



ISLAND HOSPITAL

# Heartbeats

*Magazine*

Fall  
2011

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## From The Commissioner

# Island Hospital earns trauma designation

By Laurie Gere, President  
Island Hospital  
Board of Commissioners



Every four years, Washington State emergency departments must reapply for a trauma designation. In late July Island Hospital culminated our trauma-designation application process with an in-house survey by the Washington State Department of Health. Island Hospital maintains a Level III trauma designation, earned by an application process that includes a written application, participation in regional trauma activities and a day-long survey of our facility and trauma records.

A Washington State Level III trauma center is defined as a hospital that:

- Provides prompt assessment, resuscitation, emergency surgery and stabilization of patients with trauma injuries
- Arranges transfer to a higher level trauma facility when necessary
- Maintains continuous general surgery coverage
- Maintains specific higher level of trauma training for physicians, Emergency Department (ED) nurses and Intensive Care Unit (ICU) nurses
- Follows standardized treatment protocols to plan for care of injured patients according to the Revised Codes of Washington (RCWs).

Island Hospital works within the state program to track all trauma (injured) patients that come through our facility for care. Using a system called Collector, our Trauma Registrar Kelly Moore RN enters pertinent information regarding each trauma patient that meets specific criteria set by the State of Washington and creates a summary for each patient. This data is gathered statewide and is utilized to monitor trends in injuries and care across our state. Michael Sible MD, Island Surgeons, serves as the Island Hospital Trauma Services Director. He oversees all care for trauma patients who use our ED. Trauma Program Manager Linda Seger RN, CEN, oversees our Trauma Program and participates with other program managers throughout the state.

Congratulations to our exceptional Emergency Department physicians, nurses and staff on another successful survey!

# Island, Skagit Valley hospitals affiliate with Northwest Urology

Skagit Valley Hospital (SVH) in Mount Vernon and Island Hospital are collaborating on a partnership with the physicians of Northwest Urology Clinic (NWUC).

Northwest Urology, in practice in Skagit County since 1969, has offices in Mount Vernon and Anacortes. Three physicians, Darrell Cornelius MD, Winston Jones MD and Laurence Lee MD, provide adult and pediatric urological services using state-of-the-art diagnosis and treatment with the latest urological innovations.

The two hospitals will collaborate on the venture designed to retain and strengthen vital healthcare services in the region.

"Working together with Island Hospital provides us a chance to enhance healthcare in our communities in an efficient and collaborative way," said SVH CEO Gregg Davidson. "It is our mutual goal to bring safe, quality services to the region, with the expertise of outstanding physicians."

The partnership will provide additional support to recruit and retain physicians in



Darrell  
Cornelius MD

the vital specialty of urology.

"Northwest Urology is a very important part of comprehensive healthcare in Skagit County," said Island Hospital CEO Vince Oliver. "We are very happy to support this partnership so two county hospitals and the clinic can work together to recruit physicians to care for our community residents."

"Northwest Urology Clinic has been providing urologic care in Skagit County and beyond for more than 40 years," said Dr. Cornelius. "We look forward to continuing to do so in this new relationship, which will benefit patients, hospitals and doctors."

Northwest Urology offers medical and surgical care in the diagnosis and treatment of male and female urinary conditions including bladder, kidney and prostate cancer, impotence, kidney stones and other disorders, male and female urinary incontinence and urinary tract infection. Located at 1213 24th St, Suite 600, in Anacortes, NWUC can be contacted at (360) 424-7991.

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# As I See It...

By Vince Oliver, IH Chief Executive Officer



With our Cancer Care Center seeing visits increase to 4,000 per year – triple of what our original location was built to accommodate – the MAP will serve our community well. The \$1.6 million donation by the Merle Family (with much of that designated to cancer care) also brings down the cost to the hospital and, in appreciation, we are naming the program the *Merle Cancer Care Center at Island Hospital*.

Restorix Health, a Bellevue, WA-based company, has signed an agreement to provide advanced wound-care services in the MAP. Included in the facility will be two hyperbaric chambers (see article p. 4). In addition, Island Hospital Physical Therapy & Rehabilitation will move to the MAP and continue to provide its exceptional array of Physical, Occupation and Speech Therapy services.

The MAP project is moving along splendidly and we look forward to a public opening in January.

Last month, we opened the new Center for Aesthetic, Reconstructive & Hand Surgery at Island Hospital in our Medical Office Building on the west side of the campus at 2511 M Ave. Board-certified Plastic Surgeon David Slepian MD and his outstanding staff are now providing these services in and for our community.

I always encourage your comments, concerns and suggestions. Feel free to contact me at [voliver@islandhospital.org](mailto:voliver@islandhospital.org) or at (360) 299-1300 x2411.

## 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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### Heartbeats

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## ISLAND HOSPITAL

# Our Promise

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

# Medical Arts Pavilion on schedule for January opening

The Medical Arts Pavilion (MAP) at Island Hospital is progressing on schedule and recently closed on a finance package that brings in the project under its market value.

At press time, the exterior is near completion and the interior not far behind. In addition a *New Market Tax Credits* program, offered by the federal government and structured by Washington Federal (see p. 3) is saving the hospital millions of dollars.

Housed in the MAP will be the Merle Cancer Care Center, Island Hospital Physical Therapy & Rehabilitation and Wound Care services provided by Restorix (see adjacent article).

"We are very pleased with all aspects of the project," said Vince Oliver, Island Hospital CEO. "The building is an excellent and needed addition to our community and is built to offer the best technology, now and a decade from now. I am delighted that we are upgrading our already outstanding cancer care; wound care; and physical, occupational and speech therapy services."

The MAP is expected to be fully occupied by mid January with a public opening event later that month.



*In early September, work moved to the east and north sides of the Medical Arts Pavilion. The concrete formwork will support the oxygen tank. There will be a significant demand for oxygen to operate the hyperbaric chambers in Wound Care as well as supplemental oxygen use in Cancer Care.*

## Island signs with Restorix Health for advanced wound care

Advanced wound-care services will be offered on the Island Hospital campus early next year by Restorix Health, a Bellevue, WA-based company, following an agreement signed in June. The 3,000-square-foot wound-care center will be located in the Medical Arts Pavilion (MAP) at Island Hospital and include two hyperbaric chambers, the first such service to be offered in Island's service area.

Hyperbaric oxygen therapy or HBOT is a painless treatment within a pressurized chamber that improves the body's ability to

heal by increasing the level of oxygen saturation in the bloodstream.

"We are very pleased to be working with a great company such as Restorix, and even more excited to offer this level and quality of service here," said Island Hospital CEO Vince Oliver. "The wound-care center is a key part of the Medical Arts Pavilion and one of the main reasons we decided to build."

Restorix President and CEO John Fallou sees great opportunities in the underserved market of west Skagit and San Juan counties: "We are excited to work with Island and

the clinics it operates. In addition to providing a much-needed service to area patients, this partnership allows Restorix Research Institute to work with the hospital, local physicians and patients on programs in wound care and hyperbaric medicine. Another key focus is patient education."

The Anacortes wound-care center will be the third for Restorix and second in Washington. Along with HBOT, the local center will provide chronic wound care.

### About Restorix Health

Privately held Restorix Health is the first comprehensive, community-based center for advanced wound care directly affiliated with a medical research institute that also offers integrated services for hyperbaric medicine, IV infusion therapy and lymphedema therapy. Its Issaquah, WA center is the first of many planned to open in strategic markets across the U.S. Each center is closely aligned with the Restorix Research Institute, and uses a center of excellence approach to evaluate and research the use of hyperbaric oxygen therapy (HBOT) as an effective treatment for conditions such as traumatic brain injury, strokes, concussions and other disease states. For information visit [www.Restorix.com](http://www.Restorix.com).



*Hyperbaric oxygen therapy is a painless treatment within a pressurized chamber that improves one's ability to heal by increasing oxygen in the bloodstream.*

## Tummy tuck slims, strengthens abdominals

By David Slepyan MD  
Center for Aesthetic,  
Reconstructive & Hand Surgery



**A**bdominoplasty, commonly referred to as a *tummy tuck* is a popular elective surgery for removing excess abdominal skin and fat as well as strengthening the core area. While the tummy does receive a *tuck* of sorts, the procedure not only slims the stomach area but also often involves repair of the abdominal muscle wall.

Due to pregnancy, excessive weight or the aging process, the abdominal fascia gets stretched, leaving the stomach muscles weaker and less effective. This separation of the parallel abdominal muscles weakens your core area, prevents or limits exercise, and compromises basic tasks such as lifting or reaching. Abdominoplasty corrects the stretched-out fascia by *tightening* the tissues around the muscles of the abdomen. Often there may be a hernia or defect in the fascia above or below the belly button, which is also corrected at that time.

The procedure involves liposuction to contour the core and remove unwanted fat from the abdomen and hip areas. Excess skin is also removed, with suture lines placed to conceal any minimal scarring that may occur. The incisions are usually placed below the underwear line. While the duration of the procedure varies depending on the patient, the typical operation time is two hours.

The patients who request abdominoplasty are usually mothers finished with child bearing, or people who have experienced weight loss

and have resulting excess skin. I encourage all of my patients to do their best to exercise and eat a healthy diet before considering surgery. Abdominoplasty yields the best results for patients who maintain a lifestyle that involves exercise and is ideal for those patients who have plateaued in their efforts and need the next step.

While diet and exercise are important, they can be limited in their effect. Some areas of fat may persist despite exercise and may be genetically or hormonally controlled. Abdominoplasty can resolve these localized areas of fat called *lipodystrophy*.

The recovery time for abdominoplasty varies with the patient – although some are ready to jump back into work the first week (though I discourage this) – I usually recommend taking at least two weeks off from work or usual activities to recuperate. After two weeks, the patient may resume light activities, but avoid rigorous exercise for a month.

As with all elective surgeries, the goal of abdominoplasty is to help you feel and look your best. The reconstructive components help to stabilize your core, while the contouring slims and renews your shape. If you are considering the procedure, I encourage you to have a consultation. The consult will allow you to gain detailed information about the procedure, express your goals, view personal imaging and discuss the options.

*David Slepyan MD is a board-certified plastic surgeon who can be contacted at the Center for Aesthetic, Reconstructive & Hand Surgery at Island Hospital, (360) 588-2081, or [plasticsurgeon@islandhospital.org](mailto:plasticsurgeon@islandhospital.org).*

## Center for Aesthetic, Reconstructive & Hand Surgery opens

**O**ffering a full array of plastic-surgery services, including body contouring, the Center for Aesthetic, Reconstructive & Hand Surgery at Island Hospital has opened in the Medical Office Building. The Center's location in the lower level in the southeast corner offers quiet comfort and a near-private entry to the 2400-square-foot facility.

Providing surgery services is board-certified Plastic Surgeon David Slepyan MD. The staff includes Patient Consultant Jocie Slepyan and Receptionist Carin Fors.

For more information or a consultation, call (360) 588-2081 or email [plasticsurgeon@islandhospital.org](mailto:plasticsurgeon@islandhospital.org). Detailed information can also be found at [www.islandhospital.org](http://www.islandhospital.org).

The Center for Aesthetic, Reconstructive & Hand Surgery provides a comprehensive range of services including:

- Breast reduction, augmentation, reconstruction & lift
- Brow, face lift, eyelids
- Fat grafting
- Rhinoplasty (nose)
- Skin resurfacing
- Abdominoplasty (tummy tuck)



*Staffing the Center for Aesthetic, Reconstructive & Hand Surgery at Island Hospital are (from left) Director Rod Dalseg, Receptionist Carin Fors, Board Certified Plastic Surgeon David Slepyan and Patient Consultant Jocie Slepyan.*

- Body lift
- Gluteal augmentation
- Liposuction
- Arthritis
- Carpal tunnel syndrome
- Cubital tunnel syndrome
- Extensor tendon injuries
- Fractures of hand, wrist and fingers
- Ganglion cysts
- Nerve injuries
- Trigger finger

## Susanne Wilhelm DO joins FMA



Susanne Wilhelm DO, who has combined a career in medicine with previous education and professional experience in business and computer software development, has joined Fidalgo Medical Associates (FMA).

Dr. Wilhelm received a Doctor of Osteopathy degree from Western University of Health Sciences College of Osteopathic Medicine of the Pacific, Pomona, CA. Before joining FMA, she served a Family Medicine Residency at Tacoma Family Medicine in conjunction with the University of Washington's Family Medicine Residency Network. During her academic

career she was the recipient of the Senior's Scholarship, the Master's Fellowship and the Tribute to Caring Scholarship.

Prior to pursuing a medical career, Dr. Wilhelm received a Bachelor of Science degree in Mathematics from Lawrence Technological University, Southfield, MI and a Master of Science degree in Computer Science from Michigan State University, East Lansing, MI. Her software-engineering career focused on communications and her latest projects included cellular network management with Watchmark Inc., Bellevue, WA, now part of IBM. She also worked for Chevrolet, Detroit, MI and at Hewlett-Packard's instrument division, Colorado Springs, CO prior to establishing Windsound Consulting, Mukilteo, WA.

Dr. Wilhelm is a member of the American Osteopathic Association, the American Academy of Family Physicians, the Institute of Electrical and Electronics Engineers and the Washington Osteopathic Medical Association.

Active in the community, Dr. Wilhelm has volunteered to provide medical support for the Tacoma Marathon, at the Neighborhood Clinic in Tacoma and at the Montclair Clinic in Pomona. She enjoys outdoor sports including cycling, hiking with her husband and playing in the Washington State Women's Soccer League.

## Award-winning Elise Cutter returns to Island Hospital



In 2002, Island Hospital Senior Financial Analyst Elise Cutter was named Employee of the Year just 12 months after she was hired. Then in 2007 as IH Finance

Director, Cutter received the coveted Management Leadership Award and won praise from hospital CEO Vince Oliver.

"Elise is the most admired manager on our team," said Oliver. "We value her positive outlook and can-do attitude."

Cutter received a Bachelor's degree in Science and Accounting from Villanova University, near Philadelphia, PA. Prior to joining Island Hospital she worked at Deloitte and Touch, Seattle, WA and as a controller for a manufacturing firm in Everett, WA.

While those who worked with her hoped Cutter would remain at Island Hospital, her husband, a Naval Flight Officer, received orders elsewhere. After assignments that took them to Tennessee and Rhode Island, Cutter has returned to Island Hospital as the Director of Business Operations and Physician Clinics. She and her family are excited to be back in Anacortes and are looking forward to reestablishing their roots in the community.

"When you work at Island Hospital you immediately feel part of something bigger," she said. "There is a feeling of purpose and community. I am lucky to once again be part of this organization."

*Early Detection Is Your Best Protection*

### Have you had your mammogram this year?

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!

**Make Your Appointment Today!**

**360-299-1315**



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## Two physicians join Emergency Department staff



*Nancy Marston-Quivey MD*

**N**ancy E. Marston-Quivey MD brings broad medical experience and expertise to Island Hospital's Emergency Department in association with Northwest Emergency Physicians of TeamHealth. The TeamHealth group provides administrative and staffing services to Emergency Departments and hospital Medical Programs in Washington and throughout the Northwest region.

Dr. Marston-Quivey received a Bachelor of Science degree in Chemistry from the State University of New York at Stony Brook, NY and a Doctor of Medicine degree from the State University of New York Downstate Medical Center, Brooklyn, NY. She served a Residency in Internal Medicine at Rush Medical Center, Chicago, IL, and is Board Certified in Internal Medicine and Emergency Medicine.

Dr. Marston-Quivey began her medical career in Internal Medicine at Claretian Medical Center, Chicago and was an Attending Physician in the Intensive Care Unit of Trinity Medical Center, Chicago. She has previously served as an Emergency Physician at Sarah Bush Lincoln Medical Center, Mattoon, IL, Galesburg Cottage Hospital, Galesburg, IL, Methodist Medical Center, Peoria, IL, Crawford Memorial Hospital, Robinson, IL, OSF St. James Medical Center, Pontiac, IL, Enumclaw Community Hospital, Enumclaw, WA, Sunnyside Medical Center, Sunnyside, WA, Jefferson Medical Center, Port Townsend, WA, and Capitol Medical Center, Olympia, WA. Prior to joining the Emergency Department at Island Hospital, she was an Emergency Physician at Cascade Valley Hospital and Clinics, Arlington, WA.

Dr. Marston-Quivey says that when she sees patients, she wants them "to come away with something positive from our encounter – whether it's a new commitment to stop smoking, to take their medications, to reduce stress in their lives or to exercise for better health."



*Justin Curran DO*

**J**ustin Curran DO has joined the Emergency Department of Island Hospital. He is associated with Northwest Emergency Physicians of TeamHealth.

Dr. Curran earned a Bachelor of Science degree from Western Michigan University, Kalamazoo, MI and a Doctor of Osteopathy degree from Michigan State University College of Osteopathic Medicine, East Lansing, MI. He served an Internship, a Residency in Emergency Medicine and was Chief Resident in Emergency Medicine at POH Regional Medical Center, Pontiac, MI. Dr. Curran also has served out-of-hospital rotations in Trauma, Toxicology, Pediatric Intensive Care and Pediatric Emergency and served as a Research Intern in Pediatric and Developmental Neuropsychiatry at the National Institutes of Health, Bethesda, MD.

Prior to joining the Emergency Department at Island Hospital, Dr. Curran was a Flight Physician for Aero Med with Spectrum Health, Grand Rapids MI, and served as an Emergency Physician at Sheridan Community Hospital, Sheridan, MI.

Dr. Curran is a member of the American College of Osteopathic Emergency Physicians, the American College of Emergency Physicians, the American Osteopathic Association, the Michigan Osteopathic Association and the Wilderness Medicine Society.

In addition to the practice of medicine, Dr. Curran is founder and partial owner of a grassroots bicycle repair company in metro Detroit and he also enjoys mountain biking, fly fishing, skiing, surfing, photography and music.

## Executive Assistant selected

**K**ara Aaby has been selected as the new Executive Assistant to Island Hospital CEO, Vince Oliver. Aaby replaces Suzanne Staum MA who has transitioned as a full-time counselor in the Psychiatry & Behavioral Health Program at Island Hospital.



Aaby has worked at Island Hospital for five years, starting in Patient Accounts and then moving to Human Resources. Her intimate knowledge of hospital policies and familiarity with the staff coupled with her exceptional organizational skills and atten-

tion to detail contributed to her being chosen for the position. Kara's leadership resulted in the highest gross and net proceeds from the 2011 Annual Golf Tournament. Prior to working at Island Hospital, Aaby was employed with the Blue Cross and Blue Shield Association

"Kara is a wonderful addition to the administrative team at Island Hospital. She constantly displays a positive, helpful, can-do attitude and her knowledge of hospital personnel and operations has proven invaluable in her rapid transition into administration," said Island Hospital CEO Vince Oliver.

In addition to working at Island Hospital, Aaby is finishing her business degree through Washington State University's satellite program.



*Island Hospital is proud to be accredited by DNV*

# Mammograms best weapon against breast cancer



**B**reast cancer is the second most common cancer among women in the U.S., after skin cancer. It is the second leading cause of cancer death in women, after lung cancer. The American Cancer Society estimates that, in 2011, 230,480 new cases of invasive and 57,650 of in situ (confined in ducts) cases of breast cancer will occur among women in the US. More than 40,000 women will die from the disease.

## Early detection, improved treatment saves lives

Breast cancer death rates are going down, thanks in large part to early detection and improved treatments. You play a major role in early detection by following the experts' recommendations:

- Beginning at age 40, get an annual screening mammogram.
- Beginning at age 20, conduct a monthly breast self-exam.
- Beginning at age 20, have a clinical breast examination by a medical professional at least every 3 years, annually after age 40.

## Mammography: your survival advantage!

In three recent randomized studies that followed over 75,000 women, ages 40-64, for up to 16 years, researchers found that women whose breast cancers were not found by mammography had a 53% greater risk of breast cancer death compared to those with cancers detected by mammography.

Schedule a screening mammogram today! Call (360) 299-1315.

## Know your risk factors

Over the course of her lifetime, a woman has a one in eight chance of developing breast cancer. While this is an absolute risk factor, there are many other factors that can increase the chances of developing breast cancer. Their impact largely depends on the number and strength of *combined* risk factors.

"Strong" factors carry a greater than three-times risk of disease compared to women without this risk factor. They include:

- Age
  - Being Female
  - BRCA1 or BRCA2 gene mutation
  - Carcinoma in situ
  - History of breast cancer in more than one immediate family member
  - High breast density
  - Atypical hyperplasia (a benign breast condition)
  - Personal history of cancer
- "Moderate" (1.5 to 3 times the risk of disease) risk factors include:

- Family history of cancer in one immediate family member
- Usual hyperplasia
- Not having children or having first child after age 35
- High bone density
- Radiation exposure or frequent x-rays during youth
- Estrogen + progestin postmenopausal hormone use

For a more comprehensive discussion and list of risk factors, visit [ww5.komen.org/BreastCancer/BreastCancerRiskFactorsTable.html](http://ww5.komen.org/BreastCancer/BreastCancerRiskFactorsTable.html).

(Note: above is "ww5", not "www".)

## Know the warning signs

With the increased use of mammography, most women are diagnosed before symptoms appear. However, if you have any of the below symptoms, you should discuss them with your healthcare provider right away.

- Lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New breast pain in one spot that doesn't go away

## Cutting-edge PET/CT at Island

A cutting-edge technology that can provide images of the entire skeletal system is now available to Island Hospital patients.

PET/CT combines *positron emission tomography* (PET) and *computed tomography* (CT) to produce high-resolution images that can detect bone metastases (abnormal bone growth associated with cancer).

"This test is the next step in earlier identification of malignant and benign lesions of the bone," said Rod Dalseg, Island Hospital Diagnostic Imaging Director. "It can help find lesions associated with certain types of breast cancer, prostate cancer and other diseases."

PET/CT bone imaging scans promise improved imaging quality, with up to a 25% improvement in both sensitivity and specificity over conventional bone scans.

PET scans are 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, tissue and bone.



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## It's in the cards for IH Auxiliary

To keep its fundraising efforts on behalf of Island Hospital fresh, productive and most of all, fun, the IH Auxiliary kicked off a new "Bridge Day" event in late September. Sixteen players gathered for cards, a tasty lunch and a day of spirited competition. The tournament raised nearly \$500 to benefit Island Hospital.

According to Auxiliary President Ann Giboney there was serious play interspersed by some good natured heckling and laughter. "You can tell when people are having a good time," said Giboney. "They tend to make lot of noise and that's just what we did." The success of Bridge Day means the tournament could join other Auxiliary fundraising efforts as a yearly event.

Next for the group is the annual Penny Drive on Oct.11, an event which always has Anacortes residents, hospital employees and others digging into their spare-change stashes for coppers. The Penny Drive benefits Lifeline and supports funding for seniors who can't afford the service, allowing them to live independently in their own homes.

With monies earned from fundraising events, the Auxiliary also recently purchased white messaging boards which are placed



*Enjoying the IH Auxiliary Bridge Day are Beverly Albert (left) and Gayl McAlister.*

at the bedside of each Island Hospital patient to help nurses and caregivers providing patient care.

The Island Hospital Auxiliary is a small group of women who consistently do big things for Island Hospital and they always welcome new members to their monthly luncheon meetings. For more information, please call 299-4201.

## Ellie Petri PT serving patients through end year

Physical Therapist Ellie Petri will be seeing patients at Island Hospital Physical Therapy & Rehabilitation (IHPTR) through the end of the year while Amy Harrington PT is out on leave.



Petri is already a familiar face at IHPTR. She has served as an independent-contract Therapist for Island Hospital over the past two years, covering for physical therapist leaves of absence and vacations.

"One of the great things about having Ellie cover for Amy Harrington is that she has similar training in specific women's and men's health issues," said IHPTR Director Ilima Shaw PT. "These specialty areas of treatment include pelvic pain and dysfunction, incontinence and pregnancy. Ellie's familiarity with our department's policies and procedures, staff and types of patients we see here at Island Hospital, means this will be a seamless transition for our clients."

Petri received her Bachelor of Science degree in Physical Therapy from the University of Washington. She is also a licensed massage therapist and yoga instructor. She has been working in the out patient orthopedic field for the past 11 years and enjoys working with athletes and the general population.

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## *ePrescribing improves efficiency, begins EMR development*



**Oliver Stalsbrotten MD, Anacortes Family Medicine, and Anne Ijams, Information Systems, in clinic.**

Island Hospital Information Systems (IS) Department has embarked on development of the electronic medical record (EMR)

for the IH Family Care Clinics with the launch of *ePrescribing* – the electronic ordering of patient medications via a secure and confidential hospital-information portal.

The new system will be the cornerstone of the EMR, which will allow immediate access to patient records by all Island Hospital providers. The *ePrescribing* application eliminates handwritten prescriptions and faxes to local pharmacies as well as enabling the maintenance of a more-accurate, active patient-medication list. The new system enhances provider access to patient-medication records, enables quicker new prescription orders and refill responses and provides drug-interaction checking.

“Having computerized access to a patient’s information will result in better and more efficient patient care,” said Anne Ijams, Medical Practice Management Analyst II, who is leading the installation, access and education effort of the medication-ordering application. “If one of our clinic patients visits the Emergency Department, the provid-

ers there will have immediate access to vital patient information. This enhances the care our clinic staff provides.”

“It has been an interesting learning experience to go from writing out prescriptions to generating an electronic prescription, and with the press of a computer key, sending it to the Pharmacy. No longer does a doctor’s handwriting need to be deciphered,” said AFM Medical Director Oliver Stalsbrotten MD, Family Practice. “This new system should improve efficiency and accuracy.”

Ijams recently brought Lopez Island Medical Clinic onto the system and is currently working to get Fidalgo Medical Associates (FMA) providers on *ePrescribing*.

“For a rural hospital of our size, we are moving very quickly to state-of-the-art patient recording,” noted Ijams. “It’s exciting to participate in a program that will help providers and patients in so many ways.”

## **IH Information Systems Dept. awarded for successful internship program**

Island Hospital’s Information Systems (IS) Department has earned a national reputation for advanced technology and embracing partnerships to improve services.

Recently, IS was honored by Skagit Valley College for its outstanding work with their students, serving as advisors for the Cooperative Internship Program and enabling SVC graduates to be hired in sought-after information-technology positions.

“We greatly enjoy supporting the Skagit Valley College program because it helps students gain on-the-job experience as well as providing some assistance to the IS staff,” said Steve Coryell, Island’s Network Engineer /Assistant Director of IS.

A recent letter regarding a former Island Hospital IS intern caught the eye of IS Director Tom Bluhm. “We received a very gracious letter about how important the time here was for one of our interns.”

The letter noted that employers were very interested in the Island Hospital experience one young man earned and that it made a huge difference in his self confidence and helped him get his foot in the door for a great job.

“This intern was not getting much interest prior to his internship



***IH Information Systems Department staff displaying award for outstanding support of Skagit Valley College interns are (from left) Network Engineer /Assistant Director Steve Coryell, Desktop Administrator Joe Bach and Network Administrator Aaron Bontrager.***

here, and once it was completed he was getting interview requests frequently. He was able to choose from several offers,” said Bluhm. “The letter went on to say that he will seek opportunities to help others as we helped him.”

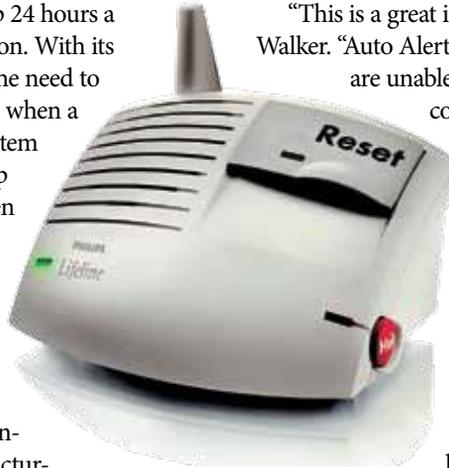
“Just about every one of us at Island Hospital can relate to a person or organization that helped us in our career and I feel great to know that we can help others.”

# Philips Lifeline wins award for design excellence

Lifeline Medical Alert Systems provide help 24 hours a day, 365 days a year, at the touch of a button. With its new innovation, Philips Lifeline has eliminated the need to actually “touch” a button to alert emergency help when a customer falls. The manufacturer’s AutoAlert system actually senses a fall and contacts emergency help automatically. As a result, Philips Lifeline has been honored with Silver Medical Design Excellence Award (MDEA) for its Lifeline with Auto Alert.

The MDEA competition is the only awards program that exclusively recognizes contributions and advances in the design of medical products in the U.S. Judges evaluated nominees based on innovation, design and engineering, benefits to patients, and cost-effectiveness in manufacturing and healthcare delivery.

Island Hospital’s Lifeline program offers the Auto Alert system at \$50 per month – a regular push-button unit runs \$40 monthly. The Auto Alert is only available with the necklace-style activation button while the regular unit is compatible with either a wristband or necklace.



“This is a great innovation,” said IH Lifeline Coordinator Bill Walker. “Auto Alert senses a fall by the person wearing it and, if they are unable, disoriented, immobilized or unconscious, it will contact emergency response automatically.”

Lifeline at Island Hospital provides subscribers local oversight, local phone number and exceptional customer service by Walker and Volunteer Craig Smith.

“Lifeline is like a seatbelt; it’s there when you need it most, and we have no idea when that might happen,” said Walker.

It is estimated that in 2011 more than 13 million people who are 65 years and older will fall. In an emergency, time is of the essence. Lifeline can help, by connecting those at-risk to the right help for the situation, 24 hours a day, 365 days a year at the

push of a button. Whether you need emergency services or just the assistance of a family member or friend to help you get back on your feet, we can help.

Contact the IH Lifeline program at (360) 293-7563 or [wwalker@islandhospital.org](mailto:wwalker@islandhospital.org).

## Surveys gauge IH patient satisfaction

Island Hospital has chosen Press Ganey, an established national performance-improvement firm to conduct patient satisfaction surveys. The firm partners with more than 10,000 healthcare organizations across the country to advance the quality of care and patient satisfaction.



Island Hospital uses the surveys to discover ways to improve the overall healthcare experience for patients according to Anita McCoy, IH Director of Quality and Risk.

“We value our patients’ feedback and use the information in these surveys to help us identify what we are doing well and where we can improve”, she said.

Press Ganey will be conducting surveys in a variety of ways:

- Hospital inpatients and those served by Home Health will receive surveys by mail
- Emergency Department patient surveys will be conducted by phone
- Hospital physician clinic surveys will be conducted by mail or email. Patients may choose to provide their email addresses to their clinics if they prefer to complete the survey on-line.

The Centers for Medicare and Medicaid (CMS) require that all U.S. hospitals that treat Medicare patients in an acute-care or home-health setting use a standardized method of collecting and reporting information about patient care experience. This allows for comparisons to be made locally, regionally and nationally. Overall survey results for each organization are made available to the public on the CMS website: [www.cms.gov](http://www.cms.gov).



- Arthritis
- Carpal tunnel syndrome
- Cubital tunnel syndrome
- Extensor tendon injuries
- Fractures of hand, wrist & fingers
- Ganglion cysts
- Nerve injuries
- Trigger finger

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# Orcas Medical Center joins Island Hospital

Orcas Medical Center (OMC), a family-medicine practice comprised of two physicians and a certified physician assistant (PA-C) has joined Island Hospital, which both organizations believe will enhance patient care for Orcas Island residents.

“Orcas Medical Center is a well-run family-practice clinic that is vitally important to the Orcas Island community,” said Island Hospital CEO Vince Oliver. “These excellent healthcare professionals provide high-quality primary-care services and are an outstanding addition to Island Hospital’s Family Care Clinics.”



**Anthony J. Giefer MD**

OMC will benefit from more-favorable reimbursements paid to a hospital-affiliated practice as well as Island Hospital’s purchasing power that will lower clinic expenses for medications, supplies and equipment.

“In the past several years, small family-medicine clinics such as ours find themselves facing greater and greater challenges in such areas as purchasing and employee-benefit costs,” said OMC Medical Director Anthony J. Giefer MD. “This relationship allows us to draw upon Island Hospital’s depth of expertise in all facets of operations and enhances our ability to provide primary and urgent care for our community.”

“We truly believe that this affiliation allows doctors to focus their efforts more on their patients and merges clinic business operations with our established organization,” said Oliver. “OMC has an exceptional clinical and administrative staff and Island Hospital staff involved in this transition have been very impressed by their concern for quality.”



**James Litch MD**

OMC provides a full range of primary-care services for all ages. Services include preventive care, chronic-condition management, dermatology, x-ray, immunizations and vaccines, mental health, FAA and CDL exams, health screenings, laboratory testing, minor surgery, respiratory therapy, suboxone treatment for opioid dependency and colposcopy. Travel consultations are available and OMC is certified to administer yellow fever and other vaccines. Around-the-clock emergency treatment is also provided.

Providing care at OMC along with Dr. Giefer, who also has a masters in public health (occupational medicine), are James Litch, MD, DTMH (diploma of tropical and medical hygiene), and Jean Bried, PA-C, certified in family practice with a masters in public health (epidemiology). Both physicians are board-certified in family-practice medicine.



**Jean Bried PA-C**

The Orcas Medical Center building is owned by Orcas Medical Foundation (OMF), the non-profit organization that has contracted with Island Hospital for management of the OMC practice. The Foundation was formed 55 years ago, when Orcas medical care was provided by one visiting



*Orcas Medical Clinic is located in Eastsound.*

physician one day a week, year-round, weather permitting.

Back then, residents raised enough money to build the island’s first clinic, a building that is now the Lower Tavern. The present OMC building, a large and modern facility, opened in 1992 in Eastsound.

Contact OMC at (360) 376-2561 or visit online at [www.orcasmedicalcenter.com](http://www.orcasmedicalcenter.com).

## *San Juan County residents: take a walk to Island Hospital!*

San Juan County residents can now get free round-trip taxi service from the Anacortes ferry terminal to Island Hospital or hospital-operated clinic or outpatient service. Any San Juan County resident coming for services at the facilities listed below is eligible for the free ride to and from the ferry terminal. Those who wish to use this service need only call Mert’s Taxi, (360) 299-0609, and arrange to be met upon arrival at the ferry terminal.

### Eligible services:

- Cancer Care Center
- Cardiopulmonary Care Center

- Center for Aesthetic, Reconstructive & Hand Surgery
  - Island Hospital\*
  - Island Hospital Physical Therapy & Rehabilitation
  - Island Hospital Sleep Wellness Center
- Eligible clinics:
- Anacortes Family Medicine
  - Fidalgo Medical Associates
  - Island Surgeons
  - Northwest Urology Clinic

\*Hospital services include diagnostic, laboratory, surgery, respiratory therapy, birth center and more.

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



# Relay for Life: Why they walk

The Annual *Relay for Life*, an event of the American Cancer Society that attracts millions of walkers in cities and towns across America and around the globe, is about ending cancer. It's about raising funds for critical research that will someday uncover a cure for the disease. But for those who participate year after year – for as many reasons as there are walkers – the Relay is about something more.



*Island Hospital staff who have helped raise more than \$50,000 for the Anacortes Relay for Life events include (from left) Jennifer Moehl RN, Cancer Care Center (CCC); Jean Houston, Pharmacy; Julie Lane, Materials Management; Jennifer Kube, Volunteer Services; Dorothy Engom RN, CCC; Rebecca Hobbs RN, CCC; and Lou Grogan RN, CCC.*



Luminaria spells it out.

*Photo by Leslie Dorn*

Jean Houston is a Pharmacy Technician at Island Hospital and she's been a part of the Anacortes Relay for Life for several years as a team captain and as an event committee member.

"It's really something to watch cancer survivors lead walkers around the first lap of the Relay," she says. "You can share their celebration of life and their fight to help find a cure for this disease."

Julie Lane works as a buyer in Island Hospital's Materials Management Department. She's been participating in the Anacortes Relay for nine years as a team member and a captain. Julie walks for her mother who is a six-year survivor of ovarian cancer and values the sense of community she experiences during the event.

"There's something about walking around the track hour after hour that encourages the sharing of stories and memories of those who mean the most to us," says Lane who joined with IH co-worker Lisa Parker, Materials Management, to walk this year. "It's a very special time."

For Jennifer Moehl RN and Rebecca Hobbs RN, who work in the Cancer Care Center at Island Hospital, walking in the Relay is an opportunity to show support for their patients and remember those who have lost their battle with cancer.

"We think it's important to let them know we care about them and that cancer impacts our lives even outside our work environment," says Moehl. "We want our patients to feel that we are part of their network of support."

As IH Volunteer Coordinator, Jennifer Kube understands the value of those who generously give their time to programs and services that benefit patients at Island Hospital.

"I think people who volunteer want to be part of something that makes a real difference

and Island Hospital has had many dedicated team captains and members over the 10 years," says Kube. "I walk in the Relay for Life so that someday my children - and every mother's children - will not have to worry about getting cancer. They say a cure is close, and I want to be a small part of the effort that ultimately finds it."

The 2011 Anacortes Relay for Life raised \$132,700 to advance research of the American Cancer Society. For information visit [www.relayforlife.org](http://www.relayforlife.org).

## Reach Out and Read



*Reach Out and Read, a program that gives youngsters a new book to keep when they come in for well-child visits, celebrates a \$6,000 donation from the Anacortes Noon Kiwanis Club. Island Hospital Family Care Clinics, Kiwanis and the Anacortes School District (ASD) cooperated in the effort, which is coordinated by MaryJo Christenson, ASD Early Childhood Outreach Coordinator. Involved in check presentation are (from left) Kiwanis Lt. Governor Twyla Brink, Anacortes School Foundation President Ed Hsu, ASD Superintendent Chris Borgen, Kiwanis member Chris Hartman and Fidalgo Medical Associates Pediatrician Jeanne Olmsted MD.*



*Bringin' the goods – delivering supplies to the IPCC are (from left) Bonnie Riley, Soroptimist International of Anacortes (SIA), Mary Kiel, Soroptimist International Fidalgo Island (SIFI); Elizabeth Evans, SIA; Katy Hetterle, IPCC; Nora McMillan ARNP, IPCC; Effie-Jo Lindstrom RN, IPCC; and Suzanne Harris, IPCC Director and SIFI member.*

## Soroptimists greatly support IPCC

Year after year, the local Soroptimist clubs – Soroptimist International Anacortes (SIA) and Soroptimist International Fidalgo Island (SIFI) – provide monumental support to the Island Prenatal Care Center (IPCC). The two groups combined earlier this year to hold the 4<sup>th</sup> Annual Community Baby Shower to collect donations of supplies and money for the center. This year, the Cultured Pearls knitting group donated handmade baby blankets as well.

IPCC provides access to maternity and infant care for low-income families and is the Anacortes provider for Maternity Support Services and Infant Case Management, part of the Washington State First Steps program. IPCC is located at 2601 M Avenue, Suite C, Anacortes, and can be contacted at (360) 293-6973. Donations are accepted throughout the year.



*Celebrating the donations of Soroptimist International Anacortes (SIA), Soroptimist International Fidalgo Island (SIFI) and the Cultured Pearls knitting group are Shirley Harrison, Cultured Purls; Judi Berlin, SIA; Rosie Noble, SIFI; Nora McMillan ARNP, Katy Hetterle and Effie Jo Lindstrom RN, IPCC; Shannon Woodall, Cultured Purls; Shirley Bowlin and Elizabeth Evans, SIA; and Kathi Borgen, SIFI.*

## Where should you go for care?

In times of injury or illness, it's difficult to decide which level of care one needs. Unless there is a life-threatening emergency, it is recommended that care starts with your personal clinic.

Your physician clinic is the place for common illnesses, minor injuries, regular physical exams and health advice when health when needed.

Urgent care clinics provide care for non-life-threatening medical problems that could get worse if not treated. Urgent care clinics offer walk-in visits and typically have weekend hours. The walk-in clinic at Anacortes Family Medicine (AFM) provides immediate care for common illnesses such as colds, flu, migraines and minor injuries such as sprains, cuts, burns, broken bones and eye injuries.

Emergency departments are for serious problems such as chest pain, severe abdominal pain, severe burns, breathing difficulty, sudden dizziness or loss of balance, numbness in face, arm or leg; severe headache, seizures, high fever or any condition felt to be life threatening. If you experience any of these, call 911 immediately or get someone to drive you to the nearest emergency department.

Anacortes Family Medicine is located at 2511 M Ave., Anacortes, and can be reached at (360) 299-4211.

**FOR HEART ATTACK  
OR STROKE  
CALL 911  
FIRST**

**CARE STARTS THE MOMENT YOU CALL  
NO MATTER WHERE YOU ARE.**

CardiacStrokeNetwork.org

# Added value makes Sleep Wellness Center best choice

In our 24/7 world, the Internet, round-the-clock cable TV and longer work shifts frequently crowd out sleep time. Add too much alcohol, caffeine, and nicotine, plus physical and emotional baggage and one can understand why so many Americans – more than 30 million – experience some level of sleep deprivation.

The lack of quality sleep on a regular basis can have serious health and quality of life implications according to Bruce Cox, Director of the Island Hospital Sleep Wellness Center.

“A growing number of risk factors are linked to chronic sleep loss including heart disease, diabetes, obesity, depression, stroke, and increased risk of developing dementia and Parkinson’s disease,” said Cox.

But risk issues don’t end there. Inadequate sleep has been pegged as the cause of injuries and mistakes in the workplace, vehicular accidents, poor performance and more. That risk can be greater in communities such as Anacortes – home to many who fly military and private aircraft; captain pleasure and working boats; operate farm, construction and industrial machinery and deliver healthcare services.

“These are jobs that require acute reflexes, keen attention to detail and high levels of alertness over long periods of time,” said Cox. “If they are performed by individuals who experience ongoing sleep problems, there could be tragic consequences.”

Until recently studies showed that sleep disorders have been underdiagnosed and under-treated. But that is changing. A growing number of sleep clinics now provide diagnostic testing and treatment for common sleep problems, but few can offer the state-of-the-art technology, the staff experience and expertise and the convenience, comfort



and amenities patients find at the Sleep Wellness Center at Island Hospital.

“It’s not simply a matter of doing a sleep study, recommending this or that equipment or regimen and declaring the problem solved,” said Cox. “After a thorough and intensive study, we follow up with patients to ensure that procedures and equipment we recommend are working for patients and they see improvement. If not, we give them further options.”

The Sleep Wellness Center also offers a range of durable medical equipment prescribed for sleep disorders, making it possible for patients to be fitted onsite and go home with everything they need.

“There’s a definite continuum of care that’s optimal for treating patients with chronic sleep disorders,” said Cox. “Not all sleep clinics can provide it, but we do. That’s part of the added value we bring to our patients.”

The Sleep Wellness Center at Island Hospital is located at 1110 22nd Street (corner of O Avenue), Anacortes. For more information or an appointment, call (360) 299-8676.

## Power up with a nap

Napping is not just for toddlers and the elderly anymore. Workplace studies show that short 20-minute power snoozes can refresh your brain, boost energy and spark creativity, while reducing the need for multiple caffeine breaks and falling asleep in your easy chair short of bedtime.

The benefits of napping include:

- Less stress - Studies show that stress hormone levels were lower in individuals who took short naps on a regular basis.
- Increased productivity - A 20-minute nap taken eight hours after you wake will do more for your alertness and stamina than snoozing another 20 minutes in the morning.
- Higher cognitive function - NASA research has shown that a 30-minute power nap can increase cognitive abilities by nearly 40%.
- Improved heart health - Grabbing 40 winks at mid-day may reduce the risk of death from heart disease – particularly in young men in good health.
- Motivation to exercise - Enough sleep can make a difference when it comes to exercise. Build up your energy reserve with a power nap.
- Better all-around health - Napping not only benefits general heart function, it spurs hormonal balance and cell repair through rejuvenating sleep.

## Body Contouring

- Abdominoplasty
- Body lift
- Gluteal augmentation
- Liposuction
- Thigh lift
- Upper arm lift

[slepyanbodycontouring.com](http://slepyanbodycontouring.com)



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## Yearly Celebration of Trees Planned



*The 2011 Celebration of Trees – with “A Holly Jolly Christmas: A Tribute to Burl Ives” as its theme – will be held Dec. 2 and 3 in the Port of Anacortes Events Center. Event chairs Sandy Childs and Colleen Craig lead the annual Island Hospital Foundation (IHF) event that will include a parade of gaily decorated trees and wreaths, activities for all ages and opportunities to spread some holiday cheer. On Dec. 2 the event is open to the community at no charge from noon to 8:30 p.m. A reception, live auction and entertainment by the Trish Hatley Quintet is scheduled for Dec. 3 and doors open at 5:30 p.m. Tickets to the reception and auction event are \$50 each and will go on sale beginning Oct 15. Call the IHF at (360) 299-4201.*

## Island receives \$25,000 grant for cancer research

The Heath Foundation of Beaverton, OR has awarded \$25,000 to Island Hospital to launch a cancer research program in conjunction with Swedish Hospital, Seattle. The grant proposal was submitted by the Island Hospital Foundation (IHF) and will allow cancer patients to enter research studies for new drugs and drug therapies while receiving care at Island.

“This grant allows our Cancer Care Center patients to receive the latest, most-advanced care here,” said Island Hospital CEO Vince Oliver. “Cancer patients are facing serious challenges and it’s a great benefit to avoid hours of travel for advanced care.”

The Heath family experienced death due to cancer first-hand and dedicated the family estate to support cancer research at rural hospitals. Linda Smiley, a close family friend serves as executive director of the Heath Foundation.

The new cancer-research program will provide patients with information, support and hope by providing promising medical interventions and the expertise to help navigate the complexities of living with a serious illness. Island Hospital will gain access to a growing wealth of cancer-therapy knowledge by participating in nationwide studies, as recipient and contributor.

“Our physicians can have full confidence that our Cancer Center is doing everything humanly possible during this true crisis in their patients’ lives, said Oliver.”

### Island Hospital Foundation needs your help!

Island Hospital Foundation is organizing a fundraising video and case-statement booklet focused on patient stories and the providers who care for them at Island Hospital.

### Please help us by sharing your story to feature in our video or booklet!

We are speaking with grateful patients now through Oct. 20th. Please contact Bernadette Molnar, IHF Development Coordinator at (360) 299-4201 or e-mail [bmolnar@islandhospitalfoundation.org](mailto:bmolnar@islandhospitalfoundation.org).

# Annual Golf Classic nets \$87,000

The 10<sup>th</sup> Annual Island Hospital Golf Classic 10<sup>th</sup> year had nearly 150 golfers help raise \$87,000 for hospital services and programs such as community health screenings, new technology and charity care.

Skagit Golf & Country Club was in great shape for the tournament, and the help of IH Auxiliaries and Volunteers help make it so successful year after year. Special appreciation to Ogden Murphy Wallace for support as title sponsor of the Classic.

## 2011 Golf Classic Winners:

1<sup>st</sup> place team low gross - Kaye-Smith (pictured)

1<sup>st</sup> place team low net - Amerinet

Longest drive (women) – Debbie Rue

Longest drive (men) - Mike Sible MD

Closest to the pin (women) – Danielle Cooper

Closest to the pin (men) - Andrew Spottswood

“Killer Bee” long drive - Jack Kennedy



# A “berry” good way to give

Don Kruse, of the family-owned Skagit Sun Farm in La Conner, has set up his berry stand at several Anacortes locations over the past 25 years, but today it stands across Commercial Avenue from Island Hospital.

“From the stand I can see the second-floor patient rooms”, said Kruse. “And since I was looking for a way to give back to the local community for supporting my business, I thought first of our hospital.”

For every flat of berries he sells this year, Kruse will give one dollar to the Island Hospital Foundation. As of Sept. 16 the donation had grown to \$3,569 and as berry season continues, it is still growing.

“This is our way of saying “thanks” to those who buy our berries and to our hospital that provides the healthcare services we value as a community.” said Kruse. “We plan to continue the \$1 per flat donation next year.”



Skagit Sun Farm owner Don Kruse with IHF Development Coordinator Bernadette Molnar.



## Justus “Ike” Schlichting passes

Justus “Ike” Schlichting passed away this past August. In 2008, Mr. Schlichting gave more than \$500,000 to the Island Hospital Foundation’s (IHF) Capital Campaign. Soft-spoken, kind, and gentle-natured, he noted at the time that he wanted to have a lasting impact on a hospital he held dear.

For decades, Ike worked as Vice President at Chicago-based Commerce Clearinghouse, Inc., publisher of loose-leaf tax and governmental regulation reports. Mr. and Mrs. (Jayne) Schlichting moved to Anacortes in 1994 and he joined the IHF Board in 1999.

“I especially like that the hospital focuses on serving the community; not just running a business operation,” he said in 2008.

## Remembering

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

### In Memory of:

- Emmy Backman
- William Derek Brine
- John Carabba
- Harry Eiesland MD
- Bev Snyder
- Cyndi F. Geiger
- Mary Elizabeth Lovegren
- Theresa Maticich
- Betty Pierson
- Dr. C. Raymond Pinson
- Justus “Ike” Schlichting
- William Turner
- Stacey Wegis
- Chris Whatley

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

1211 24th St.  
Anacortes, WA 98221  
Info: (360) 299-4201

# YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

**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](http://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.*

## Advanced 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. *Class limited to 10 people.*

When: Monday, Jan. 9, 10 – 11 a.m.

Where: IHRC Conference Room 3

Cost: FREE

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 donated by the cosmetic industry. 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: 3rd Monday of each month, 1 – 3 p.m.

Where: Guemes Room

Cost: FREE

Registration: 299-4200

## 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.

When: Thursdays, 6 – 8:30 p.m.

Nov. 3 – Dec. 15 (no Nov. 24)

Jan. 5 – Feb. 9

Mar. 1 – Apr. 5

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$95 for six-week session or free with DSHS coverage (Optional - \$15 for Simkin et al, *Pregnancy, Childbirth and the Newborn*, latest edition)

Registration: 299-1309

### Weekend Childbirth Classes

This two-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. Class must meet minimum registration requirements to be held.

When: Sat. & Sun., Oct. 22 & 23, 10 a.m. – 6 p.m.

Sat. & Sun., Dec. 17 & 18, 10 a.m. – 6 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

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

Registration: 299-1309

### Breastfeeding Matters



Topics include getting started with breastfeeding, its benefits 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 over 20 years.

When: Monday, Oct. 17, 5 – 6:30 p.m.

Monday, Dec. 12, 5 – 6:30 p.m.

Where: IHRC Conference Room 3

Cost: \$10 or fee waived for those with

DSHS coverage

Instructor: Effie-Jo Lindstrom BA, BSN, IBCLC

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

### Cloth Diapering 101



Curious about modern cloth diapering? Learn about reasons to choose cloth diapers and how to use and care for them. Various diaper styles will be shown with a discussion of the pros and cons

of each. Cloth diapering has come a long way and there are many options to choose from these days!

Michelle Bottorff is the owner of Green Diaper Demos and loves to share her passion for cloth diapering.

When: Wednesday, Nov. 16, 4 – 5 p.m.

Where: IHRC Conference Room 3

Cost: FREE

Instructor: Michelle Bottorff

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, Oct. 13, 3 – 5 p.m.

Thursday, Dec. 8, 2 – 4 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 299-1309

# YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

## *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. Call 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? If so 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. 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. Call 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. Call Pat Meyer RRT at 299-4242 for more information.

## *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 588-2083.

## *Driver's Safety*

### **AARP Driver's Safety Program**

During this two-session class intended for those 55 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 & Friday, Oct. 27 & 28,  
9 a.m. – 1 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$12 AARP members, \$14 non-members

Registration: 299-1309

## *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, Oct. 24, 1 – 2:30 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: FREE

Instructor: SHIBA Volunteer

Registration: Leave a message at 299-4204

## *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 and is currently teaching at the Anacortes Dance Center and Studio 1010.

When: Tuesdays, Oct. 18 – Dec. 20,  
6:30 – 7:30 p.m.

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

Cost: \$12 per class

Instructor: Beverly Swanson

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

## *Physical Therapy Programs*

### **Life & Therapy After Joint Replacement Surgery**

For those planning on having a total knee or hip replacement, join a physical therapist to get answers to your questions about returning to an independent lifestyle after surgery. Post-operative exercises and adaptive equipment, which can be brought to class, will be discussed.

When: Thursday, Oct. 20, 10 – 11:30 a.m.

Tuesday, Dec. 13, 10 – 11:30 a.m.

Where: IHRC Conference Room 3

Cost: FREE

Instructor: Island Hospital Physical & Occupational Therapists

Registration: Leave a message at 299-4204

### **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.

Reiko Nystrom is a Physical Therapist at Island Hospital Physical Therapy & Rehabilitation.

When: Tuesday, Nov. 8, 11:30 a.m. – 1:30 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$10

Instructor: Reiko Nystrom MPT

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

# YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

## Protect Your Back

Do you suffer from chronic back pain or discomfort, or do you want to learn how to keep your back healthy for years to come? Learn the basics of back care, including the proper way to sit, stand and carry items. Also, learn how to develop and/or maintain a strong core.

When: Thursday, Nov. 10, 9:30 – 11 a.m.

Tuesday, Jan. 31, 1 – 2:30 p.m.

Where: IHRC Conference Room 3

Cost: \$10

Instructor: Island Hospital Physical Therapist

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

## Osteoporosis:

### Exercise and Nutrition



Learn what types of exercises are most beneficial for your bones and which foods will help keep your bones strong. Come prepared to try some exercises you will be able to do at home.

Virgeen Stilwill is a Doctor of Physical Therapy at Island Hospital Physical Therapy & Rehabilitation and Beverly Swanson was trained as a nutrition educator at Bastyr University.

When: Thursday, Jan. 12, 2 – 4 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$10

Instructor: Virgeen Stilwill DPT &

Beverly Swanson, Nutrition Educator

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

## Self-Care

### Mind & Body Healing



Learn how neurofeedback can retrain the nerve pathways in the brain to help reduce chronic anxiety, mood swings, stress and more. This presentation is informational only as neurofeedback training is done in an office setting. Demonstrations of relaxation methods you can practice on your own will be included.

When: Monday, Oct. 24, 6 – 8 p.m.

Where: IHRC Conference Room 3

Cost: FREE

Instructor: Joan Cross PT, MPH, RC

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 three-session class includes breath awareness, mindfulness techniques and guided exercises.

Jan Hodgman, MA spent eight years in a Japanese Zen monastery and has more than 40 years of experience with meditation.

When: Wednesdays, Oct. 26, Nov. 2 & 9,

6:30 – 8:30 p.m.

Where: IHRC Conference Rooms 1 & 2

Cost: \$48

Instructor: Jan Hodgman MA

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

## Improving Your Aging Memory



Is your memory not quite how it used to be? Join Island Hospital's Speech - Language Pathologist, Alisha Kleindel, to learn strategies and activities to improve your memory

and keep your mind sharp.

When: Tuesday, Nov. 1, 9 – 10:30 a.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: FREE

Instructor: Alisha Kleindel MS, CCC-SLP

Registration: Leave a message at 299-4204

## Skin Care from Nature



Learn to make your own natural beauty oils for wrinkles, scars, acne, dry or oily skin and more! Hair oil treatments will also be included. Make your own to take home.

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

When: Monday, Nov. 7, 6 – 7:30 p.m.

Where: IHRC Conference Room 3

Cost: \$20, includes supplies

Instructor: Michelle Mahler

Registration: Mail in payment or 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! See "Skin Care from Nature" for instructor's information.

When: Monday, Dec. 5, 6 – 7:30 p.m.

Where: IHRC Conference Room 3

Cost: \$20, includes supplies

Instructor: Michelle Mahler

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

## Basic Nutrition



Knowing the basics of good nutrition can help you get the nourishment you need. In this class, you will learn how vitamins and minerals help our bodies function, why we need soluble and

insoluble fiber, how our bodies process fat, the importance of hydration and more!

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

When: Tuesday, Jan. 10, 7 – 8:30 p.m.

Where: IHRC Conference Room 3

Cost: \$15

Instructor: Beverly Swanson

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

## Special Events

### Treatments for Male Incontinence and Erectile Dysfunction



Dr. Darrell Cornelius of the Northwest Urology Clinic will discuss a wide range of treatment options, including medications and permanent solutions for erectile dysfunction and incontinence that can restore your quality of life.

The Northwest Urology Clinic specializes in providing care and education to men who suffer from these common conditions which are commonly caused by diabetes, prostate cancer or cardiovascular disease.

When: Wednesday, Oct. 19, 6 – 7 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: FREE

Instructor: Darrell Cornelius MD, FACS

Registration: Leave a message at 299-4204

# YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

## 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 video based 4- or 7-hour HIV/AIDS Training. Free for residents of Skagit, Island and San Juan counties. 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. Education about pregnancy, childbirth, diet, exercise, baby care and infant feeding is included. 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 personal response system that allows older adults living at home 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](mailto:wwalker@islandhospital.org).

### SHIBA HelpLine

Need free help understanding Medicare or finding affordable health insurance? All of this and more is available at Island Hospital's SHIBA HelpLine. Volunteers trained by the Office of the Insurance Commissioner are available to give free, unbiased information. SHIBA helps people of all ages with choices and problems involving: Medicare, COBRA, Long Term Care Insurance, private and non-profit health insurance, children's health insurance and "extra help" programs. Please call the SHIBA (Statewide Health Insurance Benefits Advisors) HelpLine at

## 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 call (360) 299-1309.

Name (please print)

Address

Phone: Day

Phone: Eve

♥ Class

Date(s)

Fee \$

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

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

299-4212 for an appointment.

### Anacortes Teen Clinic

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

### National Alliance on Mental Illness – Courses

NAMI of Skagit County, an affiliate of the National Alliance on Mental Illness, offers a variety of free programs specifically designed for people diagnosed with a mental illness as well as their family and friends. Programs include *Family to Family* – a course for family members with mentally ill loved ones; *Peer to Peer* – a course on recovery for any person with serious mental illness; *NAMI Basics* – a course for caregivers of children and teens who have been diagnosed with a mental illness; and *Next Generation* – a course offered in local schools to educate children about mental illness. Please contact Trish Rodriguez at 540-0795 or [mermama@gmail.com](mailto:mermama@gmail.com) for further information.

## Support Groups

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

### Headaches

2nd Wednesday, odd months, 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

## Other Anacortes Support Groups

### Alzheimer's

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

# YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

## 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)

### Sjögren's Syndrome

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

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

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

**Please give blood  
at Island Hospital**

**Tuesday & Wednesday,  
December 27 & 28  
10 a.m. - 4 p.m.**

**Island Health Resource  
Center Conference Rooms**

Reservations preferred,  
but not required.

Call 299-1309 for an  
appointment or info.

# 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 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.

## 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, Oct. 18, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: \$45

Appointments: Leave a message at 299-1367

## Clinical Breast Exams

During this screening, Amanda Markell, PA-C of Anacortes Family Medicine will examine your breasts to detect any abnormalities that may require further diagnosis. Appointments are required!

When: Tuesday, Oct. 25, 8 a.m. – Noon

Where: Island Health Resource Center

Cost: FREE

Appointments: Leave a message at 299-1367

## Memory Awareness Screening

Are you or a loved one becoming more forgetful or maybe have started to misplace 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, Nov. 15, 9 – 11 a.m.

Tuesday, Jan. 3, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: FREE

Appointments: Leave a message at 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, Nov. 8, 8 a.m. - noon

Where: Cardiopulmonary Rehabilitation Education Room

Cost: FREE

Appointments: Leave a message at 299-1367

## Cholesterol & Glucose Screening

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. Your results will be sent to you in the mail. **No appointment required. First come, first served.**

When: Tuesday, Jan. 10, 8 – 11 a.m.

Where: Island Health Resource Center

Cost: \$10

Questions: 299-1309

## 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, Jan. 31, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: \$5

Appointments: Leave a message at 299-1367

# SHIBA can help with health-insurance questions

Island Hospital sponsors the SHIBA (Statewide Health Insurance Benefits Advisors) HelpLine. Located in the Island Health Resource Center, the program has trained volunteer counselors to assist you in understanding your health-insurance choices. The volunteers work under the auspices of the Washington State Office of the Insurance Commissioner and undergo specialized training as well continuing education to ensure they have the latest health-insurance information.

SHIBA Volunteers can help with

- Those under 65, low-income, disabled and Medicare-eligible clients. We try to connect you with the most appropriate resources for your situation.
- Apple Health for Kids program which is available to children under 19 who meet eligibility requirements. Coverage is discounted or free depending on parents' income. Application forms are available in the Resource Center's SHIBA office.
- The Washington Health plan is comprehensive – including medication coverage – and available to all state residents who are not eligible for Medicare or Medicaid. This plan may work for those who have lost insurance coverage and have no COBRA benefits.
- Medicare-eligible clients who want to change their Part D prescription drug plan or their Medicare Advantage plan during the annual Medicare open-enrollment period Oct. 15 through Dec. 7

Limited appointments are available starting Oct. 17. Please call (360) 299-4212 as soon as possible to schedule.



## Do you have a loved one who needs help with:

**Problem-solving?**

**Performing daily-living functions?**

**Developmental problems?**

**Neurological concerns?**

**Physical impairment?**

**Occupational Therapy can help.**

Our Occupational Therapists (OT) help people of all ages successfully engage in the activities of daily living. This includes working with children who have developmental concerns, or adults with physical or neurological handicap. Our OTs can help children with fine-motor coordination to independently complete schoolwork; or modify an adult's environment to live independently.

For information call **360.299.1328**



ISLAND HOSPITAL  
PHYSICAL THERAPY  
& REHABILITATION

[www.islandhospital.org](http://www.islandhospital.org)

# Medicare Q&A

By Kirk Larson  
Social Security Western  
Washington Public  
Affairs Specialist



**Q - Who is eligible for extra help with Medicare prescription drug costs?**

A - Medicare beneficiaries with limited income and resources may qualify for extra help. The extra help can save them money. It pays part of the monthly premiums, annual deductibles, and prescription co-payments under the new Medicare prescription-drug program. The extra help is estimated to be worth an average of \$4,000 per year. Apply at [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp).

**Q - Is it true that if you have low income you can get help paying your Medicare premiums?**

A - Yes. If your income and resources are limited, the state may be able to help with your Medicare Part B premium, deductibles, and coinsurance amounts. State rules vary on the income and resources that apply. Contact your state or local medical assistance, social services, or welfare office, or call the Medicare hotline, 1-800-MEDICARE (1-800-633-4227), and ask about the Medicare Savings Programs. If you have limited income and resources, you also may be able to get help paying for prescription drug coverage under Medicare Part D. Call Social Security at (800) 772-1213 – TTY users should call (800) 325-0778 – or visit any Social Security office. Also, see our publication, Medicare (Publication 10043), at [www.socialsecurity.gov/pubs/10043.html](http://www.socialsecurity.gov/pubs/10043.html). For even more information, visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov).

**Q - If I have a question about my Medicare bill, who should I contact first?**

A - First, contact your provider. If you are unable to get your question answered or problem resolved, then contact 1-800 MEDICARE. For more information about Medicare benefits, visit [www.Medicare.gov](http://www.Medicare.gov).



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1211 24th Street  
Anacortes, WA 98221

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**Walk-ins Welcome!**

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*We accept TRICARE & most insurance plans*