Healthcare: It’s not just a job or even a career; it’s a CALLING.

Healthcare professionals share a core belief: Healthcare is not just a job or even a career; it’s a calling.

Rideout Health’s mission has remained unchanged since 1907 when our founder, Phebe Rideout, turned her mansion into our area’s first community hospital: to provide excellent, compassionate care to all patients, regardless of their circumstances or ability to pay. That commitment is carried forward every day, by dedicated physicians, by exceptional clinical and support staff, by every Rideout Health team member.

Over the past century, we have grown from a single small hospital into a modern multi-location, multi-disciplinary healthcare organization serving a diverse patient population with advanced medicine and compassionate care. Generous support from donors, increased efficiencies, quality score improvements, technology investments, and recruiting the best and brightest medical professionals have all played a part in the pursuit of our vision, which is to be “a regional leader in providing exceptional, patient-centered healthcare delivered with compassion, integrity, and respect.”

We’re proud of how far we’ve come, and we’re excited about the future. As a non-profit, we do not make payouts to shareholders, but reinvest any surplus to benefit all our stakeholders. In addition to constructing new facilities, and acquiring the latest equipment and technologies, we continue to build a great team whose members share a commitment to the patient-centered practice of healthcare services and to the well-being of the entire community.

MISSION
To provide compassionate and superior healthcare to everyone in our community and region.

VISION
To be a regional leader in providing exceptional, patient-centered healthcare delivered with compassion, integrity and respect.

VALUES
S STEWARDSHIP
Using all resources effectively in order to preserve and advance our mission.

P PATIENT-CENTERED
Deliver safe, high quality care to every patient, every time.

I INNOVATION
Continuous adoption of new ideas and better ways to deliver care and achieve operational excellence.

R RELIABILITY
Meeting and sustaining behaviors and expectations under each value.

I INTEGRITY
Adherence to a set of moral and ethical principles.

T TEAMWORK
A cooperative effort by the members of a group to achieve safe patient care.
Our History

In 1907, Marysville was the largest city between Sacramento and Portland, Oregon. It had impressive buildings, was the center of railroad operations, had a strong economy and well-developed social institutions, including theaters, fine schools and one of the first public libraries west of the Mississippi River. Five decades removed from its Gold Rush heyday, when for a brief moment it was the third largest city in the state, Marysville in 1907 was still considered the hub of all economic and cultural activity in the northern Sacramento Valley.

Yes, Marysville had everything a modern city could offer. Unless, of course, you became sick or injured.

As the Marysville Daily Appeal pointed out in a 1907 article announcing rumors that a remarkable woman from a remarkable pioneer California family was about to donate her family’s 4,000 square foot “mansion” for a hospital: “Marysville is in need of a hospital. There is now no place where sick and injured can be taken for treatment and the expense and delay consequent upon sending patients to Sacramento or other places where hospitals are maintained is too great for safety.”

The rumors announced in the 1907 Daily Appeal article that Mrs. Phebe Rideout was willing to give to the City of Marysville her residence property at the southeast corner of Fifth and E streets to be used as a public hospital were true.

The newspaper said, “It would be a pleasant and agreeable occurrence for this city... if the gift should be made. Marysville... with her great army of employed and the center of operations of railroads and other industries employing a great number of men, should by all means have a hospital, and if Mrs. Rideout will donate her residence for the nucleus of the institution the people of the city will certainly attend to the detail and remodel the building and furnish the hospital.”

Her home became a hospital, and the hospital grew into a community health organization, Rideout Health, which cares for patients in our Northern California region.

Rideout Foundation

We Began With A Legacy...

Rideout Foundation is a not-for-profit Foundation whose primary purpose is to raise funds and promote goodwill for Rideout Health. The volunteer Board of Directors is made up of community leaders who understand and support the mission and goals of the Foundation and Rideout Health.

You Can Leave A Legacy...

To learn more about the Rideout Foundation please call 530 751-4070, or visit us online at www.RideoutHealth.org

Our Volunteers

Rideout Health has more than 400 volunteers who assist patients and family members or who offer their time at our hospitals and in the community. Volunteers serve our communities for Rideout Foundation, Fremont and Rideout Auxiliaries, Chaplains, Emergency Department, Hospice, Senior Living facilities, the Rideout Board of Directors and Foundation Board of Directors. To learn more, call 530 751-4070.
Rideout Regional Medical Center

Rideout Memorial Hospital in Marysville has 173 licensed beds.
- Level III Emergency Department
- The Heart Center at Rideout
- State-of-the-art General and Endovascular Surgery Suites
- Intensive Care units
- Medical/Surgical suites
- Neurosurgery Center
- Pediatric services

Expansion complete, 2015

Rideout Emergency Services

Located inside the Rideout Memorial Hospital, the Rideout Emergency Department is the only emergency room between Southern Butte County and Roseville.
- Designated as a Level III Trauma Center
- Expertly staffed by physicians on duty 24 hours a day
- Highly trained team of physicians, nurses and medical personnel treat more than 55,000 patients each year. Expansion complete, 2015

Rideout Neurosurgery Center

www.RideoutNeurosurgery.org

Rideout Neurosurgery Center provides state-of-the-art neurosurgical care in Rideout Memorial Hospital, offering excellent care in an environment close to family and friends. Our prestigious neurosurgeons are available 24/7/365 and offer a wide range of subspecialty skills including minimally invasive neurosurgery, general and complex spine surgery, peripheral nerve surgery, and brain and vascular neurosurgery.

Rideout Cancer Center

www.RideoutCancerCenter.org

Rideout Cancer Center in Marysville is an affiliation between Rideout Health and the University of California Davis Health System.
- State-of-the-art linear accelerator for radiation therapy
- Clinical trials
- Physician offices
- Chemotherapy services
- Library for Life
- Telemedicine capability with UC Davis

Women’s Imaging at FMC

Women’s Imaging Services provides the most comprehensive state-of-the-art Women’s Imaging technologies available.

To schedule an appointment call 530 751-4773 or ask your doctor for a referral.

Fremont Medical Center

Fremont Medical Center in Yuba City has 132 licensed beds.
- Women and Infants services for the Yuba-Sutter area
- Labor & Delivery suites and Postpartum beds
- Private rooms - Couplet Care
- Neonatal Intensive Care Unit
- C-Section Surgery
- Women’s Imaging
- Outpatient Radiology

Expansion complete, 2015

Rideout Surgery Center

Rideout Surgery Center in Yuba City is an outpatient surgery center that offers a patient-friendly, cost-effective environment, while maintaining the highest standard of care.
- Accommodates orthopedic, eye, plastics, general and ear, nose and throat surgery

Rideout Pain Management Clinic

www.RideoutPainManagement.org

Rideout Pain Management in Yuba City offers a full range of treatments for chronic, neurological, surgical and cancer pain. Physician referrals.

The Heart Center at Rideout

www.HeartCenterAtRideout.com

The Heart Center at Rideout in Marysville includes state-of-the-art cardiac services that provide care to patients who have procedures such as coronary angioplasty, atherectomy, stents, and open-heart surgery, including bypass and valve surgeries.
- Non-invasive Cardiology and Vascular Diagnostic lab
- 2 Digital Cardiac Catherization suites
- 12 Cardiovascular Critical Care beds
- 24 Cardiovascular Telemetry beds
- Outpatient Cardiac Rehabilitation program
- Outpatient Cardiology services
- 2 Cardiac Surgical Suites

All About Rideout Health
Rideout Senior Living and Extended Care Services

The Fountains Skilled Nursing & Rehabilitation

The Fountains in Yuba City is a 145-bed skilled nursing facility, which includes a 24-bed Rehab unit. The Fountains offers dignified care for those who do not need a full-scale hospital setting, but still need experienced medical professionals.

- 24-hour licensed nursing care
- Loving personal touch
- Full rehabilitation therapy services - physical, speech, occupational
- Whirlpool therapy, IV and infusion therapy
- Quality of Life program
- Respite care
- Rehabilitation wing
- 20,000 sq. ft. Rehab. Center Expansion

Rideout Home Care Services

Rideout Home Care Services provides an extensive array of health services designed to promote healing and comfort at home.

- Home Health for care and support outside the hospital setting, including physical, occupational and speech therapy
- Help patients with medication compliance issues
- Assess and implement a fall risk program
- Assess and instruct about a program for pain management
- Instruct patients on their specific disease management

Rideout Hospice

Rideout Hospice provides Medicare certified healthcare and hospice delivered under doctors’ order.

- Pain management & symptom control
- Psychological support & counseling
- Spiritual support
- Information on what to do at the time of death
- Bereavement support & follow-up

Nurses are on call 24 hours a day. Hospice serves patients in the greater part of Sutter and Yuba Communities.

The Courtyard Assisted Living

License #515000683

The Courtyard Assisted Living Facility in Yuba City is a 54-unit residence for seniors who are treated with genuine concern and the respect they deserve.

- Separate, private one-bedroom units in select models
- Patios available in select models
- All units include mini kitchen with sink, microwave and under-the-counter refrigerator
- Weekly housekeeping including laundering of bed and bath linens
- Community country kitchen & separate dining facility
- Activities and weekly excursions
- Respite program

Sierra Health Care Center

Sierra Health Care is a for-profit medical equipment and oxygen store providing:

- Home oxygen
- Hospital beds & accessories
- Medical supplies
- Walk aids
- Scooters
- Lifelines
- Power wheelchairs
- Medical equipment
- Post mastectomy supplies
- Respiratory equipment
- Lift chairs

The Gardens Alzheimer’s and Dementia Care

License #515001365

The Gardens provides Alzheimer’s and Dementia patients with a safe and nurturing environment and personal attention from skilled and professional caregivers.

- A separate facility with assisted living atmosphere
- Activities available seven days a week
- 25 private rooms
- Assistance with medications & daily living
- 11 semi-private rooms
- Secured entrance
- Expertly staffed
- Adult Day Care services

Adult Day Care at The Gardens

License #515000753

The Adult Day Care at The Gardens program provides assistance to families and other caregivers who have responsibility for adults who cannot be left alone during the day, and yet, they do not require 24-hour nursing care.

- Care & supervision
- Group & individual activities
- Transportation to and from the center
- Health monitoring
- Care management
- Meals & snacks
- Personal care
- Recreation & exercise

For more information:
RideoutSeniorServices.org
Rideout Surgery and Ancillary Services

Surgical Services at Rideout
Rideout Health offers sophisticated, fully equipped surgical suites. Sophisticated monitoring equipment provides up-to-the-minute data on the patient’s condition for individualized care throughout surgery and recovery.

Our surgical team includes a highly skilled nursing staff and board-certified physicians representing various specialties and anesthesiologists dedicated to the restoration of the patient’s health.

Rideout’s surgical capabilities include a variety of laparoscopic procedures, and are equipped for both major and minor surgeries, including:

- Trauma
- Heart
- Neurosurgery
- Orthopedic
- Ear, nose and throat
- Urology
- Thoracic
- Vascular
- Plastic
- Gynecology
- General surgical

Imaging Services
Technologists are certified by the ARRT (American Registry of Radiologic Technologists), and diagnostic testing is conducted under the supervision of board-certified radiologists.

**Computed Tomography (CT) Scanner**, better known as CAT Scan, produces three-dimensional images to pinpoint abnormalities within the body.

**Ultrasound** is widely used for evaluating the unborn fetus. It is also used for examining the pelvis, kidneys, heart, liver and gallbladder. Nuclear Medicine uses small amounts of radiopharmaceuticals, usually injected, to diagnose and treat disease. These techniques are used to image organs, including the heart, lungs and liver, as well as to conduct bone studies.

**X-rays** use the lowest doses of radiation possible to image broken bones, as well as perform interventional or therapeutic procedures. This diagnostic area includes a dedicated mammography suite to provide breast cancer detection services for women.

**Magnetic Resonance Imaging (MRI)** is a versatile, powerful, and sensitive tool that can generate thin-section images of any part of the body – including the heart, arteries, and veins – from any angle and direction, without surgical invasion and in a relatively short period of time.

**Positron Emission Tomography** (PET Scan) is a powerful diagnostic test that is having a major impact on the diagnosis and treatment of disease. PET can detect and stage most cancers, and also give physicians important early information about heart disease and many neurological disorders.

Respiratory Care Services
**Respiratory Care Services at FMC** provides inpatient and outpatient diagnostic testing and treatment of respiratory problems, including asthma, COPD, bronchitis, emphysema and pneumonia.
Rideout Ancillary Care... Here for You

Outpatient Laboratory Services

Rideout Lab Services takes pride in offering quality lab test services at low costs. They sincerely care about each patient, and their business practices reflect this concern.

- Hospital-based
- Full service lab
- Experienced staff
- State-of-the-art instrumentation
- 24-Hour access to patient records
- Same-day results with most testing
- Critical results immediately
- CAP accredited laboratory
- Most testing locally provided

Women and Infant Services

www.FremontWomenInfant.org

At Women and Infant Services at Fremont Medical Center, you’ll find quality, comfort and first class care along with the benefits of a leading medical facility. Top 5% in the Nation for Maternity Care from Healthgrades®, a leading independent ratings organization.

- Private rooms
- Couplet care
- State-of-the-art medical equipment
- Neonatal Intensive Care Unit
- Neonatology services on-site
- C-Section surgery
- Free childbirth classes and tours
- Highly experienced certified nurses

Community Health Education

The Community Health Education program provides a variety of classes, seminars, support groups and events to help residents improve and maintain their health and lifestyle. Classes are free and seating is limited. Call 751-4280 for details.

Ongoing classes

Clean Break: Learn to stop smoking: 530 749-4458

Childbirth Classes: To learn more call: 530 751-4165

Rideout Occupational Health


Comprehensive Occupational Health services to businesses to prevent injuries and reduce workers compensation expenses.

- Electrocardiograms & stress tests
- Drug and alcohol testing
- Pre-placement & periodic exams
- Medical surveillance exams
- DOT/DMV Driver’s license exams
- Fitness for duty exams
- Hearing & Vision
- Immunizations
- TB testing
- X-rays
- Flu shot clinics
- Injury care
- Lab tests

Rideout Outpatient Rehabilitation

Comprehensive outpatient Physical, Occupational and Speech Therapy services, including education and prevention programs.

- Stroke & Neurological rehabilitation
- Swallowing evaluation & retraining
- Arm and hand therapy
- Cognitive retraining
- Splint fabrication
- Back care
- Orthopedic
- Sports injury
- Post-surgical
Since 1907, leaders in our region have been committed to quality healthcare. When our founder, Phebe Rideout, donated her residence for the nucleus of the institution, she could never have imagined the foundation she was building.

The new Rideout Regional Medical Center is designed for the care and comfort of both patients and families. It has the latest in hospital design efficiency, comfortable rooms, family areas and a garden terrace.

The new hospital building will provide a modern, state-of-the-art healthcare facility to serve the populations of Sutter and Yuba Counties and the outlying region. The new hospital will be a six-story 216,000 square foot facility with emergency helicopter access on the roof. The building and its mechanical, electrical and plumbing systems are designed to remain functional in the event of a disaster. Rideout Regional Medical Center will include private bed service, state-of-the-art imaging suite, expanded emergency room services, new cafeteria and dietary services.

The $200+ million project is scheduled to open to the public in 2015. Services will include:

- Labor & Delivery recovery suites
- Postpartum/Bassinets
- Medical/Surgical heart beds
- Medical/Surgical beds
- Cath labs
- Two room endoscopy suite
- Future operating rooms
- Kitchen & cafeteria
- Imaging center
- Loading dock/material management/environmental services
- Expanded emergency department with new entrance
- Gift shop

Coming Soon!
Inside Rideout Regional Medical Center:

The artistically-designed lobby of Rideout Regional Medical Center will resemble an elegant hotel with its gracious ambiance and striking wood and glass features. The lobby floor will be embossed with the Rideout Health logo.

First Floor, Entry Pavilion:

Entrance, Chapel, Auxiliary, Registration, Diagnostic Imaging Services, Non Invasive Diagnostic Services, Dietary & Cafeteria, Expanded Emergency Services, Materials Management & Dock, Environmental Services, Emergency Generator Building

Our beautiful new, state-of-the-art Well Baby Nursery and Maternity Service Unit on floors four and five, are designed to maximize the comfort and safety of moms and babies, and the convenience of patients and family members.

To learn more, www.RideoutHealth.org/expansion

Rideout Regional Medical Center’s new acute and critical care rooms were carefully designed to enhance the patient experience by emphasizing comfort, safety and quality of care.

Each single-bed room will have separate zones for patient, family and staff. The patient zone offers a comfortable seating area. A flat-screen television provides multiple TV and movie channels. Large windows offer impressive views and plenty of natural light.
The Rideout Health Foundation

Mission: The Rideout Health Foundation is a not-for-profit organization dedicated to making our communities a healthier place to live. Its purpose is to provide financial support to Rideout Health and the people it serves.

For more than 100 years, your neighbors - and perhaps generations of your family - have turned to Rideout Health ( RH) for their health care, and in return they have contributed generously to help grow programs, services, and to build facilities.

The Rideout Health Foundation nurtures that long-standing partnership with the community. You can make a positive difference in your community’s health care and medical services.

When you donate to a Rideout Health program or service, you are supporting an independent, not-for-profit organization that delivers healthcare to all who walk through its doors. There are many ways to give – time volunteered through programs such as Hospice or the hospital auxiliaries, expertise contributed through participation on a committee, and financial support through the Bequest Society, as well as opportunities for pledges in support of specific programs or projects.

Every gift regardless of its size makes a difference and 100% of your donation benefits the program or service that you choose.

Funds supported by the Rideout Health Foundation

- **Rideout Memorial Hospital**
- **Cardiac Care** Provides support to The Heart Center at Rideout Memorial Hospital
- **Cardiac Rehabilitation** Cardiac Rehabilitation program to help recovering heart patients and their families reduce the progression of heart disease and improve quality of life
- **Rideout Cancer Center**
- **Cancer Center Endowment** A fund that provides financial assistance to Rideout Cancer Center patients who cannot otherwise afford treatment for cancer and a Discretionary Fund program to provide immediate financial assistance to patients in need
- **Family Birth Center** Labor and Delivery Services at Fremont Medical Center
- **Hospice** Support for volunteers and professionals serving terminally ill patients and their families primarily through home care. Discretionary fund program to provide immediate financial assistance to patients in need
- **Financial Aid Program** Program for Rideout Health Employees furthering their education in a hard to fill position
- **Scholarship Programs**
  - Dorothy C. Wisner TLC Scholarship
  - For Teen Leadership Council Alumni
  - Janice H. Frank Nursing Scholarship – Nursing Leadership Career (For RH Employees)
  - Rideout Health Foundation Scholarship – High School Seniors and College students pursuing a Healthcare Career
- **Sart Fund (Sexual Assault Response Team)** This fund helps provide supplies and special training necessary for emergency room nurses to effectively handle victims of sexual assault
- **Senior Services**
  - The Gardens – Alzheimer’s & Special Care
  - The Courtyard – Assisted Living Facility
  - The Fountains – Skilled Nursing Facility
  - Quality of Life Attendant

Do you have another idea? We’d love to discuss it with you. Contact us at (530) 751-4070.

Rideout Emergency Department Expansion

For more information, www.RideoutHealth.org/expansion

Rideout ED is the only full-service emergency and trauma facility in Yuba, Sutter, Colusa and southern Butte Counties, and one of only 45 trauma centers in the entire state of California.

“An expanded Emergency Department will allow us to deliver emergency services in a safe, efficient and patient-friendly manner,” said Rideout Health CEO Terri Hamilton. “It will decrease waiting times, offer patients more privacy during busy periods and treat non-emergency cases more expeditiously.”

**Rideout Emergency Department Expansion: Phase I**

Expansion adds 5,000 square feet to the existing 12,000 square feet and creates:

- 13 multi-use ED/Observation beds
- Two exam rooms in Rapid Care
- Additional triage room (for total of 2)

**Rideout Emergency Department Expansion: Phase II**

- Phase II is the expansion of ED into the new RMH building
- This will add approximately 3,000 square foot (net) and 5 additional beds for a total of 42 beds when the new Tower opens
A New Medical Foundation
Rideout Regional Medical Center has formed a new medical foundation, Rideout Clinic, to provide additional healthcare services to patients within our communities.

Rideout Clinic has partnered with a group of physicians representing both primary and specialty care who practice in offices located throughout the community and offer services to patients admitted to both Rideout Regional Medical Center and Fremont Medical Center. Rideout Clinic operates as one system and works together to provide patients the care they need. We offer teamwork, collaboration and one focus: your health. Physicians affiliated with Rideout Clinic share ideas, solutions, knowledge, expertise and best practices. Clinics include:.

Rideout Primary Care at Plumas Court
In partnership with UC Davis Health System
Mushfeka Sharif, MD
1531 Plumas Ct., Yuba City
530 821-2020
RideoutPrimaryCareUCD.org

Rideout Primary Care at Grass Valley
Garrett Eckerling, MD
420 So Auburn St., Grass Valley
530 273-6129
RideoutPrimaryCareGV.org

Rideout Specialty Care Clinic
George Broder, MD
Andrew Macbeth, MD
11386 Pleasant Valley Rd., Penn Valley
530 205-9850
RideoutSpecialtyCare.org

Rideout Thoracic Oncology Clinic
Royce Calhoun, MD
Patrick Griffith, MD
Baron Harper, MD
401 1 Street, Marysville
530 742-0249
RideoutThoracicOncology.org

Rideout Vascular Clinic
Andrew Macbeth, MD
414 G Street, Suite 221, Marysville
530 749-6650
726 4th St., Marysville, CA 95901
RideoutVascular.org

Rideout Women's Health
Christopher Genobaga, MD
Douglas Tolley, Jr., MD
11386 Pleasant Valley Rd., Penn Valley
530 821-2020
RideoutWomensHealth.org

For more information, please call
Steve Hammarstrom, VP Outpatient Clinics | 530 751-4044.