create a sustainable garden program second to none that not only nourishes our patients with fresh organic produce, but also reaches out to our community through various education forums as well. I believe we have an opportunity to lead the way to a more sustainable approach to food and nutrition in health care and create a model for many to follow. The dedication and passion that has been devoted to this project is incredible and necessary for success. Gardens have an amazing power to heal, feed, nourish, love and grow into places of sanctuary. I feel so blessed to be able to get my hands dirty and take part in all of it," states Kyle, "Thank you."

COMMONWEALTH Gardens/Christopher's Healing Knoll is a vision that began six years ago and is coming to fruition through a donation made by William and Judith Bailey in memory of their son, Christopher. Infrastructure completed to date includes: fencing around the 5-acre garden site, well drilled and developed, pump house built, orchard with 50+ fruit and nut trees planted, grapes planted, irrigation to orchard and grapes complete, gazebo complete, greenhouse in process. A sincere thank you goes to the Bailey family.

With gratitude, Ananda Johnson

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POSSIBLE**

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Frank R. Howard Foundation**
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