



ISLAND HOSPITAL

Spring/Summer 2015

# Heartbeats

*Magazine*

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welcomed to Island  
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# Commissioner's Message

## Important healthcare decisions you need to make

By Jan Iversen

Island Hospital Board of Commissioners

On April 16, National Healthcare Decisions Day was recognized across our nation to help raise awareness about the importance of healthcare planning. Information was distributed about how to talk to family and healthcare providers about end-of-life wishes, how to make those wishes known and how to fill out an Advance Directive.

At Island Hospital, we make these materials available at no charge in the Island Health Resource Center on the hospital campus. The Resource Center can be reached at (360) 299-1397. It is vitally important for each of us to learn the reasons to have these forms and how to properly fill out and submit to our medical records. You should also discuss this with your primary-care provider.



Jan Iversen

### Federal Patient Self-Determination Act

The Federal Patient Self-Determination Act requires that all Medicare-participating healthcare facilities inquire about and provide information and education to patients on Advance Directives. All healthcare facilities are required to:

- Provide information about healthcare-decision-making rights.
- Ask all patients if they have an Advance Directive.
- Educate their staff and community about Advance Directives.
- Not discriminate against patients based on an Advance Directive status.

Unfortunately, too few are making these decisions, which can cause problems within the family when a loved one reaches the end of life. According to the U.S. Agency for Healthcare Research and Quality (AHRQ):

- Less than 50% of the severely or terminally ill patients studied had an Advance Directive in their medical record.
- Only 12% of patients with an Advance Directive had received input from their physician in its development.

Pew Research in 2006 found that 84% of the public approves laws that let terminally ill patients make decisions about whether to be kept alive for medical treatment.

You should learn about your options. All of us at Island Hospital hope you will get the information and education you need to make the best decision for you.

For more information about the hospital commission, visit [www.islandhospital.org/leadership](http://www.islandhospital.org/leadership). Here you'll find our meeting schedule, contact information and much more.



Mike Sible MD and Kristine Schmaltz MD

## Surgeons Kristine Schmaltz MD, Mike Sible MD bid farewell

Last month Island Hospital bid a fond farewell to two distinguished surgeons who helped Surgical Services become prominent throughout Washington State.

In 1989, Kristine Schmaltz MD and Mike Sible MD were introduced as new surgeons joining surgeon Wally Schwenk MD at Island Surgeons. At that time they noted the area's natural beauty and quality of the Island Hospital staff.

They found their new home and over the next 26 years Drs. Schmaltz and Sible provided general, thoracic and vascular surgery at Island Hospital. Over the next quarter century the quality of their services and patient relationships became renowned throughout the region.

Their practice included abdominal, thoracic (chest, vascular, breast and laparoscopic surgery) and endoscopies (colonoscopies and EGD's), as well as cancer surgery (breast, colon and lung). They also provided trauma surgery at Island Hospital, allowing the Emergency Department to maintain a Level III trauma center rating.

"It's difficult to overstate how important Kris and Mike have been for Island Hospital and our community," said Robert Prins MD, IH Chief Medical Officer. "Their dedication and commitment to their patients, staff and all of us in the hospital family will be missed."

## 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, Aug. 17, 10 – 11 a.m.**

**Where: Fidalgo Room**

**Cost: FREE**

**Registration: (360) 299-4204**



# As I See It...

By Vince Oliver, IH Chief Executive Officer

## Assessing community needs

Island Hospital and hospitals across the U.S. are facing significant challenges recruiting physicians. To comply with Internal Revenue Service regulations, we must have a Community Need Physician Supply/Demand Analysis in place. This is required for Island Hospital to offer contracts to physicians.

This document provides key information about our community physician needs including population, age of the community and survey of residents. It is important to have this in place as we recruit through 2018, to ensure we are putting forth efforts to have the correct number – and correct mix of specialists and family practice physicians – to meet community needs.

We have hired the Champion Group to perform this research and provide a comprehensive report to project physician supply and demand for the hospital service area over the next three years. This report will provide recommended physician levels and demand for each relevant specialty based on demographic, attrition analysis and standardized demand physician-to-population ratios.

This review will consider the physicians we have now and compare the data to current and forecasted population requirements for each specialty. It will consider all practices and services within the service area that would potentially have an impact on the delivery of patient care. The report also must take into consideration those doctors who may be retiring in the near future. And just as important, the consulting engagement will incorporate survey results conducted over the past few weeks of over 300 community residents to understand their perspective on

physician practice patterns, wait times and accessibility.

This assessment will include analyses to ascertain the most accurate depiction of the service area, including but not limited to:

- Market and economic trends that may affect the physician supply, access to each specialty, closed/limited to new Medicare or Medicaid patients or other payers.
- Access to providers for new patients including appointment wait times, is assessed for every practice in the service area with aggregate percentages by specialty.
- Staffing of family practices with advanced registered nurse practitioners (ARNPs) and physician assistants (PAs).
- Aging physician workforce is defined and compared to the national benchmarks.

We are very happy to have so many new physicians join us. As you'll see in the following pages, we have added providers to virtually all of our clinics, as have some of the clinics not operated by Island Hospital.

There is still much work to do and provider recruitment will continue to be a top priority. I assure you that we will do all we can to bring the best primary-care and specialist providers to Island Hospital.

For information about Island Hospital, I encourage you to visit [www.islandhospital.org](http://www.islandhospital.org). If you have any comments, questions or concerns, feel free to contact me directly at (360) 299-1300, ext. 2411 or [voliver@islandhospital.org](mailto: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:

#### COMMISSIONERS

c/o Administration  
1211 24th St.  
Anacortes, WA 98221-2590

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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.



# IH farm stand opens June 9

When it comes to fresh fruits and vegetables, the Island Hospital farm stand, sponsored by the IH Employee Wellness Program, is the perfect place to shop. The farm stand features local produce from Schuh Farms in Mount Vernon along with fruits and vegetables grown in the sunshine of eastern Washington.

Kick-off for the 2015 farm stand is on Tuesday, June 9 and will run every Tuesday from 11 a.m. to 4 p.m. through Sept. 8 in the courtyard adjacent to the hospital's 24th Street main entrance.

This year the farm stand will feature:

- Fresh, local produce from Schuh Farms
- Local jams and honey
- Fresh bread, biscuits and shortcake from the Breadfarm
- Fruit pies baked that morning
- Gluten-free baked goods from Old Wooden Spoon Bakery
- Gluten-free skin and beauty products by Perfectly Posh
- Recipes and health/nutrition tips

## Fresh-to-Go bags

Weekly Fresh-to-Go (FTG) bags are available to pre-order for \$10. The bags contain five to seven produce items and are pre-bagged and ready for easy pick-up at the farm

stand. What you get in your FTG depends on the season. Anyone interested in receiving the FTG weekly email notice, listing the produce they can expect to find in that week's bag and instructions on how to pre-order a bag, can contact Suzie DuPuis RD at farmstand@islandhospital.org with your full name, email address and phone number.

## 5 benefits of shopping at the farm stand

1. Enhanced flavors and textures - Fruits and vegetables that are grown locally and picked only when ripened to perfection – no long distance shipping or sitting for weeks to ripen – are the most flavorful and have the best texture.
2. Support local farmers - Buying locally supports small family farms.
3. Protect the environment - On average, food in the U.S. travels 1,500 miles using large amounts of natural resources to get to your refrigerator. Shopping locally reduces the use of fossil fuels, packaging and pollution.
4. Important nutrients for your body - Fresh produce not only tastes great but provides important nutrients, such as antioxidants and phytonutrients, for improved health.
5. Builds community - Shopping at the



*A wide range of fruits and vegetables is available at the Island Hospital farm stand, which starts June 9 in the courtyard adjacent to the main 24th Street entrance.*

farm stand is fun and there is so much that can be learned from the farmers who grow their own food or artisans who make their own products.

# Auxiliary sale welcomes seasonal change

A sure sign of spring at Island Hospital is the annual Easter Basket sale sponsored by the IH Auxiliary. This year happy buyers took home goody-filled baskets, with all profits going to the Island Hospital Foundation (IHF) to fund programs and equipment that benefit patients and their families.

Another popular Auxiliary event, the annual February Candy-gram exchange saw nearly 350 chocolate bars distributed among Island Hospital patients and staff.

The Auxiliary has provided financial support for the tobacco-prevention program initiated by the Merle Cancer Care Center at Island Hospital. Patient Navigator Kelsey Jenison makes presentations to area schools, teen centers and clubs to demonstrate the damaging effects of tobacco use. The goal of the program is not only to keep students from smoking, but to empower them to discourage the habit among family members.

The Auxiliary also has donated \$500 to the IHF to help subsidize housing for patients who come to Island Hospital for short-term cancer treatments. This gift was matched by the Foundation to support

this important service, provided in partnership with the Cap Sante Motel, Anacortes. Additionally, the Auxiliary continues to donate handmade heart pillows which bring comfort to patients who have undergone breast surgery at Island Hospital. The popular pillows also are for sale at Gifts & More, the hospital gift shop.

Newly announced Auxiliary officers for 2015-16 are Betty-Anne Ely, Chair; Kathy Morgan, Vice Chair; Tamara Satko, Secretary;

Margaret Reed, Treasurer; and Joan Fossum, At-large. The group always welcomes new members to its luncheon meetings held in the Island Hospital Burrows Room at 11:30 a.m., on the first Monday of each month except July, August and September.

Be sure to mark your calendar and save your change for the Auxiliary's annual Penny Drive, scheduled for July 28, from 8 a.m. to noon on the IH campus. That's the same day as the cholesterol screenings regularly sponsored by Island Hospital Foundation.

For more information on the Auxiliary, call the Island Hospital Foundation at (360) 299-4201.



*Island Hospital Auxiliary members at the annual Easter Basket Sale are (from left) Karen Edwards, Shirley Smith, Joan Fossum and Tamara Alcorn Satko.*

## Island Hospital ranks 3rd in WA for quality

Island Hospital ranked 3rd in WA for earning high scores for quality from Medicare patients who received care in 2013, according to an article in the Seattle Post-Intelligencer (PI). In the survey, 79 percent of Island's patients scored their care a 9 or 10.

The PI based the rankings on the U.S. Department of Health & Human Services-required surveys of patients who have stayed at Medicare-eligible hospitals. The PI ranked Washington State's top hospitals based on how these patients scored their care on a scale of 1 to 10, with 10 being highest. The Centers for Medicare & Medicaid Services requires all Medicare-eligible hospitals to survey patients, with the results published in the annual Hospital Consumer Assessment of Healthcare Providers and Systems Patient Survey.

"We are very pleased by these rankings that substantiate our quality-of-care initiatives as well as our focus on the Island Hospital Promise," said Vince Oliver, hospital chief executive officer. "This honor is shared by each and every Island Hospital employee and physician, as well as our Board of Commissioners."

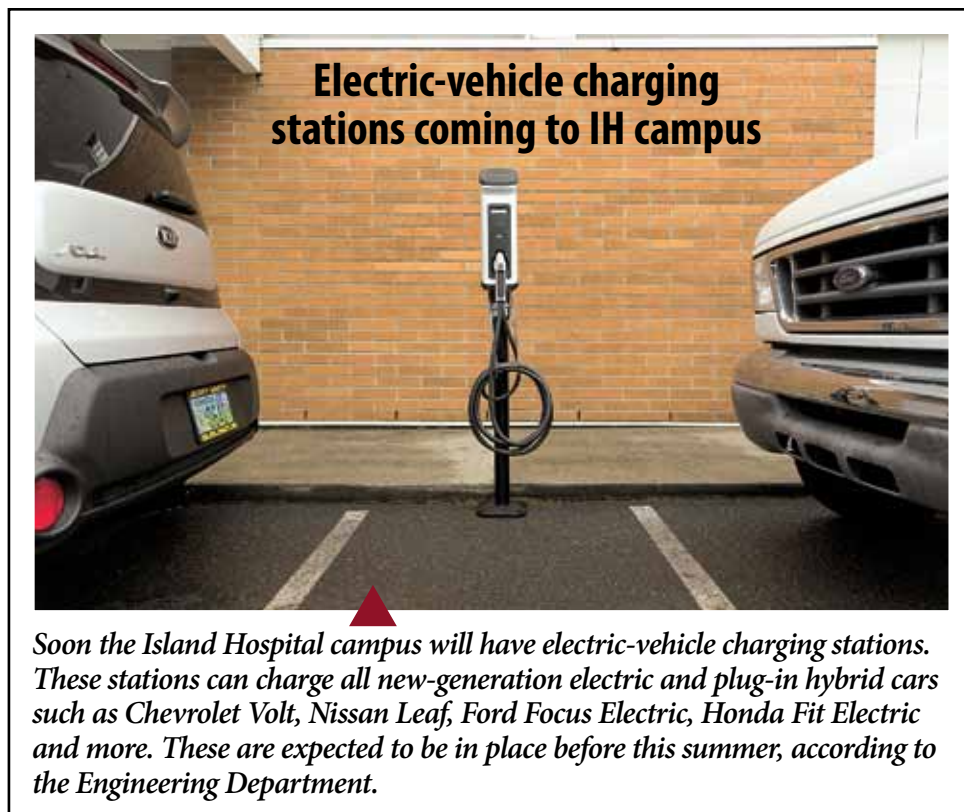
NOTE: To view the article, visit [www.islandhospital.org](http://www.islandhospital.org).

## Island Hospital earns HEALTHSTRONG designation

Island Hospital has been named as one of the nation's HEALTHSTRONG Hospitals by iVantage Health Analytics.

The study and announcement of the 2015 HEALTHSTRONG Hospitals highlights top performing hospitals as determined through the Hospital Strength INDEX™. The annual INDEX study is one of the industry's most comprehensive rating systems of hospitals and the results recognize the top performing hospitals – measuring them across 62 performance metrics, including quality, outcomes, patient perspective, affordability and efficiency. More information and study findings can be found at [www.ivantageindex.com](http://www.ivantageindex.com).

"We are proud to be recognized as a HEALTHSTRONG Hospital. We place a tremendous emphasis on quality, performance and satisfaction, and this recognition is a great



affirmation that our efforts are making a difference in the hospital and the local community," said IH CEO Vince Oliver.

According to Araby Thornewill, president of iVantage Health Analytics: "As the industry continues to evolve toward value-based delivery models, the Hospital Strength INDEX provides a unique perspective into how hospitals are responding to unprecedented change as well as advancing toward the ultimate goal of higher quality care at lower cost."

iVantage provides advisory and business analytic services that use customized platforms to drive sustained, evidence-based results. For more visit [www.ivantagehealth.com](http://www.ivantagehealth.com).

## Island earns gold award from NWCAA

The Northwest Clean Air Agency has recognized Island Hospital with its Partners for Clean Air Gold Award for working to reduce emis-

sions and improve air quality in our community.

The Partners for Clean Air program offers recognition for upgrades and improvements that save energy or reduce pollution. To receive recognition, businesses must meet specific criteria at silver, gold and platinum levels.

To earn this designation, Island Hospital in the last three years has had no NWCAA violations and implemented clean-air practices in at least two of the following four pollution-prevention categories:

- Energy efficiency - lighting, heating/cooling, water heating, equipment, combustion.
- Emissions reductions - process changes, material substitution, etc.
- Sector specific - air pollution prevention practices related to your specific business sector (gas stations, boilers, dry cleaners, surface coaters, etc.).
- Transportation - trip reduction, no-idle policies, cleaner fleets, diesel retrofits, etc.

Island Hospital actually showed improvements among all four categories. For more information about Partners for Clean Air and the Northwest Clean Air Agency visit [www.nwcleanair.org](http://www.nwcleanair.org).





# Dr. Foist joins Fidalgo Medical Associates

**D**r. Nadine Burrington Foist MD, FACOG has joined Fidalgo Medical Associates (FMA) at Island Hospital where she provides a clinical obstetrics and gynecology practice with special emphasis on minimally invasive surgery. Dr. Foist is currently seeing patients at FMA.

"I believe the key to a successful patient relationship is to listen carefully and involve them in the decision-making process," Dr. Foist said.

She earned her Bachelor's degree in science from the University of Chicago, Champaign-Urbana, IL and attended medical school at the University of Chicago, Chicago, IL. Dr. Foist completed an internship at the University of Colorado, Denver, CO and a residency at the University of Colorado Medical Center and Affiliated Hospitals, Denver. She is certified by the American Board of Obstetrics and



Gynecology and is a member of the Washington State Medical Association and the Seattle Gynecological Society.

Prior to joining Fidalgo Medical Associates, Dr. Foist was in private practice with the North Cascades Women's Clinic in Mount Vernon, WA from 1990-2015. She also is a past Chief of Surgery at United General Hospital, Sedro-Woolley, WA and at Skagit Valley Hospital, Mount Vernon. Dr. Foist values long-term relationships with her patients and takes pleasure in seeing the children she delivered become healthy, successful members of the community and have children of their own.

A 25-year resident of Skagit County, Dr. Foist is an avid Seattle Mariner and Seahawks fan who also enjoys boating, crabbing, hiking, camping and reading.

For an appointment with Dr. Foist, call FMA at (360) 293-3101.

## Skagit Regional Clinics – Urology welcomes Dr. Sandra Hadjinian



**S**andra J. Hadjinian MD, who has joined the Skagit Regional Clinics – Urology, brings a broad range of laboratory research experience to the group practice and

new perspectives to benefit area patients.

Dr. Hadjinian received a Bachelor's degree in microbiology from Kansas State University, Manhattan, KS and attended medical school at the University of Kansas Medical Center, Kansas City, KS. She completed an internship in general surgery and a residency in urologic surgery at the University of Kansas and served a fellowship in association with the Society of Urologic Oncology at Virginia Mason Medical Center, Seattle, WA. During her medical education and training she was the recipient of numerous scholarships and awards.

Prior to joining SRC-Urology, Dr. Hadjinian was with the Department of Urology, Kaiser Permanente, Vacaville, CA. She is currently licensed to practice in the states of Washington and California, is a Diplomate of the American Board of Urology and is a member of the American Urological Association and the Society of Urologic Oncology. Dr. Hadjinian has conducted research and delivered presentations on urology and related subjects before a broad range of professional audiences

throughout the U.S. and Canada.

SRC – Urology is located at 1213 24th St.,

Anacortes. For appointments, call (360) 293-2173.





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## Anacortes Family Medicine welcomes Dr. Tari Roche



**T**ari Lynn Roche DO has joined the practice of Anacortes Family Medicine (AFM) at Island Hospital and is now seeing patients.

Dr. Roche received Bachelor of Sciences degrees in zoology and psychology from the University of Washington and a Doctor of Osteopathy degree from the College of Osteopathic Medicine of the Pacific (now Western University of Health

Sciences). She served an internship and a family-practice residency at Riverside Osteopathic Hospital, Trenton, MI and a third-year post-graduate residency at Botsford General Hospital, Farmington Hills, MI.

Prior to joining AFM, Dr. Roche was a staff physician in private

practice in Watsonville, CA, at the Seamar Clinic, Marysville, WA and at the Cascade Valley/Smokey Point Family Medicine & Urgent Care Clinic, Arlington, WA. She also has worked for Planned Parenthood and specializes in primary care, women's health and well-child care.

Dr. Roche served as Chief of the Family Practice Department, Watsonville Hospital and as an Assistant Clinical Professor at Western University of Health Sciences and at the Northwestern School of Osteopathic Medicine.

Dr. Roche is certified by the American Board of Osteopathic Family Practitioners and is a member of the American Osteopathic Association, the American College of Osteopathic Family Practitioners and the Washington Osteopathic Medical Association.

## David Shanholtzer joins The Walk-In Clinic



**A**n experienced nurse practitioner who has cared for a wide range of patients in primary, urgent and emergency-care settings, and as an able clinic manager, David B. Shanholtzer

RN, MSN, APRN-BC has joined the The Walk-In Clinic at Island Hospital.

Shanholtzer earned a Bachelor of Science degree in nursing from the Medical University of South Carolina, Charleston, SC and is a graduate of the Nurse Practitioner & Clinical Nurse Specialist Program, with a Master of Science in nursing degree from the University of Maryland School of Nursing, Baltimore, MD.

Prior to joining the The Walk-In Clinic, Shanholtzer was an urgent-care provider at Urgent Care Extra, Las Vegas, NV and at the Dayton Urgent Care Clinic, Carson Tahoe Health, and Dayton, NV. He also was an urgent, emergency and primary care provider at the Irwin Army Community Hospital, Fort Riley, KS and provided primary and emergency care while managing clinical staff members on the USS George H. Bush, Newport News, VA and at the National Naval Medical Center, Bethesda, MD.

Additionally, he was a care provider with Cardiovascular Associates, Chesapeake, Newport News and Virginia Beach, VA and served as a manager, supervisor and staff nurse at Navy hospitals in Portsmouth, VA, Charleston and Okinawa, Japan.

Shanholtzer is licensed to practice as a registered nurse and an advance registered

nurse practitioner in Washington and several other states. He is certified by the American Nurses Credentialing Center and is a member of Sigma Theta Tau, the national nursing honor society.

In returning to Washington, Shanholtzer and his wife considered moving to Spokane where family members reside, but instead chose to live in "beautiful Anacortes".

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# Island Surgeons welcomes new surgeons

**I**sland Surgeons at Island Hospital has added two renowned surgeons to serve the patients of our community. Island Surgeons is located at 1213 24 St., Suite 700, Anacortes. For appointments call (360) 293-5142.



### **Luis M. Arrazola MD**

Luis M. Arrazola MD, who recently joined Island Surgeons at Island Hospital, has a broad educational background and a wide range of profes-

sional experience in both the U.S. and other countries. He is currently seeing patients.

Dr. Arrazola received a degree in biology from Basque Country University, San Sebastian-Donostia, Basque Country and a degree in medicine from Navarra University, Pamplona-Irunea, Navarra-Spain. He completed several surgical electives in Spain, Africa, England, Southeast Asia and the U.S. and a general surgery residency at the University of Kentucky Department of Surgery, Lexington, KY.

Dr. Arrazola also completed surgical fellowships in kidney, pancreas, small bowel,

liver transplantation and complex hepatobiliary surgery at the University of Minnesota, Minneapolis, Columbia/Cornell Universities, New York, and Memorial Sloan Kettering Cancer Center, New York.

Prior to coming to the West Coast, Dr. Arrazola served as the Director of the Living Donor Liver Transplant program at Johns Hopkins University School of Medicine, Baltimore, MD and as the Vice Chairman, Surgical Education, Department of Surgery at Walter Reed Army Medical Center, Washington, D.C. While on the West Coast, he served as the Surgical Director of the Center for Liver Diseases at Swedish Medical Center in Seattle and practiced in other hospitals in Washington and Oregon. He has a very strong commitment to surgical education worldwide and is a consultant in multiple hospitals and universities in Africa and Asia.



### **Leah Oman MD**

With an extensive background in general surgery and research, Mary Leah F. Oman MD brings expanded capabilities to the practice of Island

Surgeons at Island Hospital.

Dr. Oman earned a Bachelor of Science degree in biochemistry from Texas A&M University, College Station, TX and a Medical Doctorate degree from Texas Tech University Health Sciences Center School of Medicine, Lubbock, TX. She served a residency in general surgery at the University of South Carolina/Palmetto Richland Memorial Hospital and a fellowship in breast disease at the hospital's Comprehensive Breast Center.

Before joining Island Surgeons, Dr. Oman was a general surgeon at Northwest Arkansas Surgical Clinic, Springdale, AR; at Mercy Health Systems, Rogers, AR; and at Whidbey General Hospital, Coupeville, WA. She also served as Chief of Surgery at Willow Creek Women's Hospital, Johnson, AR and as a research technician at Texas Tech University Health Sciences Center's Departments of Surgery and Biochemistry.

Dr. Oman has been the recipient a numerous awards and research grants. She is affiliated with the American Medical Association, the Washington State Medical Association and the American Society of Breast Surgeons.

## *Providers join Island Internal Medicine*



### **Trent Sensiba DO**

Island Internal Medicine (IIM) recently added two providers. Trent Sensiba DO has joined the practice where he will serve as a hospitalist at Island Hospital, in addition to seeing patients at the practice's Anacortes office.

Dr. Sensiba earned an Advanced EMT degree from the College of the Desert, Palm Desert, CA and a Bachelor of Science degree from Portland State University, Portland, OR. He received a Doctor of Osteopathic Medicine degree from the Pacific Northwest University College of Osteopathic Medicine, Yakima, WA where he was a member of Sigma Sigma Phi Osteopathic Honors Society. He also served an internship and residency in internal medicine at Skagit Valley Hospital, Mount Vernon, WA where his special interests included hospital medicine and critical care.

Since 2012, Dr. Sensiba has held a Washington State Postgraduate Limited License and anticipates board certification in internal medicine in May 2015. He is a member of the American Osteopathic Association, the American Association of Osteopathic Internists, American College of Physicians, American Medical Association and the Washington Osteopathic Medical Association.



### **Diana Bartlett MSN, ARNP**

Diana Bartlett MSN, ARNP brings a broad background in palliative care and emergency/trauma nursing to patients of Island Internal Medicine.

Bartlett received advanced training as a combat medic with the U.S. Army at Fort Sam Houston Armed Forces Medical Center, San

Antonio, TX, an Associate degree in science and nursing from Florida State College, Jacksonville, FL, and a Bachelor of Science degree in nursing from Washington State University, Pullman, WA. Her Master of Science in nursing and adult-gerontology nurse practitioner degrees were awarded by George Washington University, Washington, D.C.

Before joining Island Internal Medicine, Bartlett was a Palliative Care Nurse Case Manager at Harborview Medical Center, Seattle, WA and she has worked as a Hospice Registered Nurse Case Manager at Hospice of the Northwest, Mount Vernon, WA and at Capital Hospice, Falls Church, VA. She also served as an RN in the Emergency Departments of Island Hospital; Naval Air Station Whidbey Island, Oak Harbor, WA; and Shand's Hospital, University of Florida, Jacksonville. Bartlett is licensed as a Registered Nurse and as a Certified Hospice and Palliative Nurse in Washington State.

*Island Internal Medicine is located at 912 32nd St., Suite A, Anacortes. For appointments, call (360) 293-4343.*



# Aquatic Physical Therapy: Going with the flow

**P**hysical, Occupational & Speech Therapy at Island Hospital (POST), in partnership with Fidalgo Pool & Fitness Center, is offering Aquatic Physical Therapy to a range of patients, allowing them to exercise in ways that would not be possible out of the water.

Aquatic therapy is a highly beneficial treatment option for post-surgical patients and those with musculoskeletal injuries, arthritis, stroke, acute/chronic pain and general weakness, according to Sheryl Kylo PT, who oversees the program. "Water's buoyancy reduces the effects of gravity which allows an increased range of motion in joints and movement with less pain," she says. "Also, because water is many times more resistive than air, aquatic therapy can make exercise more productive and increase strength in weakened muscles."

Kylo works one-on-one with her patients, including some who are not able to stand or walk unaided. But assisted by the facility's hydraulic lift and supported by the buoyancy of water, they are able to perform customized exercise movements geared to increase comfort, mobility and function. Participants do not have to know how to swim to benefit from this therapeutic option.

Kylo has been trained in multiple specialized aquatic-therapy techniques and she also works with patients with neurological conditions, including children with autism and other developmental disorders. "They benefit from the water's sensory input and the opportunity to explore movement often not possible on land," she says. "The thera-



*Patient Bob Shaeffer considers Sheryl Kylo PT as "extremely knowledgeable" and "a joy to work with."*

peutic play we employ in the fun environment of the pool can improve their gross motor skills and ability to function in positive ways at home and with their peers."

For more information on Aquatic Physical Therapy with POST, call Sheryl Kylo at (360) 293-1328.



*Patient Eli Compton, who was three years old at the time of this photo, enjoys his pool-therapy with Sheryl Kylo PT.*

## Patient praises IH Aquatic Therapy Program

I've been treated by a dozen or more physical therapists over the last 40 years for injuries of most every joint in my body. Sheryl Kylo is one of the best therapists I have ever worked with. She has helped me rehab from two hip replacements, a total-knee replacement, shoulder surgery and back problems. Not only is she extremely knowledgeable, but she is a joy to work with.

I have watched Sheryl work with people ages 5 to 90 years old in the pool, and seen the progress they have all made. It is truly amazing! Personally, Sheryl has made a real difference in my life. Not only helping me recover from injuries and major surgeries, but helping me develop a program for continued joint health.

Sincerely,  
Bob Schaeffer

## Bring medications or accurate list with you to hospital

**F**ar too often patients come to the hospital, including the Emergency Department, without accurate and complete information on the medications they or their loved ones are taking. This includes both prescription and non-prescription medications their doctor or healthcare provider needs to know to better manage their care.

Preferably, bringing in your current medications for a doctor's appointment or hospital staff to review is the most complete and

accurate. Island Hospital's Patient Portal myIslandHealth includes the user's medication list that can be reviewed and corrected from home, if necessary, upon admission to the Emergency Department or Island Hospital.

Maintaining an up-to-date medication list to include the following can be also very effective:

- The name of each medication you are taking (brand or generic name is acceptable)

- Strength of medication
- Dosage form (i.e., tablet, capsule, extended release)
- Dosage
- How often or number of times a day taken
- Last day and approximate time you took your medication

Medications brought to the hospital will be used to better identify which medica-

continued on Page 17

## Employee service honored at annual event

More than 800 years of service to Island Hospital was recognized at the 13th Annual Employee Recognition Dinner. Employees honored for their contributions to the hospital included 2014 Employees of the Month, Employee of the Year and Management Leadership Award.

*\*Note: This event is held after Heartbeats went to press; please visit [www.islandhospital.org](http://www.islandhospital.org) to read about the Employee of the Year and Management Leadership Award selections.*

### **5 YEARS**

Denise Adams  
LeAnn Adams  
Lyubov Amigud RN  
David Anderson CRTT  
Samantha Bouma  
Eula Bretland  
Kimberly Brotemarkle RN  
Sue Coggins  
Melvin Cook RPh  
Kimberly Deans  
Paula Fann  
Caralee Flowers RN  
Carin Fors  
Bridget Harrison ARRT  
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Dina Lofgren  
Kimber Malsch  
Jacqueline Moore RN  
Joseph Mulcahy MD  
Eileen Mulcaire RN  
Aimee Nassoioy RN

Larry Pelham RPh  
Melissa Pettit  
Anne Pliska  
Hollye Ramsey LPN  
Ajaz Sheikh RN  
Amanda Sims RT  
Bekki Tarvin  
Erica Taylor RN  
Rachelle VonGrey RN  
Kathleen Wallingford-Lee RN  
Angela Watts  
Rona Whiteaker RN

### **10 YEARS**

Diane Burton  
Charlene Dennison RN  
John Entermann PT  
Danilo Fernando  
Krystal Guzman  
Amy Harrington PT  
Tom Hudson PT  
Mary Jackson RN  
Brian Knight

Sherry Love-Wenger RN  
Cathy Lowry RN  
Carie Mackenzie  
Doris Martinez  
Peggy Nordeen RN  
Amy Patrick  
Lori Shulock  
Dana Styber  
David Sweatt RT(R)  
Darcy Tietjen RN  
Charles Tracy RT(R)  
Irene Villiott LPN  
Marsha Walters  
Kiersten White

### **15 YEARS**

Suzanne Harris LPN  
Sheri Holt RT(R)(M)  
Julie Lane  
Lora Lantz RN  
Margo Lemme  
Veronica Metcalfe RN  
Tonica Nelsen

Maria Pfeffer RN  
Kelly Preiksa  
Cecelia Richmond RN  
Jennifer VanDyke

### **20 YEARS**

Rolie Benoit EMT  
Effie-Jo Lindstrom RN  
Travis Vandeway RPh

### **25 YEARS**

Nonita Kerley  
Nora McMillan ARNP

### **30 YEARS**

Thomas Bluhm  
Blair McCallum RRT CPFT  
Linda (Dyani) Wetcher

### **35 YEARS**

Susan McFarlane RN



*Susan McFarlane RN has provided Island Hospital patients high-quality care for 35 years.*

## *2014 Employees of the Month*

January – Rona Whiteaker RN  
February – Krystal Guzman  
March – Michael (Mac) Kelly  
April – Carol Boring RN  
May – Tamara Sutter RN  
June – Bryan Cox  
July – Veronica Metcalfe RN CNOR  
August – Ajaz Sheikh RN  
September – Bo Gillentine  
October – Jean Ruefa CRCST  
November – Patricia (Mikki) Martin  
December – Jean Houston



Volunteers are an important part of the care and services at Island Hospital. At the end of each year, these hours are tabulated and recognized at the Annual Volunteer Recognition Celebration. In 2014, Volunteers contributed more than 16,000 hours of service to the hospital. This amounts to a contribution of more than \$405,000! These are probably low numbers since Volunteer hours are typically underreported by at least 20%. ***Our current Volunteer staff has contributed more than 126,000 hours over the years to Island Hospital!***

## **UP TO 99 HOURS**

Sharon Baggs  
Laurel Bryant  
Susan Burris  
Don Campbell  
Richard Carey  
Susie Cawley  
Barbara Cooper  
Robert Cummings  
Pay Dyer  
Karen Edwards  
Joan Fossum  
Karin Gandini  
Karen Huber  
Ann Marie Humphries  
Bill Johnson III  
Angela Kline  
Terry Kratzer  
Jeri Liggitt  
Carol Mann  
Pat Millikan  
Gary Mohr  
Patty Mussen  
Kim Padgett  
John Pederson  
Margaret Read  
Richard Rohweder  
Tamara Satko  
Roslyn Saville  
Ginny Sharp  
Doug Shepherd  
Elizabeth Ann Smith  
Sydney Smith  
Lyle Tiberghien  
Karen Toedte  
Dirk Van Dyke  
Tim Wells  
Anam Williams  
Fred Winyard  
Aliya Zaheer

## **100 HOURS**

Jeanne Belanger  
Peggy Groundwater  
Laura Hamel  
Bette Huff  
C.J. Kube  
Linda Kube  
Carollei Lamoureux  
Shirley Lewandowski  
Kathy Morgan

Michael Moss  
Carol Strandberg  
Patricia Van Skyhawk  
Rhiannon Williams

## **200 HOURS**

Danette Carroll  
Bill Harpham  
Joanne Liantonio  
Lisa Mealey  
Vicki Meyer  
Floy Ann Montee  
Lenore Peterson  
Cheri Pinson  
Sarah Tobien

## **300 HOURS**

Donna Anderson  
Sharon Horak  
Robert McGary  
George Meekins  
Terry Oliver  
Lily Van Wey

## **400 HOURS**

Chris Anderson  
Claudia Dillman  
Doug Fakkema  
Jean Garner  
Michael Stark  
Sandra Tucker  
Jean Vaughen

## **500 HOURS**

Barbara Allan  
Mac Langford  
Wendy Patterson  
James Thomas

## **600 HOURS**

Carolyn Kloke  
Anna Rosenthal

## **700 HOURS**

Jo Fuqua  
Peggy Insull  
Brigida McCollum

## **800 HOURS**

Pam Birchfield  
Ed Mazur  
Nancy Rota



*Island Hospital Volunteers sharing a laugh are (from left) Betty Adams, Susan Burris and Julie Anderson.*

## **900 HOURS**

Ann Huston

## **1000 HOURS**

Robert Crovella  
Shirley Smith

## **1100 HOURS**

Donnalee Acosta

## **1200 HOURS**

Ginny Brightwell  
Sally Kilpatrick

## **1300 HOURS**

Ann Giboney  
Mike Jackets  
Judy Matye  
Diane Ramerman  
Jack Withrow

## **1400 HOURS**

Diane Groves  
Joan Hallenbeck  
John Insull  
Karen Maughan  
Pat Weeth

## **1500 HOURS**

Shellie Bogosian  
Mimi Chambers  
LouAnn Curtis  
Anne Jackets  
Betsy Rogers

## **1600 HOURS**

Barbara Kiver  
Brian McKee  
Curt VanHyning

## **1800 HOURS**

Jack Dunphy  
Louise Kelly

## **1900 HOURS**

Glenda Bolicek  
Peter Dowden  
Austin Schafer

## **2000 HOURS**

Maddie Rose  
Penny Rustad

## **2100 HOURS**

Win Stocker

## **2300 HOURS**

Gail Koller

## **2700 HOURS**

Betty Adams

## **2800 HOURS**

Laurie Mueller

## **3400 HOURS**

Nancy Husted

## **3600 HOURS**

Betty-Anne Ely

## **3700 HOURS**

Pat Bell

## **7000 HOURS**

Elaine Oliphant

## **8500 HOURS**

Craig Smith

## **9500 HOURS**

Marge Sargent

## **15,000 HOURS**

Kydie McKee

# Therapists join Physical, Occupational & Speech Therapy

**P**hysical, Occupational & Speech Therapy (POST) at Island Hospital recently added three therapists to its outstanding staff. The center is located in the Medical Arts Pavilion on the east side of the hospital campus (near 26th Street and Commercial Avenue). For appointments or more information call (360) 299-1328.

## Nancy Cullinane PT

With a clinical focus on urogynecologic and orthopedic physical therapy, Nancy Cullinane PT, MHS brings experience and added capabilities to POST patients.



Cullinane earned a Bachelor's degree from the University of San Francisco, San Francisco, CA, a Physical Therapy Certificate from the Mayo School of Health Sciences, Rochester, MN and a Master of Health Science degree from the University of Indianapolis School of Physical Therapy, orthopedic track, Indianapolis, IN.

She is a member of the Interstitial Cystitis Association, the International Pelvic Pain Society, the National Association For Continence, and a Women's Health and Orthopedic Section member of the American Physical Therapy Association.

Before coming to POST at Island Hospital, Cullinane served for eight years as a staff therapist at PeaceHealth United General Hospital Rehabilitation Department, Sedro-Woolley, WA and at Lynden Therapy Specialists, Bellingham, WA, where she worked to expand and restart urogynecology programs. She also was associated with the Northwest Physiotherapy Associates in Bellingham and several physical therapy centers in Juneau, AK.

Cullinane's focus includes treatment for urinary incontinence, pelvic pain, post-gynecologic and urologic-surgery rehabilitation, pregnancy and postpartum rehabilitation, fecal incontinence, constipation, and osteoporosis. She treats both women and men with these issues, with a philosophy that patient and practitioner are partners in care management.

## Elizabeth Lewis MA, MEd

Elizabeth Lewis MA, MEd has joined the staff of POST and will draw not only on a solid background and training in speech-language pathology, but on experience in international and online teaching to help patients at Island Hospital.



Lewis has a Bachelor's degree in English from the University of Iowa, Iowa City, IA and a Master of Education degree in Adult Education/Teaching English as a Second Language (TESOL) from Seattle University, Seattle, WA. She earned a Master's degree in speech-language pathology at Western Washington University, Bellingham, WA, where she completed post-baccalaureate coursework and served as a student clinician at the WWU Speech-Language-Hearing Clinic. Lewis earned additional certifications and pursued coursework at the Institute of Language & Phonology, Providence Healthcare and the University of Washington Department of Speech & Hearing Sciences.

Before joining POST, Lewis served a clinical fellowship at Life Care Center of Skagit Valley, Sedro-Woolley, WA and an internship at Skagit Valley Hospital, Mount Vernon, WA. She also has worked as an instructor, consultant and volunteer for face-to-face and online TESOL and English language education in the U.S. and in several foreign countries.

Born in Canada and raised in Iowa, Lewis has called the Pacific Northwest home for 19 years. As a speech-language pathologist, she is interested in her patients' personal goals in order to tailor therapy that meets the priorities of their lives.

## Project Lifesaver protects those at risk for wandering

**M**ore than five million individuals suffer from Alzheimer's in the U.S., and it's projected that more than half of them will wander away from caregivers during the progression of their disease. Some will do so repeatedly. But today the same technology used to track hunters lost in the woods is helping to find those with medical conditions that make them prone to wander.

Here in Anacortes, persons who are at risk of wandering – including not only those with Alzheimer's and dementia, but those suffering from related conditions such as autism, Down syndrome and bipolar disorder – are eligible for Project Lifesaver. The detection system uses a wrist bracelet that emits a radio frequency which can be picked up with tracking equipment from a mile away. With the help of the Anacortes Police Department, a person wearing a Project Lifesaver bracelet who wanders away from caregivers can be located within approximately 20 minutes of notification.

Project Lifesaver has more than proved its worth according to Laura Willingham, Administrator of Rosario Assisted Living in Anacortes. "Memory-impaired residents in assisted care here are free to walk in the neighborhood, but we recognize that they could become disoriented. Some now wear the detection bracelet and I hope more will take advantage of the program. We want residents to be as independent as possible, but we have to ensure that they



are not at risk of becoming lost. Project Lifesaver acts as a bridge of safety and allows them to keep their dignity."

Project Lifesaver also has great advantages for those who care for loved ones or patients with memory impairment. Ann Giboney, who initiated the program in Anacortes and continues to coordinate it, says the service offers peace-of-mind for caregivers. "No one can be vigilant 100% of the time. Project Lifesaver provides reliable backup for those who have the responsibility of caring for those who are at risk of wandering."

For more information on Project Lifesaver, call Ann Giboney at (360) 299-9569.



# Common back problems in the retirement community

By Dawei Lu MD

As spring time quietly creeps up on us, we dust off our walking shoes and bicycles and get ready for the best time of the year in the Pacific Northwest. Around this time of the year, I always get more phone calls from my parents regarding “my father’s back”. Both my parents are newly retired. They picked up gardening as a hobby, among other things. My father, a retired surgeon himself, has had two lumbar spine surgeries along with a serious case of incurable stubbornness. He is the “muscle” of the two. Having answered my mom’s questions regarding his back, I think it would be informative to share some of my conversations.



*Dawei Lu MD (right) with parents Dr. and Mrs. Yun Lu visiting Skagit County's tulip fields.*

## “What should I do?”

Most people of retirement age have some level of osteoarthritis (OA), along with degenerative disc disease (DDD) in their lumbar spine, the area commonly known as the low back. These conditions cause back pain, muscle spasm, and/or leg pain and numbness and tingling. To begin treating these symptoms, start by taking a nonsteroidal anti-inflammatory drug (NSAID) and rest. Use ice and heat to help relieve muscle cramps.

## “What is causing the pain?”

When a person has OA and DDD, the facet joints, lumbar discs, and paraspinal muscles are the main sources of back pain, tightness and stiffness. Bone spurs and/or herniated discs contribute to shooting pain down the leg due to contact and sometimes impingement of nerve roots in the lumbar spine. In rare occasions, compression fractures can also be a source of pain depending on bone density, energy and mechanism of trauma.

## “How do I prevent injury?”

Most back injuries occur from poor lifting form combined with poor core-muscle strength. Having a fit and well-trained core muscle group can greatly lower the risk of back injuries. This can be accomplished by working with a trainer in a gym or on a yoga mat at home. The key to building a strong core muscle group is persistence in keeping up with the exercises. Taking supplements of vitamin D and calcium is important to maintain bone health. Routine doctor-office visits should be set up to discuss bone health, identifying risks for osteoporosis, diagnosing and treating osteoporosis or osteopenia to minimize risk of compression fractures. Lastly, ask for help either from family or professionals when strenuous tasks are required.

## “Should I be concerned?”

Most symptoms will improve and eventually subside with rest and time. If pain does not go away, or if it worsens despite trying the above remedies, do seek medical attention from a doctor. It does not necessarily mean any serious injuries took place. It is more helpful to get a doctor’s opinion about whether additional treatment is required. More concerning symptoms are leg weakness, severe back and/or leg pain, change in bowel or bladder habits, inability to get out of bed, and progressive worsening mobility. Decreased mobility is not just a concern for the low back, but for the overall health as well.

Dawei Lu MD, orthopedics, specializes in surgery for the spine at Skagit Northwest Orthopedics, (360) 424-7041 or [www.skagitnorthwestortho.com](http://www.skagitnorthwestortho.com).

## Military families have new health-insurance option

US Family Health Plan (USFHP), a TRICARE Prime option sponsored by the U.S. Department of Defense and operated locally by Pacific Medical Center, is now being offered to patients of Island Hospital’s family care clinics (list below).

The plan is available to all active military, as well as retirees, survivors and family members. Active-duty families are free, and others pay monthly premiums of \$23.16 for individuals or \$43.32 for families. Features of the USFHP include:

- Choice of primary-care provider
- Preventive care
- Family medicine, pediatric, internal medicine and a range of specialty care
- Prescription drug benefits
- Inpatient benefits
- Behavioral health, substance-abuse treatment
- Basic vision benefits and more

Island Hospital family-care clinics covered by the plan are:

- Anacortes Family Medicine  
(360) 299-4211
- Fidalgo Medical Associates  
(360) 293-3101
- Lopez Island Medical Clinic  
(360) 468-2245
- Orcas Medical Center  
(360) 376-2561

Those on this plan also are eligible for all Island Hospital services and specialty clinics, including:

- The Walk-In Clinic
- Island Surgeons
- Psychiatry & Behavioral Health
- Sleep Wellness Center
- Wound Care & Hyperbaric Medicine Center
- Birth center
- Cancer care center
- Diagnostic Imaging Department
- Emergency Department
- Physical, Occupational & Speech Therapy
- Surgical Services

For complete list of Island Hospital services, visit [www.islandhospital.org](http://www.islandhospital.org).

For more information about the USFHP call (866) 418-7346.

# Health & Wellness

## Classes, Screenings & Support Groups

*Prepayment is required.*

*Please note some classes cannot be held without a minimum number of participants. You will be notified if a class is cancelled. A full refund will be granted if the class is cancelled or if your cancellation is received at least 24 hours prior to the start of class.*

### THREE EASY OPTIONS FOR REGISTRATION



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



Email [communityed@islandhospital.org](mailto:communityed@islandhospital.org)



Call (360) 299-4204

## Classes

### 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, Aug. 17, 10 – 11 a.m.*

*Where: Fidalgo Room*

*Cost: FREE*

### BIRTH AND BEYOND

#### Childbirth Education Class



This six-week class is designed to prepare parents-to-be for the arrival of their new baby. Participants will learn essential skills and develop confidence as they approach the end of pregnancy, labor, birth and

early parenting. Prenatal health, stages of labor, coping techniques, pain relief options, breastfeeding, newborn care and more will be covered. Class is a blend of discussion, DVD's, hands-on practice and guest speakers.

*When: Tuesdays, July 7 – Aug. 11, 6 – 8:30 p.m.*

*Tuesdays, Sept. 1 – Oct. 6, 6 – 8:30 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: \$95 (Apple Health Pregnancy Medical covers class fee)*

*Registration: 299-1309*

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

#### Weekend Childbirth Education

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

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

*Sat. & Sun., Aug. 1 & 2, 10 a.m. – 6 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: \$130 (Apple Health Pregnancy Medical covers class fee)*

*Registration: 299-1309*

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

#### 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, July 20, 5 – 6:30 p.m.*

*Monday, Sept. 21, 5 – 6:30 p.m.*

*Where: Fidalgo Room*

*Cost: \$10 or fee waived for those with Apple Health*

*Instructor: Effie-Jo Lindstrom BA, BSN, IBCLC*

#### Modern Cloth Diapering

Does your child have sensitive skin or are you worried about the chemicals in disposable diapers? Did you know an average of \$1600 is spent on disposable diapers for a baby by the age of two? Learn all

about modern cloth diapering and how by using them you can save money and reduce your environmental impact.

Stephanie Rice is the owner of Babyzagogo and is a cloth diaper-loving mom.

*When: Wednesday, June 3, 5 – 6 p.m.*

*Wednesday, Aug. 5, 5 – 6 p.m.*

*Where: Fidalgo Room*

*Cost: FREE*

*Instructor: Stephanie Rice*

#### Car & Booster Seat Clinic



Drop in to have your car and booster seats checked by nationally trained car seat technicians. 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, June 11, 3 – 5 p.m.*

*Thursday, Aug. 13, 3 – 5 p.m.*

*Where: Island Hospital's 24th Street parking lot*

*Cost: FREE*

*Questions: 299-1309*

### 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.

REGISTRATION  
OPTIONS

1.

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





# Classes, Screenings & Support Groups

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: Merle Cancer Care Center Conference Room*

*Cost: FREE*

*Registration: 299-4200*

## 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 299-4242 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. Call 299-4242 for more information.

## DRIVER'S SAFETY

### AARP Smart Driver

During this two-session class intended for those 50 and older, you will refresh your defensive driving techniques, review the rules of the road, learn new traffic laws and much more! Get a discount on your auto insurance for completing the course. Classroom instruction only.

*When: Thursday & Friday, July 9 & 10, 9 a.m. – 1 p.m.*

*Where: Fidalgo/Burrows Rooms*

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

*Instructor: Jack Porter*

## 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, June 8, 1 – 2:30 p.m.*

*Monday, July 13, 1 – 2:30 p.m.*

*Monday, Aug. 10, 1 – 2:30 p.m.*

*Monday, Sept. 14, 1 – 2:30 p.m.*

*Where: Fidalgo Room*

*Cost: FREE*

*Instructor: SHIBA Volunteer*

## PHYSICAL THERAPY PROGRAMS

### Life & Therapy After Joint Replacement Surgery



adaptive equipment will be discussed.

Hilary Walker is an Occupational Therapist at at Island Hospital

*When: Tuesday, June 9, 1 – 2:30 p.m.*

*Tuesday, July 14, 1 – 2:30 p.m.*

*Tuesday, Aug. 11, 1 – 2:30 p.m.*

*Tuesday, Sept. 8, 1 – 2:30 p.m.*

*Where: Fidalgo Room*

*Cost: FREE*

*Instructor: Hilary Walker OT*

### Golf Fitness



& Speech Therapy at Island Hospital and is a certified Titleist Performance Institute Golf Fitness Instructor.

*When: Wednesday, July 22, 2 – 3 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: \$10*

*Instructor: Malcolm McPhee DPT*

## 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 Physical, Occupational & Speech Therapy at Island Hospital.

*When: Thursday, Aug. 6, 10 a.m. – noon*

*Where: Fidalgo/Burrows Rooms*

*Cost: \$10*

*Instructor: Reiko Nystrom MPT*

## Osteoporosis: Exercise & 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.

Linda Lewis is a Physical Therapist at Physical, Occupational & Speech Therapy at Island Hospital and Suzie DuPuis is a Registered Dietician at Island Hospital.

*When: Wednesday, Aug. 26, 3 – 5 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: \$10*

*Instructor: Linda Lewis PT & Suzie DuPuis RD*

## SELF-CARE

### 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.

cises.

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

2. Email [communityed@islandhospital.org](mailto:communityed@islandhospital.org)

3. Call (360) 299-4204

# Classes, Screenings & Support Groups

*When: Thursdays, June 4 – 18, 6:30 – 8:30 p.m.*

*Where: Fidalgo Room*

*Cost: \$48*

*Instructor: Jan Hodgman MA*

## 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, June 23, 12:30 – 2 p.m.*

*Where: Fidalgo Room*

*Cost: FREE*

*Instructor: Alisha Kleindel MS, CCC-SLP*

## NEW! Navigating Health Challenges



Learn how to be a healthcare advocate for a friend or family member facing health challenges to help them navigate the healthcare system. Become skilled at how to listen to your loved one and help them ask the

questions they need to know the answers to in order to make informed decisions about their care. Includes handouts.

Karen Huber is a former registered nurse and environmental health engineer, as well as a certified Mediator and Healthcare Advocate.

*When: Wednesday, June 24, 2 – 3:30 p.m.*

*Where: Fidalgo Room*

*Cost: FREE*

*Instructor: Karen Huber*

## Aromatherapy with Essential Oils



Come to this fun and fragrant class to learn about essential oils and how to blend them. Create an aromaspray for yourself or to give as a gift. Aromasprays can be used for a variety of purposes including relaxation or as

an odor neutralizer.

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

*When: Monday, July 13, 6 – 7:30 p.m.*

*Where: Fidalgo Room*

*Cost: \$20, includes supplies*

*Instructor: Michelle Mahler*

## NEW! Chronic Pain Management



Join Pain Specialist Geoffrey Godfrey ARNP of the Center for Pain Relief & Supportive Care at Island Hospital, for a four-week course that will provide an overview of chronic pain management. Topics covered

include a variety of proven methods that successfully help many individuals live with chronic pain such as an anti-inflammatory diet, guided imagery, non-invasive therapies and more. Includes guest speakers. Based upon interest, a formation of a support group may follow.

*When: Wednesdays, July 8 – 29, 4 – 5:30 p.m.*

*Where: Fidalgo Room*

*Cost: \$20*

*Instructor: Geoffrey Godfrey ARNP*

## Introduction to Essential Oils

Interested in learning all about essentials oils? Learn about buying, storing and using the oils for a variety of purposes. Smell, mix and test several recipes and take home a blend you create. Includes handouts.

See "Aromatherapy with Essential Oils" for instructor's information.

*When: Wednesday, Aug. 12, 6 – 7:30 p.m.*

*Where: Fidalgo Room*

*Cost: \$20, includes supplies*

*Instructor: Michelle Mahler*

## NEW! Health Information on the Internet

Learn the benefits and pitfalls of using the Internet to find health information. Explore a variety of health related websites and learn how to find reliable websites and avoid those that might not be accurate. Will include discussion of medical center sites, blogs, online support groups, etc. while looking at the potential motivations behind some sites that may create an information bias. Includes handouts of guidelines and a list of reliable websites.

See "Navigating Health Challenges" for instructor's information.

*When: Tuesday, Aug. 25, 2 – 3 p.m.*

*Where: Fidalgo Room*

*Cost: FREE*

*Instructor: Karen Huber*

## Map Your Neighborhood: Disaster Planning

Learn how to develop a plan of action for your neighborhood if a disaster strikes. Learn how to incorporate this plan into your neighborhood by learning the steps to take immediately to secure your home, identifying the skills and equipment of each neighbor, creating a map identifying locations of natural gas or propane tanks and creating a contact list to help identify those with specific needs.

Rick Wallace is a retired firefighter-paramedic currently teaching Disaster Preparedness and EMS courses.

*When: Monday, Sept. 14, 6:30 – 9:30 p.m.*

*Where: Fidalgo Room*

*Cost: FREE*

*Instructor: Rick Wallace*

## Emergency Kits

Learn everything you need to know to put together a 72-hour emergency kit for your family and pets. See examples of different kits, get lists of supplies and get your questions answered.

See "Map Your Neighborhood: Disaster Planning" for instructor's information.

*When: Wednesday, Sept. 16, 7 – 9:30 p.m.*

*Where: Fidalgo Room*

*Cost: FREE*

*Instructor: Rick Wallace*

## 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.

### Weight Watchers™

Ready to look and feel your very best? Find the boost you need by attending Weight Watchers™ meetings every week!

*When: Thursdays, 5 p.m. (weigh-in 4:30 p.m.)*

*Where: Island Hospital Cypress Room*

*Cost: \$39.99/month (includes use of online eTools)*

*Contact: Marcee, 360-391-8994*

## OTHER RESOURCES

### HIV/AIDS Training for Licensure

Island Hospital offers a DVD 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 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 at 293-7563 or [jinsull@islandhospital.org](mailto:jinsull@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 299-4212 for an appointment.

## Anacortes Teen Clinic

We offer confidential family planning services for teens on Wednesdays 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).

### Art & Healing for Cancer Patients

1st & 3rd Wednesday, 1 – 3 p.m.  
Merle Cancer Care Center Conference Room  
Contact: 299-4200, registration required

### Breathe Better

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

### Grief

*\*Will not be meeting in June*  
Every Wednesday, 3:30 – 5 p.m.  
Guemes Room  
Contact: Doug, 202-1699

### Mended Hearts

Last Thursday, 11 a.m. – noon  
Fidalgo Room  
Contact: Ollie, (360) 671-2208

### Parkinson's

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

### Prostate Cancer

3rd Wednesday, 11 a.m. – 12 p.m.  
Fidalgo Room  
Contact: Carl, 299-3892

### Willis-Ekbom Disease (Restless Leg Syndrome)

Call for dates/times  
Fidalgo/Burrows Rooms  
Contact: Charlotte, 293-7328

## OTHER ANACORTES SUPPORT GROUPS

### Alzheimer's Association - Caregivers

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

### Kidney

Tuesday, July 21, 1 p.m. (meets quarterly)  
Anacortes Senior Activity Center  
1701 22nd St., Anacortes  
Contact: 293-7473

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

## GRIEF SUPPORT GROUP NOT MEETING IN JUNE

The Grief Support Group that meets every Wednesday from 3:30 to 5 p.m. in the Guemes Room at Island Hospital, will not meet in June. The group will resume meetings on July 1. For information contact Rev. Doug Fakkema, Pastoral Care Coordinator, at (360) 202-1699.

## MEDICATIONS continued from Page 9

tions you're currently taking. Yes, placing all your current medications in a bag with their original prescription containers is the best way to provide your doctor and other hospital staff accurate and complete medication histories.

After all the information is recorded, your bag of medications can be sent home with a friend or loved one. While you're in the hospital, all your medication will come from the hospital pharmacy for numerous safety reasons.

Your doctor and hospital will want to compare the medications you're taking at home with the medications your doctor will order in your hospital care to evaluate and document medication needs. Each medication will be evaluated and decided which you need to continue, hold temporarily or stop completely.

Prior to discharge, it is important to discuss your continuing medication needs with your physician. You should completely understand how to take any new medications added during your hospital stay. At Island Hospital you will receive a complete medication list with easy-to-understand instructions. The medication list is provided as part of a comprehensive education and information packet. The medication list will also be updated on the myIslandHealth patient portal.

For more information, please speak with your nurse, doctor, or ask to speak with one of our pharmacists during the hospital stay. For more about myIslandHealth visit [www.islandhospital.org/myisland-health](http://www.islandhospital.org/myisland-health).



# Classes, Screenings & Support Groups

## Health Screenings

Sponsored by the 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.

### Sleep Apnea Screening

Do you feel tired during the day? Have you been told you snore? Meet with a Registered Polysomnographic Technologist to determine your risk of suffering from sleep apnea, a condition characterized by pauses in breathing or shallow breathing while sleeping, which can increase the risk of high blood pressure, heart attack, stroke, obesity and diabetes, as well as the risk of accidents while drowsy. Appointments are required!

When: Tuesday, June 2, 10 a.m. – 2 p.m.

Where: Island Hospital Sleep Wellness Center,  
1110 22nd St.

Cost: FREE

### Swallow Screening

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

When: Friday, June 12, 9:30 – 11:30 a.m.

Where: Physical, Occupational & Speech Therapy  
at Island Hospital

Cost: FREE

### 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, July 7, 9 – 11 a.m.

Tuesday, Sept. 1, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: FREE

### 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, July 21, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: \$5 (cash or check)

### 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.

## TO SCHEDULE A SCREENING APPOINTMENT



Email [communityed@islandhospital.org](mailto:communityed@islandhospital.org)



Call (360) 299-1367

If you have insurance (other than Medicare or Medicaid), we are now billing them directly for this screening. Your patient responsibility will be \$10 or less depending on your coverage. Please bring your insurance card. Call 299-1309 for questions.

When: Tuesday, July 28, 8 – 11 a.m.

Where: Island Health Resource Center

Cost: \$10 (insurance card, cash or check)

### Balance Screening

Our physical therapists can help determine where your body is vulnerable and help you develop strategies to prevent falls. Appointments are required!

When: Wednesday, Aug. 12, 10:30 a.m. – 12:30 p.m.

Where: Physical, Occupational & Speech Therapy  
at Island Hospital

Cost: FREE

### Skin Cancer Screening

Have your skin visually checked for any abnormalities by Randy Banks, MPAS, PA-C of Rosario Skin Clinic. Appointments are required.

When: Tuesday, Sept. 22, 8 a.m. – noon

Where: Island Health Resource Center

Cost: FREE



Have you told  
your doctor you're  
having trouble  
sleeping?

WE CAN HELP.



ISLAND HOSPITAL  
SLEEP WELLNESS  
CENTER

360.299.8676

Accredited by the AASM



## Gala of Hope remains a special evening for a generous community

For a dozen years, the Island Hospital Foundation's Gala of Hope has taken guests on flights of fancy - from the Way We Were, to partying with Gatsby, to Around the World. It has invited us to Paint the Town Red, Put on the Ritz, join agent 007 in intrigue and dress up in Diamonds and Denim and everything in between.

In each of these 12 years, the Gala has generated funds to support and improve health-care in our community. The 2015 event - thanks to the generosity of patrons, attendees and other contributors - raised a record breaking \$257,000. The Heartstrings appeal brought in a record \$133,000 to support low-income patients of Island Hospital's Psychiatry & Behavioral Health program.

Drawing on William Shakespeare's seductive comedy, *A Midsummer Night's Dream*, Gala guests at the Swinomish Casino & Lodge were invited into an enchanted forest with tables decked in fresh flowers and trees lit by candlelight. There they enjoyed sparkling signature drinks, a fine meal, exciting raffles and a live auction featuring trips, treats, tours, treasures and more. Entertainment included a Shakespearean reading and a fairy-wing dance performed by Fidalgo DanceWorks.

With paddles at the ready, guests welcomed this special evening's main event. Bidding was spirited for auction items that ranged from a girlfriend spa day, a golf tournament for 20 of one's closest friends, and a



*Living tables awaited Gala guests with champagne and hors d'oeuvres*

Porsche for a weekend - to a chartered fishing expedition, a garden makeover and a candle-making dinner party. Guests were also free to try their luck in the Gala Medallion drawing. The evening's winner, Gabriel Olmsted, chose the three-day golf and spa getaway to Carlsbad, CA from the roster of sought-after auction items. Karen Backman won the Burton Jewelers Diamond Raffle for a \$2000 shopping spree. The evening concluded with dancing and an after party for guests to enjoy.

As always, the Gala drew broad support from patrons including Jan and Jerry Barto, signature sponsors; Skagit Radiology and

Tesoro Corporation, silver sponsors; and Heritage Bank, Dakota Creek Industries, and Skagit Northwest Orthopedics, bronze sponsors. The cocktails sponsor was Cap Sante Marine and theme/decor sponsors were Island Hospital Medical Staff and Amerinet. Guest gifts from Anacortes Candle Company were donated by Ron and Anne Smith. Patron Table sponsors included Island Hospital Administration, Strandberg/Furin, Skagit Bank, Merchants Credit, Fidalgo Medical Associates, Anacortes Mayor Laurie Gere,

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continued on Page 20

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*Gala guests at the Swinomish Casino & Lodge were invited into a strikingly decorated enchanted forest with fresh flowers and candlelit trees.*





## continued from Page 19

North Puget Oncology, and Anacortes Shell Puget Sound Refinery.

The year's Gala was co-chaired by Anne Smith and IHF Board Member Marilyn Stadler.

Foundation Director Jeannette Papadakis congratulated them, décor chair Kelsey Ekstrom-Garcia, her committee and a host of dedicated volunteers on a job well done.

"This year's Gala of Hope surpassed our

greatest expectations," said Papadakis. "The level of support and generosity was frankly overwhelming and it showed that this community values our top-rated hospital and the programs supported by the IH Foundation. On behalf of the Foundation Board, I offer our sincere thanks to our sponsors, patrons, volunteers and community for making this event one to truly remember."

## Record-breaking Heartstrings appeal supports mental-health services

Each year, guests of the Island Hospital Foundation's Gala of Hope have an opportunity through the special Heartstrings appeal to focus their giving and help fund, expand and improve patient care. Past auctions have raised tens of thousands of dollars for new equipment and technologies selected by the Gala committee from a long list of needs. But this year, Gala guests raised their paddles to support a vital hospital service that not only provides much-needed treatment for patients, but helps to improve the health and vitality of our community.

The 2015 Heartstrings raised \$133,000 – more than any previous appeal – to make a difference in the lives of those who need mental-health services but can't afford them. Funding for these services has been restricted by the state of Washington, federal agencies, health insurers and other programs that finance healthcare.

The compassionate team of professionals at Psychiatry & Behavioral Health at Island Hospital helps many people – some in desperate need – improve their lives with counseling, therapy and support. This year's Heartstrings auction funds will help expand this vital service to many who need it, thanks to the Gala of Hope and to our generous and caring community.

## Remembering

January 1 through April 30, 2015

### IN MEMORY OF:

Paula Adams  
Jan Conklin  
Virginia Cross  
Cecil Cushman  
Nancy Gehrke  
William C. Growney Sr.  
Robert Henry Johnson  
Susan Knoll  
Jim O'Neil  
James E. Splane  
Mary Thompson  
Christopher Whitley

### IN HONOR OF:

Dr. Sible and Dr. Shmaltz

To remember or honor someone with a donation, please make check payable to "Island Hospital Foundation" and mail to:  
1211 24th Street,  
Anacortes, WA 98221

**Info: (360) 299-4201**



Skagit Sun Berries owner Don Kruse (right) presents a check for \$5,410 to Island Hospital Chief Financial Officer Elise Cutter (left) and Island Hospital Foundation Associate Nancy Rytand. With this check – representing a portion of berry sales in 2014 – Skagit Sun Berries has given more than \$18,000 to the IHF. This spring and summer, Skagit Sun Berries will again operate a stand at Commercial Avenue and 22nd Street, and again donate to the Island Hospital Foundation.





*This year's Island Hospital Classic again will be held at the beautiful Skagit Golf & Country Club in Burlington.*

## Go for the green

**A**ttention golfers: Mark your calendars for Monday, Aug. 3, and join friends and colleagues for the 14th Annual Island Hospital Golf Classic. This popular event sells out fast, so be sure to register early.

The Skagit Golf & Country Club will again host the Classic which features a full day of golf, curbside bag drops, range balls, golf carts, a delicious barbecue lunch and on-course beverages. Later enjoy a hosted cocktail hour, awards dinner and a tournament gift for each participant. Registration begins at 10 a.m., with a shotgun start at 11:30 a.m.

Proceeds of the annual Golf Classic go to purchase new equipment and technologies and fund charity care at Island Hospital. For more information about registration, costs and sponsorships, call Executive Assistant Kim Graf or CEO Vince Oliver at (360) 299-1327.

## Kits help post-operative patients, caregivers

**W**ith generous grants from the Island Hospital Foundation over the past four years, Physical, Occupational & Speech Therapy (POST) at Island Hospital has been able to provide post-operative patients with adaptive equipment to help them perform activities of daily living (ADLs).

The equipment package includes a reaching tool that allows a user to grasp items from a sitting or reclining position; a sock aid and a long-handled sponge for bathing. "Patients are glad to have access to these tool kits," says Occupational Therapist Hilary Walker, who oversees the program. "We ensure that they receive an education on how to use the tools and on other ways to increase their independence and return to an active lifestyle as soon as possible."

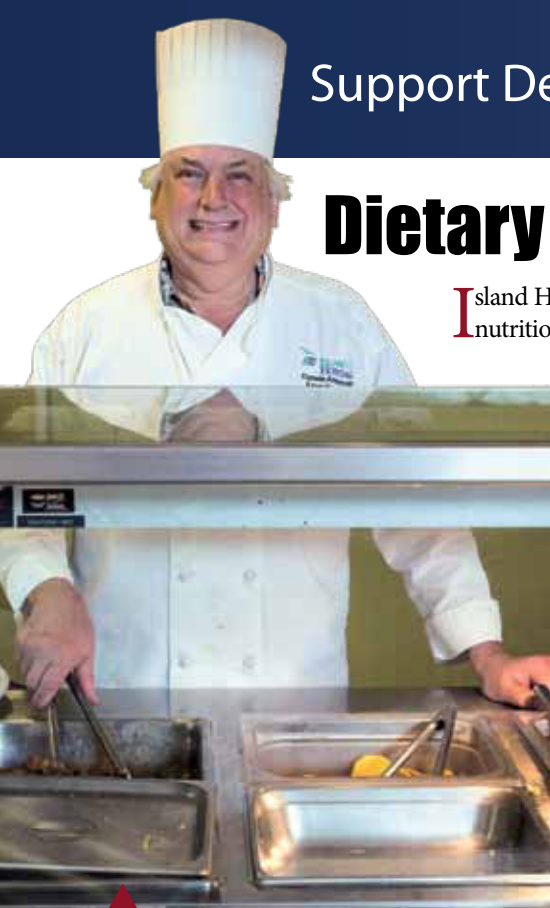
More than 3000 of the kits have been distributed free of charge to patients referred by POST. Most go to those who have had hip replacement surgery, but the tools also can be valuable to those who have had back or other procedures that limit mobility. And they help not only patients, but those who provide care for them. "Being a caregiver to a post-operative patient can be a stressful job," says Walker. "Adaptive equipment allows recovering patients to increase mobility and require less help to independently perform activities of daily living."

For more information on POST adaptive equipment kits, call Walker at (360)299-1328.



*Hilary Walker OT teaches patient Jeanne Halverson how to use adaptive equipment following surgery as husband Leonard looks on.*

# Dietary keeps it healthy, fresh, local



**Executive Chef Darwin Anderson at the ready.**

Farm-fresh produce is incorporated into Island Bistro and hospital-patient menus. Island Bistro continues to provide local, fresh ingredients and to offer an array of healthy choices. Vegetarian and gluten-free selections are available for those who follow these diets.

The Dietary Department has 18 employees including Executive Chef Darwin Anderson, Coordinator Sherrie Veatch and Café Lead Teresa Symonds.

Patients can request a dietary evaluation and dietary educational session from their physician or contact Dietitian Suzie DuPuis RD at (360) 299-1300, ext. 2567 for more information.

*Support Department Spotlight is a feature presenting Island Hospital departments that typically operate behind the scenes providing services vital to the delivery of medical care for our community.*

Island Hospital's Dietary Department is responsible for providing quality meals, patient diet education and nutritional assessments as needed. The department provides meal service to all patients as well as family members, visitors and hospital staff. In 2014, the department served 175,000 meals, 145,000 of these for patients.

The cafeteria serves meals at Island Bistro for staff and visitors for breakfast, 7 to 9:30 a.m.; lunch, 11 a.m. to 1:30 p.m.; and dinner, 4 to 7 p.m.

Since 2007, Island Hospital has participated in the Farm-to-Healthcare initiative that has proven its value for the community, patients, employees and local farmers. Along with the obvious health benefits of eating produce that is pesticide-free, certified organic or otherwise less exposed to chemical treatment, the Farm-to-Healthcare program promotes better nutrition, supports local farmers, reduces air pollution by shortening the trip needed to deliver food and helps preserve the agrarian landscape of Skagit County.

**Cook Nonita Kerley working at mixer.**



**Dietary Department staff includes (from left) Executive Chef Darwin Anderson, Cook Nonita Kerley, Dietary Aide Shelly Smith, Dietary Aide Melonie Rankin, Dietary Aide Melissa Pettit, Coordinator Sherrie Veatch and Dietary Aide Zack Goeken.**





# Where should you go for care?

In times of injury or illness, it can be difficult to decide which level of medical 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 problems when advice is needed. Your healthcare provider knows your health history, including any underlying conditions you may have. Many primary-care clinics offer extended hours to accommodate busy schedules.

## Walk-in clinics

Walk-in clinics – often referred to as urgent care or immediate care – provide care for non-life-threatening medical problems that could worsen if not treated. These clinics offer walk-in visits and typically have extended weekday and weekend hours. Care provided

## THE WALK-IN CLINIC AT ISLAND HOSPITAL

2511 M Ave., Anacortes

**(360) 299-4211**

**OPEN SEVEN DAYS**

Hours:

Monday through Saturday, 8 am to 8 pm  
Sunday, 9 am to 5 pm • Holidays, 9 am to 3 pm



*The Walk-In Clinic at Island Hospital is open every day of the year at 2511 M Avenue, Anacortes.*

by walk-in clinics includes common illnesses such as colds, flu, migraines and more. In addition, these clinics treat minor injuries such as sprains, cuts, burns, minor broken bones and eye injuries. The cost and co-pay are less than an emergency department, and if your problem is too serious for a walk-in clinic, they will refer you to an emergency department.

## Emergency departments

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

Using an emergency department for non-emergent problems has its downsides:

- An emergency visit will cost you far more than your provider's office or urgent care, as much as three times more.
- The visit will take longer and, if not a serious problem, you may experience a longer wait since emergency departments help patients based on severity.
- You will see a provider that probably is not familiar with you and your medical history.

The Emergency Department of Island Hospital holds a Level III Trauma Designation (Level II for stroke). This means that emergency physicians and providers are on site 24 hours per day, seven days a week. The higher stroke designation is made possible by a collaborative effort with Swedish Neuroscience Institute that links the Island Hospital Emergency Department to Swedish Medical Center's renowned stroke experts via real-time videoconferencing.



*Delivering a huge and very appreciated collection of supplies to the Prenatal Care Center are (back row, from left) Carol Garner, Maryann Hatfield, Marge Thomas, Patricia Reed, Cecilia Weldon and Cheryl Gilman; and (back row, from left) IPCC staff person Angela Sjoboen, Diane Goetz, Kat McCarroll, IPCC staff person Effie-Jo Lindstrom RN and Michael Stark.*

## Anacortes Soroptimist clubs give to Prenatal Care Center

Soroptimist International of Anacortes and Fidalgo Island held a Community Baby Shower to benefit the Island Prenatal Care Center (IPCC). Enough infant clothing, blankets and accessories were donated to fill several cars. All items received were greatly appreciated by the IPCC on behalf of new moms and moms-to-be who need help.

The event was greatly supported by the community, including members of the Fidalgo Island Quilt Guild, Safeway, Walgreens and The Market; as well as many generous individuals who made blankets and other accessories and purchased baby items.



Island Hospital  
Foundation  
1211 24th Street  
Anacortes, WA 98221

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- Regular care provider not available?
- New to the area?
- Visiting?

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**Info: 360-299-4211**

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

2511 M Avenue, Suite B, Anacortes

