



Spruce Pine Community Hospital FOUNDATION



Dinner Menu for *The Beat Goes On*

Thursday, September 30, 2004

Switzerland Inn
Chalet Restaurant

6 o'clock pm
Cocktail Hour with full bar

Dinner Buffet:

Prime rib of beef au jus
Maple glazed salmon
Blackened mahi mahi
Chicken marsala

Rice pilaf
Roasted new potatoes
Steamed vegetable medley
Squash casserole
Fresh steamed asparagus
with hollandaise

Dessert:

Apple Cobbler
Tea and Coffee



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SPCH Plans to Invest \$21.6 Million Over 3 Years

Cheryl Craigie, executive director, cheryl.craigie@msj.org

Spruce Pine Community Hospital has five major projects totaling over \$21.6 million in the planning or implementation stages. Each will substantially improve the level of care for our community. Projects include the purchase and installation of a 16-slice CT scanner, the addition of a new, fixed-based MRI, the construction of a new critical access hospital medical office in Burnsville, phase II of the SPCH Fitness and Rehabilitation Center expansion and the expansion and renovation of the clinical areas of the hospital.

“This is a very ambitious set of projects for a small, rural hospital and will require considerable assistance from outside sources to accomplish,” according to SPCH Foundation Chairman Charley Nash. “But, with the support of our community, private foundations and

government appropriations, we will continue to provide state-of-the-art care for many years to come.”

These projects address five critical needs—improving patient care, safety and privacy, promoting health and wellness, recruiting additional medical staff, providing new and enhanced services, and preparing the physical plant to meet future needs, according to SPCH President Keith S. Holtsclaw.

The new CT scanner (over \$1 million) was installed in March and enables radiologists to perform additional procedures like virtual colonoscopies, 3-D reconstruction and CT angiograms. The new fixed-base MRI (Magnetic Resonance Imaging) will be in place by the end of November, allowing patients access to a MRI 7 days a week, 24 hours a day. That’s compared to the day

and a half per week mobile unit currently available. The cost for purchase and installation of the MRI exceeds \$2.2 million.

In conjunction with Mission Hospitals, a new critical access hospital medical office building is under construction in Burnsville. This \$2.4 million facility will combine both the Yancey Community Medical Center’s adult and pediatrics practices in an efficient, state-of-the-art office setting. Construction should be completed by summer 2005.

SPCH will also be expanding the SPCH Fitness and Rehabilitation Center in Burnsville. On the rehab side, the Hospital will add a therapeutic pool, 2 exam rooms and a large

(continued on page 3)



Hospital Volunteer and ExxonMobile retiree Mike Foster recently secured a \$500 grant from the ExxonMobile Foundation Volunteer Involvement Program (VIP). The program hopes to encourage employees and retirees to actively contribute their time and talent to nonprofit organizations by providing contributions on their behalf. Cheryl Craigie, executive director of the

hospital’s foundation, said the ExxonMobile grant money will be used to help fund Toe River Project Access (TRPA), an initiative of the SPCH foundation that helps low-income, uninsured residents of Mitchell and Yancey counties to have access to health and dental care.



Neighbors helping neighbors at the 4th annual *The Beat Goes On* dinner, auction and bicycle ride

By Sally Hakes, administrative assistant, sally.hakes@msj.org

Healthy and exciting things abound for the Spruce Pine Community Hospital Foundation's annual *The Beat Goes On* dinner and auction on September 30th at the Chalet Restaurant at the Switzerland Inn.

"Our Board members have worked hard this year to include wonderful items for the auction," said Auction Chair Geraldine Plato. "Items range from a beach getaway vacation to a massage and acupuncture package to a handmade quilt to a golf package at the Chrysler Classic of Greensboro on October 11-17th. And we'll have activities that the whole family can enjoy, like horseback riding Clear Creek Ranch and a hayride with storytelling at the Orchard."

"Everyone who participates in the Foundation's fundraiser, whether as a dinner guest, volunteer, or Saturday bike ride participant, is a neighbor helping a neighbor," according to Dinner Chair Charlotte Sampson. The dollars raised from this year's event will be used to support the Foundation's newest initiative, **Toe River Project Access (TRPA)**, a collaborative com-

munity effort designed to provide access to health and dental care to low-income, uninsured residents of Mitchell and Yancey Counties. (See Cassie Smith's article on page 4 for more information.)

Charlotte is already busy selling tickets and having folks mark their calendars for the dinner being held Thursday night, September 30. "We've had such a great response in the previous years, and we wanted to find a place that would accommodate a large group as well as provide an outstanding menu. (See page 1 for a complete description.) We have found that with the Chalet Restaurant at the Little Switzerland Inn. There will also be a full bar throughout the festivities this year," notes Charlotte. **Call Cheryl Craigie at the Foundation office at 766-1750 to reserve your dinner tickets today!**

"The vision and hard work of our community nearly fifty years ago began a tradition of support for our community hospital. We are all the beneficiaries because we continue to have local access to quality health care available through Spruce Pine Community Hospital," says Foundation Executive Director

Cheryl Craigie. "A big thanks goes to our Committee Chairs Geraldine Plato and Charlotte Sampson and to Foundation Administrative Assistant Sally Hakes who has worked hard to secure our corporate sponsors."



Riders enjoying the views!

The bike ride is again under the direction of Randy Raskin, Celo Inn owner and avid cyclist. He says the course will be well marked and well staffed with volunteers. Riders can choose a 57 or 100 mile ride depending on their interest and stamina. The ride ends with a hot meal. **For more information about participating as a rider or a volunteer, contact Sally Hakes at SPCH Foundation at 766-1751.**



New Logo for *The Beat Goes On*

Jana Slagle, an emergency room nurse at SPCH since 1988 designed the new logo for SPCH Foundation's annual fundraiser, *The Beat Goes On*. Jana, also a talented fiber and clay artist received her Bachelor of Fine Arts from Austin Peay State University and then pursued her nursing degree at Caldwell Community College and Technical Institute.

"We love with our new look and want to thank Jana for generously donating her time and expertise," said Foundation Executive Director Cheryl Craigie. "We first discovered Jana's talented when she designed departmental Christmas cards last year. We were thrilled when she agreed to create our new logo."

Jana is just one of many talented Spruce Pine Community Hospital employees who generously donate their time and expertise to many worthwhile causes.



SPCH Foundation helps fund Volunteer Scholarships

The annual college scholarship program presented by the hospital volunteers to a hospital employee, volunteer or family member, was funded in part this year by the SPCH Foundation.



Heather Jenkins and Vicki Tolley

One hospital employee and two children of hospital employees received scholarships. The recipients were Heather Jenkins, LPN in the OB Department, Thomas Verla, son of Ken Verla in the OR, and Kyle Wilson, son of Cynthia Wilson in the OR.

Thomas and Kyle are interested in pursuing degrees in the medical field while Heather and Vicki will be

furthering their education in nursing. Vicki Tolley, RN and director of the Emergency Department and CCU, was awarded a special commendation scholarship for \$600.

MY Meds gets SPCH Foundation Grant

MY Meds, the faith-based medication and health ministry serving Mitchell, Avery and Yancey counties, received a \$3,000 grant from the SPCH Foundation. "We're pleased to be able to support this very important program," said Foundation Director Cheryl Craigie. "While our Toe River Project Access initiative works to provide immediate access to medication, MY Meds concentrates on long term prescription assistance. We have referred many of our clients to MY Meds and look forward to continuing our strong partnership.

**Toe River Project
Access has
referred 41 clients
to MY Meds**

Honor a loved one with a gift to the SPCH Foundation

Annual support is very important to SPCH and allows us to purchase the latest medical technology, to improve patient care, to upgrade existing facilities and to provide low-income, uninsured residents of Mitchell and Yancey counties with access to primary health and dental care.

We hope you'll consider honoring a loved one with a gift to the SPCH Foundation. Just tell us who you are honoring with your gift and provide us with that person's address. We'll send them a special acknowledgement to let them know of your generosity.

If you like, gifts may be designated for use in specific programs of the Hospital or to assist in building our endowment fund. Donations may also be made in memory of a loved one. All gifts to the Foundation are tax deductible. And remember, 100% of your donation is available for patient care, indigent services, etc., because the Hospital pays all of the Foundation's expenses.

SPCH Plans

(continued from page 1)

group therapy area. The fitness improvements include a new aerobic room that accommodates 50 people, an enlarged indoor track and exercise area with more equipment and two racquetball courts. The therapeutic pool will also be used for water aerobics.

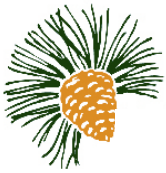
With the exception of the competition-sized pool, which is too costly to build and maintain in this small, rural community, this expansion plan addresses needs identified by the community. These additions will allow the Center to provide expanded services while maintaining a fiscally

viable operation. This \$970,000 expansion will add approximately 9,000 square feet, bringing the total square footage to slightly over 19,000 square feet. Construction should begin in spring of 2005. The Center will remain open during construction.

Finally, SPCH plans to expand and renovate all the clinical areas of the hospital by 2007. SPCH is currently operating out of 30 and 50 year-old buildings. This 65,000 square foot expansion/renovation project will furnish the infrastructure needed to provide state-of-the-art care for at least the next 25 years. In addition to all new patient rooms with private baths, the expansion will accom-

modate larger chemotherapy and diagnostic imaging departments, new labor and delivery rooms and a renovated laboratory. The renovation plan also includes more space for visiting medical specialists, eliminating the need for patients to travel to Asheville for treatment.

The project is estimated to cost \$15 million, \$11 million of which will be financed by SPCH. Any financing above \$11 million would put SPCH at an unacceptable debt-to-capitalization ratio. The Hospital is working to secure the additional land needed for the expansion and expects to break ground in 2005, with completion set for 2007.



Making a Difference with Toe River Project Access

By Cassie Smith, coordinator, cassie.smith@msj.org

"Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all times you can, by all the means you can, as long as you can." . . . John Wesley

As of June 11, 2004, Toe River Project Access clients have received over \$95,000 in medical, dental and prescription assistance. That's all because of the generosity of our participating doctors and dentists, and Spruce Pine Community Hospital, with the assistance of Spruce Pine Community Hospital Foundation.

The Toe River Project Access (TRPA) office has been very busy since the last issue of this newsletter. **We've received over 500 calls about TRPA and the services we provide. We've taken 125 applications and have 84 active clients.** Clients must reside in Mitchell or Yancey county to be eligible for this program. We have 52 clients from Mitchell County, including communities like Buladean, Glen Ayre, and Tipton Hill. Our 32 clients from Yancey County include residents of Green Mountain, Micaville, and Celo.

The average age of a TRPA client is 48 and the average household size is 2.5 people. Of the 84 clients, 56 are female and 28 are male. **The most common health problem is cardiovascular disease, but illnesses treated range from diabetes and high blood pressure to emphysema and rheumatoid arthritis.** A non-impacted extraction is the most common dental procedure performed.

We have also been busy spreading the word about TRPA and our

services. Foundation Executive Director Cheryl Craigie and I have made more than 20 presentations to organizations, clubs, and church groups such as Higgins Methodist Church, Spruce Pine Rotary, First Baptist Church of Spruce Pine, and at both the Mitchell and Yancey County Commissioners meetings.

Toe River Project Access's Church Outreach Taskforce is working hard raising funds for year 4 of TRPA. In May, a letter from the group was mailed to Mitchell and Yancey County churches asking that they contribute \$1 per member each year to TRPA. **Please consider asking your church to contribute to this very important project.**

I could say more about the great things going at TRPA but what better way to do this than with a letter from one of our first clients, Ms. Margarette Green. The following is a letter she wrote for this newsletter describing her experience as a participant in our program. Thank you Margarette for sharing with us!

A TRPA Client's Story

By Margarette Green

The United States government says I'm a statistic—one of over 43 million Americans who does not have health insurance and does not qualify for any of the US, state, or county programs—because I am 61 years old, with no family, and my monthly income is \$36.00 over the poverty guidelines. I have high blood pressure, diabetes, diverticulosis, high cholesterol, vascular disease and a few other health problems. For a number of years, I've worried about my mounting medical bills, about

treatments I needed but could not afford, and how to juggle what to pay and what to do without, such as winter heating, a good pair of shoes (important for a diabetic) and how to pay for a broken ankle last summer. My scenario is one that, to a greater or lesser extent, is being experienced by thousands of folks across the nation.

A Christmas miracle took place in 2003, I heard about, applied and was accepted as a client by Toe River Project Access. I was skeptical when I made the initial appointment. I never qualify for anything – I'm one of the proverbial "fall through the cracks" people. At least that's what I thought as I drove to the TRPA office in the Spruce Pine Community Hospital complex.

The professionalism of Cassie Smith, TRPA's coordinator made me a believer. Cassie skillfully lead me through the application interview with efficiency and compassion and alleviated both my jitters and skepticism. Now I have been able to have the blood work I needed to monitor my cholesterol and glucose levels which resulted in changes to my medications. The help TRPA is giving me is having a ripple effect. I'm hoping to be able to begin paying off some of my old outstanding medical bills. When that's done, maybe I can buy those new shoes.

I do feel better and sleep better because of the safety net TRPA provides.

Me, a statistic of Uncle Sam's! Not any more, I'm a Toe River Project Access client.



SPCH Foundation buys Equipment for Hospital

The SPCH Foundation responded to SPCH Infection Control/Employee Health Coordinator Mary Anne Johnson's request and recently purchased a "STEDY," which allows patients to safely stand by themselves and be transported.



Left to right: Christina Yelton, Mary Anne Johnson and patient, Cathy Hughes

Johnson reports that employees are often injured when trying to help patients move safely from the bed to a chair or a toilet.

This device should help reduce the incidents of injury to staff and provides patients with the extra support they may need.

Local Couple Walks Parkway to Benefit SPCH Foundation, Local Non-Profits

Since moving to Burnsville in 1996, Susan and Paul (Bubba) Crutchfield have become well known for their generosity and their willingness to support non-profits in the area.

But now they've really put their "feet" in it. Susan and Bubba are walking 1,000 miles—the entire length of the Blue Ridge Parkway in both directions, plus a few side trips along the way to raise funds for the SPCH Foundation, the Yancey Foundation of the Community Foundation of WNC, the Altapass Foundation (The Orchard), the Yancey County Library Renovation Fund, and Warren Wilson College. The Crutchfields have already completed over 500 miles and raised over \$41,000. They hope to finish the walk by November 15 and be home for the holidays.



Bubba and Susan

You can help make their walk a huge success by contributing either a per-mile pledge or a flat amount. Anyone wishing to make a pledge can designate which of the non-profits listed above he or she would like to support. If no designation is made, the Crutchfields will divide the money among the groups.

"Susan was an active and dedicated board member who anticipated what needed to be done and then made sure that it was done," said SPCH Foundation Executive Director Cheryl Craigie. "We're thrilled that Bubba and Susan have include the SPCH Foundation in this wonderful endeavor and look forward to helping them make this event a huge success."

If you would like to contribute to the Crutchfields' walk, please contact the Foundation Office at 766-1750 .



Susan Crutchfield in the twin tunnels, milepost 348



Did you know?



Spruce Pine Community Hospital provided almost \$6 million in unreimbursed care (calculated at cost) in 2003.

Spruce Pine Community Hospital is one of the best managed and financially stable small hospitals in the Carolinas, according to Duke Endowment comparative analysis.

***Opt-Out Option:** The Spruce Pine Community Hospital Foundation may use information about you (such as your name, address, gender, and phone number) and the dates you received treatment at Spruce Pine Community Hospital in order to contact you to seek contributions to benefit the healthcare services of our community. The money raised through these activities is used to expand and support the services and educational programs we provide in the region. If you do not wish to be contacted as part of our fundraising efforts, please write a letter to Cheryl Craigie, Executive Director, Spruce Pine Community Hospital Foundation, PO Box 247, Spruce Pine, NC, 28777.*



Spruce Pine Community Hospital
FOUNDATION

P.O. Box 247

Spruce Pine, North Carolina 28777

You're Invited

Join your friends and neighbors
for an evening of fine food
and an exciting live auction led by
David Little

Thursday, September 3
Switzerland Inn
Chalet Restaurant
6-10 o'clock pm

\$55 per person/ \$20 is tax deductible.
Reservations are required as attendance is limited.
Call the SPCH Foundation at (828) 766-1751.



The Spruce Pine Community Hospital Foundation *The Beat Goes On Live Auction*



Great things to do ...

- 1 week stay at Hope Town Villas in Bahamas
- 2 night stay with dinner - *Crippen's Country Inn, Blowing Rock, NC*
- 4 Sponsor Badges & 2 parking passes—*Chrysler Classic of Greensboro*
- Arashi bomaki silk scarf workshop with lunch for 6—*Janet Taylor*
- 3 night stay - oceanfront 1 bedroom apartment—*Sunset Beach, NC*
- Hayride Party for 20 — *The Orchard*
- Gourmet dinner for 8—*Mignon Durham and Shane Fero*
- 1/2 day horse back riding for 4 with lunch or dinner—*Clear Creek Ranch*
- Family Fitness membership for 1 year with personal training and nutritional counseling—*SPCH Fitness & Rehabilitation Center*
- Raku pottery workshop and gourmet lunch for 6 with an autographed book - *John Britt & Cheryl Craigie*
- Movement Package—*M. Rossi, T. Evans, E. Witherspoon, & J. Hatcher*
- 5 night stay—*Sunset Beach, NC* condo with golf package—*Keith Holtsclaw*
- Massage & Acupuncture Package—*M. Rossi, S. McCall, N. Fawcett & J. Hatcher*
- Guest house in Naples, FL for 1 week, sleeps 6 — *Paulette Kempfer*
- 1 night stay & passes for The Biltmore Estate - *Inn on Biltmore*
- Fly fishing trip - *Wounded Fork Private Preserve, Terry Troy*
- 2 night stay - *Blackberry Farm, Knoxville TN*

Great things to have ...

- Handmade Quilt – *Mountain Piecemakers*
- Gift basket - *Mountain Farm*
- Decoupage Art - *Marquitta Holtsclaw*
- Framed 16 x24 "Giclee" print - *Jann Welch, Bakersville, NC*
- 2 13-piece Calphalon commercial cookware sets
- Buck Stove Gas Logs (24") – *Young's Fuel Service, Inc.*
- 6 carat emerald cut citrine 14K gold ring – *Emerald Village*
- Mountain Bike—*Jim and Margie Haaga*
- 2 hand carved walking sticks — *Boone Woodcarving*
- Computer, Printer and software training—*Electronic Office Supply*
- Penland 75th Anniversary Book , 2 passes to Mint Museum of Craft, Ceramic piece – *Cynthia Bringle, \$100 gift cert, Penland Gallery*
- Wood-turned bowl – *Lloyd Rothouse*
- Eagles "Hotel CA" Gold Album (Belgium) — *Bill & Lisi Szymczyk*
- Teeth Whitening—*Dr. Charley Nash*
- 4 Nick Joerling mugs – *Guy and Pat Ross*
- Multi-layered wood bowl — *Buzz Coren*
- Sterling silver pendant — *Rings n' Things*
- 3 refills of propane for your bar-b-que grill—*Amerigas*
- Hand carved wooden spoon — *Rodney Hopkins*