

Health Highlights



Community Newsletter
Fall 2026



Doug McCoy, CEO, with Cody Canon, COO of Eastern Plumas Health Care

EPHC ANNOUNCES PLANNED LEADERSHIP TRANSITION: RETIREMENT OF DOUG MCCOY AND APPOINTMENT OF CODY CANON AS NEW COO

Eastern Plumas Health Care announces that Doug McCoy, Chief Executive Officer, is retiring following a distinguished career spanning six years as the CEO for the organization. Doug will continue to serve as CEO until May 2027, while transitioning with newly appointed Chief Operating Officer, Cody Canon.

"Our plan is clear, achieve a seamless transition from one leader to another," said Doug McCoy. "Eastern Plumas Health Care is well positioned for continued growth, and I am extremely confident in Cody's strategic and operational leadership to take this organization into the next chapter. It was important to have our future leader come from within the organization and share our mission and values to serve our community."

To help facilitate this seamless transition, McCoy will continue to serve as CEO, supporting Canon, the EPHC

Board, and the executive team through the transition.

In the board-led recruitment process, Canon was a top choice. Linda Satchwell, Vice Chairman of the Board of Directors stated, "Cody impressed me with how much he genuinely cares about people, both patients and employees. For the past five years, he's led the implementation of EPHC's new electronic health record, which required him to work closely with departments across the organization. He is extremely well liked throughout the hospital, which speaks volumes. He already has an impressive understanding of department functions and an insatiable interest in learning new things. I'm very much looking forward to having Cody lead EPHC as we continue to grow and serve our community."

During the last EPHC Board of Directors meeting, the board expressed

its deepest gratitude and sincere appreciation to Doug McCoy for his exceptional leadership, unwavering dedication, and outstanding contributions to EPHC during his tenure as Chief Executive Officer since May 2020. Under his stewardship, EPHC has achieved significant milestones and celebrated the first anniversary of the H.R.1 legislation with the best operating year in the organization's history.

Cody Canon, formally of Intelligent Technical Solutions, is an accomplished director of healthcare technology with a proven track record leading and developing teams to support two critical access hospitals. At Eastern Plumas Health Care, his team was instrumental in growing year-over-year gross patient revenue by 45% since 2023.

Throughout his professional career, Canon has exceeded his skill set with

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REHABILITATION SERVICES WELCOMES TWO NEW THERAPISTS



Cody Canon, COO

advanced technology implementation, performance monitoring and improvement, patient relations, training and development, project management, budget management, innovation, and the ability to create a community-centric culture. He holds a master's degree from West Coast University in Health/HealthCare Administration with a management focus on Public Health.

Having spent the past five years embedded in EPHC, Canon has a strong understanding and knowledge of operations. This experience has provided him with the insight to operating critical access hospitals in rural America.

"American healthcare is the most complicated business in the world. For over twenty-five years, I have worked in many different areas and learned many aspects of the business. From acute care trauma hospitals to long-term care, I have worked with multiple facilities across the country, even Canada," said Canon.

When Canon becomes CEO, he will be committed to refining EPHC's processes and operational excellence. He plans to foster professional development through maintaining and building a thriving culture and advocating hands-on mentorship.

Applying a data driven approach, Canon will refine patient satisfaction through revitalized strategies and optimized services. His management style is conducive to lead when necessary and follow to celebrate the hard work and accolades from those who made the effort. While fostering the existing culture, he will motivate personal growth within the departments of EPHC.

While McCoy will leave behind a meaningful legacy, Canon will step up and pave the path forward.

The Therapy & Wellness Center is excited to welcome a new Physical Therapist and Speech-Language Pathologist to the team. Helena Sykas, PT, DPT, is a Physical Therapist who received her Doctor of Physical Therapy from the University of California, San Francisco. Helena enjoys treating a variety of patients across both outpatient and inpatient settings, with special interests in orthopedic rehabilitation and helping people return to the activities they love. She is especially passionate about improving access to quality physical therapy in rural communities. Helena is also a 200-hour certified yoga instructor with a background in nervous system regulation.

Jacqueline Peña-Sosa, M.S., CCC-SLP, is a Speech-Language Pathologist who earned her Master of Science in Speech-Language Pathology from Metropolitan State University of Denver and her Bachelor of Science in Biology from the University of California, Santa Barbara. Born and raised in California, Jacqueline is excited to return to her home state after completing her master's degree and beginning her career in Colorado. She completed her clinical fellowship as a bilingual speech-language pathologist in an outpatient clinic specializing in



Helena Sykas, PT, DPT

acquired brain injury, where she assessed and treated adults with a range of cognitive-communication and neurological disorders. Jacqueline is passionate and skilled in providing evidence-based, functional, and patient-centered care for individuals experiencing mild to severe cognitive deficits, aphasia, dysphagia, apraxia of speech, voice, and other acquired cognitive-communication difficulties. As a bilingual English and Spanish speaking clinician, she is committed to providing culturally responsive care and supporting individuals and their families throughout the recovery process.

The hiring of Sykas and Peña-Sosa advances our strategic plan of increasing access to rehabilitation providers as well as offering comprehensive rehabilitation services for inpatient and outpatient needs. As the department plans for a move to our new space in Delleker 2027, we will be working to grow our team with exceptional rehabilitation providers and staff. Sykas and Peña-Sosa will have an immediate positive impact on our team and our community.

To contact the Therapy & Wellness Center call, 530-832-6501 or visit ephc.org for more information about rehabilitation services.



Jacqueline Peña-Sosa, M.S., CCC-SLP

TRANSFORMATION OF THE CALAIM COMMUNITY CARE BUILDING



New CalAIM Community Care Building

From vacant space to visual reality, the building of CalAIM Community Care's office has come a long way since blueprints and conceptual design. On a recent walkthrough with Joanna Garneau, Director of Population Health, the transformation of this new space is nothing short of spectacular.

"It is incredible to see the results of CalAIM Community Care's third round of grant funding," said Joanna Garneau. "From two large, open, unfinished rooms, the area metamorphosed to a gorgeous, functional care management workspace."

Walls now define office and conference rooms. Corridors lead you to designated areas. With the optimal placement of large windows throughout the building, filtered light aesthetically brightens each room.

With the capacity to hold twenty people, the conference room with a large conference table will be an ideal space for the CalAIM Team to meet and collaborate with their members and provide a space for EPHC's healthcare staff and board of directors.

The Welcome Room, which is part of the CalAIM office space serves as the primary entry point designed to greet clients, visitors, and employees. One of these offices overlooks the west side of the building with views of the Feather River and railroad tracks. It

too was designed with large windows that allow abundant natural light to stream directly into the Welcome Room creating an open and uplifting environment.

Artwork, flooring, and finishing touches have been chosen to bring a cohesive, personal look to the building. "Moving into this new space will be an exciting milestone filled with fresh possibilities for the CalAIM Team," said Garneau.

With construction complete, the CalAIM team will begin moving into the new space on October 5th and a grand opening is scheduled for sometime next spring. For more information about CalAIM Community Care email CalAIM@ephc.org, call 530-832-6622 or visit ephc.org.



CalAIM Community Care Team

FALL REMINDER TO KEEP YOU HEALTHY



After what seemed to be a brief summer, we all find ourselves heading into the fall and what experts predict will be a very wet winter. Fall is always a good time to remind our community of ways to maintain their physical and mental health during challenges we all face in winter months.

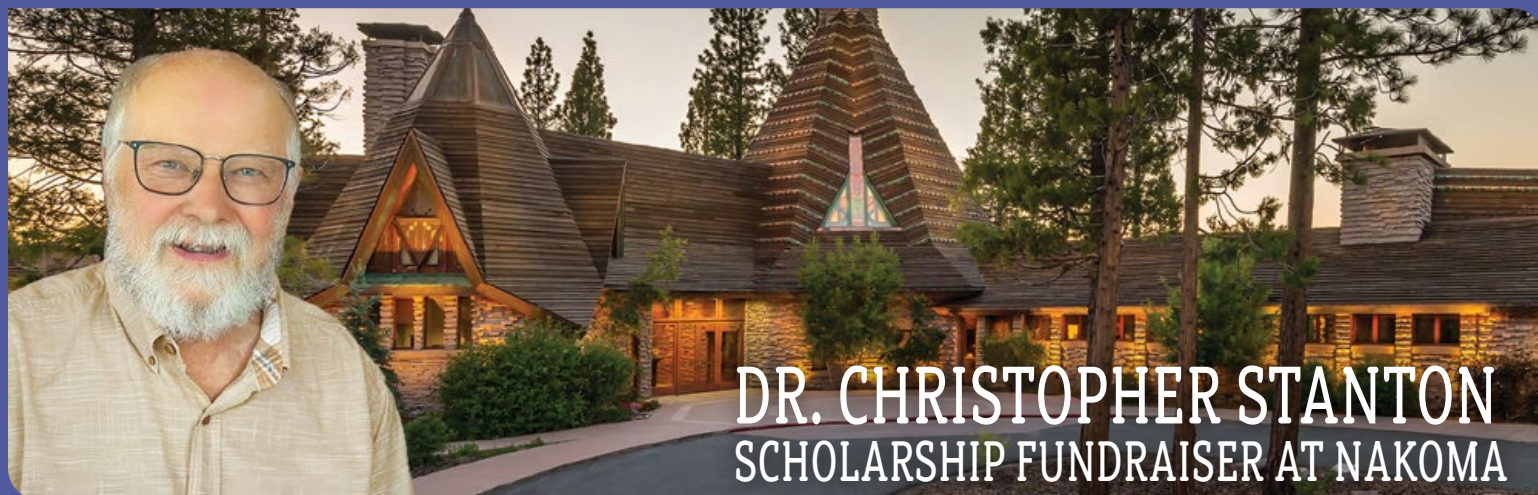
Preventing infections: Vaccinations are a good way to help avoid getting sick or limiting the impact of illnesses. EPHC is ready to help with regular and high dose flu vaccines, as well as vaccinations for COVID and RSV. Colder months mean more time inside, and more chances of catching what is going around work or school.

Get screened: Whether it is for breast, colon, cervical, or other cancer issues, screening is the best way to detect issues early. Our clinics are sending out reminders to community members, and our doors are always open to help you get these done by the end of the year.

Medical equipment back up planning: Whether using home oxygen, CPAP machines, or other home medical devices, it is important to have a plan in the event of winter power outages or heavy snow. Consider small portable generators to maintain these devices or talk to one of our team members for recommendations.

Our goal is to keep you safe and healthy heading into 2027!

Doug McCoy, CEO
Eastern Plumas Health Care District



Join the Eastern Plumas Health Care Foundation for an afternoon reception on Saturday, November 14th featuring locally inspired hors d'oeuvres, music, and wine for the Dr. Christopher Stanton Scholarship Fund. It's all happening at the Nakoma Resort from 2pm-5pm. Tickets are \$100 per person and includes one glass of either red or white wine. A no-host bar

will also be available. And a special ensemble of music will be performed by the Portola High School Band. Cannot attend the event? Consider purchasing a ticket for someone who can attend. All proceeds benefit the Dr. Christopher Scholarship Fund. Established to support EPHC employees, this fund has awarded twenty scholarships to employees pursuing advanced degrees

in nursing, physician assistant, health information, radiology, and therapeutic massage. Help ensure the scholarship fund continues to grow. Purchase your tickets today!

RSVP by
November 9th.

Scan Code
for tickets

