

Health Highlights



Community Newsletter
December 2022



Portola Clinic Staff



Graeagle Nursing Staff



Loyalton Nursing Staff

EPHC CLINICS

Dedicated, Hard Working And Compassionate People

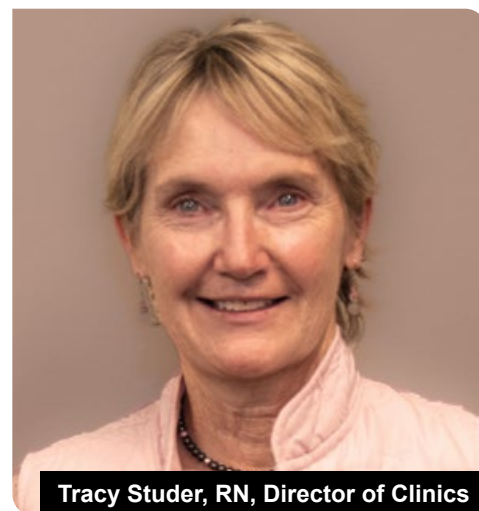
By Tracy Studer, RN, Director of Clinics

As 2022 comes to an end and we begin to think of 2023 and what the new year will bring, I am completely consumed by thoughts of our talented staff of the Eastern Plumas Health Care clinics. For seven years, I have worked side by side with the medical providers, the front office staff, and the medical assistants. The clinic staff are dedicated, hard working, and compassionate people. Up to one hour before seeing patients, the front office staff and the medical assistants are at the clinics preparing for the day. Our employees drive in all weather conditions, some traveling 60 miles one-way to provide excellent health care for our community. Even with early morning hours, and snow-

filled, or busy, summer commutes, clinic employees get to work on time, and are smiling when they walk through the door. Although clinic days are long, the staff are still smiling when they leave to go home to their own families.

In December 2019, the World Health Organization announced the Covid-19 outbreak as a Public Health Emergency. Eastern Plumas Health Care clinic staff wondered about this new virus. Medical providers, front office staff, and medical assistants spoke about this mystery illness and queried how the virus could affect our patients, our families, and our community. By March 2020, the entire staff

were wearing masks, taking their temperature upon entering the clinics, and at times wore full personal protective equipment when seeing a patient. These protective requirements are still implemented today. The efforts



Tracy Studer, RN, Director of Clinics

made by all clinic staff during this public health emergency have been extraordinary.

As the new Director of Clinics, I could not be more excited and honored to be a part of such an amazing staff. With the newness of 2023 coming upon all of us, I hope for health and happiness for our staff, and our community. The clinic staff will be here to greet everyone with a smile.

HOLIDAY EATING TIPS: RECIPE SUBSTITUTIONS

If you are the chef of the party, try the following lower-fat recipe substitutions.

RECIPE CALLS FOR	SUBSTITUTION
1 whole egg	2 egg whites
Sour cream	Low-fat plain yogurt or low-fat sour cream
Milk	Skim or 1%
Ice cream	Frozen yogurt
Heavy cream (not for whipping)	2 tablespoons flour whisked into 2 cups non-fat milk
Whipped cream	Chilled evaporated skim milk or other low-fat whipped products such as Nutriwhip
Cheese	Low-fat cheese (non-fat cheese does not melt well if use in cooking or baking)

Many other products such as mayonnaise, cheese, cream soup, sour cream have lower-fat versions, so experiment with them in your cooking. Remember, Moderation is the key!

HEALTHY HOLIDAY EATING TIPS

by Jennifer Vimbor, MS, RD, Nutrition Director

With the holidays just around the corner, now is the time to plan ahead.

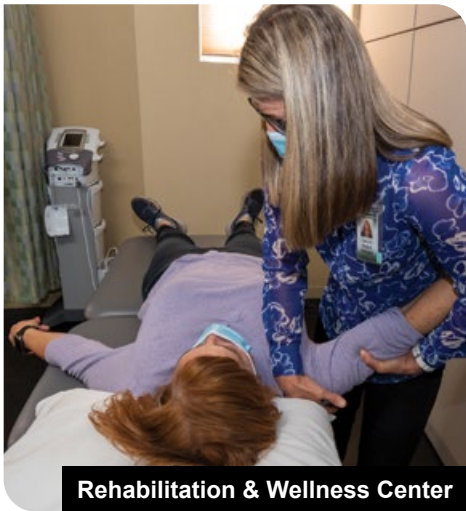
While trying to lose weight during a season of cocktail parties and lavish feasts may not be realistic, you can maintain your weight; and, come out of the holidays without feeling as stuffed as your Thanksgiving turkey. Here are some simple guidelines for healthy holiday eating, so that you can look good and be healthy in January without having to deprive yourself of all the holiday treats.

- *Do not try to diet: Your goal should be to maintain weight, not lose it. Don't set yourself up for failure by making unrealistic goals for yourself.*
- *Don't go to a party hungry: we often eat faster and more when we are hungry; therefore eat a wholesome breakfast and lunch on that day to avoid overeating at the party.*
- *Watch your portions: treat yourself to a nice drink, dessert, chocolate, or sweets without guilt, but always watch your portion. Go for small portions. This way you can sample all the different foods. Moderation is always the key. Also, wait about 15 minutes before going back for seconds. This will give your stomach time to tell your brain that you're feeling satisfied.*
- *Make a conscious choice to limit high fat items: high fat food items can be found in fried food, cream-based soup, cheese-filled casseroles, pies, processed meats such as salami and sausages, some pastries and baked goods. Don't forget about eggnog, which is usually made with egg yolk and thick cream. In order to burn one cup of eggnog, try twirling a hula hoop for about 45 minutes to burn one cup!*



Jennifer Vimbor, MS, RD

- *Try other versions of alcohol: if you choose to drink, try light beer, dry or light wine, Bloody Marys or spirits with diet mixers instead of beer, cider, Bailey's and Kahlua. Use non-alcoholic mixers such as water and diet soda. Alcohol is high in calories. Liquors, sweet wines and sweet mixed drinks can contain 150-450 calories per glass. Remember, calories from alcohol tend to be stored in the abdomen. People who are overweight actually gain weight more easily when they consume alcohol.*
- *Drink plenty of water: water can help you feel fuller and eat less. Alcohol and coffee can dehydrate your body.*
- *Physical activity: organize a family game of touch football, blast the stereo and rock around the Christmas tree, or take a nice brisk walk with your loved ones and enjoy their company in the holiday season.*
- *Don't take a holiday from your usual fitness routine—pick up the pace if you can. Keeping up will help you manage holiday stress, burn off extra calories from too many holiday treats and energize you for that round of holiday parties.*
- *Relax, enjoy the holidays, and remember what the season is all about.*



Rehabilitation & Wellness Center

Eastern Plumas Health Care has several projects either in process or planned over the next two years, including the new Loyalton Clinic, our Rehabilitation and Wellness Center, and upgrades to our hospital and skilled nursing facilities. The EPHC foundation is an important part of our fundraising and planning for these projects and other additional services to enhance the health care delivery in our area.

We have opportunities for new membership on our Foundation Board and would like to extend an invitation to anyone in our community that would have an interest in participating. Meetings are held quarterly and focus on fundraising efforts, service expansion needs, project funding and expenditures through the foundation accounts.

Anyone interested can contact Barbara Sokolov, Executive Assistant/Clerk of the Board at barbara.sokolov@ephc.org for more information on how to become involved in this important part of our health care delivery system.

TIME TO REFLECT and Share Our Gratitude

by **Doug McCoy**,
Chief Executive Officer



As we prepare for the holiday season and start preparations for 2023, it is a time to reflect and share our gratitude to the providers, nurses, patient care, administrative, and ancillary staff at EPHC for the services they provide to our community. Our goal is to provide a 5-star experience to every patient we serve in a culture of 'families serving families'.

This year we will have had the honor of delivering care to our community through over 45,000 patient encounters. In a time of national challenges with COVID, remote work options, and the 'Great Resignation', the team at EPHC remains committed to serving our friends, neighbors,

and family members. In December we will be recognizing those staff members who have spent a significant amount of their careers demonstrating that commitment through their years of service to EPHC and the community. Whether it is a hospital or skilled facility nurse providing compassionate care to a patient, a clinic or therapy staff member assisting with preventative care, our lab and radiology technicians running testing, or ancillary departments supporting their efforts, the call to serve is something they all take very seriously.

We look forward to celebrating over 128 of our employees who have been delivering service for over 5 years, including 38 who have been with EPHC for more than 15 years, and 10 with more than 25 years of caregiving! We are so excited to recognize these achievements and salute their dedication and commitment to every patient we have the privilege to serve.

From our EPHC family to yours, we wish each of you a happy and safe holiday season and look forward to continuing to be your health care partner in 2023!

SPREAD SOME HOLIDAY CHEER WITH A DONATION TO EPHC'S ANGEL TREE

Donate to EPHC's Angel Tree to benefit our skilled nursing facility residents in Portola & Loyalton!

The Angel Tree began over twenty years ago as a way to make sure every resident in EPHC's skilled nursing facilities had holiday gifts. Not all have the love and support of family and friends.

Over the years it's been mostly EPHC staff who have stepped up and made sure that every person on the tree (each resident has 3 tags) had something special just for them. There are a total of about 50 residents in EPHC's skilled nursing facilities at any given time.

Now it's your chance to contribute to the Angel Tree and share the spirit of the season!

The more people from our beautiful, mountain community who participate the better!

Donations of any amount are very much appreciated and accepted throughout the year.

If you'd like to make a donation by credit card, please call Barbara Sokolov at (530) 832-6598.

To learn more about the Eastern Plumas Health Care Foundation or to make a donation online go to ephc.org.

Checks can be sent to:
Eastern Plumas Health Care
Attn: Katherine Pairish, CFO
c/o Eastern Plumas Health Care Foundation/Angel Tree
500 1st Avenue Portola, CA 96122

