

## **CMF Board Meeting, September 18, 2020**

**Attending:** Diane Blake, CEO, Marlene Farrell, CMF Coordinator, Dr. Peter Rutherford, Confluence Health CEO, Doug Williams, Confluence Health, Mary Ellen Mayhew and Helen Rayfield, Hospital Commissioners, Sharon Waters, City Council Member

**Board Members:** Linda and Scott Bradshaw, Mark and Terri Judy, Nancy Lellelid, Ted and Kathy Montgomery, Linda Kinder, Bob Jennings, Mogens Bach, Scott Schimelfenig, Wade Nash, Ann MacPherson, Jeff and Dana Wilson

**Absent:** Kathi Nash, Bob Adamson

**Call to Order at:** 9:02

**Our Mission statement was read by Vangie Schasse.** To enhance and financially support Cascade Medical's ability to deliver quality healthcare to our community.

### **1. Consent agenda**

- a. August 2020 Minutes\* approval
- b. September 2020 Agenda\* approval

Notes: A motion was made to approve the August 2020 minutes by Bob Jennings, seconded by Scott Schemilfenig, and passed unanimously. A motion was made to approve the September 2020 agenda by Scott Schemilfenig, second by Bob Jennings, and passed unanimously.

### **2. Board Education about the regional COVID-19 situation – Dr. Peter Rutherford, CEO of Confluence Health**

Notes: Diane Blake introduced our speaker today. Dr. Rutherford graduated from the UW School of Medicine as an internist. He did his internship in Wyoming and then returned to the Wenatchee Valley. She admires his regional approach and his leadership in various organizations.

Dr. Rutherford has enjoyed working with Diane Blake.

He shared a slide show about the covid situation in our region. The first slide showed a weekly analysis of covid cases in north central Washington, including Chelan and Douglas Counties. It has declined relatively significantly since August. Daily caseloads from July to September showed a high of 100 cases/day, but now we are in the 10-15/day range. The total has increased from 1700 to just shy of 3000 in this area. The doubling rate was every 20 days, now it is every 45 days, which is a positive improvement. The disease is declining at this time. The spectrum of the disease shows that the majority of people have mild to moderate disease. 14% are considered severe, 5% are in the critical category. There have been about 200 total admissions at Confluence. The highest number of patients in the ICU was 15. It has declined to 6 patients and has remained at this level. The case-fatality rate is 2.3%. Most people do just fine, but it is very hard to predict who will not do well.

Hospitalization by age groups was presented. Hospitalization rates by ethnicity and race was presented. American Indians/Alaska Natives have had the highest rates of infection, although Black and Latino populations also have higher rates of infection. There has been extensive discussion about why this is. White and non-hispanic have the lowest rate of infection. Many factors have been examined to understand this. A list of underlying medical conditions strongly associated with increased risk for

several Covid-19 was examined. Type 2 diabetes and obesity are the two most significant risk factors. Other medical conditions that MAY confer increased risk was also listed. Reported death rates from various states was presented. Washington's rates have flattened. Covid-19 admissions for Chelan and surrounding counties were presented.

Dr. Rutherford discussed the three different types of vaccines that are being developed in the United States by various biotechnology companies as well as in other parts of the world. The three types include Nucleic acid, Viral vector, and Protein subunit. The nucleic acid technique is in Phase 3 trials. There are 180-200 people enrolled at Confluence in a vaccine trial under the nucleic acid platform.

In conclusion, this is a pandemic unlike anything similar since 1918. It is a severe disease for those individuals in that 5% severe illness category. Although we know the risk factors, it is impossible to predict which individual will be severely affected. There are various treatments that have been tried. Dexamethasone, a steroid, does seem to have an effect in reducing death in severe patients. The average time for severe patients to be on a ventilator is 14 days, a very long period of time. Those people who have severe disease often face a lengthy recovery of 3 months. There are efforts being made to keep people off ventilators, as there can be severe lung damage from it. It is not simply a pulmonary disease. Prevention is the best treatment. 40% of the people that get this disease are asymptomatic. During the days when they are asymptomatic, they can easily spread the disease. There is a population that never get symptoms at all. It appears to be higher in younger people, but it occurs in people of all ages. It appears that children younger than ages 5-6 don't spread it as easily, but children at ages of 8-9 spread the disease as easily as adults.

The data about mask wearing has been overwhelming, i.e. it is effective in reducing the risk of spreading the disease by about 90%. Masks protect others a lot and oneself a little. One other risk of severe disease is the amount of viral particles that you get when you are infected. If you are wearing a mask, you will not be exposed to as many viral particles and may have a milder form of the disease. A lesser risk is touching surfaces that have been exposed to viral particles. Hand washing with soap and water is the best, but hand sanitizer with greater than 60% ethanol is the next best.

Questions: Wade questioned the kinds of political/economic pressures to produce a vaccine. Dr. Rutherford has examined the Pfizer protocols and has found them to be extremely rigorous. There will be risk, as happened with the vaccine for the swine flu. There will be a risk benefit discussion when vaccines have been produced. The safety trials will pick up the common reactions, but won't pick up the rare reactions that happen when it is administered by the millions. As a population, we need to look at the trends, which are currently positive. He believes we need to do more random testing of the population to get a more accurate number of the disease prevalence. He thinks it is less than what the state is presently showing. Ted Montgomery thanked the doctor for his informative presentation. Marlene was wondering what type of information the foundation should be presenting on the Facebook page. Dr. Rutherford believes that something is working to slow the disease, but it is impossible to identify what that is. The biggest area of spread is people who are feeling well who get together in family and other group settings. That's where it seems to spread. It is important to continue masking and social distancing and hand washing. That's the important message to put out to the community. What is the biggest ahh-ha? - how difficult it is to treat the severe patients in the hospital, the power of the simple things like social distancing and masking, the politicization of a health crisis.

The school situation: There has been discussion at the health district to test a small local community to understand the prevalence of the disease with the hope that schools can possibly reopen. Masking, social distancing, and hand washing make a difference and will be important for school employees who are at risk. There has to be a low prevalence of the disease in a community before schools can reopen.

### **3. Cascade Medical update – Diane Blake**

Notes: Diane shared a value story that praised the medical care and human care of a recent patient. They praised the kindness of all the health care workers at the clinic. The community of shared values is alive and well throughout the clinic. Another story involved finding a physician to cover in the emergency room over the weekend. Diane has been impressed by the commitment of the clinic providers. Two physicians stepped in to cover for the provider who had a family situation arise.

Other updates: The board approved the purchase of a new CT scanner. There was a \$400,000 reduction in the cost. Evaluation of a medical health record system is ongoing. Implementation will occur next year. The IT and HIM director moved out of the area, but the clinic has found an interim person to cover the IT position. The HIM position remains unfilled, although the clinic is actively recruiting. Financially, the clinic has received some federal funding through the CARES act, which will last through the flu season.

Mark thanked Diane for facilitating the visit of Dr. Rutherford. Terri was wondering if the Fire Auxiliary in Lake Wenatchee might be a good place for such a presentation. Diane said she would be willing to do it, but couldn't bring the level of expertise as Dr. Rutherford. Linda Kinder wondered if Dr. Rutherford could do the presentation for the whole community through Zoom. The health district has been working on a FB live presentation. Diane will mention these ideas to Dr. Rutherford. Bob Jennings recommended recording the presentation for further sharing.

Sharon Waters: She is a city council member. She likes to visit as many community organizations as possible and planned to stay for the entire meeting.

### **4. Finances – Mark Judy**

- a. Review August finances\* and Mark's summary\*

Notes: He will present August and September together at the next meeting. There has been a change in the way restricted donations (including Mobile Clinic, Covid-19, ADPA and Think Pink) are being recorded. He will prepare a summary format soon. Mark did not feel it was possible to approve the August financials at this time. However, the overall report is positive.

### **5. Governance – Nancy Lellelid**

- a. New board member recruitment and new officers

Notes: The current thrust is to confirm who will stay on the board and confirm a slate of new officers. Bob Jennings has agreed to be the President-elect. Nancy will stay as Vice President. Mark and Mogens will co-chair finances. The at-large people will be the same. Dana will continue as Secretary. Linda Kinder will be leaving the board. Any board members who are planning on leaving should consider volunteering for the foundation. Linda appreciates how Ann is managing the volunteer corp.

### **6. Benevolent Event Update – Ted & Kathy Montgomery**

Notes: Kathy thanked Ann for securing the Squirrel Tree for a benevolent day. At the end of the day, there was \$850 at 30% of the profits, but Vito, the owner, wrote a check for \$1200. Vito sells coffee at Safeway and he wants to donate a \$1.00 per bag of coffee sold. Marlene is working on contacting Vito about this arrangement. Thanks to everyone who came and supported the event.

The Montgomerys spoke with the owner of Wildflour and the idea of a benevolent event will need to be postponed. There is not enough space for distancing appropriately inside, especially as the weather turns colder.

### **7. Board Retreat – Linda Bradshaw and Nancy Lellelid**

Notes: Mountain Spring Lodge thinks they can distance us so we can have the board retreat there. For lunch, we can use both sides to provide more space. The proposed dates would be October 5-7, or 12-14. The committee decided on a half day event, 9:00-12:00 and then lunch. Kathy Montgomery suggested that it might be a good idea to be outside, especially if the weather is good. She suggested that it could be later in the day to take advantage of the warm weather. A concern about meeting in a group setting was brought up. Marlene will send out an email to all board members to determine who feels better about having a Zoom meeting instead of an in-person retreat. Marlene will compile a consensus determining if Zoom or in-person is preferred. Paige Wilson will be presenting at the retreat on the use of Instagram, pending her availability.

### **8. Virtual Concert update:**

Notes: Wade and Bob have been putting around flyers. Marlene thinks it will be in the Wenatchee World. It is also on KOHO. Pre-recording of the spoken parts is occurring today. Selma, an M.A. here, translated all the scripts to Spanish. It can be viewed on Icicle Creek's FB page. Marlene would like board members who are comfortable with FB to contribute to the comments. Kathy Montgomery and Dana Wilson agreed to participate in this. Marlene's husband will be taking pictures for the FB page and also a future newsletter and perhaps a future video. Marlene shared that we are over \$10,000 in donations for the mobile clinic, which translates to \$20,000 in matching donations. Marlene encouraged everyone to share the event on FB.

- a. Promotion (KOHO, FB, Go!, etc.):
- b. Prerecording:
- c. Board member jobs:
- d. Flyers to post around town – volunteer?:

### **9. Employee Appreciation Party – Linda Bradshaw**

Notes: It has been decided to make baskets and hand-written thank yous to appreciate the employees at Cascade Medical. Employee donation is the main source of our donations. We cannot do homemade foods. We will need to have pre-packaged foods. Other sources for pre-packaged foods and the people who will contact them: Aplets and Cotlets, Crunchpak (Kathi Nash), Gingerbread Factory (Montgomerys). Marlene has offered to go to Tumwater Bakery who might provide gift certificates to include in the baskets. Linda suggested that a few people get together with Marlene to prepare the baskets. Diane shared that Wednesdays and Thursdays are the days of the week when most employees are present. September 30-October 1 would be a good time frame to work on this project. Linda will

send out the date in an email after the meeting. Marlene suggested that we meet at Linda's house. It was determined that all donations need to be delivered to Linda's house by September 29. Baskets will be prepared on September 30 at noon at Linda's house and anyone is welcome to come and help. Baskets will be distributed on October 1. Marlene will determine the number of baskets needed, but she estimates 9 baskets. Linda suggested we ask for donations of 50 items from the various organizations. Baskets are also provide for the cleaning personnel as well as the evening emergency room staff.

### **10. Coordinator Report – Marlene Farrell**

Notes:

- a. Grants: The Weyerhauser grant fell through. Marlene has taken a break from Murdock, but is getting started again. She needs to coordinate with Pat Songer, COO and Marianne Vincent, CFO. She would like to submit the Murdock grant in October. The CHI grant - we've made it past the first step. This is a grant that requires our collaboration with another organization, so we are collaborating with the school district on suicide prevention.
- b. Think Pink: Cascade Medical will promote breast cancer awareness. There will not be a business cooperation this year due to Covid-19. Enough money was raised last year to cover the cost of free mammograms this year.
- c. Fall newsletter and winter mailer campaign: Marlene is working on the fall newsletter, but is open to board members' ideas. She plans on talking about both the mobile clinic and ambulance safety. She will mention the addition of Spanish translations and benevolent events. The newsletter will be mailed by the end of October. Mark suggested a mention of a safe Halloween, although it is believed that the annual Halloween event in Leavenworth has been canceled. The winter mailer can be discussed at the retreat.
- d. Give NCW: We will be promoting this. More information will be coming out soon.
- e. Special donation: Great news! We have received a donation of \$25,000 for the mobile clinic from the Williams Friendship Fund. The stipulation for getting money from that fund is the inclusion of cross-cultural and cross-languages themes. Bruce Williams, without us knowing, requested these funds for the mobile clinic. Mark said that Bruce Williams prefer that his parents be remembered with this donation. Marlene suggested ways that this could be accomplished.

Linda suggested that we have various presentations on our website, like Dr. Rutherford's presentation today on the situation with Covid-19.

The meeting was adjourned at: 10:57

Respectfully submitted,

Dana Wilson, CMF Board Secretary

## **Upcoming Events**

September 24<sup>th</sup>, 7pm, The Greater Good Virtual Concert

September 29<sup>th</sup>, 9am, CM Commissioners' Meeting over Zoom

October 7<sup>th</sup>, 11am-1pm, CM Employee Appreciation Event??

October 13<sup>th</sup>, 9am CMF Executive Committee meeting over Zoom

October 16<sup>th</sup>, 9am CMF Board Meeting over Zoom

October 21<sup>st</sup>, Benevolent Night at Wildflour??

October ??, CMF Board Retreat??

## **Donors August 19<sup>th</sup> to September 10th 2020 (not including board members)**

Ken & Margaret Marson, Matt & Carol Cade, Cal Blackburn, Janet McCumber, Joe Howard, Rachel & Arnold Scown, Jimi & George Wilson, Amazon Smile Foundation, Mall & Tom Boyd, William Bruders, Chris Clark, Karen Arnold, Clark & Jean Vanderlinden, Marydell Marson, Bruce Williams & Gro Bauer, Gerri & Jim Passage