Orthopedic Innovation
Orthopedic Surgeon at Frank R. Howard Memorial Hospital Helped Me Walk Again!

Addiction: Beyond the Myths
Facts About the New Frank R. Howard Memorial Hospital
Breast Cancer: From Fear to Help
A Shoulder to Lean On
Making Miracles Happen: Ryan’s Story
Welcome to Live Younger Longer

It’s summer, and that means we’re able to see our surroundings bloom and grow. Many of us are feeling the joy that comes with longer, brighter days. Similarly Frank R. Howard Memorial Hospital (HMH) and Ukiah Valley Medical Center (UVMC) are abuzz with the sights and sounds of active construction taking place. At HMH the exterior is almost fully completed and crews are finishing the interior. At UVMC, preparatory work is underway with the recent completion of the new service and delivery entrance at the front of the facility. This allows for the demolition to begin in preparation for the new emergency room, intensive care unit, and trauma center. You will get a behind-the-scenes look at these projects in this issue and learn about the services available and the community support involved to help these projects come to completion. This is also a great time to make a commitment to take care of your own health and schedule an annual physical with your doctor. Together, HMH and UVMC are committed to providing the patient-centered care you and your families have come to depend on. You’ll also read about doctors who compassionately care for our community. From our staff to you and your family, we want to wish you well in this season and beyond.

Rick Bockmann, President and CEO, Frank R. Howard Memorial Hospital

Gwen Matthews, President and CEO, Ukiah Valley Medical Center
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When Cheryl Ericson, an airport manager from Chicago, packed her bags to visit her son for a few days just in time for her birthday, she was looking forward to having a great time. Little did she know that it would be a vacation she will never forget.

As soon as she arrived in Fort Bragg, her son Ryan Ericson (31) started complaining about pain in his back. “He has been having these symptoms for weeks now, and like any man, he’s been ignoring it and refused to go to the doctor.”

By the afternoon of April 3, the symptoms were so severe that Cheryl decided to take Ryan to the emergency room. The diagnosis was not good. Ryan had testicular cancer and needed surgery to remove one of his testicles immediately.
They were referred to Joanne LaMonica, MD, in Ukiah. But by the time they made the 90-minute drive, it was late, and the office was getting ready to close for the weekend. But Jessica Jordan and Dr. LaMonica recognized the urgency and kept the office open.

“After that it was a series of miracles for us” Cheryl says. “Ryan needed surgery fast. But when Jessica checked, the soonest they could get him in was Wednesday. Dr. LaMonica was relentless and found a way to get him into surgery on Monday.”

“When I first saw Ryan, his cancer had already spread to his lymph nodes, thus causing terrible pain as well as worsening his prognosis,” Dr. LaMonica says. “I could not initiate any therapy to alleviate his pain or to treat his cancer until I knew what type of testicular cancer he had.”

Dr. LaMonica removed one of Ryan’s testicles and referred him to a local physician for chemotherapy and followed up care. Through all this, Dr. LaMonica and her staff made sure Ryan and Cheryl had everything they needed and followed-up with them frequently. “Even when Ryan was not directly under her care, she (Dr. LaMonica) checked on his progress,” Cheryl says. “When I had questions, I would text her and would receive a response in seconds.”

This was a new experience for Cheryl. “I have never seen a physician that was so dedicated before,” she adds. “It helped so much especially when I was anxious and needed answers, Dr. LaMonica and her staff were always there. Jessica would even check on Ryan during her vacation.”

After going through chemotherapy, it was apparent that Ryan’s case was more advanced, and had we not caught it in time, the outcome would have been very different.”

Testicular cancer is the most common solid tumor in men age 20 to 34 years of age. The mortality rate is approximately 5 percent, which is a dramatic improvement from 50 percent 50 years ago. This is mostly because of the improvement in multimodality therapy.

Dr. LaMonica explains: “Ryan needed extensive surgery to remove the lymph nodes that contained the metastatic cancer, as they were resistant to chemotherapy. What made his case even more unique and immediate was that he only had one kidney.”

The surgery worked. Ryan was declared cancer-free in March of 2014. And through it all, Dr. LaMonica and her staff have been with Cheryl and their family.

“If not for Dr. LaMonica and her staff, the outcome would have been very different for Ryan. We’ve come across some of the best doctors in the country, and I can say without a doubt that Dr. LaMonica is definitely one of them.”

“Being at this hospital, combines the best of both worlds: the sense of family and compassion that comes from a small town and the expertise and quality of care of a big hospital,” Cheryl says. “I am so grateful to Dr. LaMonica, and her staff; they saved Ryan’s life. They are angels in my book, and we will forever be grateful.”

Today Ryan is back to doing what he loves: hiking, wild mushroom hunting and going on many adventures on Fort Bragg’s beautiful coast. Cheryl is planning another visit. But for now, they keep in touch through daily phone calls. And Cheryl says she feels confident, even though she’s miles away, knowing that Ryan has access to the best care possible at Ukiah Valley Medical Center.

Dr. LaMonica specializes in caring for both men and women with conditions of the urinary and reproductive system. Dr. LaMonica is now accepting new patients in the Lakeport, Ukiah and Fort Bragg offices. To schedule an appointment, call 707.462.1928.
Same Family. New Home.

Completion date: 2015

The emergency department will have six treatment bays and two trauma rooms

The new hospital will be a 74,000-square-foot, two-story building — double the size of the current facility

The new hospital will have 25 private beds and all private rooms: 21 general medicine rooms; four intensive care rooms

The Centers for Medicare & Medicaid Services (CMS) awarded Frank R. Howard Memorial Hospital (HMH) five stars for patient satisfaction based on how patients ranked their stay at the hospital. HMH is the only hospital in the Bay Area to receive a five-star rating and one of only eight hospitals in California awarded with this honor. To you, our patients: We are humbled and honored by your feelings toward the care you have received at HMH. Thank you!

Fast Facts About the New Hospital

The existing hospital was built in 1928, 87 years ago

Surgery will have four operating rooms and one endoscopy suite

Helistop will allow for helicopters to stop to deliver and transfer patients

Roots Restaurant will accommodate seating for over 80 people, plus additional seating on the outdoor patio
Addiction: Beyond the Myths

Myth: Addiction isn’t a disease; it’s a choice.
Truth: Addiction is a chronic, relapsing brain disease. It causes people to compulsively seek and use drugs or alcohol — even when doing so has harmful consequences.

“Nobody starts out addicted,” Dr. Glyer says. “In the beginning, you use a substance that speaks to your particular brain — that makes you feel either more pleasure or less pain or both. At first it seems benign — even helpful. Then, with the physiologic changes happening in your brain, you gradually slip down the slope into the abyss of addiction.”

Myth: Addicts could stop if they really wanted to.
Truth: Scientists know that addiction alters the way the brain’s nerve cells send, receive and process information, affecting the areas of the brain responsible for judgment, decision making and behavior. The likely result: an impaired ability to exercise the self-control needed to stop using — even if you desperately want to.

“In fact, this inability to stop using — even in the face of serious consequences like developing liver disease, losing a relationship or children, or going to jail — is one certain sign of addiction,” says Dr. Glyer.

Myth: Addicts are low-class, weak-willed people.
Truth: “This disease affects all walks of life,” Dr. Glyer says. “No social class or gender is immune.” And, he notes, after following a path to recovery, abusers often become quite strong-willed, with great resolve and dedication. “So the misconception that addicts are weak gets blown out of the water.”

Myth: If addicts could really be helped, they wouldn’t relapse.
Truth: Like many other chronic illnesses — including asthma and diabetes — addiction requires lifelong treatment. “With recovery, you see a gradual return to normal functioning in the brain,” says Dr. Glyer. But as with other chronic illnesses, addiction relapse can happen. And whether we’re talking about diabetes, high blood pressure or addiction, relapse often signals that it’s time for renewed treatment.

There Is a Way Out

“Addiction affects every aspect of a person: physical, mental, emotional, spiritual. And every aspect must be enlisted to move toward recovery,” says Dr. Glyer. That’s why treatment includes:

■ Safe medicines to help with physical withdrawal.
■ Behavioral therapy to learn, among other things, how to handle triggers.
■ 12-step programs to help with the patient’s social network and spiritual life.

“A 12-step program understands that bringing a higher power, or spirit, into your life will help you climb out of the hole of addiction — to become whole again,” Dr. Glyer says. To anyone dealing with addiction, he offers encouragement: “There is a way out. It happens every day. There is life on the other side.”

Addiction affects 23.3 million Americans.
Only 11 percent are receiving the treatment they need.
Economic costs — health care dollars, lost productivity, crime — exceed $500 billion a year.

The Redwood Medical Clinic is now accepting new patients and cares for men, women, and children. To schedule an appointment, call 707.459.6115.
Karen Davis knows more about breast cancer than most women. She’s faced it twice, first in 1999 in her right breast and again in 2011 in her left breast.

That second diagnosis in particular was a shock. It wasn’t cancer that came back despite treatment. It was a completely different — and aggressive — type of breast cancer. Nevertheless, it has been controlled with chemotherapy, radiation and a mastectomy, after Davis had already lost her right breast to cancer.

“I’m not going to tell you that breast cancer isn’t frightening,” she says. “But I’m proof that many women survive it. And that there’s life after a diagnosis. You can heal.”

Feeling whole
For Davis, 60, that healing — each time — included breast reconstruction surgery. For her first surgery, she chose to have two implants, a choice that can help the surviving breast and the reconstructed one feel more matched. The second time, reconstruction required replacing her older implants with new ones. “For me, breast cancer was an invasion of a private place,” says Davis, “It’s not that breasts make a woman. But reconstruction has helped me feel whole again.”

Especially after months of treatment for her second cancer, “plastic surgery was a gift to myself,” she says. “It renewed me.” And she can’t say enough about the surgeon who performed the reconstruction — or the results.

A physician who cares
That doctor is Robert M. Green, MD, a board-certified plastic surgeon who began practicing at Ukiah Valley Medical Center in July of 2014. He specializes in breast reconstruction. But he also performs other restorative procedures after skin cancer surgery and for patients coping with excess skin after weight-loss surgery, as well as cosmetic surgery.

Dr. Green arrived in Ukiah with impressive credentials. This includes 28 years of experience as a plastic surgeon and six years of surgical training at the prestigious Columbia University Medical Center at New York-Presbyterian Hospital.

But it’s his bedside manner that has earned him favor with patients. Listen to Davis describe him: “From the moment you meet
Cancer can take a toll on the body. Thankfully, doctors, nurses and other caregivers are there to help patients get through many of the physical hardships.

“What can be lacking, though, are sufficient resources to help patients deal with the emotional trauma of the disease,” says Judy Rawles. Rawles is a volunteer patient advocate and cancer mentor at the Ukiah Valley Cancer Treatment and Infusion Center. She’s also a stage IV colon cancer survivor.

Today, she’s using her firsthand knowledge of the disease to help other cancer patients cope with their feelings of fear, anxiety and isolation. “Once they know that I’ve been through what they’re going through, they can express the emotions they’re experiencing,” she says.

“A Shoulder to Lean On

That’s something most cancer patients won’t do with busy nurses or with already worried family members, she says. “But as soon as I tell them my story, they know they’re not alone.” Rawles has been a volunteer since the center opened in July 2014, a month before her own treatment ended. Volunteering, she says, has helped her heal. “Some days I go home wondering who benefited more, the patient or me.”

Ukiah Valley Medical Center is committed to the healing and well-being of patients undergoing cancer treatment through the Focus on Healing program. These programs are designed to empower, educate, soothe, comfort and relax. Your generosity enables us to continue to develop these personalized care options and services to support the healing process and well-being of family members and friends as they navigate their illness. If you would like to make a contribution to this program, please call 707.463.7623. If you’d like to volunteer, learn more at 707.463.7690.
Karen Figg-Hoblyn shares a special bond with her dog. Just three months into her life, Sydnie, her border collie mix, was hit by a logging truck and her leg was seriously injured — so injured that the veterinarian recommended amputation. Figg-Hoblyn didn’t give up on Sydnie. And thanks to good care and lots of love, Sydnie kept her leg — and thrived. She is now 13 years old.

Over the last two years, Figg-Hoblyn has had leg problems of her own — a lot of them. In fact, at times she was separated from Sydnie because she simply couldn’t care for her. Just when Figg-Hoblyn worried whether doctors were giving up on her, William Bowen, MD, an orthopedic surgeon at Frank R. Howard Memorial Hospital, (HMH) offered her new hope.
A precarious case

Figg-Hoblyn’s story began when she was 25 and a horse fell on her, breaking her hip and pelvis. She recovered, and for many years she did just fine. But in her 70s, those injuries started causing a cascade of problems. There were broken bones, and her hip slipped out of place several times. She had multiple hip replacement surgeries. One concern seemed to follow another. “I was absolutely devastated,” Figg-Hoblyn recalls.

Then, last year, as she was bending to place some clothes in a drawer, her hip slipped out of place again. Her son took her to the emergency department (ED) in Santa Rosa, but after reviewing the x-ray doctors weren’t comfortable just moving the joint back in place. At her wit’s end, Figg-Hoblyn remembered the expertise of Dr. Bowen, who had employed her many years ago. So, although she no longer lived in Willits, she asked her son to contact the doctor to ask for a recommendation.

John, her son, did just that. He even sent Dr. Bowen a picture of her x-ray he’d taken with his cell phone.

Dr. Bowen’s response came quickly: Get an ambulance, and get her to Willits. The ED doctors where she was admitted tried to discourage her. But Figg-Hoblyn trusted Dr. Bowen. So they made the nearly two-hour trek to HMH.

The next morning, Dr. Bowen operated to address her immediate problems.

Then, after devising and creating a special prosthesis with a hip socket to replace what was broken, he did another surgery several months later.

A special kind of care

It’s been a long road to recovery, but Figg-Hoblyn’s leg has improved. And she has nothing but praise for Dr. Bowen. “He’s an exceptional human being,” she says. “Everybody is important to him.”

She was equally impressed with her hospital care. Some people think small hospitals can’t match the care delivered in larger facilities, but that’s not the case, according to Figg-Hoblyn. She found the staff outstanding. “If I were president of the United States, I could not have gotten better care,” she says.

As she gets back to active living, Figg-Hoblyn is finding special joy in the simple activities it’s so easy to take for granted — things like grocery shopping, ironing and walking Sydnie. That’s what she enjoys most.

“I live alone, so she’s my comrade, the one I complain to and the one I’m happy with,” Figg-Hoblyn says. “She’s all of those things to me, and for a lot of the last two years, I couldn’t have her because I couldn’t walk her. But now I can. My life is on an uphill turn.”

Do you have questions about your condition? We can help. Contact the Orthopedic Joint Center of Northern California today at 707.456.3180 or visit us online at www.orthojointcenter.com.
Maryly Turner, known to her friends as MT, felt a lump under her arm in 1993. She ignored it, and went on with her life for the next 13 years, as if everything was fine. She eventually confided in her neighbor about her increased symptoms, who convinced her to get a mammogram. Her worst fears were confirmed: It was breast cancer. She had surgery in February 2006, followed by a year of chemotherapy and six months of herceptin treatments.

While she is willing to talk about her cancer, it is clear that Turner is most comfortable talking about her dogs, especially her favorite breed, rottweilers.
Turner’s main source of comfort and support during the difficult months of cancer treatment and recovery was an arthritic, old rottweiler named Quinn. She and Quinn had a special bond, as he also had cancer.

“He would sit beside me all day on the couch, when I could not do much else. He knew he was there for a reason.”

Maryly Turner

As Turner recovered, Quinn’s health deteriorated. When he died, Turner felt compelled to write the story of her faithful friend. At first she had trouble coming up with the words, but one morning at 3 a.m. it came to her that she should let Quinn tell his own story. From that moment, Turner did her best to convey Quinn’s story from his lively spirit to the printed page. The result is Quinn, the Rottweiler: A Story of a Dog Dealing With Cancer, a touching reminiscence of love, trust and letting go.

While she was undergoing treatment, Turner said she felt people thought they might catch the cancer if they got too close to her. “I did my own grocery shopping and took care of myself through the whole ordeal.

I did not ask for help,” she says. “I guess I didn’t know how. I never would have made it without Quinn.”

Turner, who has nurtured and loved many rottweilers and other canines over the years, says “I cannot imagine life without dogs.”

If she could go back in time, Turner says she would have routine mammograms on schedule, and she would advise others to do so.

Turner is willing to talk to anyone who is dealing with breast cancer. “I would be happy to answer questions and to support others who are traveling that long road,” she says. “Especially if they are dog lovers!”

Breast Health Services

Digital (computerized) mammography is an x-ray imaging technique that aids in the early detection of breast cancer. If you’re 40 and over, schedule an annual mammogram. With new soft touch technology and three convenient locations, it’s now more comfortable for you than ever. Equipment used is similar to conventional mammography, but the image is captured by a computer instead of x-ray film, allowing for clearer, more detailed images.

If you are a woman 40 and older, the American Cancer Society suggests an annual clinical breast exam. Women should know how their breasts look and feel normally. If any changes are noticed, consult your health care provider.

Frank R. Howard Memorial Hospital
Mammography*
Call 707.456.3095.
One Madrone Street | Willits, CA 95490

Ukiah Valley Medical Center
Outpatient Pavilion
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245 Hospital Drive, Ukiah, CA
Call 707.463.7342.

Mendocino Radiology
Monday to Thursday, 8 a.m. to 5 p.m.
Friday, 8 a.m. to noon
1165 S. Dora St., Suite D, Ukiah, CA
Call 707.468.9335.

*Physician order may be required. Please call ahead for information.
Dunnebeck was a successful businessman who owned and operated ACME Rigging for 42 years. Upon retirement he had the opportunity to sell his profitable operation but instead chose to help his employees purchase the company in an innovative employee-owned stock plan (ESOP).

“Pete was very interested in helping young people succeed,” John Mayfield says of his friend. “He wanted to make sure that none of his employees lost their jobs as a result of his retirement.”

Bob Gray, Dunnebeck’s longtime friend and the executor of his legacy gift, agrees. “In the 35 years I’ve known Pete, I’ve witnessed how giving he was. He was always willing to help out anybody. And even till the end of his life, that’s what he wanted to do.”

It was no secret that Pete Dunnebeck was a generous man, so when his friends heard about his legacy gift to Ukiah Valley Medical Center, (UVMC) it came as no surprise. “Pete Dunnebeck was the kindest man I’ve known,” says Jack Cox of his good friend and hunting partner, who died in August 2014 in a tragic accident. “He was a friend to everyone and was happiest in the outdoors,” Cox says.
Dunnebeck was born and raised in Lake County, but lived in Ukiah for 45 years. Dunnebeck’s kindness lives on in his legacy gift to UVMC as part of his estate plan. He worked with his attorney to provide funds to help the hospital purchase equipment that will be used in the new emergency department, scheduled to open in 2016.

“We are most grateful to Mr. Dunnebeck for his generosity,” remarks Gwen Matthews, CEO and president of UVMC, “And we’re honored to carry out his wishes in this meaningful way that will help care for critically ill patients in our community.”

Help Build a Foundation for the Future

You can have a direct effect on the lives of your immediate family, the greater Ukiah Valley and beyond. Your gift will help us recruit new physicians, provide much needed technology, and contribute to our building campaign and expansion projects.

To make a donation, please contact the Philanthropy Office at 707.463.7623 or email allyne.brown@ah.org.

Campus Expansion Project

Progress is underway

The emergency department/intensive care unit (ED/ICU) campus expansion is moving forward and the preparatory work should be completed by mid-June.

A new generator will be put in place this week, which will service the entire current hospital in addition to being able to handle the future needs of the ED/ICU.

Construction is currently underway to build the new electrical room that will be the command center for current and future electrical needs. The hospital’s main entrance is currently under construction as local contractor Valley Paving is creating a temporary service entrance that will accommodate all hospital deliveries, from food service to linens and supplies.

The new ED is on track to open in the fourth quarter of 2016.
Wherever you are, you’re never too far from expert care

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Willits, CA 95490
707.459.6801

Redwood Medical Clinic
Family Medicine
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Willits, CA 95490
707.459.6115

Ukiah
Orthopedic Joint Center of Northern California
One Madrone St.
Ukiah, CA 95490
707.456.3180

Ukiah Valley Medical Center
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Ukiah, CA 95482
707.462.3111
Advanced Wound Center
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Ukiah, CA 95482
707.467.3230

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707.463.8011
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707.462.8855
Ophthalmology and Optometry
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Ukiah, CA 95482
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