The building is one-of-a-kind in Northern California because it is an on-campus, freestanding, hospital-affiliated building that encompasses surgery, laboratory and imaging.

“This building will allow us to use our skills to serve our community more effectively. By moving our outpatient admitting and procedures out of the hospital, it permits easier scheduling and better accommodations for our patients,” says Mark E. LaRose, hospital President and CEO.

Patients who need only outpatient procedures will no longer be admitted through the Emergency Department; instead they will go directly to Outpatient Pavilion admitting.

With a new 16,486-square-foot building dedicated strictly to outpatient procedures, patient wait time is significantly reduced. “The Outpatient Pavilion is making health care in our community better. It is providing Ukiah Valley Medical Center with the ability to accommodate the more than 90,000 outpatients the hospital sees each year,” LaRose says.

PAVILION FEATURES The Lobby in the Outpatient Pavilion, dedicated as the Kafrouni Family Lobby, is divided into a waiting area for Imaging and Laboratory and a waiting area for Outpatient Surgery. With a complimentary beverage bar and scheduled procedures, patients receive a more comfortable atmosphere and less wait time.

UVMC’s new magnetic resonance imaging (MRI) unit, housed in the Pavilion, is one of the most powerful in Northern California. The permanent MRI unit replaces the mobile MRI unit UVMC shared with Lake and Sonoma counties, and allows for a larger number of scans and easier scheduling.

CELEBRATE WITH US Though the Pavilion doors open for service in September 2004, UVMC is jumping into the opening celebrations early by holding a grand opening for the Lake and Mendocino communities on Sunday, Aug. 29. “The opening of this building signifies a big change for our community. We are expanding services to provide our community with the health care excellence they need and deserve,” says Jarrod McNaughton, UVMC’s Administrative Director of Marketing/Development.

The grand opening will be held from 6 to 9 p.m. and includes building tours, free health screenings, music and food.

The Grand Opening will be held from 6 to 9 p.m. and includes building tours, free health screenings, music and food.

PAVILION LOCATION AND HOURS The Pavilion is located to the south of the main hospital facility at 275 Hospital Drive, in Ukiah. It is open Monday through Friday from 6 a.m. to 6 p.m. Call (707) 463-7333.

SERVICES in the new building

- Outpatient surgery.
- Outpatient admitting.
- Medical imaging, including mammography, magnetic resonance imaging (MRI), digital x-ray, echocardiography, ultrasound and endoscopy.
- Laboratory.
- Bone densitometry.
Which vaccines do you need? Each year, up to 60,000 adults in this country die from vaccine-preventable diseases or their complications, reports the National Coalition for Adult Immunization. Use the following age-related guide to see which vaccines might be right for you.

<table>
<thead>
<tr>
<th>If you are 19 to 49, consider shots for:</th>
<th>If you are 50 to 64, consider shots for:</th>
<th>If you are 65 or older, consider shots for:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Influenza</strong></td>
<td><strong>Influenza</strong></td>
<td><strong>Influenza</strong></td>
</tr>
<tr>
<td>■ Optional every year if you are healthy and want to be vaccinated.</td>
<td>One dose each year.</td>
<td>One dose each year.</td>
</tr>
<tr>
<td>■ One dose every year if you:  ○ Have a chronic illness.  ○ Are pregnant in the second or third trimester.  ○ Are a health care worker.  ○ Have family members who are at high risk for the flu.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tetanus, Diphtheria</strong></td>
<td><strong>Tetanus, Diphtheria</strong></td>
<td><strong>Tetanus, Diphtheria</strong></td>
</tr>
<tr>
<td>■ One dose if you have a chronic illness or live in a nursing home or rehab center.  ■ Possibly another shot after five years if you have a chronic illness.</td>
<td>One dose every 10 years.</td>
<td>One dose every 10 years.</td>
</tr>
<tr>
<td><strong>Pneumococcal</strong></td>
<td><strong>Pneumococcal</strong></td>
<td><strong>Pneumococcal</strong></td>
</tr>
<tr>
<td>■ If you have not been vaccinated against pneumonia.</td>
<td>One dose every 10 years.</td>
<td>One dose every 10 years.</td>
</tr>
<tr>
<td>■ One dose if you have a chronic illness or live in a nursing home or rehab center.  ■ Possibly another shot after five years if you have a chronic illness.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hepatitis A</strong></td>
<td><strong>Hepatitis A</strong></td>
<td><strong>Hepatitis A</strong></td>
</tr>
<tr>
<td>Two doses six to 12 months apart if:  ○ Your blood does not clot normally.  ○ You have chronic liver disease.  ○ You are an illegal drug user.  ○ You participate in risky sexual behavior.  ○ You plan to travel to certain countries.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hepatitis B</strong></td>
<td><strong>Hepatitis B</strong></td>
<td><strong>Hepatitis B</strong></td>
</tr>
<tr>
<td>Three doses two months apart if you:  ○ Are a health care or public safety worker exposed to blood or IV drug users.  ○ Have had more than one sexual partner in the past six months.  ○ Recently got a sexually transmitted disease.  ○ Participate in risky sexual behavior.  ○ Plan to travel to certain countries.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Measles, Mumps, Rubella</strong></td>
<td><strong>Measles, Mumps, Rubella</strong></td>
<td><strong>Measles, Mumps, Rubella</strong></td>
</tr>
<tr>
<td>■ One dose if you are not sure if you’ve been vaccinated.  ■ A second dose if you:  ○ Are a college student.  ○ Are a health care worker.  ○ Plan to travel outside the country.  ○ Have recently been exposed to measles.  ○ You should not be vaccinated if you are pregnant or plan to get pregnant in the next four weeks.</td>
<td>No recommendations.</td>
<td>No recommendations.</td>
</tr>
<tr>
<td><strong>Meningococcal</strong></td>
<td><strong>Meningococcal</strong></td>
<td><strong>Meningococcal</strong></td>
</tr>
<tr>
<td>■ Possibly one dose if you:  ○ Are a college freshman.  ○ Have a chronic illness.  ○ Plan to travel outside the country.  ■ Another dose after three to five years if you live where the disease is common.</td>
<td>No recommendations.</td>
<td></td>
</tr>
<tr>
<td>■ Possibly one dose if you:  ○ Have a chronic illness.  ○ Plan to travel outside the country.  ■ Another dose after three to five years if you live where the disease is common.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: Centers for Disease Control and Prevention

**YOU FAITHFULLY TOOK YOUR KIDS FOR ALL THEIR SHOTS SO THEY WOULDN’T CATCH SERIOUS DISEASES SUCH AS DIPHTHERIA, TETANUS, CHICKENPOX AND PNEUMONIA.**

But what about you? Adults need protection too, says the National Institute on Aging. Vaccines are safe and effective—and some are even more important in this stage of life than when you were a child. For example:

- If you have not been immunized against chickenpox, measles, mumps or rubella and caught one of these diseases, you would likely get much sicker than a child. If you caught measles or rubella during pregnancy, you might miscarry or your baby might have severe birth defects.
- You can prevent the flu and pneumonia with a yearly flu shot and a one-time pneumococcal vaccination. Together, these diseases are the fifth-leading cause of death among older adults, according to the National Coalition for Adult Immunization. But a recent Centers for Disease Control and Prevention survey found that less than two-thirds of people older than 65 got a flu shot in the previous year or had ever been vaccinated against pneumonia.
- Everyone needs a booster shot against tetanus and diphtheria every 10 years for life. But a recent study found that Americans’ immunity decreased as they got older—by age 70, only about 30 percent were protected against either disease.
- You may require certain shots if you plan to travel abroad. These can include hepatitis A, yellow fever and typhoid fever.

The shots you may need depend on factors such as your age, your immunization and health histories, and your risk for certain diseases. Talk to your doctor or local health department about your immunization status and which vaccines are right for you.

Finally, keep an up-to-date personal immunization record and take it with you every time you go to the doctor.
KAFOUNI FAMILY HONORED IN OUTPATIENT PAVILION

Ukiah Valley Medical Center received a $50,000 donation for the Outpatient Pavilion from longtime Ukiah resident Emil Kafrouni. "I felt I had to do something, I have been blessed tremendously; everywhere I go in Ukiah people are nice to me," he says. The donation was made in the Kafrouni family name.

The Kafrouni family is originally from Egypt. Ishak (Is-hak) and Victorine Kafrouni sacrificed much to enable their six children to receive higher education and a better life in the United States. Emil attended Middle East College in Beirut, Lebanon, then moved to the United States at age 22.

He continued his education at Walla Walla College in College Place, Wash., the University of Idaho and the University of Oregon, where he received degrees in business and education.

After graduation, Emil took a job teaching at Ukiah High School (UHS). "It was a good place to begin work because it was close enough for continuing education at [the] University of Oregon," says Emil.

Emil, now retired, taught business classes at UHS for 27 years, some of those years as Chairman of the Business Department. In 1998, Emil underwent surgery at UVMC for colon cancer.

"One of the assisting surgeons was a former student of mine…. I feel very comfortable being here in the hospital. What's nice is some of my students work here now, and I see them every time I walk down the hall!"

Emil feels that his donation is just one way he can help and give back to the community he lives in and loves. He became aware of the hospital's need for a new magnetic resonance imaging (MRI) machine. "I think about these things and can't help but feel I could help," he says.

Emil donated the funds in his family name because of their extensive dedication to education and medicine.

Emil's sister, Marie, attended Middle East College and became a teacher. After teaching one year, Marie died from cancer at age 22.

Sisters Georgette and Laurice attended Union College in Lincoln, Neb., and received degrees in nursing.

Georgette Kafrouni Sequeira returned to Dar El-Salam Hospital in Baghdad, Iraq, where she worked for several years as a nurse.

In the early 1970s, she and her family returned to the United States. She continued working in nursing at Ukiah Valley Medical Center's predecessor, Hillside Hospital, which was located on Loes Avenue in Ukiah. Eventually she worked for the Ukiah Unified School District as a substitute teacher. Georgette is now retired.

Laurice Kafrouni Durrant went to the Karachi Adventist Hospital in Pakistan, where she worked for several years as a nurse.

When she returned to the United States, she received her Ph.D. in nursing education from Stanford University. Laurice served as Chairwoman of the Department of Nursing at Southwestern Adventist University in Keene, Texas, then as Chairwoman of the Department of Nursing at Union College. Laurice is now retired.

Emil’s brother, George, attended Walla Walla College and continued his studies at Loma Linda University in medicine. George specialized in thoracic and cardiovascular surgery. In 1976, George was part of a team of surgeons that performed the first open-heart surgeries in Saudi Arabia on 36 patients. Currently, George is Chairman of the Thoracic and Cardiovascular Department at UVMC’s sister hospital in Los Angeles, White Memorial Medical Center.

In recognition of Emil Kafrouni’s donation, the new Outpatient Pavilion Lobby will be named "The Kafrouni Family Lobby.”

UVMC IS A TOP PERFORMER

Ukiah Valley Medical Center (UVMC) is a 2004 PRC (Professional Research Consultants, Inc.) Medical Staff Satisfaction Award winner. UVMC has received:

- The National Overall Top Performer Award for Emergency Services.
- A 5-Star Customer Service Award for Anesthesia Services.
- A 5-Star Customer Service Award for Emergency Services.
- A 5-Star Customer Service Award for Pathology Services.

"We are very pleased to receive these commendations," says UVMC President and CEO Mark E. LaRose. "We work hard to provide our community with the highest level of care, and these ratings help validate the outstanding efforts of the physicians and staff at UVMC.”

UVMC’s National Overall Top Performer Award for Emergency Services recognizes that UVMC received more "excellent" responses for Emergency Services than 99.3 percent, or about 248, of the 250 participating hospitals. The Overall Top Performer Award is presented to hospitals with the highest scores based on their “excellence” percentage.

"UVMC is receiving the only National Overall Top Performer Award for Emergency Services in the country. The 5-Star awards are presented to hospitals that score in the 90th to 100th percentile of PRC’s 2003 Medical Staff Norms, which is also based on their “excellence” percentage. UVMC’s Emergency Services are considered excellent by 45.8 percent of surveyed physicians, giving the hospital a 90.4 percent “excellence” ranking and a 5-Star Customer Service Award. UVMC’s Anesthesiology Services are considered excellent by 48.1 percent of surveyed physicians, giving the hospital a 90 percent “excellence” ranking, and a 5-Star Customer Service Award. Also, UVMC’s Pathology Services are considered excellent by 31.7 percent of surveyed physicians, giving the hospital a 90.4 percent “excellence” ranking and a 5-Star Customer Service Award.

This is the second year UVMC has participated in the Medical Staff telephone survey conducted by PRC professionals. The survey contains 117 questions asked of 74 UVMC Medical Staff members. Survey results are compared against PRC’s national database, which compiles results from 250 participating hospitals throughout the United States. This year PRC is recognizing 56 award winners in 11 categories and only 11 Overall Top Performer Award winners (one award per category), UVMC is receiving one of those 11 available Top Performer Awards in the country.

COME CELEBRATE with us

Ukiah Valley Medical Center Outpatient Pavilion Grand Opening

- Sunday, Aug. 29
- 6 to 9 p.m.
- South of the main hospital facility at 275 Hospital Drive in Ukiah

Free food from 6 to 7:30 p.m.
Free health screenings, gifts, jump houses, building tours and live music by Pura Vida.
Patient praises cardiac care at UVMC

When his chest hurt while doing yard work, Rod Payne thought he was just out of shape. With a routine cardiac appointment a few weeks away, he didn’t worry too much about it until shooting pains forced him to take a nitroglycerine tablet for the first time. At his wife’s urging, Payne saw his doctor.

At Ukiah Valley Medical Center, cardiologist Dale L. Morrison, M.D., tested Payne and recommended an angiogram as soon as possible. Payne was referred to St. Helena Hospital for the procedure, but says he still wasn’t worried. “I fully expected them to fix my stent and send me home,” he says of the stent he received a few years before. Instead, surgeons found nine blockages throughout both of his coronary arteries.

Under the direction of cardiac surgeons Andreas G. Sakopoulos, M.D., and John G. Jacobson, M.D., of St. Helena Hospital, Payne underwent four hours of surgery that removed eight of the nine blockages. After a few days of recovery and physical therapy, Payne was released and headed home to Ukiah.

As an independent consultant, Payne decided to work through his treatment like he would problems for his clients—with charts, schedules and diligent programming. He coordinated his medications not only for his heart but also for his diabetes and asthma. After several weeks, he started cardiac rehabilitation at UVMC.

Throughout his surgery and therapy, Payne says the Ukiah and St. Helena hospital staff members were excellent. “The hospitals have good people who understand what’s going on. I’ve been well taken care of,” he says.

“The experience, considering everything I went through, was pleasant,” Payne says. “It’s as painless a process as you can get and it’s primarily the people involved. The surgeons, the cardiologists, the nurses...”

Laughing, he says, “It’s been an enjoyable experience for me, but I wouldn’t recommend it.”

Rod Payne is a business consultant in Ukiah, Calif., and a member on the board of directors for the Greater Ukiah Chamber of Commerce.

Trejo receives UVMC Health Care Scholarship

When 18-year-old Veronica Trejo graduates from college, she wants to become a nurse. Thanks to Ukiah Valley Medical Center, her goal is easier to reach.

Trejo received the Ukiah Valley Medical Center Health Care Scholarship for 2004 and is headed to Mendocino College in the fall. The scholarship of $500 is used to honor high school seniors in their goals of acquiring education in a medical-related field.

For Trejo, the award is twofold. Not only has her hard work and dedication been rewarded, but some of the financial burden is being lifted from her household.

According to her teachers, Trejo is a diligent and caring student who has helped to support her family. She has already received a head start in the health care field by working at UVMC for the last two years as a file clerk in the Health Information Management Department.

“I like working in this environment, in the medical field,” she says. “But I knew I wanted to be a nurse before I worked here.” She says she wants to be a nurse because “I’m caring and I like to help people.”

“Life experiences have made me realize what my true career goal is. Last year I had the privilege of attending the National Youth Leadership Forum on Medicine. When I completed the forum, I knew I truly wanted to pursue a career in medicine.”

Trejo is looking forward to pursuing a nursing career in labor and delivery.
Diabetes Education Program honored

Ukiah Valley Medical Center’s (UVMC) Self-Management Diabetes Education Program has been recognized by the American Diabetes Association (ADA) for Quality Self-Management Education*. The Program received a three-year recognition beginning April 7, 2004.

The recognition is given to programs that demonstrate first-rate diabetes self-management education and that meet national standards.

“Education is one of the most important things to people who have diabetes. We give basic knowledge and life lessons about diabetes so clients can make good life choices,” says Debbie Laseter, Diabetes Educator.

During review, the ADA found UVMC’s Diabetes Education Program consistent with national standards, providing a knowledgeable staff that can offer participants comprehensive information regarding diabetes management.

The major aspects of the UVMC Diabetes Education Program are carbohydrate counting, complication reduction, medications, record keeping, goal setting, sick-day management and weight management. One major element is controlling blood sugar to help prevent and reduce long-term complications. Diabetes is a manageable disease if it can be controlled.

According to the ADA, there are 18.2 million people (6.3 percent of the U.S. population) who have diabetes. Moreover, about 1.3 million people will be diagnosed with diabetes this year, with an estimated 3,561 people diagnosed with diabetes each day. Yet many people won’t discover they have diabetes until they are treated for one of its life-threatening complications such as heart disease, stroke, kidney disease, blindness, nerve disease and amputation.

The future of the Diabetes Education Program looks bright, as they are pursuing a number of grants to help continue providing excellent care to the community. “We are applying for grants from organizations so we may serve everyone in the community who needs diabetes education,” Laseter says. “We are also working on programs for the Hispanic population through support groups and classes.”

New project to improve care

UVMC is preparing to roll out the first phase of their new electronic medical record system called Project IntelliCare.

The three-phase system will enhance hospital-wide communication and improve current record-keeping methods by allowing patient records to be stored and retrieved electronically. Among other things, this will allow drug interactions to be instantly monitored, preventing adverse and allergic reactions.

Eventually physicians will be able to view medical records off-site and prescribe orders from virtually any location.

“The electronic medical record is a recommendation of the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) on May 22, 2004. The three-year accreditation, effective from Jan. 29, 2004, covers all hospital services. “To date, they gave UVMC the highest marks they have given to any organization. UVMC and our community should recognize their comments and our teams’ excellence should not be taken lightly,” says Mark E. LaRose, UVMC President and CEO.

UVMC receives full accreditation from JCAHO

UVMC received official notice of their full accreditation status from the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) on May 22, 2004. The three-year accreditation, effective from Jan. 29, 2004, covers all hospital services. “To date, they gave UVMC the highest marks they have given to any organization. UVMC and our community should recognize their comments and our teams’ excellence should not be taken lightly,” says Mark E. LaRose, UVMC President and CEO.

UVMC awarded at 21st annual Advertising Awards

UVMC received three Healthcare Advertising Awards from Healthcare Marketing Report (HMR) Publishing Group. UVMC competed with 3,300 entries from around the nation in this year’s 21st Annual Advertising Awards. UVMC received a bronze award in the category of Publication/In-House, a Merit award in the category of brochure, and another Merit award in the category of Web site.

Kozik appointed to Baldrige Board

carolyn Kozik, Vice President of Patient Care, was appointed to the 2004 Board of Examiners for the Malcolm Baldrige National Quality Award. The award is the highest level of national recognition for performance excellence that a U.S. organization can receive. To receive this appointment, Kozik attended a week-long training session in May. As Examiner, Kozik is responsible for reviewing and evaluating applications submitted for the award.

Carpal Tunnel Syndrome

Exercises might help avoid injury

Even wrists need to take time to stretch and relax. By giving your wrists and hands periodic breaks, you can help prevent the sort of injury that leads to carpal tunnel syndrome—a condition that can trigger numbness, tingling and pain in the hand.

The American Academy of Orthopaedic Surgeons and the American Occupational Therapy Association recommend the following exercises. The first exercise should take from five to 10 minutes and be performed at the start of each work period.

Exercise 1

• Extend your arms forward, with fingers pointed upward (as if in a handstand).
• Straighten wrists, then relax fingers.
• Keeping arms forward, make tight fists.
• Bend wrists down, maintaining fists. Hold for five seconds.
• Straighten wrists, then relax fingers for five seconds.
• Repeat this exercise 10 times. Then let your arms hang loosely at your side, and shake them for several seconds.

Exercise 2

• Open and close your hand fully, squeezing into a tight fist.
• Repeat 10 times over 10 seconds.
• Repeat this exercise every hour.
SUMMER 2004

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Clyde Boyd
Donna Boyd
Lida and Joyce Boyden
Ida Boyer
Eric and Richard Brazil
Jeannie Brecher
Marilyn Brenda
James and Anna Brennan
Jack Bridge
Robin Briggs
Ulis and Doris Briggs
Thomas and Carrie Brigham
Chris Brill
Wilma Brink
Michael and Victoria Brock
Karen and Mark Brogan
Marcella Brosig
Barbara Brown
Louis and Carrie Brown
Nicholas Brownrigg
Leonard and Martha Brucato
Aaron and Tina Bryant
Henry Buck
Mary Buckley
Bernard and Dorothy Bucie Jr.
Tom Buske
Clay and Joan Butler
James Butler
Glanton and Mildred Byers
Ronald Cadman
Florence Callender
Neal and Aurora Camp
Sam Campagna
Elmer and Gladys Campbell
Donna Chapman
Candice Capri
Janet and Merle Carlson
Lorraine and Dorothy Carlson
Carolyn Carpenter
Dorothy Carrick
Elizabeth and Donald Carlson
Dale and Lavonette Carter
Ron and Mabel Casaza
Bernard and Kathleen Castleberg
Robert Cattuzzo
Kenneth and Eleanor Catalal
David and Lorence Cove
Jan Claboya-Hembrue
Ken and Madonna Chacomas
James Chamberlain
Suzan and Susan Chambers
Diane Chapman
Ronnie Chandler
Karen Chance and David Gao
Michael and Shirley Charpentier
Lenny and Mary Chase
Joe and Reba Chavez
Joseph and Gladys Chavez
Joan Chu Jr.
Cecilia Hwa Ying Chin
Burton and Kjihlacki Clark
Lennie Clark
Mary Cleveland
Willis and Elia Clino
Ansel and Trudy Coale Jr.
Gerald and Evelyn Collins
Shelia Colombana
Donald and Leslie Combest
Doris Conoce
Mac Conolley
Dorothy Cooper
Glen and Kathleen Corrid
Elizabeth and Joe Conroy
Daniel and Margaret Cornforth
David and Diana Corts
Ages Cox
Harold and Pearl Cox
Myrtle Cox
Earl and Phyllis Cox
Gerald and Ellen Custer
Creda Crandall
Cheryl Craddock
Howard and James Cranmer
Jane Crittenden
Richard and Elyse Crosby
Elizabeth Crum
Arcadia Dola Cruz
Selmor and Lillian Curfman
Richard and Susan Curtis
Alta Dahlberg
Devise and Fsu Dale
Charlee and Randy Dunn
Ages and Charles Daughtrey
Camille M. Davidson

HEALTH SCENE
Our focus at Ukiah Valley Medical Center is on helping you preserve and improve your health. Our classes and support groups can help! Call us at (707) 462-3111 for more information.

CHILD BIRTH PREPARATION

MOTHERWELL YOGA
This unique combination of yoga, breathing and relaxation exercises is designed specifically to help expectant moms prepare mind, body and spirit for a healthy pregnancy and positive childbirth experience. Pregnant and new moms with babies up to 3 months old are welcome. For more information, call (707) 463-7664.

Tuesdays, 5:45 to 7 p.m. $35 per month or $10 per class

WELLNESS / SUPPORT

DIABETES SUPPORT GROUP
For more information, call (707) 463-7687.
- The second Monday of every month, starting Aug. 2, 7 to 8 p.m. Ukiah Valley Medical Center Glenn Miller Conference Room

DIABETES SELF-MANAGEMENT EDUCATION PROGRAM
You must have a referral from your physician. For more information, call (707) 463-7687.

CARDIAC EDUCATION AND SUPPORT GROUP
Learn about your heart health. For more information, call (707) 463-7687.
- Tuesday, Sept. 21
  Speaker: Lynne Coen, M.D., family practice physician
- Tuesday, Oct. 19
  Cardiac Yoga and Relaxation, taught by Judy Henning, R.N., yoga instructor
  7 p.m., Ukiah Valley Medical Center Main Conference Room, Free

UKIAH VALLEY MEDICAL CENTER OUTPATIENT PAVILION GRAND OPENING
Join us for the biggest celebration of the year. Enjoy live music by Pura Vida, free food from 6 to 7:30 p.m., building tours, jump houses, free health screenings and prizes.
- Sunday, Aug. 29, 6 to 9 p.m., Ukiah Valley Medical Center, 275 Hospital Drive, Ukiah