

Cascade Medical Foundation
Board Meeting Minutes
October 18, 2019
CM Arleen Blackburn Conference Room

Attending: Marlene Farrell, Linda & Scott Bradshaw, Linda Kinder, Bob Adamson, Scott Schimelfenig, Strode Weaver, Kathi and Wade Nash, Vangie Schasse, Mogens Bach, Kathy & Ted Montgomery, Nancy McReynolds, Jeff & Dana Wilson

Potential Board member: Ann McPherson

Commissioners: Helen Rayfield, Mary Helen Mayhew

CM: Diane Blake, CEO, and Brian Pulse, Ambulance Director

Absent: Mark and Terri Judy, Nancy Lellelid, Ken West

Kathi Nash read the mission.

- I. Consent Agenda – Scott Bradshaw made the motion, Mogens Bach seconded it. All (Sept. minutes, Sept. financials and Oct. agenda) approved.
- II. Guest Speaker – Brian Pulse, Ambulance Director. Brian talked about the Stryker auto-loading system for ambulances (\$76K for 3 units) and auto Lucas CPR (\$52K for 3 units), total cost ~\$128k.

Powerload system, reduces repetitive weight bearing to almost zero, so there's no strain on provider's back. Caregiver and patient safety. Zero fear of dropping when unloading patient. Rated to 750 lbs. Load system is hard-mounted into back of ambulance and can move from one ambulance to another, so long term investment.

Lucas device auto CPR. Can put on in 15 seconds with no interruption in CPR. Our district is so large, requiring longer time to hospital. Constant compressions leads to fatigue in human providers, and our paramedics are mostly in their 30's and 40's. Auto CPR doesn't get tired. Tested in King County and around the nation. Example – If you respond at Lake Wenatchee and have to do 15-20 minutes of CPR (rotate people through every 2 minutes), need many people or 1 Auto CPR. If only driver and 1 paramedic in back of ambulance, it's very difficult to do CPR while ambulance is moving.

Brian also mentioned Stryker Physio public access AEDs (automated electronic defibrillator). CMF bought Phillips models many years ago. New technology – now can be networked so there's an alert whenever one is used. All data can be downloaded. Some AED locations: all schools, gazebo (stolen), Club West, Leavenworth Golf Club, Kahler Glen, Festhalle, pool, city hall, Icicle River Nordic trails. AEDs aren't used much, but if it's used at all, it's worth it. About preparedness. Scott S asked about software upgrade – would you need to get all new units again? Yes, can be upgraded and the newer ones are more programmable and networked, and older Phillips ones are not. Technology is vastly improved. \$1700 for 1 off the shelf. Can buy in bulk for less. Can trade them in or send to other countries.

Executive Committee recommended we approve the Powerload and Lucas. Kathi N made motion. Strode 2nd it. All approved!

AEDs tabled for now until more information is gathered.

III. Hospital Report – Diane Blake

- a. CM hosted sport physicals (3rd year). Got a thank you letter from CHS. Night was a great success (lots of planning, so there are no glitches). Added free vaccinations this year. All time high of 149 student athletes. Helps promote healthy activity and free cost reduces obstacles to access.
- b. Thanked CMF for employee party, some employees said it should be the other way around, thanking CMF for work.
- c. Final stages of approving CM budget, including wage increases to retain really good people. CM is trying to keep pace with increasing wages locally. Ripple effect of CMF is that by supporting capital projects then also allows CM to invest more in staff, etc.
- d. Trying to get out into the community more, go beyond the walls. Flu shot clinic at the Alpine Lakes Elementary next week.
- e. Conversation with Crosscut journalist about rural access hospitals and some are on the brink of bankruptcy. Trying to keep services in rural areas. CM is maybe different and in better a position, in part due to CMF. Journalist wants to talk to a patient about care – could be board member.

IV. Finance Committee – Marlene – Bottom line on P&L is negative because it shows our big \$100K donation to CM as well as the \$14K earlier in the year. Linda K pointed out that pavers are up this year. H&G net proceeds are up 11%, and we still have a check from glassybaby coming in.

V. Executive Committee – Linda Bradshaw. Next project approved (see above).

There was a retreat hiccup with no speaker, due to expense. It will be okay, because we have more time to do some strategic planning and go into Donor relations and events break out sessions.

Linda B contacted Chelan Health and Wellness Foundation and talked to their Exec Director, Kim Dunbar. It has a small board and works with guilds built through the hospital staff. Their endowment is now over \$1million. They're managing the funds and deciding what they're giving to, some to hospital but also other health and wellness community activities.

VI. End of Year Mailer – Nancy McReynolds. Waiting for appreciation party to be done. Nancy M, Nancy L, Linda K and Kathi N will now work on it. Have quotes. Need a catchy term to pitch it: something like “Ambulance safety systems, for patients and crew.”

VII. Pavers and Orchard of Giving – Linda Bradshaw. Got 2 new pavers about a week ago (Royal Lady and Kahler Glen Men's Association).

Orchard of Giving plaque made and all the new names printed. Linda B and Marlene will make a book of alphabetized names so you can find your name. Also take photo of plaque installation.

VIII. Home & Garden – Terri Judy & Nancy Lellelid – both absent – 11% increase over 2018.

- IX. Governance – Wade Nash. Reviewing bylaws and will have them for approval in November. Officers up for election in December. All are willing to be elected again. If anyone wants to be up for an office, you can throw your name in.

Wade and Nancy talked with Ann and she has background that would make her great on this board. She's recommended by Judys and Bob.

Ann spoke to the board, talking about her nursing background and owning a business. She worked for attorneys and in case management. Semi-retired (does some work in the winter) "I'd love to join the board," she said.

- X. Grants – Linda Kinder (discussed both right after project approval and also at this point of agenda). Murdock is a matching grant. We'd ask for maybe \$65k and then do a public campaign for the rest. Can help with ambulance items and then if we're doing well, can add other projects (AEDs or kitchen floor) later. Mogens wondered if AEDs could be purchased along with other public hospitals to get a better price – TBD.

Linda and Marlene talked about CHI grant for mobile health clinic at Cascade School District schools. We have letter of support from superintendent. Other letters of support coming. Marlene working with Pat Songer and Whitney Lak to finish grant application. Gathered info from other clinics at Lincoln Elementary in Wenatchee and Vale Elementary in Cashmere.

Regional Impact Grant for 2 portable patient monitors – we will hear about it very soon.

Chelan County Lodging tax fund – \$250K for events that bring in people from out of town. Linda K and Bob are going to discuss what they can apply for that would help golf.

Murdock – we'll start on an LOI right away, now that we know 2020's project.

- XI. Fundraising Committee – Linda B and Marlene
- a. Employee Appreciation Party recap – a success. We had 2-3 new employee payroll donors. Maybe 30 people stopped in. Saw our big check for mammography and info about Orchard of Giving and plaque.
- XII. Coordinator Report – Marlene Farrell. Shared a \$1000 donation from the Wilsons, thanking the Plain residents who are members of CMF.

November newsletter top priorities: H&G infographics, 2020 project info, grant highlights, Orchard of Giving update. Nancy M. recommended thicker paper.

Several Think Pink events coming up. Going well, along with FB plugs for local Think Pink partner businesses. ~14 free mammograms performed so far this month. And 3D mammography appointments are going up because people want the new tech.

Respectfully submitted by Marlene Farrell, CMF Coordinator.