

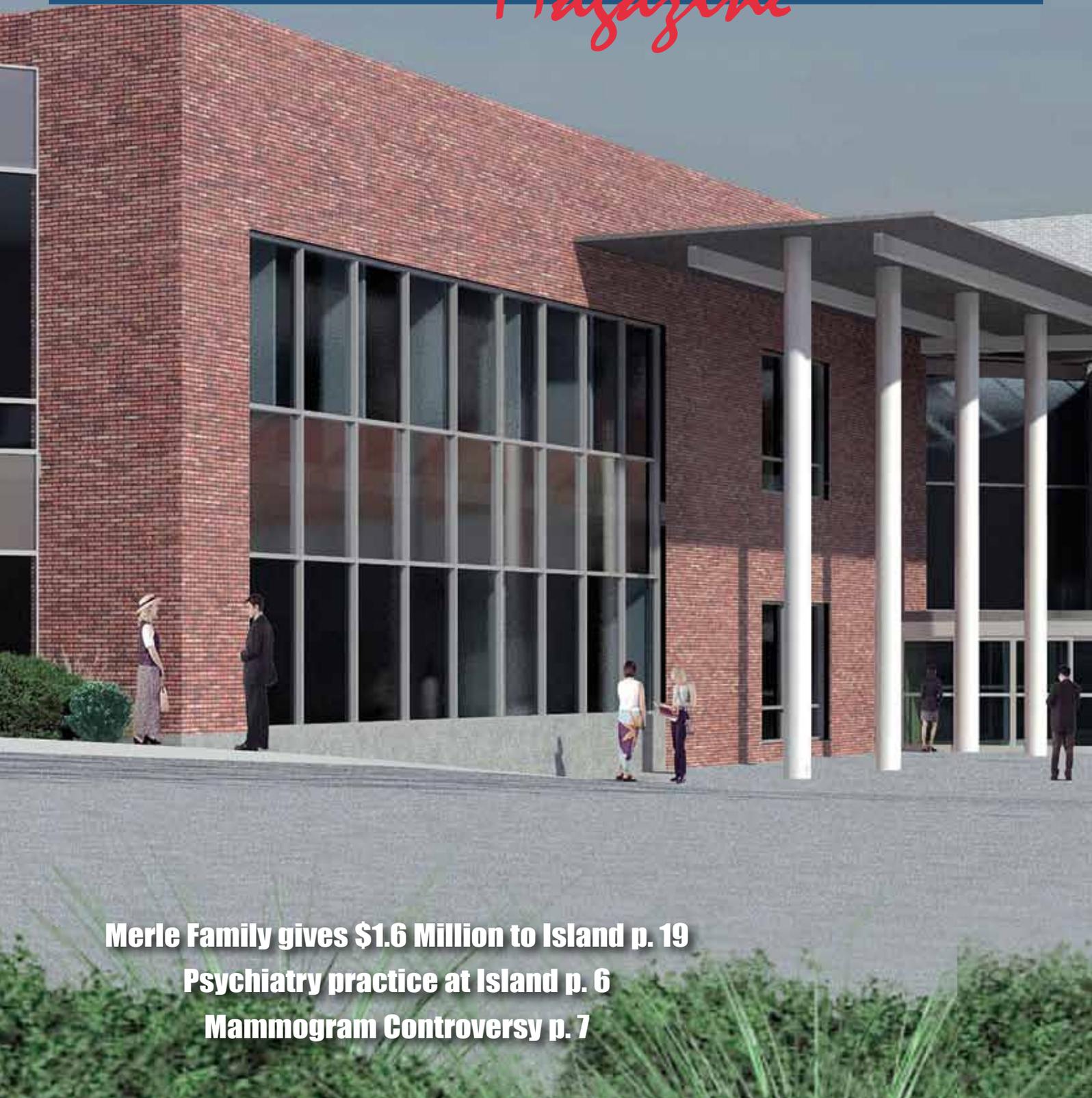


ISLAND HOSPITAL

Fall
2010

Heartbeats

Magazine



Merle Family gives \$1.6 Million to Island p. 19

Psychiatry practice at Island p. 6

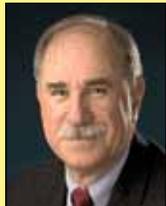
Mammogram Controversy p. 7

Commissioner Message

If you're not progressing you're falling behind

by **Chip Bogosian MD**

President, Island Hospital
Board of Commissioners



At Island Hospital we continually ask ourselves: How do we get better? What can we do to improve not only patient care and the health of our community? We examine every aspect of our healthcare delivery and facility, constantly finding ways to improve our services.

An example was presented in the spring issue of *Heartbeats* ("Det Norske Veritas – DNV Healthcare" by Commissioner Paul Maughan) which addressed the hospital's newly selected accreditation organization. DNV was founded in 1864 to evaluate the technical condition of Norwegian merchant vessels. One of DNV's past responsibilities was to examine 15,000 deepwater oil wells off the North American coast from 1980 to 2006. There were 11 cases of deepwater crews losing control of their wells and activating the *blowout preventer* (that's been mentioned frequently in the news about the Gulf of Mexico oil leak; successful activation of which may have averted this recent disaster). In only six of those cases were the wells brought under control – a failure rate of 45%. If a hospital had a failure rate of 45%, the state would (and should!) close its doors.

I mention this to illustrate the dedication to excellence that we have at Island Hospital. DNV was the only hospital accrediting agency that had a process-improvement program built into its analysis and experience with a number of unrelated fields. DNV's vast experience in these other industries can be utilized to improve healthcare delivery.

Our current focus is the 2010 hospital strategic planning retreat that includes Physicians, Nurses, Administration and at-large community residents. Their task is to look to the future in these rapidly changing times and find an improved way to deliver healthcare to our community. We have engaged Richard Keck, who has an extensive list of accomplishments. He brings a long list of accomplishments and was renowned for his leadership as Swedish Medical Center's Vice President for Business Development. He resides on Orcas Island, giving him a local as well as a global healthcare perspective.

I look forward to working with this select group as we work to meet the challenges faced by Island Hospital over the next decade.



Portable unit (inset) housing the Positron Emission Tomography or PET scan unit is available at Island Hospital each Friday.

Advanced imaging capabilities at Island

Patients at Island Hospital now have access to cutting-edge technology that can detect minute changes in the body's metabolism to better diagnose and treat disease.

Positron Emission Tomography or PET scan is a type of nuclear medicine imaging that tracks small amounts of injected radioactive material or *tracers*. When detected in the body and analyzed by specialized computers, these tracers can provide detailed images of the structure and function of organs and tissue.

PET or PET/CT scans are used to detect cancer, to determine whether it has spread within the body and to assess whether treatments or therapies have been effective. They are valuable diagnostic and treatment tools because they can identify changes in the body at the cellular level. This allows physicians to detect diseases earlier than they have been able to in the past.

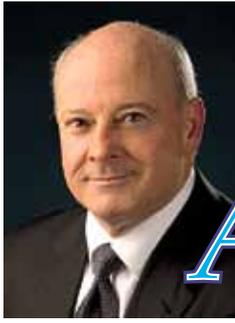
"With other imaging techniques we can only see the body's anatomy," says Rod Dalseg, Director of Diagnostic Imaging at Island Hospital. "With a PET scan we can detect and assess metabolism, including blood flow, oxygen use, sugar utilization and more."

PET scans are currently being performed one day a week at the hospital, according to Dalseg. "We are doing three

or four procedures a week now, but this could eventually build to 50 or more a week when the new Medical Arts Pavilion is completed in 2012. An area has already been designated for performing PET scans and other imaging technologies in the new Cancer Care Center," he said.

There are advantages to superimposing or "fusing" CT images over PET scans according to Dalseg. "The views produced by this fusion allow the metabolic information from the PET scan to be analyzed in conjunction with the anatomical information of the CT scan" he said. "This generates very precise information which leads to a more accurate diagnosis and pinpoint localization of disease."

The procedure is performed on an outpatient basis by first injecting a radioactive tracer into the blood stream. This is no more painful than a blood draw. The Technologist will then allow the material to accumulate in the areas of the body being evaluated. Imaging takes place with the patient lying on a table while a specialized camera detects the tracer and delivers a detailed picture of both the structure and the function. The radioactive material decays very quickly and with the approval of their physician, patients can resume normal activities directly after the procedure.



As I See It...

By Vince Oliver, IH Chief Executive Officer

The final months of 2010 find Island Hospital continuing to make great strides to meet the medical needs of our community. We are expanding, centralizing and improving services for our community.

Within the next 90 days Island will be breaking ground for our Medical Arts Pavilion between 25th and 26th streets and just west of Commercial Ave. This will allow us to expand our Cancer Care Center, bring Island Hospital Physical Therapy & Rehabilitation back to campus and add Kidney Dialysis and Wound Care services. On pages 12 and 13 of this issue you can find a detailed site plan and other information about this exciting project.

I deeply appreciate Mr. and Mrs. Elden "Bud" Merle's \$1.6 million gift to Island Hospital. This great contribution will be put to use in our new Cancer Care Center as well as to endow vital programs here at Island. You can read more about this gift on page 19.

With the challenges we continue to face recruiting Physicians, it's exciting to see so many exceptional Physicians join us this year. I'm delighted to see

three Heartbeats pages (4 - 6) dedicated to our Medical Staff. Most notably, Dr. Elina Durchman, Psychiatry, enables us to develop our Behavioral Health Program at Island Hospital. Our community and region are not meeting the need for mental-health services and this is a great step toward that goal.

I sincerely hope the residents of our community take every preventive-health measure they have available. October is Breast Cancer Awareness Month and all of us at Island Hospital and our Cancer Care Center urge women to follow American Cancer Society guidelines for a baseline and regularly scheduled mammograms. This helps your physician find any abnormality as early as possible, enabling early-stage treatment – the best chance for survival.

If you have any comments, concerns or questions about our services, staff or facilities please contact me directly at (360) 299-1300, extension 2411 or voliver@islandhospital.org.

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:

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c/o Administration

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Anacortes, WA 98221-2590

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Island Hospital's Promise

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

Linda R. Brown MD elected IH Chief of Staff

Linda R. Brown MD, Ophthalmology, a Surgeon with Island Eye Physicians & Surgeons, has been elected Island Hospital Chief of Staff for 2010-12. She earned a Bachelor of Arts Degree in Biology from Colorado College and a Doctor of Medicine Degree with honors from the University of Colorado Health Sciences Center. She completed an Internal Medicine Internship at St. Joseph Hospital, Denver, CO and a Residency in Ophthalmology at the University of Colorado Hospital, Denver.



Dr. Brown has operated a private Comprehensive Ophthalmology practice on the Island Hospital campus since 1990 and has twice served as Chief of Surgery. She is an Associate of the American College of Physicians and a member of the American Academy of Ophthalmology, the American Board of Ophthalmology, the Washington Academy of Eye Physicians & Surgeons and the American Society of Cataract & Refractive Surgeons.

Dr. Brown also is past President of the Skagit-Island County Medical Society and a delegate to the Washington State Medical Association. She is currently the chair of a reference committee for passing policy at the WSMA Annual convention this month.

As IH Chief of Staff, Dr. Brown's duties include monitoring and maintaining quality of care; working with Medical Staff, hospital employees and Administration to provide professional services and serving as a liaison between the Medical Staff and the community.

From the Chief of Staff

By Linda R. Brown MD
Chief of Staff
Island Hospital

I believe Island Hospital is well respected for consistently delivering high-quality healthcare through its exceptionally qualified providers. Administration is highly competent and has made the hospital a role model in the region and source of pride for our community. I am pleased and proud to begin my two-year term as Chief of Staff and welcome the continuing assistance and good will of my colleagues during this tenure.

One of the major and ongoing challenges Island Hospital faces is the recruitment and retention of physicians. To attract primary care doctors and specialists, we must compete with larger institutions able to offer higher pay and more incentives. This community and region offer a range of amenities, good schools and services and an appealing quality of life. However, the ability of spouses to find meaningful employment here and the increasing mobility of younger doctors continue to be retention issues.

We have lately recruited some very promising doctors in several practices and we hope they will have long and satisfying careers here. Completion of the new Medical Arts Pavilion with its expanded facilities and new specialty services can be expected to attract new physicians, and we hope to pursue that potential.

I am excited about the new Medical Information Network System scheduled to be implemented in the next six months and its ability to enhance communication between local and regional hospitals and healthcare providers. This system will network with providers' medical records to increase portability of patient data and improve care.

I appreciate this opportunity to serve Island Hospital as Chief of Staff and I look forward to expanding the existing strong bonds between the hospital and our community.

Dr. Anand Gersappe, MD, PhD, joins the IH Sleep Wellness Center



Anand Gersappe MD, PhD, is now practicing Sleep Medicine at the Island Hospital Sleep Wellness Center. Dr. Gersappe's philosophy of medical practice centers on compassionate care

following Francis Peabody's famous quote that "the secret of the care of the patient is in caring for the patient".

Having been a sleep apnea patient in the past, Dr. Gersappe is able to draw on his own personal experience while treating patients.

Dr. Gersappe obtained his Doctorate of Medicine at Grant Medical College and his Ph.D at the University of Missouri-Columbia. He completed his Neurology Residency at the University of Buffalo followed by a Sleep Medicine fellowship at Wake Forest University Baptist Medical Center. He is Board Certified in Neurology and Sleep Medicine and is a fel-

low of the American Academy of Sleep Medicine.

Prior to joining the Island Hospital Sleep Wellness Center, Dr. Gersappe was a leader in Sleep Medicine in Western New York State for several years. He was Medical Director of a Sleep Center and also Assistant Professor of Neurology at the University of Buffalo. Dr. Gersappe is passionate about research and education, and has been an investigator for several clinical trials in insomnia, REM behavior disorder and obstructive sleep apnea. He has authored numerous articles in peer-reviewed scientific journals and presented at national and international meetings. Committed to raising public awareness about sleep disorders, Dr. Gersappe has presented frequently at public forums as well as appearing on television.

For more information or an appointment, call the IH Sleep Wellness Center at (360) 299-8676.



Heartbeats is
printed on
recycled paper.

Benedict Garry MD joins AFM



Anacortes Family Medicine welcomes Benedict Garry MD, a Physician who is new to Anacortes but not to the Pacific Northwest. Prior to joining AFM, Dr. Garry was with Swedish

Medical Center in Issaquah, WA and Group Health Medical Center/Providence St. Peter Hospital in Olympia, WA.

Dr. Garry earned a Bachelor of Science in Biochemistry from the University of British Columbia, Vancouver, B.C. and a Doctorate of Medicine from Georgetown University Medical School in Washington, D.C. He served an internship in Internal Medicine at the University of Southern California Medical Center in Los Angeles, CA and a Residency in

Family Medicine at University of California San Francisco in Fresno, CA.

Dr. Garry also practiced at Salinas Valley PrimeCare Medical Group in Salinas/Monterey, CA and Kaiser Permanente Medical Center in Fresno, CA.

Dr. Garry holds certifications from the American Board of Family Medicine, the American Academy of Family Physicians, the Washington State Academy of Family Physicians and the Drug Enforcement Administration. His professional interests include adult, child and geriatric medicine.

As part of the AFM team, Dr. Garry looks forward to improving the mind, body and spirit of his patients.

AFM is located at 2511 M Avenue, Suite B, Anacortes. For an appointment call at (360) 299-4211.

NW Urology Clinic adds Bill Vanasupa DO



Dr. Bill Pitapong Vanasupa DO has joined the Northwest Urology Clinic after completing nine years of service with the U.S. Army Medical Corps.

A native of Detroit, MI, Dr. Vanasupa received a BS degree in Biology from the University of Michigan, Ann Arbor in 1996, and a Doctorate of Osteopathic Medicine from Kirksville College of Osteopathic Medicine, Kirksville, MO in 2001. He completed a General Surgery Internship and a Residency in Urology at Tripler Army Medical Center, Honolulu, HI.

After completing his training in 2006, Dr. Vanasupa was assigned to William Beaumont Army Medical Center, El Paso, TX, where he was a Urology Staff Physician and Chief of Urology Services. Following an honorable discharge from the US Army he joined Northwest Urology Clinic in July 2010.

Dr. Vanasupa is licensed by the states of Washington and Hawaii and is certified by the American Board of Urology. He is a member of the American Urologic Association, the American Association of Clinical Urologists and the American Osteopathic Association.

New to the Pacific Northwest, Dr. Vanasupa looks forward to enjoying many years of hiking, mountain biking, kayaking, whale watching, and snow boarding.

The Northwest Urology Clinic is located on the Island Hospital campus at 1213 24th St., Suite 600, Anacortes; and can be contacted at (360) 293-2173.

Fidalgo Medical Associates welcomes Jody Cousins MD

Jody Cousins MD is now seeing patients at Fidalgo Medical Associates, expanding that practice's expertise and scope in Family Medicine.

Dr. Cousins received a Bachelor of Science in Psychology from the University of Wyoming, Laramie, WY, and Doctorate of Medicine from the University of Washington School of Medicine, Seattle.

Prior to joining Fidalgo Medical, Dr. Cousins completed a year of Surgical Residency at Jewish Hospital in Cincinnati, OH and a Family Medicine Residency at the University of Wyoming. She enjoys Palliative

Care, Obstetrics and Geriatrics.

Dr. Cousins is licensed to practice medicine in Wyoming and Washington and is a member of the American Academy of Family Physicians and the Wyoming Medical Society. Her research interests include Trauma and Palliative Care.

Fidalgo Medical Associates is located at 1213 24th St., Suite #100, Anacortes. To schedule appointments call (360) 293-3101.



Annual Penny Drive ~ October 13 9am until the pennies are all collected

At entrances to the Hospital, including the Island Health Resource Center & Medical Office Building.

A "fun-raiser" by the Island Hospital Auxiliary



**Please remember to
reduce, reuse and recycle.**

Psychiatrist Elina Durchman MD opens IH practice



L.MD has established a comprehensive Psychiatry practice at Island Hospital and has begun seeing patients. She will be working with families, other healthcare

providers and the community to help patients maximize function and improve their quality of life.

In addition, Dr. Durchman's arrival will enable Island Hospital to develop a Behavioral Health Program as well as enhance the Pain Management Program.

Dr. Durchman has had two separate

careers, including 15 years experience as a telecommunications software engineer before embarking on her medical studies. She earned a Bachelor of Science Degree in Computer Science from Middle Tennessee State University in Murfreesboro, TN and a Doctor of Medicine Degree with the Indian Health Pathway Certification at the University of Washington, Seattle.

Dr. Durchman served a Residency in General Psychiatry, a Fellowship in Child and Adolescent Psychiatry and a Fellowship in Leadership Education in Neurodevelopmental and Related Disabilities, all at UW.

In addition, Dr. Durchman has completed volunteer work as an advocate for victims of

sexual abuse at Providence General Medical Center in Everett, WA and with the Anger Management and Domestic Violence Clinic at Harborview Medical Center in Seattle.

Dr. Durchman is a Diplomate of the National Board of Medical Examiners, a member of the American Academy of Child and Adolescent Psychiatry, American Psychiatric Association, American Medical Association and treasurer of the Washington State Council on Child and Adolescent Psychiatry.

Dr. Durchman's office, located on the hospital campus at 1211 24th St., Anacortes, can be contacted at (360) 299-4297.

Skagit Regional Clinics welcomes new cardiologist

Dr. Vidhu S. Paliwal MD, an Invasive Cardiologist, has joined the Skagit Regional Clinics (formerly Skagit Valley Medical Center) and will see patients in Anacortes.

Dr. Paliwal earned a Bachelors of Medicine and Surgery degree and served his Internship at King George's Medical College, Lucknow, India in 1993. He served a Residency and was awarded Board certification in Internal Medicine and a Doctorate of Medicine from the same institution. After completing a Senior Residency in Cardiology at Escorts Heart Institute and Research Center New Delhi, India and a Residency in Internal Medicine and an MD degree at SUNY Health Science Center in Brooklyn, NY, Dr. Paliwal was awarded a Fellowship in Cardiology at the University of Louisville, KY in 2004.

Prior to joining Skagit Regional clinics, Dr. Paliwal was an Associate Professor at the East Kentucky Family Practice Residency program at



the University of Kentucky, Lexington, KY and practiced as an Invasive Cardiologist at Appalachian Heart Center, Hazard, KY.

Dr. Paliwal, who is fluent in English and Hindi, holds certifications from the Cardiology Board, the Nuclear Cardiology Board, the American Board of Internal Medicine and the Internal Medicine Medical Council of India. He is licensed to practice in the states of Washington, California and Kentucky.

Dr. Paliwal hopes to further refine and understand the art of Clinical Medicine at Skagit Regional Clinics and is committed to bringing evidence-based comprehensive healthcare to his patients.

The Skagit Regional Clinics - Anacortes is located at 1220 22nd Ave., Suite B. Call for appointments at (360) 293-0308.

DC trip for Skagit medical care

Island and Skagit Valley Hospital (SVH) administrative officers recently visited Washington, DC to discuss federal programs that may support Skagit County medical care. While there they met with office staff of U.S. Senators Patty Murray and Maria Cantwell and personally with Congressman Rick Larsen (second from right). Taking part were (from left) SVH Chief Financial Officer Tom Litaker, Island Hospital Chief Executive Officer Vince Oliver, SVH CEO Gregg Davidson and Island CFO Peter Swanson.



Yearly Mammograms beginning at age 40 advised

Nearly a year ago a panel of independent experts published new recommendations urging women not to begin having regular mammograms until age 50. The panel also advised that routine breast screenings be scheduled only every two years from ages 50-74. Self-exams, which have long been advocated by healthcare professionals, were rated as “basically useless”.



Karen Gilbert
ARNP

Then the fight began. Supporters of the new recommendations maintained that in revising guidelines they were trying to avoid over screening, unnecessary biopsies, false alarms and needless anxiety.

But the panel's recommendations were widely criticized by doctors, cancer care and prevention organizations, the Secretary of the U.S. Department of Health and Human Services and perhaps most telling, by breast-cancer survivors who were diagnosed at a young age.

The new guidelines may have left many women across the country confused, but today at Island Hospital the message is clear: Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.

Karen Gilbert ARNP, of the Cancer Care Center at Island Hospital is strongly in favor of early detection. She confirmed that the Center would continue to follow national guidelines of trusted organizations

including the American Cancer Society and the National Comprehensive Cancer Network.

Again making the case for early detection, Gilbert noted that “cancer patients who have been diagnosed before symptoms appear have the best chance of being cured of their disease.”

Although the majority of cancer patients are over the age of 50, women in their 20s, 30s and 40s have been diagnosed – many by screening mammograms before lumps or other symptoms were apparent. This reality was confirmed by Rod Dalseg, Director of Diagnostic Services at Island Hospital. “In the past month, two women between the ages of 30 to 40 have been diagnosed as the result of having screening mammograms here.”

But according to Dalseg, the number of mammograms logged monthly by the hospital has decreased in the past year. “Whether it's the impact of the new recommendations or the state of the national economy, fewer women are being screened at Island Hospital and at other healthcare facilities,” he said.

“In the first seven months of 2010 we are well behind the number of mammograms performed in 2008 and 2009, and this is a disturbing trend. A majority of the medical community believe that early and regular screening can lead to better outcomes. We hope women will continue to look on mammograms as an investment in a more secure and healthier future.”

To schedule your mammogram, call (360) 299-1315.

IH Lab honored for innovation

Island Hospital has won an Innovation Award from Beckman Coulter, Inc. for implementation of the DxH800 system to advance and improve hematology testing. IH is the first West Coast hospital, including California, to install this technology.

Beckman Coulter is a worldwide manufacturer of automated biomedical-testing products and Regional Sales Manager Marsha Peterson was impressed with Island's acquisition of the leading-edge equipment.

“I'm thrilled to see the commitment by the IH Laboratory to make your hospital the best it can be,” she said.

The new technology contributes to more streamlined lab workflow and increased efficiency according to Stacy Olea FACHE, Director of the Island Hospital Laboratory and Sleep Wellness Center. “The DxH800 enhances cell identification and allows the laboratory to quickly identify abnormal samples and to provide additional testing,” she said. “Shorter turnaround times assist doctors and other medical professionals in deciding courses of treatment and lead to better patient care.”

To schedule your mammogram call IH Diagnostic Imaging at (360) 299-1315.



Director of the Island Hospital Laboratory Stacy Olea (left) and Medical Technologist Shannon Peinado with award next to Beckman Coulter DxH800 system.

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Participants in CPE Around the Sound learn about Emergency Care from IH Emergency Department Coordinator Soni Tobey RN.

Clinical Pastoral Education provided at Island Hospital

Local residents from varying backgrounds are taking part in Clinical Pastoral Education (called *CPE Around the Sound*) at Island Hospital. The multi-denominational training was taught by Rev. Nancy Chambers, former Director of Spiritual Care at Harborview and the University of Washington medical centers, and arranged and managed by Island Hospital Pastoral Care Coordinator Rev. Chris Anderson.

Participating in the course are four Island Hospital Volunteer Chaplains that included Diane Ramerman, Jon Prescott, Wendy Bents Patterson and Sandy Tucker. In addition, four members of the Christ Episcopal Church (Anacortes) congregation are taking the

course to help them provide spiritual assistance. Included are Carol Rodin, who will serve primarily at San Juan Rehabilitation & Care Center; Eric Johnson, Anacortes Family Center; Betty Ann McCoy, Gentry House; and Dale Ramerman, San Juan Rehabilitation & Care Center.

Clinical Pastoral Education (CPE) was begun in 1925 as a form of theological education that takes place not exclusively in academic classrooms, but also in clinical settings where ministry is being practiced. Students come from many faith traditions – Protestant, Roman Catholic, Judaism, Islam, Orthodox Christian, Native American religions and Buddhism – have taken CPE.

Mapping a healthier diabetic lifestyle

Chronic conditions such as diabetes are a major cause of death and disability, but helping patients live healthier lives can reduce the disease's impact and risk factors. At Island Hospital, a self-management program that offers one-on-one counseling and group classes for diabetes patients features an interactive course geared to provide guidance in dealing with the disease and to help participants set realistic health goals.

At the center of this new initiative is the Conversation Map, a customized program that allows participants to focus on health information most relevant to their condition and relate it to their own experiences. The IH Conversation Map is facilitated by two experienced Nurses certified by the American Association of Diabetes Educators. Carol Bear RN and Janet Priggee RN can adapt the program to almost any age, learning style and literacy level as well as modify it to a variety of learning environments.

Anita McCoy RN, MN, CDE, Coordinator of the Diabetes Education Program at Island Hospital called the Conversation Map a valuable education and communications tool. "Engaging Diabetes patients on a personal level allows them to take charge in dealing with their condition," she said. "The ability to devise a workable plan and meet personal goals goes a long way in helping people living with diabetes make healthy choices and live better, more satisfying lives."



Diabetes Educators Carol Bear RN (left) and Janet Priggee RN use the Conversation Map to help diabetes patients manage their disease.

Early Detection Is Your Best Protection

Schedule your mammogram today.

The American Cancer Society recommends that women age 40 and older should have an annual mammogram.

Performing monthly breast self-examination and having regular clinical breast examinations is also an important part of your breast health!

Appointments available within one week!

360-299-1315



ISLAND HOSPITAL 1211 24th St., Anacortes
www.islandhospital.org

Be proactive to fight flu this year

Island Hospital urges everyone to remain vigilant when it comes to preventing flu this year. The seasonal flu vaccine protects against three influenza viruses that research indicates will be most common during the upcoming season.

The Board of Commissioners and Administration are encouraging all Island Hospital healthcare workers to be immunized this year.

The symptoms of flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with flu also may suffer diarrhea and vomiting.

Those considered at higher risk for serious complications include people 65 and over, children under five, pregnant women, and those with certain chronic medical conditions, such as diabetes, heart disease, asthma and kidney disease.

Seasonal flu shots are now available. The following higher-risk populations hold priority for early vaccination:

- pregnant women
- households with children under six months old
- healthcare workers
- people aged 6 to 24 years
- people aged 25 to 64 with certain medical conditions

For all flu viruses, take everyday preventive actions:

- first and foremost, get vaccinated!



IH Commissioner Laurie Gere receives flu shot from Director of Home Health and Employee Health Penny Snarrenberg RN.

- Cover your nose and mouth with a tissue when you cough or sneeze to keep from spreading flu viruses to others. Throw the tissue away after use.
- wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- avoid touching your eyes, nose or mouth. Germs spread this way.
- avoid close contact with sick people.

The CDC recommends that those who are sick with flu-like symptoms stay home for at least 24 hours after their fever is gone, except to get medical care or for other necessities. While sick, limit contact with others to keep from infecting them.

The flu vaccine is here and readily available at Doctor's offices, local pharmacies and the Skagit County Health Department. For more information visit www.flu.gov.



IH Auxiliary Fall Events

Annual Penny Drive

October 13

*9 a.m. until the pennies
are all collected!*

*At entrances to the Hospital, including
the Island Health Resource Center &
Medical Office Building*

Miniature Christmas Tree Sale

November 19

*9 a.m. until the trees are sold
Get here early, our trees sell fast!
Hospital Lobby*

Holiday Bake Sale

*Mid-December date
to be determined*

The Auxiliary always welcomes new members!

Fall and winter meetings are scheduled for the 1st Monday of each month.

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Island Hospital Lactation Consultant Effie-Jo Lindstrom RN at Breastfeeding Week displays.

Breastfeeding Week observed

Island Hospital's celebration of World Breastfeeding Week featured presentations on the health benefits of breastfeeding and the services of the Birth Center at Island Hospital and Island Prenatal Care Center. Also presenting were Wendy Dolstad, Skagit Community Action WIC (Women, Infants Children) program; Anna Hosick-Lalahan, Skagit La Leche League; and Effie-Jo Lindstrom RN, IH Certified Lactation Consultant.

Pertinent information provided by the U.S. Department of Health and Human Services and Washington Department of Health was also available.

"I have to express appreciation to Read-Me-A-Story, Watermark Books and Otter Cove BABY for contributions; and the Anacortes Noon and Sunrisers Kiwanis Clubs that contributed funds for breastfeeding supplies," said Lindstrom. "My very special thanks go to Lyn Flagg, whose encouragement and generosity helped launch this event."

Studies cited by the CDC, American Association of Pediatrics and the World Health Organization have shown breastfeeding to be a health benefit for mother and baby. For mothers it has been shown to:

- lower risk for breast and ovarian cancers.
- cost less than purchasing baby formula and food.
- lessen risk for type 2 diabetes, osteoporosis and postpartum depression.

For the child, breastfeeding benefits include:

- lower incidence of ear, respiratory and gastrointestinal infections.
- lower risk for hereditary dermatitis, asthma, obesity, type 1 and 2 diabetes, childhood leukemia and lymphoma cancers.
- 50% reduction risk of sudden infant death syndrome (SIDS)
- perfect food for babies.
- higher intelligence quotient (IQ)

In addition, breastfeeding saves billions of dollars worldwide in healthcare and food purchases.

For more information, please contact the Island Prenatal Care Center at (360) 293-6973.

Exercise Specialist joins Cardio Rehab Center

Molly Cassidy BS, ME has joined Island Hospital's Cardiopulmonary Rehabilitation Department as an Exercise Specialist. She works with outpatients who have had a heart attack or surgeries and procedures related to heart disease, helping them to return to active and productive lives.



Molly earned a Bachelor of Science Degree from the University of New Mexico, Albuquerque, NM and a Masters in Education Degree from the University of Arizona, Tempe, AZ. In addition to working in the field of cardiopulmonary rehab she also has taught high-school mathematics. Molly enjoys helping patients and working with her Island Hospital colleagues. She believes that exercise is a necessity and that the human body – like all machines – must be run.

Cardiopulmonary Rehabilitation at Island Hospital is an individualized and comprehensive outpatient program that provides both exercise and education for patients. For appointments call (360) 299-4242.



Caps for Island newborns

Every baby born at Island Hospital is given a pink or blue cap along with a discount certificate for Gifts & More at Island Hospital. The welcoming presents are given by IH Gifts & More Volunteers, represented here by Joan Hallenbeck (right). Receiving the caps are Birth Center staffers (from left) CNA Myrna Salcedo, Jaimee Dvorak RN and Bette Finn RN.

ISLAND HOSPITAL PHYSICAL THERAPY & REHABILITATION

Island Hospital Physical Therapy & Rehabilitation (IHPTR) is a comprehensive center helping our patients manage pain, restore function and prevent further injury. IHPTR comprises Physical Therapy, Occupational Therapy and Speech Therapy services delivered by specially skilled professionals whose focus is improving their patients' quality of life.

Located in The Cannery Building, adjacent to Cap Sante Marina, the waterfront-view clinic offers a relaxing environment to help patients achieve their optimal mobility goals. For more information or a tour of the facility, call (360) 299-1328.



Speech-Language Pathologist joins IHPTR team

Alisha Kleindel BA, MS, CCC-SLP, works with a range of patients experiencing communication, swallowing, speech, cognitive and voice ailments at Island Hospital Physical Therapy & Rehabilitation.



She received a Bachelor of Arts Degree from Western Washington University in Bellingham, WA and a Master's Degree from Eastern Washington University, Cheney, WA - both in Communications Disorders.

Before joining the IHPTR team, Alisha worked at two skilled-nursing facilities in Skagit Valley where she provided rehabilitation services to seniors and other adults diagnosed with neurological diseases, stroke, traumatic brain injuries and dementia. She also has provided acute and outpatient speech therapy services at United General Hospital in Sedro Woolley, WA.

Alisha is currently seeing patients at IHPTR in The Cannery Building, 715 Seafarers Way, Anacortes. Call (360) 299-1328 for appointment or more information.

Experienced Therapist Virgeen Stilwill joins IHPTR

With more than 28 years of clinical experience, Virgeen Stilwill PT, DPT has joined Island Hospital Physical Therapy & Rehabilitation. She received a Bachelor of Science Degree from the University of Washington, Seattle in 1982 and recently completed a Doctor of Physical Therapy Degree at A.T. Still University in Mesa, AZ. Her professional certifications are in

Neurodevelopmental Technique, Clinical Wound Care and Clinical Instruction.



Virgeen's clinical interests include Geriatrics and Osteoporosis and she has worked in acute inpatient rehab; acute, hospital outpatient and home health-care; and, most recently, in skilled-nursing facilities. She looks forward to returning to the hospital and outpatient setting and working with the skilled staffs of Island Hospital and IHPTR.

Virgeen will work in acute care Tuesdays and Thursdays and in outpatient care Mondays, Wednesdays and Fridays. Island Hospital Physical Therapy and Rehabilitation is located at 715 Seafarers Way, Anacortes. For appointments, call (360) 299-1328.

Our Services

IHPTR offers therapeutic treatment and education in three disciplines: Physical Therapy, Occupational Therapy and Speech Therapy. Neurological Rehabilitation is treated across all three disciplines. Our current services are listed here; for more information, please call 360.299.1328

Neurological Rehabilitation

Vestibular - balance

- Stroke - CVA, TIA
- Traumatic brain injury
- Spinal cord injury
- Parkinson's
- Multiple sclerosis
- Pediatric

Physical Therapy

Pelvic Floor Dysfunction:

- Men and Women incontinence
- Pre and post natal care
- Pelvic pain management

Post Surgical Care:

- Scar tissue management
- Lymphedema
- Swelling
- Visceral and myofascial release

Aquatic Pool Therapy

Orthopedic and Sport Injury

Occupational Therapy

- Work station ergonomic assessment
- Work Injury Management
- Self-Care Management

Speech Therapy

- Swallowing Dysfunctions
- Communication Disorders
- Speech and Articulation Therapy
- Voice Therapy

New support group for stroke patients

Island Hospital is offering an Anacortes Stroke Support Group, to promote open discussions about stroke and the sharing of personal experiences and advice in a relaxed, confidential setting. The group's monthly sessions will feature speakers, nutritionists and

therapists from Island Hospital and the community on a range of topics including post-stroke rehabilitation, heart-friendly exercise, nutrition to promote health, stroke prevention and warning signs.

The Stroke Support Group meets every 3rd Tuesday in IH conference room #3 from 4 - 6 p.m. Admission is free and new members are always welcome. For more information, contact Alisha Kleindel, Island Hospital Physical Therapy & Rehabilitation Speech-Language Pathologist, at (360) 299-1328 or akleindel@islandhospital.org.

New Medical Arts Pavilion project begins

With completion expected early in 2012, site preparation has begun on the new Medical Arts Pavilion at Island Hospital (MAP) and Commercial Avenue entrance to the hospital campus.

Meeting community need

The MAP allows Island Hospital to expand its Cancer Care Center, bring IH Physical Therapy & Rehabilitation back on campus and accommodate new services such as Wound Care and Kidney Dialysis.

“Island Hospital is not seeking another bond levy to finance this project,” emphasizes Chief Executive Officer Vince Oliver. “We are looking at tax-exempt revenue bonds, federal-program funds and other venues. The Medical Arts Pavilion will save lease expenses for our Physical Therapy and Rehabilitation program.”

In addition, Island will engage its Medical Staff, employees and the community philanthropically. A recent gift from Elden and Ann Merle has provided a major step in that direction (see article p. 19).



Artist rendering of new Medical Arts Pavilion entry.



Site Plan



Site preparation begins for the Medical Arts Pavilion.

Medical Arts Pavilion Facts

General Information

Location: Island Hospital property between 25th and 26th streets just west of Commercial Avenue

Size: 25,000 square feet, two levels

Purpose: House hospital services on the east campus close to the Emergency Room with covered access to hospital

What's the cost?

- \$10.3 Million, which includes architectural services, construction, furnishings, fixtures and equipment
- The District has already expended more than \$500,000 for architectural and construction management to date
- More than \$1 million will be spent by the District prior to ground breaking in preparation for the new building

MAP-housed services

Cancer Care Center at Island Hospital

- Expanded to meet current, future demand (*Patient visits since 2000 have tripled to almost 4,000 per year and community need is expected to rise*)
- Enables addition of a Cancer Survivor Program.
- Will benefit from close proximity to Physical Therapy services, allows rooms for support groups and classes

Island Hospital Physical Therapy & Rehabilitation

- Brings IHPTTR back to our campus
- Improves patient convenience; therapists efficiency for inpatient and outpatient care
- Saves current off-campus lease expense

Wound Care

- 3,000 square feet for treatment and future hyperbaric chambers
- Need for this service expressed by physicians who have sent patients out of the community to receive this advanced level of care.
- Demand for this wound care is expected to continue to grow as our population ages

Kidney Dialysis

- Partnership with Skagit Valley Hospital and Kidney specialists

Outsourced services

Architect

Taylor Gregory Broadway (Edmonds, WA)

Contractor

Lydig Construction (Seattle, WA)

General Contractor for the IH Renovation & Expansion Project, completed 2008

Project Manager

Marc Estvold AIA

Project Manager for the IH Renovation & Expansion Project, completed 2008

For more information contact Marc Estvold at (360) 299-1327

Classes

Registration: To register for any class, please fill out the printed registration form and mail with a check or money order to Island Hospital - Community Education, 1211 24th St., Anacortes, WA 98221. You can also register online at www.islandhospital.org/register. Prepayment is required! For more information, please call (360) 299-1309.

Locations: Island Health Resource Center (IHRC) Conference Rooms 1, 2, 3 are in the lower east level of the hospital near the helipad.

Please note that some classes cannot be held without a minimum number of participants.

Prior to the class you will be contacted with a confirmation or cancellation notice regarding the class.

Advance Healthcare Directives

Living Wills & Durable Power of Attorney for Healthcare

Do you have someone to make medical decisions for you if you are not able? Do you have a living will? Join us to learn about completing these important documents so your personal preferences about your medical care will be known.

When: Monday, January 10, 10 - 11 a.m.

Where: IHRC Conference Room 3

Cost: FREE

Instructor: Claire Zaugra

Registration: Leave a message at 299-4204

Cancer Care Resources

Look Good~Feel Better

This class is a free, national service that teaches techniques to help restore appearance and self-image during chemotherapy and radiation treatments. Each two-hour session is comprised of hands-on demonstrations of the 12-step skin care and make-up program, proper care for nails and instruction on options related to hair loss, including use of wigs, scarves and other accessories. Each participant receives a free kit of cosmetics. A minimum of 3 participants is necessary to hold the class.

This program is sponsored by the American Cancer Society along with the Personal Care Products Council and National Cosmetology Association.

When: Mondays, Oct. 18, Nov. 15, Dec. 20,

Jan. 17, 1 - 3 p.m.

Where: Guemes Room

Cost: FREE

Registration: 299-4200

Cancer Resource Center

Island Hospital has partnered with the American Cancer Society to create a local Cancer Resource Center that provides resource materials, social services and online access to cancer patients, survivors and their families. The Center is located on

the lower level of the Island Hospital Medical Office Building, 2511 M Ave., Anacortes. For more information and office hours, call 299-1394.

Birth and Beyond

Choices in Childbirth



This six-week series covers prenatal nutrition, stages of labor, relaxation, breathing and other coping techniques. We will also discuss possible complications, variations and interventions

that can sometimes occur, including choices to help you experience the best outcome for you and your baby. Breastfeeding and basic newborn care also will be covered.

Dianna Mincin is a Licensed Practical Nurse and is certified in Childbirth Education, Infant Massage, B.A.B.Y. reading program and Happiest Baby on the Block.

When: Thursdays, 6:30 - 9 p.m.

November 4 - December 16 (No Nov. 25)

January 6 - February 10

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$95 for six-week session or free with DSHS

coupon (Plus \$15 for Simkin et al, *Pregnancy, Childbirth and the Newborn*, latest edition)

Instructor: Dianna Mincin LPN, ICCE, CIMI

Registration: 299-1309

Weekend Childbirth Classes

This three-day childbirth seminar is for those unable to attend the six-week session. Information on labor and birth, comfort and coping techniques, caring for a newborn, breastfeeding and post-partum health will be covered. Includes Friday evening and daytime Saturday and Sunday. **Class must meet minimum registration requirements to be held.**

When: Schedule set based on interest

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$130 or free with DSHS coupon (Plus \$15 for Simkin et al, *Pregnancy, Childbirth and the Newborn*, latest edition)

Registration: 299-1309

NEW Childbirth Refresher

This one day class is intended for parents who would like to refresh their knowledge, revisit past experiences and connect with other parents. Sibling preparation is also covered.

When: Saturday, October 9, 9 a.m. - 4 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$50

Instructor: Dianna Mincin LPN, ICCE, CIMI

Registration: 299-1309

Baby Basics

Learn to care for your newborn's feeding, bathing, diapering and emotional needs. Find out about the "Fourth Trimester", the "5 S's" to soothe your crying baby and infant massage to help with colic and sleep.

See "Choices in Childbirth" listing for instructor's information and picture.

When: Thursday, October 21, 6:30 - 9 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$20 or fee waived for those on DSHS medical

Instructor: Dianna Mincin LPN, ICCE, CIMI

Registration: Leave a message at 299-4204

Breastfeeding Matters



Topics include getting started with breastfeeding, benefits of breastfeeding and breastfeeding in the early weeks of postpartum, in special situations and while working. Specific questions

are welcome and will be addressed. This class is open to pregnant and postpartum women and their babies.

Effie-Jo Lindstrom BA, BSN, IBCLC has been a lactation consultant for 21 years.

When: Monday, October 25, 5 - 6:30 p.m.

Monday, December 20, 5 - 6:30 p.m.

Monday, February 21, 5 - 6:30 p.m.

Where: IHRC Conference Room 3

Cost: \$10 or fee waived for those on DSHS medical

Instructor: Effie-Jo Lindstrom BA, BSN, IBCLC

Registration: Leave a message at 299-4204

Infant and Child Safety

Learn ways to ensure a safe environment for your baby or growing child. We will cover

YOUR HEALTH MATTERS

baby proofing, car seat information and water safety. In addition, you will learn basic CPR and first aid skills.

See "Choices in Childbirth" listing for instructor's information and picture.

When: Thursday, October 28, 6:30 - 9 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$20 or fee waived for those on DSHS medical

Instructor: Dianna Mincin LPN, ICCE, CIMI

Registration: Leave a message at 299-4204

Car & Booster Seat Clinic



Drop in to have your car and booster seats checked by nationally trained car seat technicians from Skagit EMS.

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 appointments required, please just drop in.

When: Thursday, December 9, 2 - 4 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 299-1309

NEW Feed me! I'm Yours!

Learn about starting your baby on solid foods and how easy it is to make your own nutritious baby foods! Discussion and hands on demonstrations!

See "Choices in Childbirth" listing for instructor's information and picture.

When: Saturday, January 15th, 2 - 5 p.m.

Where: IHRC Conference Room 3

Cost: \$20 or fee waived for those on DSHS medical

Instructor: Dianna Mincin LPN, ICCE, CIMI

Registration: Leave a message at 299-4204

Diabetes Education

Diabetes Self-Management Education Program

Island Hospital offers an outpatient diabetes education program accredited by the American Association of Diabetes Educators (AADE). Education includes diabetes self-management skills such as healthy eating, being active, monitoring, taking medications, problem solving, healthy coping and reducing risks of complications. Physician referral is required. For more information, please call Nichole at 588-2083.

Life 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. Please call Jan Priggee RN at 588-2074 for more information.

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. Please call Pat Meyer RRT at 299-4242 for more information.

Heart Health Assessments

For \$49, meet with our Cardiac Rehabilitation Nurse one-on-one to assess your cardiac risk factors. Appointment includes cholesterol, triglycerides and glucose blood tests as well as a 12-lead EKG interpreted by a cardiologist, 10-year risk projection and heart health education. Please call Jan Priggee RN at 588-2074 for more information.

Smoking Cessation

Ready to take control of your well-being? Utilizing one-on-one sessions, a Respiratory Therapist will help you find the key to a better, healthier life without the use of tobacco. Please call Pat Meyer RRT at 299-4242 for more information.

Physical Activity

Keep on Dancing!



Ethnic dancing of the Middle East (belly dance) is a healthy and fun way to enjoy exercise long into life. This form of dance helps to strengthen the pelvic girdle, align the spinal column, strengthen muscles and improve balance. Come to any or all of the ten classes and just drop in. No experience required.

Beverly Swanson has been teaching dance for 35 years.

When: Tuesdays, Oct. 12 - Dec. 14,

6:30 - 7:30 p.m.

Where: Island Hospital Physical Therapy & Rehabilitation, 715 Seafarers Way

Cost: \$10 per class

Instructor: Beverly Swanson

Registration: Leave a message at 299-4204

Physical Therapy Programs

Urinary Leakage



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.

Amy Harrington is a Physical Therapist at Island Hospital Physical Therapy & Rehabilitation.

When: Wednesday, November 3, 4 - 5:45 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$10

Instructor: Amy Harrington PT

Registration: Leave a message at 299-4204

Women's Safe Weight Training



Learn about the importance of weight resistance training to help prevent falls, support body organs, improve posture and prevent or slow osteoporosis. You will also learn proper

body mechanics to improve the way your body moves and learn which foods to include in your diet to help keep your bones strong. A home exercise program will be provided. Ellie Petri is a Physical Therapist at Island Hospital Physical Therapy & Rehabilitation and Beverly Swanson was trained as a nutrition educator at Bastyr University.

When: Thursday, December 2, 10 a.m. - noon

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$10

Instructor: Ellie Petri PT & Beverly Swanson,

Nutrition Educator

Registration: Leave a message at 299-4204

Self-Care

Guide to Choosing Healthy Foods

Learn how to choose the most nutritious foods. Includes information on healthy fats, whole grains, fruit and vegetable superstars, gluten-free choices and more!

Beverly Swanson was trained as a nutrition educator from Bastyr University.

When: Monday, October 11, 7 - 8:30 p.m.

Where: IHRC Conference Room 3

Cost: \$15

Instructor: Beverly Swanson, Nutrition Educator

Registration: Leave a message at 299-4204

How to End Your Weight Loss/ Weight Gain War!



Tired of the frustrating weight loss/weight gain cycle? Learn how to be in the lucky 10% who keep weight off. All action is preceded by thought; lasting behavioral change occurs

when we *change our minds*.

Karen Louise is a Registered Nurse and Life Coach.

When: Wednesday, October 13, 1 - 3 p.m.

Wednesday, January 12, 1 - 3 p.m.

Where: IHRC Conference Room 3

Cost: \$20

Instructor: Karen Louise RN, CHT

Registration: Leave a message at 299-4204

Mind & Body Healing

Learn about neurofeedback and how it can retrain the nerve pathways in the brain to help reduce chronic anxiety and stress. This presentation is informational only. Demonstrations of relaxation methods you can practice on your own will be included.

When: Wednesday, October 20, 6 - 8 p.m.

Where: IHRC Conference Room 3

Cost: FREE

Instructor: Joan Cross PT, MPH, RC

Registration: Leave a message at 299-4204

NEW Clearer Communication Using Deep Listening



Ever feel like you're just not being heard? This class can transform your ability to communicate through simple experiential exercises. Skills such as recognizing your own "felt sense" of what you really want to say and reflective listening can immediately change the dynamic of your communication.

Jan Hodgman MA is a certified Focusing Trainer, counselor and meditation teacher.

When: Monday, October 25, 9:30 a.m. - noon

Monday, November 8, 6:30 - 9 p.m.

Where: IHRC Conference Room 3

Cost: \$25

Instructor: Jan Hodgman MA

Registration: Leave a message at 299-4204

Create the Habits of Health - The Power of Choice



Learn to engage your power of motivation and choose to lose weight, improve your health or create success in any area of your life. By identifying what matters most to you and developing new

habits of choice, you can create a path that leads to real and lasting change. This class complements *Creating Habits of Health - Weight Loss and Beyond* but can also stand alone.

When: Tuesday, October 26, 6:30 - 8:30 p.m.

Where: IHRC Conference Room 3

Cost: FREE

Instructor: Veronica Spencer RN, Health Coach

Registration: Leave a message at 299-4204

Create the Habits of Health - Weight Loss and Beyond

Learn to achieve optimal health through nutritional intervention and lifestyle management. By making new choices and practicing simple *habits of health*, you can replace unhealthy patterns with new behaviors to get better nutrition, reach a healthy weight and maintain your health for life. This class complements *Creating Habits of Health - The Power of Choice*, but can also stand alone.

When: Tuesday, November 2, 6:30 - 8:30 p.m.

Where: IHRC Conference Room 3

Cost: FREE

Instructor: Veronica Spencer RN, Health Coach

Registration: Leave a message at 299-4204

Holiday Gifts from Nature



Learn about essential oils while making 100% organic aromasprays, bath salts and therapy oils for yourself, friends or family!

Michelle Mahler of Circle of Healing Essences has been leading workshops at Puget Sound area Co-ops and schools since 2004.

When: Monday, December 6, 6 - 7:30 p.m.

Where: IHRC Conference Room 3

Cost: \$20

Instructor: Michelle Mahler

Registration: Leave a message at 299-4204

The Art of Slowing Down



Get help navigating through our complex and stressful world by learning to become more present minded, while honoring gratitude, grace and ease. Mindfulness and volun-

tary simplicity will be discussed as touchstones toward the goal of slowing down.

Joe Arellano has a private wellness-based practice in Anacortes.

When: Tuesday, January 11, 7 - 8:30 p.m.

Where: IHRC Conference Room 3

Cost: \$15

Instructor: Joe Arellano LMP, CHC, BS

Registration: Leave message at 299-4204

Concerned about Osteoporosis?



Join Robert Prins MD, Ob/Gyn to learn all about osteoporosis. Dr. Prins will cover bone formation and destruction, why menopausal women are at higher risk, what testing is avail-

able and the treatment options.

When: Wednesday, January 19, 6 - 7:30 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: FREE

Registration: Leave message at 299-4204

Community Immunity

Discover how essential oils can be used to help alleviate sinus and respiratory ailments, colds and other illnesses. Each participant will make an aromatherapy blend to match their needs to take home.

See "Holiday Gifts from Nature" for instructor's information.

When: Monday, January 24, 6 - 7:30 p.m.

Where: IHRC Conference Room 3

Cost: \$20

Instructor: Michelle Mahler

Registration: Mail in payment or leave a message at 299-4204

Vitamin D: What's all the fuss?

Learn about what Vitamin D is, how it is made and processed in the body, how it is tested and whether or not you need to supplement. Dr. Fleming is a Naturopathic Physician currently practicing at the Vital Aging Clinic in Anacortes.

When: Wednesday, January 26, 1 - 2 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: FREE

Instructor: Alethea Fleming ND

Registration: Leave a message at 299-4204

YOUR HEALTH MATTERS

Basic Nutrition

In this class, you will learn how vitamins and minerals help your body function, why our bodies need soluble and insoluble fiber, how our bodies process fat, the importance of hydration and more!

See "Your Guide to Choosing Healthy Foods" for instructor's information.

When: Monday, February 7, 7 - 8:30 p.m.

Where: IHRC Conference Room 3

Cost: \$15

Instructor: Beverly Swanson, Nutrition Educator

Registration: Leave a message at 299-4204

Meditation for Everyday Living

Meditation has been clinically proven to reduce stress, blood pressure and anxiety and help with restful sleep. This gentle two-session class includes breath awareness, mindfulness techniques and guided exercises.

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

When: Wednesdays, February 16 & 23,

6:30 - 8:30 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$35

Instructor: Jan Hodgman MA

Registration: Leave a message at 299-4204

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 dietitian, Suzie DuPuis, for an individual dietary session. Please call 299-1300, ext. 2567 for more information. Insurance may cover cost.

Other Resources

HIV/AIDS Training for Licensure

Island Hospital offers a free video based 4- or 7-hour HIV/AIDS Training. Please call 299-1309 for schedule.

Island Prenatal Care Center

Provides Maternity Support Services to low-income families, bringing the knowledge and skills of a nurse practitioner, registered nurse, social worker, infant case manager and dietician to meet the unique needs of each mother and baby. Assistance with accessing community services is also offered. IPCC is located at 2601 M Ave., Suite C, Anacortes. Call 293-6973 for more information.

Lifeline

Island Hospital Lifeline is an easy-to-use

Registration Form

General Information

Payment:

Checks only, made payable to Island Hospital. One check per class, please.

Cancelled Classes:

If a class does not meet minimum registration, it will be cancelled. You will be notified and your check returned.

Refunds:

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. No refunds will be given after that point.

For more information: Please leave a message at (360) 299-4204.

Please return this completed form with your check(s) to:

ISLAND HOSPITAL
Community Education
1211 24th Street
Anacortes, WA 98221

Name (please print)

Address

Phone: Day

Phone: Eve

♥ Class

Date(s)

Fee \$

♥ Class

Date(s)

Fee \$

personal response system that allows older adults to get quick assistance whenever it is needed. Participants press their waterproof Personal Help Button whenever they need help, calling a certified Lifeline monitor who assesses the situation and summons appropriate help. Island Hospital Lifeline can be reached by calling 293-7563 or emailing wwalker@islandhospital.org.

SHIBA HelpLine

SHIBA (Statewide Health Insurance Benefits Advisors) HelpLine is a core of volunteers trained by the Washington State Office of the Insurance Commissioner and is sponsored locally by Island Hospital. The volunteers assist people of all ages and nationalities with their local health insurance options at no charge. The volunteers can have no affiliation with any insurance product and do not sell or recommend insurance plans. Please call 299-1342 for an appointment.

Anacortes Teen Clinic

We offer family planning services for teens, women and men on Wednesday and Thursdays from 2 - 5 p.m. We are located at 2601 M Ave., Suite C, Anacortes. Please call 293-6973 or drop in.

Support Groups

The following meet at Island Hospital (1211 24th Street).

Headaches

2nd Wednesday, 7 - 8 p.m.

IHRC Conference Room 3

Contact: Amber, 360-873-8823

Parkinson's

3rd Thursday, 1 - 2:30 p.m.

IHRC Conference Room 3

Contact: Jerry, 293-2185

Prostate Cancer

3rd Wednesday, 11 a.m. - 12:30 p.m.

IHRC Conference Room 3

Contact: Carl, 299-3892

Restless Leg Syndrome

Call for dates and times

IHRC Conference Room 3

Contact: Charlotte, 293-7328

Stroke

3rd Tuesday, 4 - 5:30 p.m.

IHRC Conference Room 3

Contact: Alisha, 299-1300 ext. 3107

Other Anacortes Support Groups

Alzheimer's

2nd & 3rd Monday, 1 p.m.
Westminster Presbyterian Church,
1300 9th St. Anacortes
Contact: Ann, 299-9569

Grief

2nd & 4th Mondays, Noon - 1:30 p.m.
Westminster Presbyterian Church,
1300 9th St. Anacortes
Contact: 360-814-5550

Hearing Loss of Skagit County

2nd Tuesday, 1 p.m.
Anacortes Senior Activity Center,
1701 22nd St. Anacortes
Contact: Jerry or Joanna, 299-3848

Skagit County Support Groups

Loss of a Child

2nd & 4th Thursdays, 5:30 - 7 p.m.
Hospice of the Northwest,
819 S. 13th St. Mount Vernon
Contact: 360-814-5589
(Pre-registration required)

Sjogren's Syndrome

Quarterly on Saturdays
Skagit Valley Hospital, Mount Vernon
Contact: Ursula, 299-8978 or
Linda, 360-676-1926

Rooms and times are subject to change. Please call contact before attending any support group. For more information about these support groups, please contact Claire Zaugra, Island Hospital Community Education Coordinator, at 299-1309.

HEALTH SCREENINGS

Sponsored by Island Hospital Foundation

Ongoing Blood Pressure Checks

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

Island Health Resource Center - every Wednesday, 9 a.m. - noon
Anacortes Senior Activity Center - last Tuesday of the month, 9 - 10:30 a.m.
La Conner Medical Center - 1st and 3rd Thursdays of the month, 9 - 11 a.m.
WA State Ferry - 1st Monday of the month, 9:30 a.m. sailing to Friday Harbor and back

Lipid & Glucose Screening

This blood test determines your total cholesterol, HDL, LDL, triglycerides 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. Your results will be sent to you in the mail. **No appointment required. First come, first served.**

When: Tuesday, October 12, 8 - 11 a.m.
Tuesday, January 11, 8 - 11 a.m.
Where: Island Health Resource Center
Cost: \$10
Questions: 299-1309

NEW Vitamin D Screening

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. Your results will be sent to you in the mail. Appointments are required!

When: Tuesday, October 26, 8 - 11 a.m.
Where: Island Health Resource Center
Cost: \$45
Appointments: 299-1367

Clinical Breast Exams

Bette Robbins, ARNP of Fidalgo Medical Associates will examine your breasts to detect any abnormalities that may require further diagnosis. Appointments are required!

When: Friday, October 29, 8 a.m. - Noon
Where: Island Health Resource Center
Cost: FREE
Appointments: 299-1367

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, November 2, 8 a.m. - noon
Where: Cardiopulmonary Rehabilitation
Cost: FREE
Appointments: 299-1367

Colon Cancer Screening

Colon cancer is one of the leading types of cancer leading to death 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. Just complete the kit and return it to Anacortes Family Medicine. Your results will be mailed to you. No appointment required, just stop by to pick-up a kit. **You must be present to get a kit!**

When: Tuesday, November 9, 9 - 11 a.m.
Where: Anacortes Family Medicine
(2511 M Ave. #B)
Cost: FREE
Questions: 299-1309

Memory Awareness Screening

Are you or a loved one becoming more forgetful or maybe misplacing things more often? Have you become lost in a familiar place or noticed a change in mood, behavior or personality? If so, this screening can be a first step in helping determine if you might suffer from memory loss. This examination consists of a series of questions and tasks designed to test memory, language, thinking and other intellectual functions. Appointments are required!

When: Tuesday, November 16, 9 - 11 a.m.
Tuesday, January 18, 9 - 11 a.m.
Where: Island Health Resource Center
Cost: FREE
Appointments: 299-1367

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, January 25, 9 - 11 a.m.
Where: Island Health Resource Center
Cost: \$5
Appointments: 299-1367



Foundation receives \$1.6 million gift



Elden "Bud" and Ann Merle

A community-minded Anacortes couple who valued the quality medical care they received at Island Hospital over

nearly two decades demonstrated their gratitude in a way that will help many others for decades to come.

Elden "Bud" and Ann Merle bequeathed \$1.6 million from their estate to the Island Hospital Foundation (IHF). The generous gift – the largest received in the Foundation's 32-year history – will be used to support Island Hospital and its commitment to community health.

The Merles, who according to friends were active in the community from the time they moved here in the late 1980s until they passed – Ann in 2008 and Bud in 2010 - made the gift with no restrictions. This unexpected donation will help fund both short- and long-term commitments to expand community-health projects and initiatives according to IHF President Marv Shelby.

"After much deliberation, the Foundation Board has decided to dedicate \$500,000 of this very generous gift to the new Cancer

Care Center at Island Hospital," Shelby said. "The remaining \$1.1 million will go to the Foundation endowment fund to provide ongoing support for the programs and services our community values and has come to expect from Island Hospital"

The Island Hospital Board of Commissioners has recognized the Merle's gift by choosing to name the new Cancer Care Center for them. The couple was affected by the disease and the naming of the new facility is especially meaningful in that regard. The Merle Center for Cancer Care will be part of the new Medical Arts Pavilion at Island Hospital, scheduled for completion in early 2012 (see page 12 for details).

Courtney Orrock, Island Hospital Foundation Development Coordinator said the Merle's gift is not only a reflection on the hospital's quality care, but a testament to the difference two people can make in the future of healthcare in our community.

Three physicians honored with *Spirit of Island Award*

Dr. John Chambers, Dr. Hal Clure and Dr. Harry Eiesland were presented the *Spirit of Island Hospital Award* at a recent ceremony to honor their contributions and commitment to quality healthcare in our community.

The three doctors each have dedicated more than 40 years of service to the medical community and have helped to ensure a better healthcare experience for all Island Hospital patients.

The Spirit of Island Award was established in 2002 to recognize individuals who have given above and beyond in their service to the Island Hospital community. It honors those whose service has resulted in extraordinary benefit to the hospital and its patients.

According to Island Hospital CEO Vince Oliver, "These three exceptional physicians more than qualify on every count, while leaving a legacy that is appreciated and valued by all."



Dr. John Chambers, Dr. Hal Clure and Dr. Harry Eiesland (from left) shortly after the unveiling of the Spirit of Island Award recognizing their service.



9th Annual Golf Classic earns \$85K

On Aug. 2, 144 golfers teed off in what was to become the most successful Island Hospital Golf Classic, raising more than \$85,000 to benefit hospital services and programs, such as community-health screenings, equipment purchases and charity care.

Special thanks go to the Skagit Golf & Country Club, whose well-manicured greens and terrific service were appreciated by all; and to the Island Hospital Auxiliary and Volunteer Staff for helping to make this year's event an overwhelming success.

2010 Golf Classic winners

1st place team "low net":

Nick Dietzen, Lincoln Kemp, Kyle Johnson, Phil Abess (LeMaster & Daniels)

2nd place team "low net":

Luke Harrison, Mike Falk, Riley Dunn, Dave Allison (RIS Insurance)

1st place team "low gross":

Dan Meyer (retired), David Storkson (San Juan Lanes), John Prosser (Windermere Real Estate), Bob Morand (Majestic Inn & Spa)

2nd place team "low gross":

Dick Duffy (Hawthorne Funeral Home), Jeff Stewart (Wells Fargo Bank), John Highet (Whidbey Island Bank), Kirk Duffey (Hawthorne Funeral Home)

Longest drive:

Men: Riley Dunn (RIS Insurance)
Women: Suzanne Knutson (Bunnies By the Bay)

Closest to the pin:

Spencer Vaden (Skagit Valley Hospital)

"Killer Bee" Long Drive:

Justin Sturdy

Donation funds burn treatment course

Kevin Allen has donated \$5,000 to fund tuition for the *Acute Burn Life Support Course* in memory of his fiancé, Kathryn "KD" Powell who was killed in the Tesoro Refinery explosion earlier this year. Kevin is the son of Tami Allen, Director of the Birth Center at Island Hospital.

The donation will make a difference for medical professionals and *first responders* (such as paramedics, airlift staff, etc.) who want to learn the latest techniques and procedures in burn treatment, according to Island Hospital Emergency Preparedness Coordinator Linda Seger RN.

"We have applicants, but we have not been able to secure funding to offer these valuable courses," said Seger. "With this generous donation, more staff will be fully trained to deal efficiently and effectively with medical emergencies that require advanced burn treatment. Thank you, Kevin."



KD Powell with Kevin Allen



Wrestlers for Life give \$2,000 to Cancer Care Center

Anacortes' own Wrestlers for Life recently presented a \$2,000 check for the Cancer Care Center (CCC) at Island Hospital from money the group earned working on various projects in the community. Started to recognized fellow wrestler Nathan Estvold, who died of cancer in 2003, the group has raised more than \$17,000. Wrestlers and non-wrestlers alike are invited to join; contact Anacortes High School Varsity Wrestling Coach Jim McNally at (360) 293-1180 for more information. The CCC was one of several organizations who benefited from Wrestlers for Life donations this year. In the photo, Island Hospital Home Health Scheduling Coordinator Sharon Jones (3rd from left) receives check from (from left) Michael Doane, Isaac Doane, Sara Burse, Kyle Jones and Craig Jones.



Carabba scholarships awarded

The inaugural John Carabba Memorial Scholarships were awarded this year to Elizabeth Raff and Laura Andrich, both of whom are pursuing health-related careers. Elizabeth, with a GPA of 3.98, will be attending the University of Southern California, and plans for a dual major in pre-med and philosophy/politics/law. Laura, with a GPA of 3.67, will attend Oregon State University where she will be a pre-med student with the ultimate goal of being a Physician or Psychiatrist. Elizabeth and Laura each received \$1,500.



Elizabeth Raff with IH Commissioner Paul Maughan PhD.



Laura Andrich with IHF Vice President Dianne Kuhn.

Lielanie Carabba, whose late husband John helped start the Island Hospital Foundation (IHF), said after the ceremony, "John would have been proud of this honor, as young people and education were very important to him. These exceptional young women will go far with the goals they have set!"

The annual award commemorates John Carabba's strong support of Island Hospital and quality healthcare for the community. The awards were presented by Island Hospital Commissioner Paul Maughan and IHF Vice President Dianne Kuhn.

Annual Celebration of Trees Planned

Creative leaders and a dedicated committee are already at work on the 2010 Celebration of Trees, an annual community event sponsored by the Island Hospital Foundation.

According to event chairs Stacie Sutliff and Colleen Craig, this year's theme is "Winter on the Waterfront" and will feature an array of lavishly decorated holiday trees and wreaths, along with seasonal activities to be enjoyed by the entire community. The event is scheduled for December 3 and 4 at the Port Warehouse on 2nd and Commercial, Anacortes. For information call (360) 299-4201.

Remembering

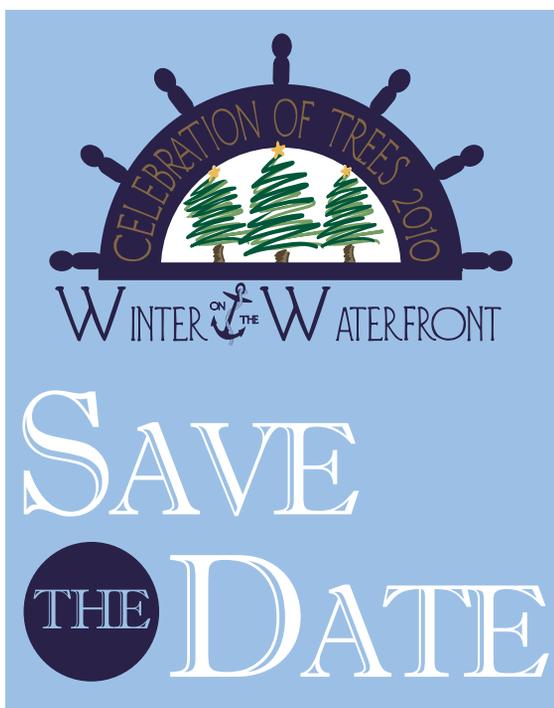
The Island Hospital Foundation has received caring donations recognizing the following loved ones:

IN MEMORY OF

- David Abbott
- Michael Duane Henry
- Helmer & Alma Leno
- and Archie & Alma Lloyd
- Clarena McLachlan
- Mary Mansfield
- Elden "Bud" & Ann Merle
- James H. Miller
- Roger Morgenthaler
- Hildegard "Betty" Pierson
- Kathryn "KD" Powell

To remember or honor someone with a donation, please make check payable to: "Island Hospital Foundation" and mail to:

P. O. Box 1143,
Anacortes, WA 98221
Info: (360) 299-4201



ISLAND HOSPITAL FOUNDATION

4th Annual

CELEBRATION OF TREES

FREE COMMUNITY DAY

Friday, December 3, 2010
Noon - 10:00 pm

SANTA PICTURES, RECEPTION & AUCTION

Saturday, December 4, 2010
Pictures with Santa: 9:00 am - Noon
Auction: Doors Open 5:00 pm
(Tickets on sale in October ~ \$35 each)

PORT WAREHOUSE, ANACORTES, WA



ISLAND HOSPITAL *Golf Classic 2010*

We would like to thank the many businesses and individuals who made the 9th Annual Golf Classic an overwhelming success on August 2nd. The tournament raised more than \$85,000, with proceeds benefiting the Island Hospital Foundation.

On behalf of Island Hospital, we would like to thank our generous sponsors for their support of the 2010 Golf Classic:

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Terry & Vince Oliver

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 Simply Yards
 Skagit Golf & Country Club
 The Comedy Underground
 The Edison Inn
 The Majestic Inn & Spa
 Tula's Restaurant & Jazz Club
 Woodland Park Zoo
 Jerry Zavalney / Challenge Developments

We are grateful for the efforts of all volunteers, staff, committee members, golfers and especially our Island Hospital Auxiliary for helping to meet the changing health care needs of the communities in which we live and for whom we serve. We hope to see you again at next year's event.

Vincent C. Oliver
Chief Executive Officer, Island Hospital

West Skagit agencies hold disaster drill

On Aug. 28 Island Hospital participated with Anacortes Fire Department, Skagit County EMS, and the Volunteer Fire Districts of Fidalgo Island and Guemes Island in a disaster drill. The scenario was a bleacher collapse at Fidalgo School, involving more than 20 volunteer “victims” with simulated injuries. These victims were triaged and transported from the school to Island Hospital. The patients ages ranged from 5 to 55 years, with a variety of minor to severe injuries.



The disaster tracking system was designed and built by Island’s Informatics Clinician Christine Storm RN and used for the drill here by Mary Selting RN, Island Hospital Emergency Department.



Moderately and severely injured patients were received into the hospital via the Emergency Department utilizing the hospital’s new electronic disaster tracking system which allows the hospital to sort large numbers of casualties to various treatment areas but still maintain tracking of individual patients as they move through the hospital to various treatment areas.



One of the severely injured patients is moved into the trauma room in the Emergency Department for treatment and a nurse and physician move in quickly to assess and plan the immediate care of this patient. The Emergency Department houses the serious and critical treatment areas during any mass-casualty event.

One of the newest pieces to Island Hospital’s Emergency Management plan is to move the treatment area for the least severely injured patients to an area away from the Emergency Department. Fidalgo Medical Associates was a logical choice as the clinic is on the opposite side of the building with easy access for patients and families. Other parts of the Emergency Management plan tested during this exercise where: Incident Command Center, the new Everbridge Alert Network, and the communications between the Emergency Department and the field triage officer.



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