



ISLAND HOSPITAL

Spring 2020

Heartbeats

Magazine

ISLAND
HOSPITAL



DELIVERING HIGH-QUALITY, AFFORDABLE HEALTHCARE

Island named Top 100 Rural & Community Hospital! p. 4

Urology Services Return to Island Hospital p. 6

Expanding Specialty Services, Accessibility p. 11

Commissioner Message

By Warren Tessler, President

Island Hospital Board of Commissioners

When people think about what is important about their local hospital, two things are often top of mind – quality of service and cost. We at Island Hospital are very aware of how important these issues are to our patients. In fact, these drive our continuing efforts to provide the best quality care at the most affordable cost.

Patients are not the only ones concerned with quality. Medicare and commercial insurers look at this too. Medicare evaluates and grades all of its participating hospitals on a variety of measures involving clinical outcomes and patient experiences. The combined scores are then placed on a scale that awards one to five stars for overall quality, with five being the best. **Island Hospital is a 4-star hospital on Medicare's scale.** Out of 103 hospitals of all sizes in Washington, only 22 are rated 4-star...not an easy achievement.

But, that's not good enough for us. While a 4-star rating is very good and puts us in an upper tier of hospitals everywhere, we want to be a top-tier (5-star) hospital. We cannot be all things to all people medically, but we do intend to be the best at what we do. You deserve nothing less.

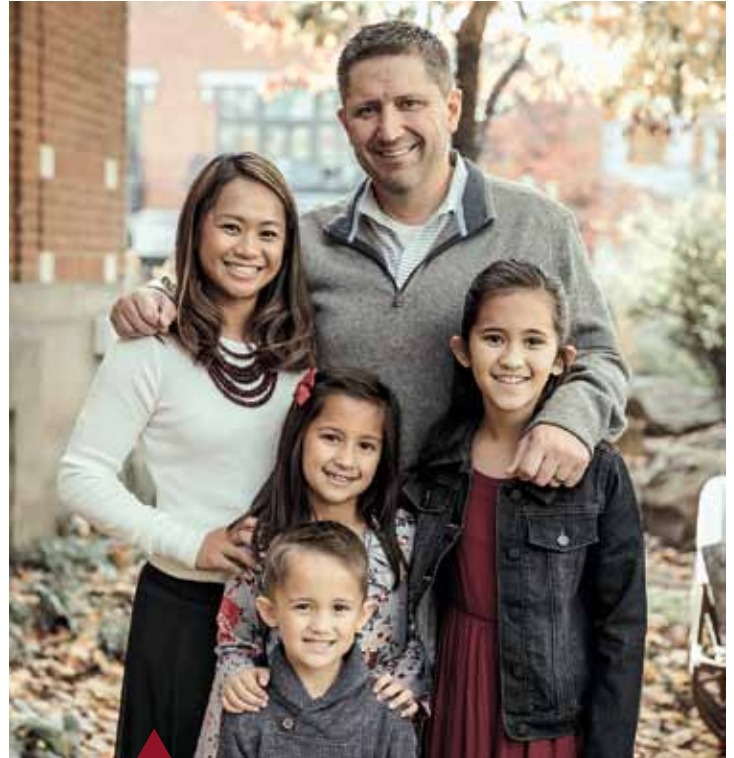
In addition to being one of the highest-rated hospitals in Washington, **Island Hospital is also one of the very lowest in total cost for many services.** Even though nearly all of our patients are covered by Medicare, Medicaid, Tricare or commercial insurance, we know that the cost of our services is important to everyone.

Bear in mind that we need to provide salaries and benefits that attract top-quality employees, acquire and maintain technology and equipment, maintain the facilities, and do everything else necessary to be ready to care for you when you need us. That is our goal and our promise. It has not been easy thus far, and will not be any easier going forward. However, we fully intend to get there. The patients of Island Hospital deserve nothing less.

As Island Hospital Commissioners, we are charged with representing Skagit County Public Hospital District No. 2 (Island Hospital) residents. I encourage you to share your comments and ideas. Please contact us at (360) 299-1327 or commissioners@islandhospital.org. We want to hear from you.



Serving on the Island Hospital Board of Commissioners are (from left) Secretary Jan Iversen, Chip Bogosian MD, President Warren Tessler, Paul Maughan PhD and Lynne Lang PhD.



Island Hospital CEO Charles and Aubrey Hall with their three children Bella (right), Elin and Weston (front).

Charles Hall takes helm as Island Hospital CEO

Charles T. Hall MSN, MBA took over as Island Hospital's Chief Executive Officer on Nov. 11, 2019. His presence was felt immediately as he leads efforts to improve healthcare in our community by expanding services to better meet demand, bringing more community programs to the IH campus and greater participation in local and regional initiatives.

With nearly a quarter century of progressive operational experience, Hall has led healthcare organizations in creating new services, expanding and upgrading existing programs and delivering high-quality, evidence-based care.

"Island Hospital has a long history of providing quality care, expanding services and meeting the needs of the community," said Hall. "I am incredibly grateful for the opportunity to join their team and looking forward to partnering with the region's gifted physicians and leaders."

In his most recent role, Hall served as Interim Market Chief Executive for AllianceHealth in southeast Oklahoma. Hall brings considerable experience as a healthcare executive and an executive officer. Before his civilian career, Hall was in the U.S. Navy from 1994 to 2010, in which he served as a hospital corpsman, nurse and commissioned officer.

"Charles brought an impressive background and history of accomplishments to our hospital district," said Warren Tessler, President of the Board of Commissioners. "His work in hospital orga-

continued on page 5

As I See It...

By Charles Hall, IH Chief Executive Officer

Grateful, excited, committed

Thank you for the opportunity to lead this outstanding organization. For my first message in Heartbeats Magazine I have to start with how grateful I am to be selected as the Chief Executive Officer of Island Hospital. My family and I are excited to live in Anacortes. From what I've seen in my short time here is that Anacortes offers excellent public services and education, as well as a supportive business community.

I'm also impressed by our patient-focused hospital exemplified by a strong culture of compassionate care and services. I've been impressed with the hospital's and clinics' ability to:

- Deliver strong quality outcomes, as seen by the four-star rating by Medicare.
- Exceed our patient and family expectations in delivering our services.
- Be one of the most-affordable hospitals in the region.

Over the last few months, I have worked to meet community leaders to learn about the region. So far I have met with:

- Local leaders including the Mayor of Anacortes, Anacortes Fire and Police chiefs, and the Superintendent of the Anacortes School District.
- Regional healthcare providers seeking opportunities to expand or bring additional services to our region.
- Executives of local healthcare organizations.
- Island Hospital providers and staff across all work shifts.
- Patients and community members.

We are committed to do everything possible to meet our community's healthcare needs. Our goal is deliver and develop services that meets these needs and, for services that Island Hospital does not provide, we will work to embrace nonexclusive partnerships. We will strive to work with high-quality regional healthcare providers – that share the same passion for quality outcomes, services standards and safe care – to ensure that our community receives the best care possible.

Endoscopy, Urology, Sports Medicine and Pain-Management Services

We are excited to announce that, after three years, urology services will be returning to Island Hospital. Dr. Mansel Kevwitch will be joining our care team in late spring, moving his Mount Vernon clinic to the Island Hospital campus. For more details about this good news, read the article on page 6 in this *Heartbeats*.

Together with Island Surgeons, Western Washington Medical Group provides gastroenterology (GI) services for our community. We are seeing a need to expand our capacity to serve those with digestive disorders, so we are working to expand our endoscopy services that are handled by these two clinics. We currently have only



Standing alongside Island Hospital CEO Charles Hall are (from left) Commissioners Jan Iversen, Chip Bogosian MD, Lynne Lang PhD, Paul Maughan PhD and Warren Tessler; Chief Financial Officer Elise Cutter, Chief Human Resources Officer Carolyn Pape, Chief Patient Care Executive Denise Jones RN, BSN, Chief Medical Officer Robert Prins MD and Chief Operating Officer Ann Raish.

one endoscopy room where we perform colonoscopies – the highest-volume GI service – limiting our ability to serve our community. To meet this demand, we are exploring the development of an endoscopy center and will do all we can to meet this and related services to meet the community's needs.

We are also working toward expanding our sports medicine and pain-management services. Robert Billow DO and Coralie Meslin ARNP are providers at

continued on page 6

What's Inside

- 2 Commissioner Message Hall takes the helm
- 3 As I see it...
- 4 Choose high-quality care Island named to Top 100
- 5 Affordable, high-quality care
- 6 Urology coming to IH New school therapist
- 7 All about your heart
- 8 Healthy eating at Island
- 9/10 About us
- 11 Outpatient Procedures Center planned
- 12 IHF Gala of Hope
- 13/14 Foundation news
- 15 Partnerships
- 16/17 Staying healthy
- 18 Classes for wellness
- 23 Health screenings

ON THE COVER:

CEO Charles Hall MSN, MBA with members of the Island Hospital Medical Staff.

Our Mission:

We will deliver quality, compassionate and personalized healthcare to the communities we serve.

Island Hospital

(Skagit County Public Hospital District No. 2) is governed by a Board of Commissioners.

Correspondence to commissioners can be sent to:

COMMISSIONERS

c/o Administration

1211 24th St.

Anacortes, WA 98221-2590

POSITION 1

Jan Iversen
(Secretary)

POSITION 2

Warren Tessler
(President)

POSITION 3

Paul Maughan PhD

POSITION 4

Lynne M. Lang PhD

POSITION 5

A.J. "Chip" Bogosian MD

Heartbeats

is published by the Community Relations/Education Department. Comments or suggestions to 360-299-1310 or drichards@islandhospital.org.

Our Promise

Your best healthcare experience begins at Island Hospital. We always place your emotional and medical needs first and foremost.

You have a choice. Choose high-quality care!

You have a choice in where you receive healthcare services. There is a difference in where you get care. Not every hospital performs just like another does, and you have the right to choose the best option for your healthcare according to your preferences and care plan needs.

It goes without saying that offering high-quality healthcare is a top priority at Island Hospital (IH), as it is for any hospital. At IH, providing quality care is a key measure of success, and so is the effort to continually improve.

“At Island Hospital, improving quality is an ongoing effort,” says Chief Patient Care Executive Denise Jones, RN MN. “We’re here to take the very best care of our patients, and that means working on quality. We want to deliver the best quality care close to home for our community.”

Continuous improvement doesn’t happen in a vacuum. IH measures a wide variety of metrics that show where quality is increasing and where further improvements are needed.

Four stars for IH

Hospitals must measure and report on these quality metrics, also called “conditions of participation,” to maintain their Medicare certification. A state agency or a CMS-approved accreditation organization reviews all certified hospitals every three years to ensure they are continuing to offer acceptable quality of care.

Beyond measuring these factors to report to state and federal agencies, hospitals use the metrics for quality improvement internally. At Island Hospital, Jones uses the metrics to track successes and to plan a path for continued improvements.

As Jones and her staff review quality metrics and data for IH, they can compare it to the national average. In the most recent annu-

al reporting period, IH ranked better than the national average for patients’ willingness to recommend the hospital to others.

In addition, IH has a lower readmission rate than the national average, and inpatient complication rates, such as infections occurring during a hospital stay, could not be measured as a data point because there were none to report.

Island Hospital rating is 4 Star

Currently, IH’s data gives it an overall rating above the national average based on surveys of patient experiences.

You can review hospital data at the Medicare Hospital Compare website (see **adjacent article**). In addition you can compare hospitals’ data side-by-side.

You can review the results from a **patient experience survey** — given after a patient has been discharged from a hospital stay. **Island Hospital’s rating exceeds the national average**

A tab detailing **complications and death** following treatment shows how often patients experience problems during or after a hospital stay, or fatalities within 30 days for certain conditions. **Island Hospital’s rating exceeds the national average**

Unplanned hospital visits represent readmission rates for patients who received care for certain conditions, or underwent certain procedures. **Island Hospital’s rating exceeds the national average**

Under payment and value of care, you can learn how the hospital’s costs compare to all hospitals nationally.

Before you schedule your healthcare services, be sure to review the quality. You’ll find that Island Hospital is the best place for your healthcare.

To learn more, go to www.medicare.gov/hospitalcompare.



Compare hospitals online

The good news for consumers is that CMS makes this data available online for review. The Centers for Medicare and Medicaid Services (CMS) sets standards for hospitals across the nations. In fact, CMS quality standards for care must be met by hospitals to be certified to receive payments from Medicare or Medicaid programs.

The Medicare Hospital Compare tool, found at www.medicare.gov/hospitalcompare, allows you to review data, metrics, and statistics for IH (or any hospital) and compare it to other hospitals when deciding where to receive care.

The tool shares reported data, metrics, and statistics about any hospital in the United States that receives Medicare funding. You’ll find a hospital’s overall rating out of five stars, patient experience survey results, cost comparisons, and data about quality, such as rates of infection and complications.

In an emergency, please go to the nearest hospital for care. But when you have time to evaluate, the Hospital Compare tool can give you some information that can help you decide which hospital is the best for your care.

Island named Top 100 Rural, Community Hospital

Island Hospital has been named a Top 100 Rural & Community Hospital by The Chartis Center for Rural Health. This annual award honoring rural-hospital performance is determined by iVantage Health Analytics’ Hospital Strength INDEXR, which is celebrating its 10th anniversary this year.

“We are very proud of this recognition by The Chartis Center,” said Island Hospital CEO Charles Hall. “This is a result of excellent care and communication among all levels of our organization.”

Based entirely on publicly available data, the index is the industry’s most comprehensive and objective assessment of rural-hospital performance, according to iVantage. Utilizing 50 independent indicators, the index assess performance across eight pillars of per-

formance that span market-, value- and financed-based categories. Island Hospital scored in the top 100 of nearly 2,000 small, community hospitals in the U.S.

continued on page 5



You have a choice. Choose affordable care!

Island Hospital is committed to providing the highest-quality care at the lowest cost possible. Earlier in Heartbeats you were able to read about our Medicare 4-Star Rating for quality. Now let's talk cost. Recently hospitals were required to post their pricing electronically on their website. As a result, Island Hospital took the time to compare our pricing to those hospitals in our region. This research proves that Island Hospital provides the highest-quality care in our region at a low cost to our patients.

When comparing some of our most common services to the surrounding hospitals, Island Hospital found that our charges were significantly lower than the other facilities. We compared inpatient, outpatient, lab, diagnostic imaging (i.e. x-ray, cat scan, MRI, etc.) and preventative-care charges. We have listed below a sample of our most-commonly charged hospital rates with the comparison to the surrounding facilities. As you will see, Island Hospital charges are consistently lower which translates into high-quality care for the lowest cost.

For example, a Level 3 Emergency Room visit is the most commonly charged level of care at Island Hospital's Emergency Department. In comparison to the surrounding hospitals, Island Hospital found that our charges were lower by 40% or more.

Description	IH Price	Hospital A	Hospital B	Hospital C	Hospital D
Emergency Room Visit Level 3	\$528.00	\$1,235.00	\$878.00	\$1,026.00	\$1,026.00

*Each visit cost varies dependent on test and procedures needed.

When comparing private inpatient room charges to the surrounding hospitals, Island Hospital found that our charges were lower by 43% or more.

Description	IH Price	Hospital A	Hospital B	Hospital C	Hospital D
Private Room Rate/Day	\$1,162.00	\$2,725.00	\$2,050.00	\$3,861.00	\$4,272.00

*Each visit cost varies dependent on test and procedures needed.

We also compared the cost of an overnight stay in a birthing room and found that Island Hospital's charges were lower by 43% or more.

Description	IH Price	Hospital A	Hospital B	Hospital C	Hospital D
Birthing Room/Day	\$1,381.00	\$2,900.00	\$2,050.00	n/a	\$2,149.00

*Each visit cost varies dependent on test and procedures needed.

We saw a similar trend for a variety of outpatient services such as lab, diagnostic imaging and primary care as well.

What does all this mean? It means that Island Hospital takes our fiduciary responsibility to our community seriously by keeping our prices down and utilizing our funds wisely. As a result, with continuous oversight, Island Hospital is able to provide high-quality services at the most reasonable cost.

TOP 100 continued from page 4

"The Top 100 Rural & Community Hospital award program reminds us the rural providers are committed to delivering better quality, better outcomes and better patient satisfaction. It's a pleasure to be able to not only recognize this year's recipients, but our larger group of Top 100 alumni as we celebrated 10 years of The Hospital Strength Index," said Michael Tochik, National Leader, The Chartis Center for Rural Health.

Even with the many challenges facing small hospitals, notes the iVan-

tage website, "these top performers are excelling in managing risk, achieving higher quality, securing better outcomes, increasing patient satisfaction and operating at a lower cost than their peers. These groups serve as a benchmark for other rural facilities as they strive to achieve similar results and provide a blueprint for successfully navigating the uncertainty of new healthcare."

For more information visit www.ivanstageindex.com/top-performing-hospitals.

HALL continued from page 2

nizations illustrates his outstanding leadership skills and his ability to achieve positive results. We are already seeing positive results of Charles having joined our team."

Since 2014, Hall has held executive positions with Community Health Systems (CHS), an organization that operates 102 hospitals in 18 states. He has been responsible for budgets, strategy, contracts, service-line development, community programs, capital projects, physician groups, primary-care clinics, urgent care and specialty clinics. As the Interim Market CEO for two AllianceHealth hospitals in Oklahoma he led AllianceHealth Durant, an acute-care, 148-bed, medical/academic/trauma facility; and Madill, a 25-bed critical-access hospital.

Prior to AllianceHealth – from 2016 to 2019 – Hall served administrator roles as assistant chief executive officer for two facilities of Northwest (NW) Health Systems. The flagship hospital NW Medical Center-Springdale is part of a five-facility integrated health system consisting of 222 beds and is a Mayo Clinic-affiliated medical/academic/trauma hospital. NW Physicians' Specialty Hospital focuses on orthopedics, spine, bariatrics, and pain services delivering high-quality specialty care throughout northwest Arkansas and to the University of Arkansas athletes.

From 2014 to 2016, Hall served as the assistant chief nursing officer at College Station Medical Center in College Station, TX, a Medicare-rated four-star, general/acute/trauma facility, where he was responsible for day-to-day clinical operations, service excellence standards, community outreach as well as the facilities hospitalist and emergency-provider groups.

For more than six years, Hall also served as Director of Emergency Services leading acute care programs including trauma, chest pain, stroke and sepsis services within the Seattle and Texas markets.

In 2008, Hall earned two Master's degrees from John's Hopkins University in business administration and health systems management. In 2002, he earned his Bachelor's degree in science and nursing from Washington State University, Pullman, WA.

In 2014, Hall earned the Dallas Fort Worth Great 100 Nurse Award, the HCA NTXD Emergency Services Mentorship Award in 2013 and the HCA NTX Division Most Improved Throughput Award in 2012. He served as the President of Georgetown University's Sigma Theta Tau Honor Society, and is a member of the American College of Healthcare Executives, the Texas Organization of Nurse Executives and American Nurses Association.

"Our family is delighted to become part of the Anacortes community and have our children attend the excellent Anacortes School District elementary and middle schools," Hall said.

"My wife and I are extremely excited to return to the Pacific Northwest to continue raising our family. We've always envisioned settling into this area and we are looking forward to embracing the community and all the outdoor activities."

Dr. Mansel Kewitch brings urology clinic to Anacortes



Over the past three years Anacortes has been without a urology clinic to provide services that are in high demand regionally.

Urology is a specialty that serves women, men and

children, and greatly needed in our community.

In May, Mansel K. Kewitch MD FACS will bring high-quality urology services to Anacortes on the Island Hospital campus. Dr. Kewitch has practiced at Pacific Rim Urology Clinic in Mount Vernon, after moving from Bellingham in 2007.

“We are very excited that, after working on returning this specialty to our community, Dr. Kewitch is moving his exceptional urology

practice here,” said Krysteena Hildebrand, Director of Specialty Clinics. “We often heard from patients and others who’ve expressed their wish to have these services right here.”

Dr. Kewitch received his medical degree from the University of Michigan Medical School in Ann Arbor, MI. He completed an internship and residency at Loyola University Medical Center in Maywood, IL. He holds a Bachelor’s degree from the University of Utah.

A practicing urologist since 1993, he has served patients in Whatcom, Island, San Juan and Skagit counties. For Pacific Rim, Dr. Kewitch has served as laboratory director, clinical consultant, and technical consultant.

At the new Anacortes clinic, named Island Urology, Dr. Kewitch will provide medical and surgical treatments for adult and pediatric urological conditions and diseases including

incontinence, bladder infections, obstruction, stone disease, prosthetics, and cancers of the genitalia and urinary tract, among others. He specializes in minimally invasive treatments, including laparoscopic urological procedures, laser therapy, and diagnostic ultrasound.

Patient education is an important part of Dr. Kewitch’s practice. “We strive to provide knowledgeable urologic care in a relaxed, caring environment,” he says. “We will spend time helping you understand your medical condition, test results and treatment options.”

Keep an eye on Island Hospital’s Facebook page and website www.islandhospital.org for breaking news on the opening of Island Urology.

To make an appointment with Dr. Kewitch prior to his move to Island Hospital, call Pacific Rim Urology at 360-428-7777.

Jill Newman MSW LICSW joins Psychiatry & Behavioral Health

Psychiatry & Behavioral Health at Island Hospital welcomes Jill Newman, MSW, LICSW as mental-health therapist and coordinator for the Island Hospital School Behavioral Health Program funded by the Island Hospital Foundation.

Newman’s primary role is to provide mental-health counseling for students at Anacortes Middle School, Anacortes High School, and Cap Sante High School. As a licensed clinical social worker, she offers mental health assessments, diagnosis, and treatment plans for children, teens, and their families.

Working collaboratively with her patients, she offers practical tools and coping strategies that help with challenges at school, at home, or in relationships with peers. As coordinator for the district intervention and mental-health therapy program, she works with school counselors, social workers, and administrators to provide consultation and crisis assistance as needed, including suicide-risk assessment and safety planning.

Since 2007, Newman has been a therapist and crisis-intervention



counselor for children, teens, and families from diverse ethnic communities in outpatient mental-health programs. She held a clinical faculty appointment as an Instructor with the Department of Psychiatry at the University of British Columbia from 2013–2019. During this time, she developed the family therapy program for third-year psychiatry residents at Surrey Memorial Hospital and provided instruction and supervision for residents in the family therapy clinic.

Newman says that when working with teens and their families, she strives to strengthen relationships and ensures teens feel heard and respected. “Children and teens fare best when they have at least one parent or caregiver with whom they have a healthy relationship,” says Newman. “When I work with families in conflict, my focus is to strengthen the relationships between family members.”

Newman holds a Bachelor’s degree in communication from Simon Fraser University in Burnaby, BC, Canada. She earned her Master’s degree in social work from the University of British Columbia in Vancouver, BC, Canada, in 2007.

For more information, contact Psychiatry & Behavioral Health at 360-299-4297.

AS I SEE IT continued from page 3

Sports & Spine at Island Hospital, an exceptional and very popular pain clinic. We are seeing a definite need to expand this service to meet regional demand and hope to be able to increase our capacity before year’s end.

You can help expand urology, gastrointestinal and pain-management services by making a donation to the Island Hospital Foundation for a new Outpatient Procedure Center.

I am very impressed by the generosity of our community, as illustrated by the \$1.4 million given to the Island Hospital Foundation (IHF) in

2019. I thank each and every one of you who provides this tremendously needed financial support for local healthcare. A contribution to the IHF is truly the “gift that keeps on giving.”

I would like to take a moment to express the sadness we all feel at the sudden loss of an incredibly compassionate and caring physician Dr. Patrick Nestor, who practiced at the Merle Cancer Care Center. His calm demeanor and professionalism will be missed by his patients, MCCC staff and colleagues. Our thoughts and prayers go out to his family.

As we move forward, Island Hospital is committed to work hard to strengthen the quality of our care, range and availability of our services and affordability.

I always encourage your comments, concerns and suggestions. Feel free to contact me directly at charles.hall@islandhospital.org or (360) 299-1327.

Take care of your HEART

By Robert Stewart MD, Cardiology
Skagit Regional Clinics-Cardiology

Did you know that your heart will beat more than 2 billion times over the course of an average lifetime, pumping blood, carrying oxygen and other vital compounds to your entire body? The heart performs an essential, life-sustaining workload and it needs your attention, because it can fail if you don't take care of it. While some patients are destined with a family history of the disease, most can improve their chances by following a short list of recommendations. Most of you probably know these, but a refresher is always worthwhile.

To lower your risk of heart disease, be sure to:

- Keep your weight in check
- Eat heart healthy
- Exercise regularly
- Watch your “numbers”
 - Blood pressure
 - Cholesterol
 - Triglycerides
- Don't smoke (anything)

Not the weight thing again?

Yes, well, actually the first three work together. Simply put, keep your weight in check by eating healthier foods and moving.

Eat less of these:

- Saturated and trans fats
- Sweets
- Soda, beverages with sugar
- Fatty red meat

Eat more of these:

- Fruits, vegetables
- Poultry and fish
- Non-tropical vegetable oils
- Whole grains
- Nuts and legumes

Even slight changes can make a difference, so do it gradually if that helps. Great information and recipes are available at the American Heart Association website www.heart.org. A great plan is the DASH (Dietary Approaches to Stop Hypertension) nutrition plan. Adapt a healthy eating plan to your lifestyle, and give yourself a (short) break now and then.

Don't think of it as “exercise”, make it fun

Get out and move more. There are a lot of possibilities besides treadmills, weightlifting and gym memberships (although these are good, healthy choices). You need to do enough physical activity to “burn” the calories you eat each day, more if you're trying to lose weight. Try to get 150 minutes of moderate activity, or 75 minutes of vigorous activity each week. Or, better yet, mix it up, have some fun by skiing; playing softball, basketball, soccer, tennis, golf or another sport; dancing; hiking; hunting; fishing; or whatever you enjoy that gets you moving. For instance, a lot of adults are playing pickle ball and enjoying friendly competition, fun and the physical activity that comes with it. Find your fun activity and make it a part of your schedule.

Know your numbers

You should know your key numbers related to heart health: blood pressure, and cholesterol and triglycerides levels. Get your blood pressure checked regularly and get it within a healthy range. Island Hospital offers free blood-pressure checks every Wednesday from 9 a.m. to noon in the Resource Center.

Keeping your cholesterol level below 200 and triglycerides under 150 – both measured in milligrams per deciliter – is desirable. The important thing here is awareness, get your



numbers checked, and share them with your care provider and work to keep them in the healthy ranges. Island Hospital offers low-cost, quarterly screenings for cholesterol and triglycerides (see page 23). The Island Hospital Foundation makes this possible, so take advantage to stay heart-healthy.

One more thing

Don't smoke anything. Smoke is unhealthy to breathe in any form, so don't do it. There are many programs that can help you quit smoking and many health insurers will cover the cost because they understand how important it is to your health to be a nonsmoker. Many insurers are charging smokers more for premiums, so it's more cost-efficient and way healthier to not smoke.

I sincerely hope that you maintain your heart health and make it a major focus of your life, so you can have a longer, healthier, enjoyable lifetime.

The Cardiology clinic is located at 2511 M Ave., Suite D, Anacortes. For appointments call (360) 293-0308.

Cardiac Rehab programs help improve heart health

The diagnosis of heart disease or a related chronic heart condition can be a life-changer, but with the help of the Cardiac Rehabilitation program at Island Hospital, patients do not need to face recovery alone.

In the safe, supervised environment of the Cardiopulmonary Care Center, recovering patients can learn new ways to stay heart-healthier longer, manage feelings of fear and anxiety, and retake control of their lives. Studies by the American Heart Association and the American College of Cardiology show that cardiac rehabilitation programs can help stabilize, slow and even reverse the progress of heart disease.

For all ages, conditions

Cardiac rehab is an option for people of all ages whose readiness for the program has been evaluated and approved by their physician. Comprehensive, medically supervised programs are tailored by specially trained healthcare professionals to meet individual patient needs, and can

continued on page 8

Why get heart-healthy?

Heart disease is the leading cause of death in the U.S. It is expected that more than 800,000 will die in 2020 from this disease, representing 1/3 of all deaths in the nation.

Washington State:

- Has the 8th-lowest death rate from heart disease.
- Has fewer smokers than the average state (13.5% vs. 17.1%).
- Has more people exercising at least 150 minutes per week. (58% vs. 50.6%).
- Has fewer obese people (62.1% vs. 66.6%).

From American Heart Association and Centers for Disease Control (CDC)

Heart-healthy eating

Island Bistro introduces upgrades to café and patient meals

The Island Hospital (IH) cafeteria, Island Bistro, is implementing several changes that improve the choices, quality, and nutrition for staff and patients.

“We are always looking at ways to improve our daily operation,” says Karrie Pike, BSN, Director of Dietary Services at Island Hospital. “Looking at trends and preferences challenges us to think about how we can be the best!”

Recent survey comments from customers and patients included requests for more vegetarian and gluten-free foods. In response, Island Bistro has added additional options to its menu in the cafeteria and for patients, such as BLT–turkey–lettuce wraps, black-bean vegan hummus with veggies, and house-made black-bean burgers.

Island Bistro currently prepares 98% of its meal offerings from scratch, including preparing salad dressings and brining and roasting deli meats. All

meats served are raised free of antibiotics or hormones. The Bistro uses organic produce whenever possible.

In addition, Island Bistro has joined Genuine Skagit Valley (GSV), an organization that promotes local agriculture. “Skagit Valley

is known to have some of the richest and most nutrient dense soils around, which produces many healthy choices for locally sourced produce,” says Pike.

As a member of GSV, the Bistro can support local producers to source seasonal, locally grown produce, meats and fish. In partnership with Charlie’s Produce, Island Bistro supports more than 90 small, local farming businesses.

To give patient dining a facelift, IH Patient Services began serving coffee and other hot beverages in a china mug as opposed to a traditional plastic mug. New cups, bowls and plates offer a more modern presentation.



Director of Dietary Services Karrie Pike BSN has worked to continually improve the choices, quality and nutrition at Island Bistro.



Chef Michael Hannah carefully prepares nutritious, high-value meals for patients, staff and visitors alike.

In May 2020, new software will streamline the way IH Room Service staff takes meal orders from patients. Staff will visit each patient with a tablet and discuss meal options. They can make online changes to patients’ menus in real time with no delay. The software will also calculate factors including carbohydrates or cholesterol, so when patients select menu items, the cafeteria can better meet their dietary needs and restrictions.



Kelly Moore RN, BSN works with patient Bob Richardson, who is recovering from a heart attack and triple-bypass surgery, at the Cardiopulmonary Care Center.

CARDIAC continued from page 7

benefit those who have experienced:

- Heart attack
- Angina/chest pain
- Angioplasty or stent procedure
- Valve replacement/repair
- Coronary-bypass surgery
- Heart transplant

Physical activity is a key part of a cardiac rehab program. Although those who have had a heart attack or other related conditions may find it difficult to begin an exercise regimen when they’re still not feeling well, most will benefit from a program that takes into account their physical abilities, limitations and other concerns. The exercise regimen is designed to:

- Improve physical fitness
- Increase energy level and well-being
- Strengthen the heart and reduce risk of future heart-related problems

- Trigger weight loss
- Reduce blood pressure and cholesterol levels

Lifestyle skill training

Managing heart disease is a life-long challenge that requires lifestyle changes. Cardiac rehabilitation programs are designed to help participants make changes which include:

- Adopting a nutritious, heart-healthy diet
- Saying “no” to tobacco products
- Understanding medications and their therapeutic value
- Identifying and dealing with anxiety, fear, depression, stress and other psychological effects of heart disease.

If you’ve had a heart attack or surgery, or if you have an on-going heart-related condition, ask your physician if a cardiac rehabilitation program is right for you. For more information on the Cardiac Rehabilitation Program at Island Hospital, call 360-299-4242 or visit www.islandhospital.org.

ROLLIN' WITH THE NINJA TURTLES



At the annual Island Hospital Employee Council Bowling Party, Dietary Services (and friend) took top honors for costumes, bowling as the Teenage Mutant Ninja Turtles.

“W” IS FOR “WINNER”



A University of Washington win in the 2019 Apple Cup resulted in a Husky flag being raised to prominence on the IH flagpole. A bet between Chief Medical Officer and UW Alum Robert Prins MD (happy guy at left) and not-as-happy Chief Executive Officer (Washington State alum) Charles Hall MSN, MBA, earned purple and gold the pole position.

EMPLOYEE OF THE MONTH – JANUARY



January 2020 Employee of the Month is Tiari Schwab, Medical Records coding specialist. She stepped into a lead role for the coding team two years ago and codes all inpatient accounts, along with training coders and providers. Schwab, who started here in 2015, is known to be very professional and a great role model who exemplifies the Island Hospital Promise.

1ST BABY OF 2020



Island Hospital didn't have to wait too far into 2020 for its New Year Baby as Annababe and John Van Deusen of Anacortes welcomed Benjamin “Benji” Alder Van Deusen at 6:52 a.m., Jan. 1. The newborn weighed in at 6 lbs. 7 oz., and measured 19.6 in.



RAIN? WHAT RAIN?

A small but dedicated group of employees showed up for Track Night at the Anacortes High School's Veteran's Stadium as part of the Island Hospital Step-Up Challenge. The Challenge is a four-week competition among six teams of hospital employees put on by the IH Employee Wellness Committee. The teams recorded more than 50 million steps in a competition that encourages healthy activity.

"SNOW WON'T STOP US!"

During the heavy January snowfall, Island Hospital's services remained open for business. Employees snow-shoed, walked, carpooled in four-wheel-drive vehicles and generally came to work to serve patients of the same determination. The excellent care at the Island Hospital Emergency Department (ED) continued without interruption. Undeterred ED staff included (from left) Beatrice Martinez CNA, Morgan Merkel RN, Kimberly Brotemarkle RN, Mary O'Brien CNA and Brandy Toner RN.



REMOTE PATIENT CARE

Coralie Meslin, ARNP at Sports & Spine at Island Hospital, has twice joined a medical outreach program called the Upaya Nomads Clinic to trek into remote communities in Nepal, providing medical care and resources to people who have limited access to healthcare. In this area, the average life expectancy is 50 years, and the infant and maternal mortality rate is high. For the complete article visit www.islandhospital.org.

Outpatient Procedure Center

You can help expand local healthcare services

We heard you. You don't want to travel far for healthcare. You want more services and providers close to home. Peace of mind is important.

The Gala of Hope planning committee and the Island Hospital Foundation Board of Directors voted to take on a fundraising campaign to establish a new Outpatient Procedure Center at Island Hospital. They are attracted to this project because it will remove several existing barriers to vital preventative screening, such as a backlog for appointments, traveling far from home for care, and access to specialists. In addition to saving lives through early detection services, the new Outpatient Procedure Center will initially expand three patient-centered services: gastrointestinal, urological and pain-management care. This comes as a response to a collective community voice in the local 2019 Community Health Needs Assessment asking for increased access to healthcare.

Access to preventative care is paramount to early detection, survivability and quality care. A new Outpatient Procedure Center presents a unique opportunity to save lives through the early detection of cancer. Studies have shown



Renovation continues on the area of the hospital that will house the proposed Outpatient Procedure Center

that when precancerous conditions or cancer itself is detected early, survivability significantly increases. Take colon cancer, for example. The U.S. Preventative Services Task Force recommends adults, ages 50-75, screen for colon (colorectal) cancer regularly. Studies suggest that a colonoscopy reduces death from colorectal cancer by 60 to 70%.*

At present, there are excessive delays in receiving a colonoscopy in Skagit County due to extremely long waiting lists. These waiting lists will only get longer as the American Cancer Society alters its recommendation for colon cancer screenings to begin regularly at age 45. Therefore, increasing current services will not only meet the regional demand, but ensure patients are able to receive a routine colonoscopy in a timely manner. Furthermore, the expansion of endoscopy services will also augment access to life-saving screenings and procedures.

With the recent addition of urology services at Island Hospital, an Outpatient Procedure Center in our community will mean that some prostate-cancer patients will not have to travel for treatment. Dr. Mansel Kevritch will be able to provide prostate-seed placement and perform certain prostate biopsies, in addition to performing other procedures for kidney and bladder issues.

The Outpatient Procedure Center will also help meet the growing demand for pain-management care. There are many in our commu-

nity who cope with severe pain daily. Long waiting lists for appointments translates to enduring pain for a longer period of time. Relief will come in the form of added procedures and increased appointments, in addition to the introduction of new treatment methods.

With your help, construction for this project will begin later this year and open for service during first half of 2021.

You can increase local access to healthcare and affect the wellbeing of those in your community. By making a financial contribution, you can provide the medical equipment needed to increase life-saving procedures while also expanding procedure space for new providers and specialists. Your contributions will ensure your family, friends and neighbors have access to important preventative healthcare and more, right here in our community.

Support a new Outpatient Procedure Center by:

- Attending the 17th Annual Gala of Hope on Saturday, May 2nd
- Mailing a check to Island Hospital Foundation at 1211 24th Street, Anacortes, WA 98221
- Visiting www.myihf.org/donate.

*Statistics from the National Cancer Institute; www.cancer.gov; 1/27/2020

Your support for a new Outpatient Procedure Center will fund:

- Peace of mind with decreased wait times for lifesaving procedures
- Increased access to routine cancer screenings
- New urology services
- Expanded gastrointestinal services
- Greater access to pain management care
- Increased exam space for new specialties and providers
- New equipment and technology

2020 Gala of Hope

Adventure to Wonderland!

Island Hospital Foundation's 17th annual Gala of Hope is set for May 2. This year, we'll head down the rabbit hole on a magical journey to a land of whimsy where anything is possible.

Last year's Gala set a fundraising record — at the gala and in the days following — with donors giving over \$761,000 including more than \$478,000 toward the purchase of new telemetry equipment for the Island Hospital (IH) Emergency Department (ED). These new devices give ED personnel access to the latest medical technology for monitoring a patient's heart, respiratory system, blood pressure, and carbon-dioxide levels. They allow ED staff to quickly review diagnostics for accurate and efficient decision-making.

At this year's Gala in Wonderland, anything and everything is possible! Join us and help set a new fundraising record to support the new Outpatient Procedure Center! Save the date and plan to join the Mad Hatter, White Rabbit and Queen of Hearts for an evening full of surprises and adventure. Tickets for the Gala are \$150 each and sponsorships range from \$500 to \$10,000; available at the Foundation office and online at myihf.org.

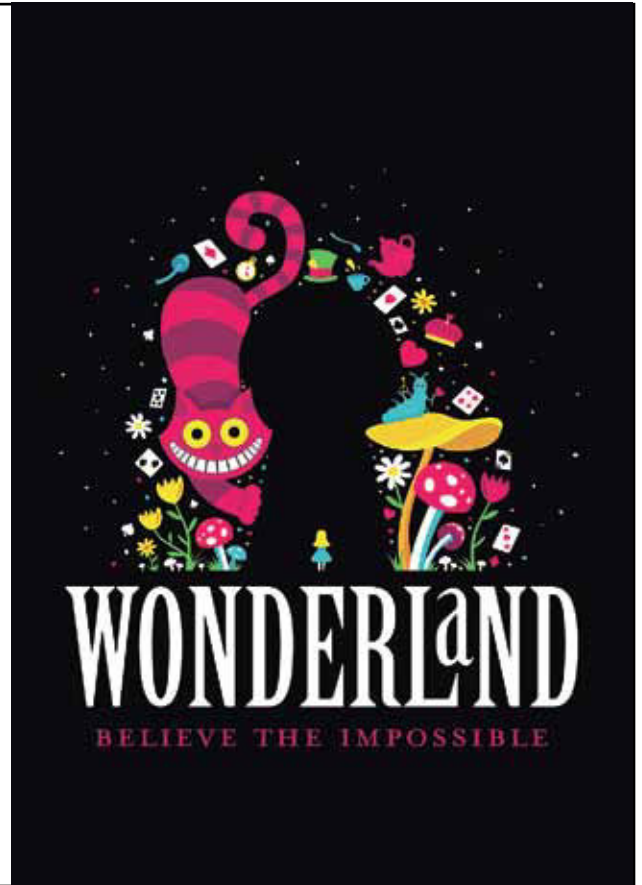
Don't be late for this very important date!

Save the Date!

2020 Wonderland Gala of Hope

Swinomish Casino & Lodge

May 2, 2020



IHF welcomes two new board members

Island Hospital Foundation (IHF) works to engage the community and raise funds that improve services at Island Hospital. With its commitment to quality local healthcare, the Foundation provides grants, donations and direct fundraising that helps support the Island Hospital Medical Arts Pavilion and provide cutting-edge equipment, patient support programs, community resources and free or low-cost screenings.

IHF board members are passionate about improving local community healthcare, and they bring a breadth of experience to their roles, providing fiscal oversight and stewardship, setting policies and goals, and fundraising.

The IHF board recently welcomed two new members: Sherle Webb-Robins and Dana L. Andrich.



Webb-Robins is a former senior technology executive with over 25 years of experience in leadership positions with companies such as Sun Microsystems and Microsoft. She has an extensive background in global sales and business development with specific expertise in developing and growing new businesses.

Her involvement with IHF started when she began volunteering with the Gala of Hope. She's helped decorate, procure auction items and sponsorships, and last year led the effort to find a new auctioneer.

"I am a passionate believer and supporter of having the best healthcare at our local hospital. As a patient, I have received amazing care that has truly had an incredible positive impact on my quality of life. There's an exciting future ahead for our Island Hospital and I'm very excited to be part of making that happen with the Island Hospital Foundation," says Webb-Robins.



Andrich is a certified public accountant (CPA) and Controller at RIS Insurance in Anacortes. She has been involved with several professional and community organizations over the past 20 years, including the NW Chapter of the Washington Society of CPAs, the American Red Cross, the Skagit Valley Tulip Festival, the Anacortes Public Library Foundation, and Fidalgo DanceWorks.

Her diverse experience and interests add depth to the IHF Board.

"I wanted to join the IHF board because I truly enjoy giving back to the community," says Andrich. "I look forward to collaborating with the IHF to improve the vision and purpose of the board."

Remembering

The Island Hospital Foundation received gifts to remember and honor those listed here between Sept. 1, 2019 and Jan. 31, 2020.

GIFTS IN MEMORY:

Alice	Jim Kirk
Norm Allan	Chuck Mallory
Wendland Beezhold	Bill Mitchell
Claudette Benz	My husband, Zane
Sharon Berk	Judy Odegaard
Alice Brooks	Gerald (Jerry) Oldershaw
Teri Caravan	John J. Phillips
Donald C. Ellis	Betty Rockwell
Rick Eyton	O. Newell Sheffer
Yale Gifford	Henry Taylor
Murray Goddard	Jack Tobien
Michelle Vallentyne Harrison	Yvonne Tollefson
Dennis Heggem	Sandy W.
Lonny Heiner	Chris Whatley
Richard Iversen	Dr. Herbert Zimmermann

GIFTS IN HONOR:

Billy Alker	Dr. Jason Hogge
All the doctors, nurses, staff and associates	Rebecca Hosford
Marcus Brown	Island Hospital Nurses
Paul Joseph Brown	David Kaiser
Daniel Casey	Carrie J King
Jason Crawley	Laura Mueller
Barbee Cromack	Joseph Mulcahy MD
Bob Cromack	Lee Muggoch
Jamie Cromack	My wife, Virginia
Coralie Dettman	H.G. Osborne MD
Dennis, Barb and the Community Relations Department	Sandra Osterhouse
Dorothy Dunker	Jeff and Wendy Robinson
Laurie Fakkema	Harvey G. Rollin
Gwen	Gordon Schumacher
	The wonderful staff
	Maria Wight

To remember or honor someone with a donation, please send the person's name and type of remembrance requested along with a check payable to "Island Hospital Foundation." Mail to: 1211 24th Street Anacortes, WA 98221
Info: 360-299-4201

IH Auxiliary holds annual Penny Drive, Miniature Christmas Tree Sale

By **Connie Russell** IH Auxiliary President

The Island Hospital Auxiliary (IHA) was very busy with two major events this fall — we held our Penny Drive on Oct. 22 and the Miniature Christmas Tree sale on Nov. 8. We are incredibly thankful to the Anacortes community and Island Hospital (IH) staff for the continued strong support of the Penny Drive. This is an annual one-day fundraising event where we collect loose change you have saved from your pockets, penny banks and purses. This year, we collected over \$700 in quarters, dimes, nickels and pennies as well as some donated paper money!

Proceeds from this event—along with funds donated by Soroptimist International of Anacortes—are earmarked for the Lifeline Project. Lifeline is a medical-alert device for individuals living alone who may need swift medical assistance. Our Lifeline Project provides this device to several community members who need this service but cannot afford it on their own. Please consider saving that extra pocket change now, so you'll be ready for our October 2020 Penny Drive.

The proceeds collected from the miniature Christmas Tree Sale far exceeded our expectations for 2019, totaling \$1600. We sold all 30 trees, which were creatively decorated by IHA members in a wide variety of themes ranging from Seahawks football to traditional Christmas decor. Our sincere gratitude to Sebo's Henery Hardware for their continued generous donation toward the miniature Christmas Tree Sale.

This year the Auxiliary expanded the sale items to include Christmas wreaths, door hangers, and table-top items, and we plan to offer them again next year.

Our Valentine's Day Candygram sales event raised \$400 as we sold out our 500 chocolate bars! It's a great day for the Auxiliary as we get to raise funds as well as celebrate and thank IH employees for their dedicated service.

Our next event is the annual Easter Basket Sale March 27, from 7 a.m. to sold out. Funds raised from this and the mini Christmas Tree Sale are used to purchase items such as over-bed tables for our patient rooms or important educational tools. We recently purchased an anatomy model that the IH Nursing Department uses for student and Community Education programs.

The IHA Mission is to work collaboratively with Island Hospital Leadership to raise funds to support, promote, and participate in special projects and services for the benefit of Island Hospital, its patients, and our community's health.

IHA always welcomes new members and we want to recognize our newest members: Sheryl Robinson, Christy Giddings, Mary Kiel and Alice Vanderburg joined us this fall. If you would like to join us or check out the group, please contact Connie Russell at (360) 770-9446.



Auxiliary officers visiting a hospital patient room to display contributions – that include over-bed patient tables, the Vial of Life Program and anatomy model – are (from left) Treasurer Danette Carroll, Co-President Connie Russell, Member at Large Patty Koskovich, Secretary Julie Anderson, Member at Large Joni Simmerman and Co-President Betty-Anne Ely.

Rotary steps up to support ASD mental health



The Rotary Club of Anacortes recently contributed \$52,100 for the Island Hospital Foundation's (IHF) School Behavioral Health Program. Proudly displaying the check are (from left) Rotary Club Vice President Tim Garrison, Island Hospital CEO Charles Hall, Anacortes School District Superintendent Mark Wenzel, Rotary Club Treasurer Therese Rudiz and Island Hospital Foundation Director Jeannette Papadakis. The partnership program operates in cooperation with Psychiatry & Behavioral Health at Island Hospital and IHF.

IHF donors provide new monitors for ED

You did it! We have successfully transitioned to our new GE bedside cardiac monitors that were spotlighted at the 2019 Gala of Hope. The funds received from our incredibly supportive community during that event provided the Emergency Department with 16 new bedside monitors and two interactive central stations. These monitors allow critical patient information to be gleaned at the bedside in real time. This new equipment also includes the ability to provide an instant EKG, which results in faster diagnoses and interventions. This photo shows staff as they train on the new system.



We're Hiring!

Become Part of Our Promise!

To apply or view our open positions please visit our website:
www.islandhospital.org/careers



ISLAND HOSPITAL

March for Meals – 2020 Bowling Bash

Join the 16th annual March for Meals campaign to help raise funds and awareness of the need in Skagit County.

In 2019, Meals on Wheels served approximately 145,000 meals to nearly 2,500 Skagit County seniors. Of these meals, 98,473 were hot, nutritious meals, delivered each weekday to a senior's home, in addition to frozen meals for the weekends.

Our Meals on Wheels program relies on community support to feed Skagit County seniors, and funds generated through the March for Meals campaigns are essential to maintaining the program's high service levels. Last year, March for Meals raised over \$53,000 for Skagit County seniors.

Join the Bowling Bash – March 21, 2020

- Have fun while helping to raise money for Meals on Wheels by sponsoring a team of four who will enjoy two games of bowling, food, refreshments and prizes! The team entry fee is \$250.



- Do you want to be a team sponsor and don't have your own team? No problem! Just pay the entry fee and we will find deserving bowlers for you!
- All bowling team submissions must be received by March 6.

Make a donation to March for Meals

We welcome donations of any amount from local businesses, organizations and indi-

viduals. Donations at the following levels will be recognized on the Senior Activity Center Donor Wall and in a thank you ad at the conclusion of the campaign.

- Platinum - \$1,000
- Gold - \$500
- Silver - \$250
- Bronze - \$100

Please make checks payable to Meals on Wheels and drop off at the Anacortes Senior Activity Center or mail to:

Anacortes Senior Activity Center
1701 22nd Street
Anacortes, WA 98221

For more information, visit www.bowling-bash.org or call Sally Hill at the Anacortes Senior Activity Center, (360) 293-7473.

If you or someone you know is interested in receiving services from Meals on Wheels, please call (360) 416-1500.

EMS PARTNERSHIPS



Island Hospital held the inaugural Brainpower Breakfast bringing together local emergency medical services staff to share knowledge, network and have productive conversation to improve processes and increase patient safety. At this meeting, IH Emergency Department Physician and Stroke Director Dr. Elisha Botnick gave a presentation on current standards and protocols for stroke patients.



A crew and helicopter from Airlift NW made a special trip to Island Hospital's helipad for a discussion with nurses and managers about transporting and receiving patients by air. The presentation included the issues faced by flight nurses and the special care necessary to prepare patients for an air transport. The IH Emergency Department was commended for its outstanding work with Airlift NW.

Join us at [facebook.com/islandhospital!](https://facebook.com/islandhospital)

Vestibular therapy helps dizzy patients



Miranda Bunge MPT DPT CMTPT joined Island Hospital's (IH) Physical, Occupational, and Speech Therapy (POST) clinic last fall as a physical therapist with specialties in vestibular therapy and fascial counterstrain. Bunge has over 15 years of experience assessing and treating dizzy patients, and she is certified to practice fascial strain and counterstrain manual-therapy techniques.

A member of the American Physical Therapy Association (APTA), Bunge received her Doctor of Physical Therapy degree from the University of North Carolina at Chapel Hill in 2012. She earned a Master's degree in physical therapy from Western Carolina University in 2004.

Bunge completed APTA's vestibular training for physical therapists (PTs) in 2007. This

training prepares therapists to assess dizziness in patients, plan treatments, and provide recommendations to other providers. "Physical therapists are unique in that we have training in orthopedic, neurological, cardiac, and vestibular functions," says Bunge. "Being able to assess all these systems helps differentiate between central, cervical, orthostatic, and other vestibular problems."

Bunge's experience includes time working alongside emergency department providers, hospitalists, and other specialists to assess patients complaining of dizziness. At a North Carolina medical center, she started a program to evaluate patients experiencing dizziness in conjunction with other conditions, and she developed PT treatments and rehabilitation plans that complemented these patients' medical-care plans.

Bunge explains that the practice of physical therapists working alongside other providers

in the emergency department is a growing national trend. At IH, Bunge or other vestibular physical therapists will help triage dizzy patients in the IH Emergency Department (ED). Patients who come to the ED due to falls and dizziness are increasing. In these cases, patients first receive medical attention, then a vestibular therapist will assess them for conditions including vertigo, stroke, inner-ear disorders, or low blood pressure. These assessments move patients along the continuum of care more quickly and help guide admission decisions.

At POST, physical therapists Doug Weaver and Allison Blackwell also work with Bunge to assess and treat dizzy patients.

Physical, Occupational & Speech Therapy at Island Hospital is located in the lower level of the Medical Arts Pavilion at 1015 25th Street in Anacortes. For more information about vestibular therapy, call 360-299-1328.

Take action *NOW* to prevent colorectal cancer

According to the American Cancer Society (ACS), colorectal cancer (often called colon cancer) is the third leading cause of cancer-related deaths in the U.S. and expected to cause more than 53,000 deaths during 2020. While each death brings immeasurable sorrow and loss, there is an overarching tragedy: 60% of all colon-cancer deaths in the U.S. are preventable if everyone 50 and older is screened for colon cancer.

The risk of colorectal cancer increases with age; more than 90% of cases are diagnosed in individuals over 50 years old. Men and women are nearly equally susceptible, with approximately 1 in 23 men and 1 in 25 women diagnosed each year. Risk factors include family history of the disease, obesity, poor diet and unhealthy lifestyle; but even those without any risk factors can get colon cancer.

One of the few cancers that can be prevented through early detection screening, colorectal cancer often starts with a polyp – a small growth on the lining of the colon or rectum. Doctors can remove polyps during screening, often stopping the cancer before it can start. Polyps are common and most often are not cancerous.

Today's screening techniques are mostly painless and are able to

detect the cancer in its early stages. When caught early, colorectal cancer is highly treatable. Those who have polyps or early-stage colorectal cancer usually don't have symptoms, especially at first. So don't wait for symptoms to appear before getting screened.

The U.S. Preventive Services Task Force recommends screening for those age 50 to 75 with normal risk level. There are multiple methods for colorectal cancer screening, including the fecal-occult blood test (FOBT), fecal immunochemical test (FIT), flexible sigmoidoscopy and colonoscopy. Talk to your healthcare provider to find the best option for you.

The ACS estimates that more than 180,000 new cases of colorectal cancer will be diagnosed in the U.S. in 2020. This number could rapidly decrease in coming years if more diagnoses are made at an earlier stage, when treatment is less challenging.

For more about colorectal or other cancer-related topics, visit the ACS website at www.cancer.org.

The Merle Cancer Care Center at Island Hospital provides state-of-the-art pretreatment, staging, treatment and clinical follow-up for cancer patients. For information call 360-299-4200 or visit www.islandhospital.org.



Stay concerned about the flu!

As the Pacific Northwest weather warms and spring is upon us, Island Hospital urges everyone to remain vigilant when it comes to preventing influenza. According to the Centers for Disease Control and Prevention (CDC), flu activity in the U.S. is high and expected to continue into late March.

Recently, attention has been focused on the novel coronavirus, or COVID-19. Based on direction from federal, state and local public-health officials, Island Hospital is taking all precautions to keep our community safe.

To prevent COVID-19 infection the U.S. Centers for Disease Control encourage the public to follow the same strategies that reduce the chances of becoming infected with a cold or flu. These include washing hands regularly, avoid touching the face and stay home when you feel sick. If you have symptoms of fever, cough or shortness of breath, call your healthcare professional. Do not go to a clinic, urgent-care or emergency department, to avoid infecting healthcare staff and others.

Island Hospital continues to work with local agencies, healthcare providers and Skagit County Public Health to prevent the spread of seasonal flu and other infectious diseases in our county. To receive vaccine, contact your healthcare provider or visit an urgent care center or one of the many retail pharmacies that offer shots.

What are flu symptoms?

The symptoms of seasonal flu are fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Other symptoms such as vomiting and diarrhea may also be present.

Who is at higher risk?

In seasonal flu, those considered at higher risk for serious complications include people 65 and over, children under five, pregnant women, anyone with a compromised or weakened immune system, and those with certain chronic medical conditions, such as diabetes, heart disease, asthma and kidney disease.

Precautions are vital

To prevent the spread of flu take action:

- Cover your nose and mouth with a tissue when you cough or sneeze to keep from spreading flu viruses to others. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective when traditional handwashing isn't an option.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid close contact with sick people.

For vaccination, other info

Misinformation can be worse than no information at all. Check with your healthcare provider or these trusted sources:

- www.cdc.gov – Centers for Disease Control and Prevention
- www.doh.wa.gov – State of Washington Department of Health
- www.skagitcounty.net/health – Skagit County Public Health
- www.sanjuanico.com/378/health-community-services – San Juan County Public Health



**You Can Save a Life,
You Have It in You!**
Please give blood at Island Hospital
Monday, May 18
9 a.m. - 3 p.m.
Fidalgo/Burrows Rooms

Call 1-800-398-7888
and select extension #1
to schedule an appointment



Pneumonia: leading infectious cause of death in children under age 5

An infection that causes inflammation of the air sacs of the lungs, pneumonia can cause mild to severe illness for people of all ages. Sadly, this disease continues to be the leading cause of infectious death worldwide for children under five years.

Common signs of pneumonia include cough, fever, chills and difficulty breathing. Depending on the cause of infection, age and overall health, the signs and symptoms of pneumonia can vary from mild to severe.

Community-acquired pneumonia is the most common type and can be caused by bacteria, bacteria-like organisms, fungi and viruses. In fact, some of the viruses that cause colds and flu can cause pneumonia. For children younger than 5 years, viruses are the most common cause. While usually mild, viral pneumonia can become very serious.

You can prevent pneumonia by getting vaccinated for pneumonia and flu. Your healthcare provider is your best source for information and guidance. So, be sure that children are vaccinated, especially those in group child-care settings.

Other ways to prevent pneumonia include:
Practicing good hygiene – Wash your hands regularly or use an alcohol-based hand sanitizer to protect against respiratory infections.

Don't smoke – Your lungs have natural defenses against respiratory infections and smoking can damage these.

Maintain your immune system – Be sure to exercise regularly, eat healthy and get enough sleep.

If you have any concern, please consult with your healthcare provider. There are additional resources online, including www.cdc.gov/pneumonia.

Health & Wellness

Classes

All classes at Island Hospital require registration unless specifically stated in the class description. For classes with a fee, prepayment is also required.

Please note that some classes cannot be held without a minimum number of participants and some classes have a registration cap. You will be notified if a class is cancelled. A full refund will be granted if the class is cancelled or if your cancellation is received at least 24 hours prior to the start of class. If you show up to a class without registering, we cannot guarantee space in the class.



THREE EASY OPTIONS FOR REGISTRATION



Visit www.islandhospital.org/classes



Email communityed@islandhospital.org



Call (360) 299-4204

Classes

ADVANCE HEALTHCARE DIRECTIVES

Where There's a Will, There's a Way

Join a trained advance care planning facilitator, for a detailed workshop that will guide each participant through completing advance healthcare directives. Participants will go home with a finished copy to share with loved ones and their medical providers.

When: Friday, April 24, 2 – 3:30 p.m.

Where: Anacortes Senior Activity Center

Cost: \$15

Contact: 360-293-7473 for information about how to register

BIRTH AND BEYOND

Car & Booster Seat Clinic

SAFE KIDS NORTHWEST Drop in to have your car and booster seats checked by nationally trained car seat technicians from Safe Kids Northwest. They will check your seat for safety, make sure you are using it correctly and show you how to properly install the seat in your car. No appointment required, please just drop in.

When: Thursday, April 9, 3 – 5 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 360-299-1309

"Car seat information was helpful. Great class, lots of good tips."

– Grand-parenting class participant

Grand-parenting Class



and what has changed over the years. This class describes ways grandparents can offer support and assistance to a new family, whether they live close or faraway. Class will include a tour of the birth center and detailed information on car seat safety presented by a Nationally Certified Child Passenger Safety Technician.

When: Tuesday, April 14, 6:30 – 8:30 p.m.

Where: Cypress Room

Cost: \$25/per couple or individual

Instructor: Teri Shilling MS, LCCE, CD(DONA), IBCLC

Are you an expecting grandparent? If so, this is the class for you. Whether or not your grandchild is being born at Island Hospital, you can learn what has stayed the same in childbirth, infant care and early development

Infant Massage Class



his/her extremities. Participants should plan to bring their baby, a blanket and massage oils to the class. Suggested oils include olive oil, grapeseed oil or sunflower oil. Wear comfortable clothing and expect to spend time on tumbling mats with your baby practicing massage techniques.

When: Wednesday, May 13, 5:30 – 7 p.m.

Where: Fidalgo/Burrow Rooms

Cost: \$10

Instructor: Lindsay Harris PT, DPT, CSCS, CIMI

Learn how to use massage as a way to connect with your baby. This class will discuss and demonstrate ways massage can be used to help manage colic, sinus issues, improve digestion and increase your baby's positional awareness of

Six-Week Childbirth Education Classes

This six-week class is designed to prepare parents-to-be for the arrival of their new baby. Participants will learn essential skills and develop confidence as they approach the end of pregnancy, labor, birth and early parenting. Prenatal health, stages of labor, coping techniques, pain relief options, breastfeeding, newborn care and more will be covered. Class is a blend of discussion, DVDs, hands-on practice and guest speakers.

Tuesdays, May 5 – June 9, 6 – 8:30 p.m.

Tuesdays, July 7 – August 11, 6 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$95/per couple or individual (covered by Apple Health)

Instructor: Teri Shilling MS, LCCE, CD(DONA), IBCLC

Weekend Childbirth Education Classes

This two-day class is for those unable to attend the six-week session. Prenatal nutrition, stages of labor, coping techniques, pain relief options, breastfeeding, newborn care and more will be covered. Class is a blend of discussion, DVDs and hands-on practice. Class must meet minimum registration requirements to be held.

Sat. & Sun., April 4 & 5, 10 a.m. – 6 p.m.

Sat. & Sun., June 6 & 7, 10 a.m. – 6 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$130/per couple or individual (covered by Apple Health)

Instructor: Teri Shilling MS, LCCE, CD(DONA), IBCLC

What to Expect With a Newborn



Join a pediatrician and a lactation consultant for a class that will address newborn care and breastfeeding basics. Learn what's normal behavior for a newborn, how to keep your baby healthy and

REGISTRATION
OPTIONS

1.

visit www.islandhospital.org/classes



know what signs to look for when your baby might be sick. Understand what to expect with breastfeeding, including how to get started, what to do if challenges arise and how to get breastfeeding support once you are home from the hospital. This class is open to pregnant and postpartum women. **This class is included in the childbirth education class series. If you are registered for childbirth classes this will be part of the class series.**

Babies up to 3 months old welcome to attend.

When: Tuesday, April 7, 6 – 8:30 p.m.

Tuesday, June 9, 6 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$25/per couple or individual

Instructor: Teri Shilling MS, LCCE, CD(DONA), IBCLC

HEALTH CARE PROFESSIONALS TRAINING

HIV/AIDS Training for Licensure

Island Hospital offers a DVD based four or seven-hour HIV/AIDS training. Participants will take a test during the training. A certificate of completion will be provided with the successful completion of the course. This course is offered in English only. If translation is needed, it is up to the participant to coordinate.

When: Monthly, call for dates

Cost: \$30 for residents of Skagit, Island & San Juan Counties, \$40 for non-residents & free for current Island Hospital employees.

Registration: 360-299-1309

HEALTHY RELATIONSHIPS

7 Principles for Making Marriage Work



Based on the groundbreaking research by Dr. John Gottman this series is based on four decades of research intended for couples longing for better relationships. The main goal is to help couples strengthen their relationships

in a variety of ways including their love maps, fostering fondness and admiration, facilitating turning towards each other, accepting influence, solving solvable problems, overcoming gridlock, creating shared meaning and maintaining gains. The program is intended to equip couples with the information and tools to be able to carry on together

creating the relationship they want.

When: Thursdays, April 9 – May 21, 6 – 7:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$125/per couple (fee covers a couple for all seven classes & includes workbook)

Instructor: Jim Marshall MA, LMHC

“We will be back for more. I really appreciate this opportunity to grow in our marriage. Jim Marshall was a professional, knowledgeable and personable instructor.”

– Healthy Relationships class participant

DOC TALK

The Bottom Line: Questions about Colorectal Health



Join Island Hospital surgeon Keri Weigle, MD, FACS, for a candid discussion on colorectal health. Dr. Weigle will address common questions about colorectal conditions such as:

- Constipation (What is constipation anyway?)
- Anal pain (What causes pain down there? Hint: it probably isn't hemorrhoids)
- Bleeding (What kind of bleeding is dangerous? What should I worry about?)
- Other questions about this delicate but very important area

Everyone can learn to take care of their colorectal health. We will discuss available surgical and non-surgical treatment options for many colorectal and anal complaints. Please bring your questions. We will have plenty of time for Q and A!

When: Thursday, June 4, 5:30 – 7p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Keri Weigle MD, FACS

DRIVER'S SAFETY

AARP Smart Driver

During this class intended for those 50 and older, you will refresh your defensive driving techniques,

review the rules of the road, learn new traffic laws and much more! Get a discount on your auto insurance for completing the course. Classroom instruction only.

When: Thursday, March 26, 9 a.m. – 5 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$15 AARP members, \$20 non-members

Instructor: Madeline Rose

HEALTH INSURANCE

Medicare 101: Understanding Your Medicare Choices



Do you need help deciphering the Medicare puzzle? Join us to learn more about traditional Medicare coverage, Medicare Advantage Plans, Prescription Drug Coverage, gaps, enrollment and fraud protection.

When: Monday, March 9, 1 – 2:30 p.m.

Monday, April 13, 1 – 2:30 p.m.

Monday, May 11, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: SHIBA Volunteer

MEDITATION



Instructor: Jan Hodgman MA has more than 40 years of meditation experience.

Meditation for Everyday Living

Meditation has been clinically proven to reduce stress, blood pressure, anxiety and help with restful sleep. This gentle three-session class includes guided exercises, attending to what's immediately present in our experience and an invitation to being rather than doing.

When: Wednesdays, April 8, 15 & 22,

6:30 – 8:30 p.m.

Where: Fidalgo Room

Cost: \$60

Instructor: Jan Hodgman MA

2. Email communityed@islandhospital.org

3. Call 360-299-4204

PHYSICAL, OCCUPATIONAL & SPEECH THERAPY

Improving Your Aging Memory



Is your memory not quite what it used to be? Join an Island Hospital speech-language pathologist, to learn strategies and activities to improve your memory and keep your mind sharp.

When: Wednesday, April 29, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Libby Lewis MA, MEd, CCC-SLP

Osteoporosis: Exercise & Nutrition



Learn what types of exercises are most beneficial for your bones and which foods will help keep your bones strong from an Island Hospital physical therapist and registered dietician. Come prepared to try some exercises you will be able to do at home.

When: Wednesday, March 25, 1 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructors: Allison Blackwell PT, DPT & Mary Beth Robinson MS, RD/LD, CDE

Pelvic & Bladder Health



Are you having a tough time staying dry after childbirth, power walking or even after sneezing? If so, there are physical therapy interventions that can help. Come learn ways to strengthen your pelvic floor muscles to help prevent urinary leakage from a physical therapist with Physical, Occupational & Speech Therapy at Island Hospital.

When: Thursday, March 19, 10 a.m. – noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Reiko Nystrom, MPT

“Marvelous job educating about core and pelvic muscles and how to strengthen them.”

– Pelvic & Bladder Health class participant

SPECIAL EVENTS

Chiropractic Pain Management

NEW!

Join Cameron Bigge, a local Doctor of Chiropractic, for a class on chiropractic treatment for pain relief. You will learn about your body, the experience of pain, where pain comes from and how to get out of pain. You will observe a non-invasive, non-prescription method for managing pain called MyoKinesthetic Technique. This is a powerful nerve muscle re-education technique that is designed to improve the way you feel and move. This class is open to anyone wanting to learn more about chiropractic pain management.

When: Monday, March 9, 5-6 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Cameron Bigge DC BSc

Intermittent Fasting Class



Join local Naturopathic Physician Alethea Fleming for an informative, clear explanation of what intermittent fasting means, why and how to try it, and the various approaches commonly used.

When: Tuesday, March 24, 2 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Alethea Fleming ND

Living Better with Diabetes



Today diabetes affects one in nine adults in the U.S. To derail that trend more Americans must commit to lead healthier, more active lives. If you have or are at risk of developing diabetes, there are positive steps you can take controlling your

health. Join Registered Dietitian and Certified Diabetes Educator Mary Beth Robinson MS, RD/LD, CDE in a discussion on healthy eating, being active, and reducing risks to help manage diabetes.

When: Thursday, April 2, 6 – 7 p.m.

Tuesday, June 23, 1 – 2 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Mary Beth Robinson MS, RD/LD, CDE

Stop the Bleed



A hands-on class designed by the American College of Surgeons, Stop the Bleed is for everyone.

Learn how to stop life-threatening bleeding, which is the leading cause of death after an injury. Not only mass shooting events, but vehicle accidents, falls or other events at home may lead to a severely bleeding injury. This class teaches bystanders how to stop bleeding until first responders arrive. Participants will learn the correct techniques for applying a tourniquet, packing a wound and how to properly apply pressure dressings. A certificate of completion will be provided to participants that are able to successfully demonstrate their ability to Stop the Bleed.

When: Tuesday, March 10, 2 – 3:30 p.m.

Tuesday, April 14, 11 a.m. – 12:30 p.m.

Tuesday, May 19, 11 a.m. – 12:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructors: Lisa Edwards RN, TCRN & Denise Jones RN, MN

“Very friendly atmosphere, valuable information, engaged participants.

Handout was great. Hands on awesome. Very helpful staff – really usable info – thank you!”

– Stop the Bleed class participant

Skagit Adult Day Program Lunch & Learn

Local experts share knowledge and insight regarding elder care over a light homemade lunch.

When: 1st Tuesday, 12:30 – 2 p.m.

Where: Anacortes Christ Episcopal Church

Cost: FREE

Contact: Gentry House, 360-293-4466

CANCER SUPPORT

Better Together – Supporting Women with All Cancers

The Women's Cancer Support group is open to all women with a history or current cancer diagnosis. Weekly meetings involve sharing, educational segments and guest speakers. You do not need to be a patient at Island Hospital to attend.

Call for dates

Merle Cancer Care Center Conference Room

Contact: Danah, 360-588-2082

Cancer Caregiver

A supportive space for anyone caring for someone, or is affected by someone, living with cancer.

2nd Monday, 3 – 4 p.m.

Merle Cancer Care Center Conference Room

Contact: Danah, 360-588-2082

Individual Counseling

Individual counseling is offered by a Master's level, licensed social worker and available to anyone living with and/or anyone affected by cancer. This service is open to the community; participants do not need to be patients at the Merle Cancer Care Center to qualify. Insurance may cover the cost of this service. Appointments required.

Contact: Danah Peace Laws, LICSW, OSW-C, 360-588-2082.

CARDIOPULMONARY CARE CENTER PROGRAMS

Cardiac Rehabilitation

If you have stable angina or have had a heart attack, heart bypass surgery, valve surgery, angioplasty or stent placement in the past year, this monitored exercise program will help you increase your endurance and provide you with the necessary education you need to make lifestyle changes for better cardiac health.

Contact: 360-299-4242

Pulmonary Rehabilitation

Are you unable to do the things you used to do because of shortness of breath and fatigue? Pulmonary Rehabilitation may be the answer. An exercise specialist will teach participants exercises that will increase strength and decrease fatigue. Also, learn about the cardiopulmonary system, medications and nutrition to maximize strength and endurance. This course is Medicare-approved and may be covered by insurance.

Contact: 360-299-4242

HEALTH INSURANCE COUNSELING

In-Person Assisters (Non-Medicare)

Island Hospital offers free appointments with an In-Person Assister. This program is intended to help individuals (not on Medicare), understand the details regarding enrollment for health insurance through the Washington Healthplanfinder.

Contact: 360-299-4924

SHIBA (Medicare)

Need free help understanding Medicare or health insurance connected to Medicare, Part D prescription coverage, the "extra help" program or more? Island Hospital's SHIBA program has expert volunteers trained by the Office of the Insurance Commissioner available to give free, unbiased information. Serving west Skagit County and Orcas, San Juan and Lopez islands.

Contact: 360-299-4212

MENTAL HEALTH

NAMI (National Alliance on Mental Illness)

NAMI Skagit provides support, education and advocacy for people with mental illness and their families within Skagit County. NAMI Skagit offers support groups and classes.

Contact:

Skagit Area Crisis Line: (360) 313-7080,

Suicide Prevention Lifeline: 800-273-TALK

PREGNANCY, CHILDREN AND FAMILIES

Access to Baby and Child Dentistry (ABCD)

Did you know that regular dental care is recommended to start before an infant's first birthday? Families with children up to age 6 can call Skagit County's ABCD program for help with dental care for their children.

Contact: 360-416-1523

Center for Maternal & Infant Care

Pregnant and have Apple Health? Maternity support services through Island Hospital can help! Services consist of preventative health education to support a healthy pregnancy and baby, and includes a multidisciplinary team consisting of a registered nurse, lactation consultant, nutritionist and social worker. The Center for Maternal & Infant Care helps connect expecting moms to community resources.

Contact: 360-293-3101

Nurse-Family Partnership

First-time moms who are eligible for Apple Health or WIC can enroll in Skagit County's Nurse-Family Partnership (NFP) program. Moms are paired with nurses who meet with them from early pregnancy until their child turns two, providing personalized information and support for a healthier pregnancy and a more confident parenting experience. Services are provided by Skagit County Public Health at no cost to families.

Contact: 360-416-1523

Skagit Healthy Beginnings Phone Line

Child & Family Health staff at Skagit County Public Health provides information and referrals to help families of pregnant women and young children find activities and services that promote health, development and well-being.

Contact: 360-630-8352 (call or text)

Monday – Friday

Women, Infants and Children (WIC) Nutrition Program

The WIC program serves families on tight budgets, providing healthy foods, nutrition education, breastfeeding support and linkage to health and social services. WIC serves families with infants and children up to age five and women who are pregnant, breastfeeding or post-partum. WIC is an equal opportunity provider and does not discriminate.

Contact:

Anacortes WIC office: 360-416-7595,

Swinomish Indian Health Clinic: 360-466-3167

TEENS

Anacortes Teen Clinic

The Teen Clinic is free of charge for teens (age 18 and under). The clinic is open on Wednesdays from 2:30 – 4:30 p.m. and is located at 2601 M Ave., Suite C, Anacortes. Drop-ins are welcome.

Anacortes Teen Clinic Services:

- Family planning
- Contraceptive education and supplies including condoms, birth control pills and emergency contraception
- Pregnancy testing
- Sexually transmitted infection prevention education

Contact: 360-293-6973

WEIGHT MANAGEMENT

Overweight?

Over time, weight seems to just creep onto us, yet it does so at a cost to our health, mobility and agility. Meet with our registered dietitians for an individual dietary session. Insurance may cover cost.

Contact: 360-299-1300, ext. 2567

SUPPORT GROUPS

Alzheimer's Association - Caregivers

2nd Monday, 1 p.m.
Westminster Presbyterian Church
Contact: Ann, 360-299-9569

Better Breathers

3rd Tuesday, 1 – 2 p.m.
Burrows Room, Island Hospital
Contact: Jim, 360-299-4242

Grief

Every Wednesday, 3:30 – 5 p.m.
Fidalgo/Burrows Room, Island Hospital
Contact: Doug, 360-202-1699

Kidney

Meets quarterly, (call for dates)
Anacortes Senior Activity Center
1701 22nd St., Anacortes
Contact: 360-293-7473

NAMI Mental Health

4th Thursday, 7 – 9 p.m.
United Methodist Church of Anacortes
Contact: Virginia, 360-298-8824

Parkinson's Disease

3rd Thursday, 1:30 – 3 p.m.
Fidalgo/Burrows Rooms, Island Hospital
Contact: Jerry, 360-293-2185

Restless Leg Syndrome

Call for dates
Fidalgo/Burrows Rooms, Island Hospital
Contact: Charlotte, 360-293-7328

Rooms and times are subject to change. Please call contact before attending any support group. For more information about these support groups, please call 360-299-1309.

Rehab and “prehab” for cancer patients planned

Physical, Occupational & Speech Therapy (POST) at Island Hospital staff are creating a comprehensive program for cancer patients that incorporates not only rehabilitation after surgery or treatment, but “prehabilitation.”

Many patients diagnosed with cancer face radiation, chemotherapy or surgery as part of their treatments. Physical, occupational or speech therapy before and after treatment can help promote physical and psychological health and help lessen side effects from many types of cancer and its treatment.

Physical therapists Amy Harrington PT and Sheryl Kylo PT attended cancer rehabilitation training at Northwest Hospital in Seattle to gain the knowledge and resources to develop the program at IH. The training was made possible by donations to the Island Hospital Foundation.

Prior to the training, Harrington had worked with prostate cancer patients, providing pelvic-floor training before and after surgery to reduce urinary incontinence. Kylo had experience helping cancer patients dealing with lymphedema—a condition that causes swelling, water retention, and discomfort.

With additional training, they have been able to expand the therapy services at POST into a more comprehensive program that serves a broader mix of cancer patients.

Prehabilitation is a preventative program for cancer patients that they begin after diagnosis but before treatments. It starts with a physical assessment that establishes a patient's baseline functional level, identifies existing physical limitations, and provides interventions that promote health and recovery.

“With prehab, our goal is to reduce the incidence and severity of current and future impairments,” says Harrington. “We want to help prevent problems that arise following cancer treat-

ments, such as reduced range of motion and scar tissue. With this program, we can work with patients ahead of time to prepare them with stretches and exercises they can do during their cancer treatments.”

As part of the prehab program, therapists will provide education about lymphedema and its signs and symptoms so patients can recognize it.

The POST clinic provides rehabilitative therapy to cancer patients who do have issues following treatments such as chemo-induced peripheral neuropathy; radiation-induced changes in tissue elasticity; cancer-related pain, fatigue, and edema; genitourinary complications; lymphedema; gait and balance dysfunction; difficulty swallowing; difficulty with activities of daily living, and chemo-induced cognitive impairment.

Physical therapy can help patients undergoing radiation therapy. “Radiation causes changes in skin elasticity, and even with a very small tumor the radiation field is very large,” explains Harrington. “This creates a large amount of tissue tightness but stretching exercises can counteract it and help patients regain flexibility.”

IH speech therapists are trained to work with patients diagnosed with head and throat cancers. These types of cancers can cause damage to the tongue, larynx, voice box, mouth, and lips, but speech therapy both before and after treatment can reduce damage.

“It is our vision as physical therapists to be involved in seeing the patient at all intervals throughout their cancer treatment to promote their return to function,” says Harrington.

Physical, Occupational & Speech Therapy at Island Hospital is located in the lower level of the Medical Arts Pavilion at 1015 25th St., Anacortes. For more information about the cancer prehab and rehab program, call 360-299-1328.




Sheryl Kylo PT (left) and Amy Harrington PT have initiated a cancer rehabilitation program.

Sponsored by the Island Hospital Foundation

Balance Screening

Our physical therapists can help determine where your body is vulnerable and help you develop strategies to prevent falls. Appointments are required.
When: Tuesday, April 14, 10:30 a.m. – 12:30 p.m.
Where: Physical, Occupational & Speech Therapy at Island Hospital
Cost: FREE

Blood Pressure Checks

 Blood pressure indicates the health of your heart and blood vessels. Untreated, elevated blood pressure can result in stroke. Get your blood pressure checked regularly at one of the following locations:

Health Resource Center
 every Wednesday, 9 a.m. – noon
 Anacortes Senior Activity Center
 last Tuesday of the month, 9 – 10:30 a.m.

Bone Density Screening

This non-intrusive test provides an estimate of your bone density by scanning your heel. If you already have a diagnosis of osteoporosis confirmed by a more complex imaging test, this is not the screening for you. This screening is accurate for women only. Appointments are required.
When: Tuesday, April 28, 9 – 11 a.m.
Where: Health Resource Center
Cost: \$10

Colon Cancer Screening

Colon cancer is one of the leading causes of death from cancer in the United States, but with early detection, it can be treated much easier. This screening will provide you with a take-home stool sample kit that can detect hidden blood, which can be a symptom of growths within the colon. Complete the kit at home and return it to Fidalgo Medical Associates. Your results will be mailed to you. No appointment required, stop by to pick-up a kit. **You must be present to get a kit!**
If you have insurance (other than Medicare or Medicaid), please bring your insurance card. Most insurance plans cover a set of preventative screening tests at no cost to you. We will bill your insurance so you can get credit for this screening. If your insurance doesn't cover the cost of the screening, your cost will be \$10. Call 360-299-1309 for questions.
When: Tuesday, March 10, 9 – 11 a.m.
Where: Fidalgo Medicare Associates, Island Medical Center, 1213 24th Street, Suite 100
Cost: \$10 (insurance may cover the cost of your screening)

Health Screening Event

Island Hospital will be offering a health screening event. Participants may choose to have their blood tested for:

- Cholesterol & Glucose
- Vitamin D

No appointment required.

Please do not arrive prior to 7:30 a.m.

Cholesterol & Glucose: This blood test determines your total cholesterol, HDL, LDL, triglyceride and glucose levels, which can be indicators of cardiovascular disease or diabetic tendencies. A 12-hour fast is required with water and needed medications only.

Vitamin D: This screening will determine the level of vitamin D in your blood. Studies have shown that low levels of vitamin D may contribute to the possibility of developing osteoporosis, cancer and other health conditions.

When: Tuesday, April 7, 8 – 11 a.m.

Where: Health Resource Center

*Cost: Cholesterol & Glucose, \$15**

Vitamin D, \$40

Both Screenings, \$55

**Insurance may cover the cost of your screening.*

Memory Screening

Do you have difficulty paying attention or keeping up in a conversation, staying on topic, or remembering information and names? Are finding words, expressing thoughts, or planning and following through with a schedule becoming more difficult? If so, our speech-language pathologists can help identify the nature of your difficulty and determine if you have a cognitive communication deficit. They can also provide strategies to help you improve in these areas of difficulty in order to help you succeed. Appointments are required.

When: Tuesday, May 5, 1:30 – 3:30 p.m.

Where: Physical, Occupational & Speech Therapy at Island Hospital

Cost: FREE

Pulmonary Function Screening

If you get short of breath while getting dressed, climbing stairs or walking with a friend, or if you have smoked for 10 years or more, this screening can help determine your lung function. You and your doctor can then decide on a treatment plan to improve the quality of your life. Appointments are required.

When: Tuesday, May 19, 9 a.m. – noon

Where: Health Resource Center

Cost: FREE

Skin Cancer Screening

Have your skin visually checked for any abnormalities by JoAnn Eastman, ARNP at Fidalgo Medical Associates. Appointments are required.

When: Tuesday, May 12, 8:45 a.m. – 12:45 p.m.

Where: Fidalgo Medicare Associates, Island Medical Center, 1213 24th Street, Suite 100

Cost: FREE



Swallow Screening

Concerned about your swallow? Do you cough or clear your throat frequently when eating or drinking, have wet sounding vocal quality, have congestion with repetitive colds or pneumonia, have difficulty with chewing and/or require multiple swallows with bites or sips? If you are experiencing one or more of these symptoms, meet with a speech-language pathologist to determine if you might have a swallowing disorder. Appointments are required.

When: Tuesday, March 31, 1:30 – 3:30 p.m.

Tuesday, May 19, 1:30 – 3:30 p.m.

Where: Physical, Occupational & Speech Therapy at Island Hospital

Cost: FREE



**You Can Save a Life,
 You Have It in You!**

**Please give blood
 at Island Hospital**

**Monday, May 18
 9 a.m. - 3 p.m.**

Fidalgo/Burrows Rooms

Call 1-800-398-7888 and
 select extension #1 to
 schedule an appointment

Island Hospital
Foundation
1211 24th Street
Anacortes, WA 98221

Non-Profit Org.
US Postage Paid
Permit No. 106
BLAINE, WA

ECRWSS
Residential Customer

Because she can't wait til Monday.

**NOW OPEN
EVERYDAY!**



**Monday-Saturday
8 am - 8 pm**

**Sunday
9 am - 5 pm**

**Holidays
9 am - 3 pm**



THE (360) 299-4211
WALK-IN CLINIC

AT ISLAND HOSPITAL

2511 M Avenue, Suite B, Anacortes

We accept most insurance plans.

www.islandhospital.org/walkinclinic

