

Health Highlights



Community Newsletter
Summer 2026



ONE BIG BEAUTIFUL BILL (H.R.1) – ONE YEAR LATER

On July 3rd 2025, H.R.1 or the 'One Big Beautiful Bill' was signed into law by President Trump. The primary goal of the bill was aimed at the reduction in federal spending through changes to Medicaid and ACA related programs. The result was a \$911 billion dollar spending cut to occur over a ten-year period (2025-2034) which would include increasing the number of uninsured people by approximately 10 million over that period.

Analysts estimated that H.R.1 could push approximately 55 additional rural hospitals into financial distress, resulting in about 380 independent rural hospitals nationwide being at serious risk of closure. Based on the most recent information, 13 of California's 58 rural hospitals are at risk of closing, with more than half of the state's rural hospitals operating at a loss. More than 44% of California's rural hospitals have already

reduced services.

For EPHC, we began our strategic planning for potential funding changes 6 months before the signing of H.R.1. We looked at operating efficiencies, reductions in costs through more favorable contract terms, and most importantly our ongoing efforts to improve access and quality care to the community. Through our research we realized that while many health systems dedicate 60-70% of their labor to patient-facing activities (functions that directly serve patient care), EPHC utilizes 85% of our work force in this capacity. The result is a lean operation which supports our mission to provide resources where they are needed most – your health care services.

I am pleased to report that after the first anniversary of the H.R.1 legislation, EPHC celebrated the best operating year in our organization's history. This included 3 million dollars in capital

improvements, the addition of new providers and services, and three major construction projects.

The financial spending reductions from HR.1 become even more negatively impactful for rural hospitals in 2027-2030. However for EPHC, our operating forecast through 2030 shows continued growth in operating performance and positive net income to include an additional 12 million in capital investment projects. This ensures our financial stability for years to come along with expansion of services and upgrades to our buildings and equipment.

The commitment by our community to utilize EPHC services is one of the key reasons that this success has been possible. This coupled with the commitment of our leadership team, providers, clinicians, and ancillary staff will continue our ability to provide quality services in the future!

CALAIM COMMUNITY CARE WELCOMES NEW COORDINATOR



With the recent addition of new Coordinator, Desiree Holderman, the CalAIM Community Care Team continues to grow. Aside from connecting Medi-Cal members with health and social services, Desiree is a central point of contact for the team, helping patients navigate complex medical, behavioral, and non-medical systems.

But what makes Desiree an amazing coordinator is her understanding of how CalAIM services meet client needs, and she recognizes the opportunities for collaboration and integration in the community.

Finding her way to the CalAIM Team is lucky for everyone. While she is new to living in this area, Plumas County has been part of her entire life. She has roots here. Her grandparents built a cabin outside of Graeagle in the late 70's and she spent every summer of her childhood wandering the mountains and surrounding area.

Desiree has worn many hats in her life and career from vet tech and insurance agent to mom. After raising her kids, and desiring a change, she could think of no better place than Plumas County to make her transition. It would appear the coordinator position with the CalAIM Community Care Team was meant to be.

To say she is excited about joining the Team is an understatement. She has found her purpose in helping CalAIM members find their way through services easily.

Be sure to welcome Desiree back to the community and as part of the CalAIM Community Care Team!

For more information about CalAIM Community Care call 530-832-6622, or email CalAIM@ephc.org.

REFRESHING SPACE FEELS MORE LIKE HOME



Annie's Room - Portola Skilled Nursing Facility

Interior design plays a critical role in helping promote wellness and quality of life among residents living in Portola Skilled Nursing Facility. With the latest refresh of two prominent rooms, it was all about finding a balance between community and creating a "sense of place" that connects with our residents.

More than just a coat of new paint, adjustable lighting, or shiny wood cabinets, there is human connection. Known as Annie's Room, this space was named after beloved employee, Annie Tate. A housekeeper who was like a fixture in the skilled nursing facility. Small in stature, Annie greeted everyone with a warm smile and remembered your name. The refresh in this space is befitting, because now warm sunlight streams through the ceiling high windows and brightens the room like Annie's smile.

The Sunrise Room is one of two dining rooms. It's the place where meals are shared and quiet conversation can be heard over the clearing of breakfast plates. Aptly named, this space receives the morning sun as it rises, while the second dining room, the Sunset Room dims end of the day for sunset. The new colors and furniture for these rooms are complimented by large wall murals painted by local artist, Tina Thorman aka Trixie Hollyhox. "Sierra Sunrise" depicts a buck and an eagle enjoying a creekside, meadow view with the Sierra Buttes in the distance, while the "Sierra Sunset" mural depicts Sierra Valley at sunset with pronghorns, migrating birds, and Sugarloaf Mountain.

With the refresh of these communal areas, the thoughtful design combined with personal connection created an environment that fosters emotional comfort for every one of our residents.



"Sierra Sunset"

PROGRAM THAT PROVIDES COMMUNITY LIFELINE

It's easy to say the phrase "walk a mile in someone's shoes," but much harder to step out of your own perspective and try to understand someone else's feelings, motives, or lived experiences before judging them. Nobody understands this metaphor better than the CalAIM Community Care Team. It's their mission all-day, every day, 24/7 to support our community members, who for many, consider the CalAIM Community Care program their lifeline for support and survival.

This is an account of one such client. Candid as this testimonial may be, it is important to understand this is real life, someone's life.

into town, a hospital vehicle pulled up and Laura got out and said, "Hi, I've been looking for you. How are you?"

She would show up and check my blood pressure ... and with no judgment, she would show me my reading and say, "It's high again today. Take care of your heart."

She planted a seed in me to think about my drug abuse.

Since I started with CalAIM, I have put in applications to apartments. I now have a job helping people in my community, and I have quit using drugs. I now have a relationship with my adult children."

"I was also homeless in the woods.

***I sat by a tree one day
and wanted to end my life.***

***I sat and thought nobody cares
about me or loves me.***

"I went to the Portola Medical Clinic to enroll with CalAIM. I met Laura, and when I left, I knew she wasn't judging me for my life choices and drug use. She was able to connect me back to a PCP doctor to get help with my uncontrolled diabetes.

I was also homeless in the woods. I sat by a tree one day and wanted to end my life. I sat and thought nobody cares about me or loves me. I looked at my phone and saw I had missed calls/texts from Laura from ECM. Then something told me to get up and walk into town. As soon as I got

These words reaffirm the belief that life holds purpose and endless promise. Programs like CalAIM Community Care strengthen our community. And when you support others, you create a stronger, safer, and more compassionate place we are proud to call home.

If you or someone you know need support, contact the CalAIM Community Care Department today at 530-832-6622, or email CalAIM@ephc.org.

CELEBRATING THE GRADS



June is a month of celebration for students as they attend graduations to complete high school, vocational, and university programs. At EPHC, we were thrilled to see so many of our team members receive this recognition as they advanced their health care careers.

Twenty-five percent of the graduating nursing class at Feather River College were EPHC team members! I had the pleasure of watching them celebrate this wonderful accomplishment with their families, knowing that they will be outstanding nurses at EPHC. We also celebrated eight new CNA program graduates in early July that are starting their nursing careers with our organization.

The Dr. Christopher Stanton scholarship through the EPHC Foundation has provided tuition assistance for 25 of our team members over the last two years. We have also celebrated staff receiving specific department certification in radiology, medical records, and medical assistant programs, and have a number of staff preparing to complete their RN programs next year.

It is exciting to know that we have so many exceptional members of our organization that will ensure quality care delivery long into the future!

Doug McCoy, CEO
Eastern Plumas Health Care District

COMMUNITY HEALTH & WELLNESS FAIR RETURNS

Coming this September, EPHC will host a community Health & Wellness Fair happening Saturday, September 26th from 10:00 am -3:00pm. The event will bring together local health and wellness businesses along with featured EPHC services and departments.

The FREE event will take place at the Portola Holy Family Church Parish Hall located at 108 Taylor Ave in Portola.

Part of an ongoing effort to expand access to health resources and improve health equity, the Health & Wellness Fair will offer health resources, raffles and activities for residents of all ages.

The event will showcase EPHC health care services from the skilled nursing facility, radiology, laboratory, dietary, and respiratory services department.

You'll find out about our ambulance services, dental and medical clinics. The EPHC Foundation will also be in attendance, and there will be representatives to help you sign up for the Patient Portal, Senior Life Solutions and CalAIM Community Care.

Other participants include; Veterans services, Partnership Health, First Five, Senior Nutrition, Portola Village Pharmacy, Portola Family Resource Center, Liberty Utilities, Plumas Rural Services, Northern Sierra Air Quality Management, and Passages.

For more information about this event email info@ephc.org or visit ephc.org for updated details.

