

Question:

How does a hospital help with the healing?

Answer:

By getting back to basics.



Lenora Reed teaches people how to breathe.

To most people, this would seem to come naturally. But for those who suffer from chronic obstructive pulmonary disease, nothing comes easily.

Lenora teaches a five-week course to people who have conditions like emphysema, chronic bronchitis and asthma. Because breathing is basic, patients are taught everything from anatomy and physiology to how to climb a flight of stairs without becoming short of breath and how to use their medications properly.

After completing the course, patients can attend a monthly support group called "Better Breathers."

The most satisfying aspect of Lenora's job is giving her patients tools they can use to improve their quality of life.

Lenora recalls two patients who were finally able to travel after completing the course — something they had not been able to do before. "Their lung disease had been a millstone, the trips were milestones."



*Sutter Auburn
Faith Hospital*

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Question: How is a hospital known?



Answer: By the company it keeps.

When Mary Nicosia, an R.N. at Sutter Auburn Faith Hospital, traveled to eastern Europe, a sense of duty and her Christian commitment were her traveling companions. A trained health care professional, Mary saw that local health care facilities lacked even what U.S. hospitals consider the bare necessities.

"The old maxim goes, 'One man's trash is another man's treasure,'" says Mary. She realized that medical supplies discarded here could be turned into a blessing for others over there.

In the last four years, Mary has organized the collection and

shipment of several large containers of supplies to the former Soviet Union, including walkers, wheelchairs, an EKG machine, outdated cardiac catheters, syringes and medicine. "The equipment was essentially worthless here in the U.S., but over there, it's priceless."



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Question: How does a hospital develop a reputation for caring?



Answer:
By letting its patients speak for themselves.

The letter begins, "Most women remember their birthing experiences in great detail," and Barbi Kerschner is no exception. Before Barbi left the maternity ward at Sutter Auburn Faith Hospital, her three older sons had a new baby brother.

All four of Barbi's boys were born at Sutter Auburn Faith, so the hospital was quite familiar. But the emergency C-section was her first.

"Spending four days with you gave me a real insight into just how dedicated you are to ensuring the best care of your new mommies and babies!"

"The day Zachary was born," Barbi's letter continues, "was as

busy as it gets. Yet the care we received was as intimate as the times when there were no other women there. It almost saddens me to think that I've had my last baby there, and will never be a part of that again."

You can always come back and visit.



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Question: Who cares?

Answer:

Gladys Leutholtz.



Mark Twain is noted as saying, "I may wear out, but I'll be darned if I'm going to rust out." Gladys Leutholtz, an Auxiliary volunteer at Sutter Auburn Faith Hospital, shares that philosophy. She's 86, and shows no signs of slowing down.

Gladys walks 3 to 5 miles a day starting at Admitting and traveling throughout the hospital, delivering messages and spreading her good cheer.

During her career, Gladys worked at a number of hospitals...and even trained volunteers in cooperation with the Red Cross. Gladys turned to volunteering,

and came to Sutter Auburn Faith Hospital, after her husband passed away 8 years ago.

With more of her life spent in hospitals than most people would care to think about, what motivates her to come back for more? Simple, says Gladys. "It's so satisfying to be able to help."



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