

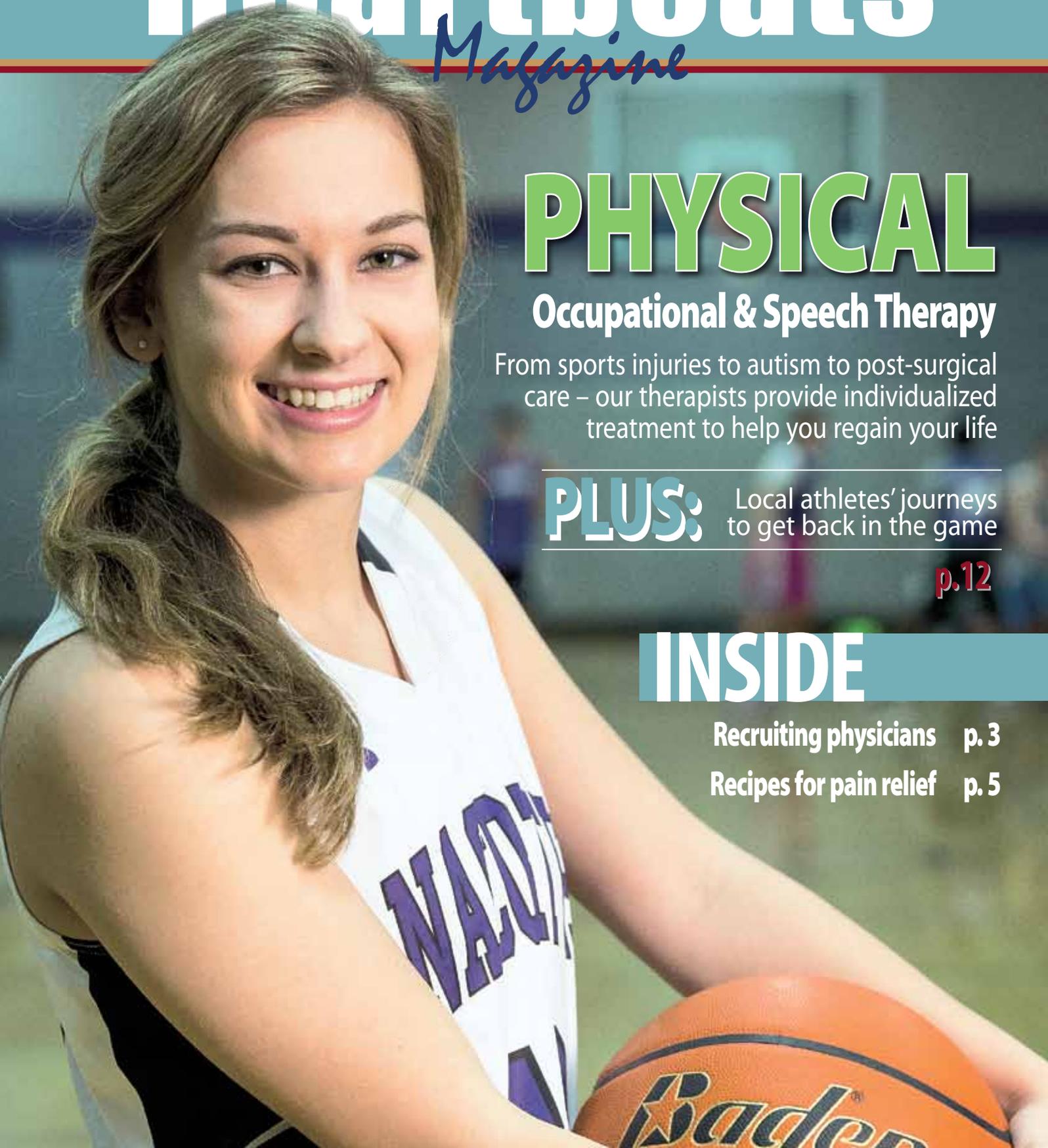


ISLAND HOSPITAL

Winter 2015

Heartbeats

Magazine



PHYSICAL

Occupational & Speech Therapy

From sports injuries to autism to post-surgical care – our therapists provide individualized treatment to help you regain your life

PLUS:

Local athletes' journeys to get back in the game

p.12

INSIDE

Recruiting physicians p. 3

Recipes for pain relief p. 5

Commissioner's Message

Meeting the challenges of independence

By Paul Maughan PhD
Commissioner

It has been over a year since the Island Hospital Board decided not to join our two collaborating hospitals, Skagit and Cascade, in affiliating with Peace Health. Our decision has proven to be insightful.



However, Commissioners are well-aware of our community's overwhelming desire to remain autonomous so that hospital services and staffing can remain intact. Ensuring that Island Hospital continues to be independent when health services are undergoing such dramatic changes requires a profound commitment to work together by the Board, Administration, staff and our community.

To fulfill the Hospital's commitment to independence, the Board decided to intensify our financial vigilance while maintaining our focus on quality and safety.

To accomplish this, we asked Administration to focus our strategies on clear, obtainable financial goals to cut expenses and increase revenues. The final strategic direction prioritized three initiatives:

- Develop a strategy to reduce supply costs by joining a larger GPO (group purchasing organization) and standardizing supplies (including medical appliances).
 - Streamline operational processes to improve service levels and decrease costs.
 - Pursue growth in surgical and other clinical services.
- So how are we doing?*

Reducing supply costs

Our goal was to cut \$750,000 in supply expense over the course of our 2014 fiscal year (same as the calendar year). We applaud our Supply Chain Department Director Chris Matala and his staff who nearly accomplished the goal by saving nearly \$700,000 in supply and service-agreement costs.

This decrease in expenses has been accomplished by: 1) standardizing surgical supplies and printed forms; and optimizing group purchasing organization contracts and service agreements, and 2) developing strategic partnerships.

Streamlining operations

The hospital undertook a wide-ranging program to utilize space in the most efficient manner. In June, we opened up two confidential registration desks as part of the front lobby renovation project that includes the new Laboratory Service Center. This allows for much quicker service for Lab patients, and easier registration for many others.

While we have had a centralized clinic structure, growth in volume, the addition of specialty clinics and other changes required a director dedicated to this division. Patty Codd – who was recently

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Chip Bogosian MD

Bogosian leads Board of Commissioners

A.J. "Chip" Bogosian MD is the newly elected President of Board of Commissioners for Island Hospital (officially, Skagit County Public Hospital District No. 2). He was first elected to the Board in 2007 and re-elected in 2013. This is his second one-year term as President of the Commission.

Bogosian wants to focus on educating the community about not only Island's service excellence, but also as an experienced, trusted referral source.

"While we don't provide all the major services you'll find at a large urban facility, our quality rankings for the services we provide are as good or better," said Dr. Bogosian. "Should you as a patient need a service we don't provide, our staff has the experience to get you to the most appropriate place for care."

Dr. Bogosian added: "I want our community to know that Island is your portal to regional healthcare organizations for advanced care. The hospital Promise rings true, your best healthcare experience really does begin at Island Hospital."

Bogosian earned his MD from the University of Arizona in 1973 and completed a Surgery internship through the Tucson Hospitals Medical Education Program. He served a Surgery residency at the University of Washington, Seattle, WA and an Anesthesia residency at Harvard University, Cambridge, MA. He also was a Fellow in Regional Anesthesia at Virginia Mason Medical Center, Seattle.

Bogosian was Chief of Anesthesia at Swedish Hospital Medical Center, Providence Hospital and the United Cerebral Palsy Dental Facility, all in Seattle. He also served as Chief of Cardiac Anesthesia at Swedish and as President and Treasurer of the Physician's Anesthesia Service (Washington's largest Anesthesia group).

Voted as one of Seattle's Top Doctors in 2004, Bogosian retired from practice in 2005. He is a former Associate Clinical Professor of Anesthesia at the University of Washington and currently serves as Senior Medical Examiner for the Federal Aviation Administration. He also is Parental Advisor to Camp Good Times for pediatric cancer patients.

Bogosian and his wife, Shellie, a retired nurse and Past President of the Island Hospital Foundation, are residents of Guemes Island.



As I See It...

By Vince Oliver, IH Chief Executive Officer

In each issue of Heartbeats Magazine we introduce you to new people at Island, including physicians, physician assistants and nurse practitioners who have joined the hospital or one of our local clinics. Since I became Island Hospital CEO in 2000, provider recruitment has remained a top priority, and a responsibility we take very seriously. Administration spends an enormous amount of time, energy and money to ensure we have excellent providers for our community.

Recruiting new providers is one of the most-challenging responsibilities faced by healthcare organizations. In fact, a key reason that local clinics – including Fidalgo Medical Associates (FMA) and Island Surgeons – have joined Island Hospital is because of the time, expense and difficulty involved in the recruitment of new providers. Typically, clinic staff must take time from providing patient care to carry out this function.

Recent studies show that more hospitals are now employing providers. Island Hospital employs 30 providers at Anacortes Family Medicine, FMA, Island Surgeons, Lopez Island Medical Clinic, Orcas Medical Center and Psychiatry & Behavioral Health. In addition, we are partners with Skagit Regional Clinics for urology services, staffed by six providers. We do all we can to retain established providers and support efforts of independent physicians and clinics in our district to recruit new partners by offering income guarantees, sign-on bonuses and relocation support.

This highly challenging environment is a result of high demand for providers in the U.S. Large numbers of Baby Boomers are entering that time of life when more medical services are needed. However, the number of graduates remains unchanged, and a shrinking proportion of these new providers are willing to work full-time.

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Compensation in the form of financial incentives and income guarantees is another challenge we face in recruiting providers. As a tax-supported hospital district, the amount Island can offer is limited by Fair Market Value. In other words, our hospital district cannot pay higher than comparable wage scales. Larger, non-public hospitals and for-profit clinics can offer much more in signing bonuses, guaranteed compensation, student-loan payment and relocation expenses – sometimes in the hundreds of thousands of dollars. We simply cannot afford to compete on this level. What we do have to offer that others don't is the excellent Pacific Northwest rural quality of life (little or no pollution, low crime, great schools, outdoor recreation, etc.) and an exceptional setting in which to practice medicine.

The Island Hospital Board of Commissioners, Administration and Medical Staff take this issue very seriously. We will continue to prioritize provider recruitment at Island Hospital to:

- Maintain medical access for our community
- Enhance medical care
- Meet the district's mission to provide high-quality healthcare
- Help support utilization of hospital services
- Meet the growing demand in our area due to aging and increasing population
- Ensure an uncomplicated transition for patients of retiring physicians.

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. If you have any comments, questions or concerns, feel free to contact me directly at (360) 299-1300, ext. 2411 or voliver@islandhospital.org.

Our Mission:

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

Island Hospital

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

Correspondence to commissioners can be sent to:

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Anacortes, WA 98221-2590

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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.



Volunteer chaplains gathering in the new Island Hospital chapel are (from left) Rev. Chris Anderson, Sandy Tucker, Pastoral Care Coordinator Rev. Doug Fakkema, Rev. Diane Ramerman, Lenore Peterson and Bob McGary. Not shown is Wendy Patterson.

New chapel opens

The new chapel at Island Hospital was dedicated in December with a small ceremony led by Pastoral Care Coordinator Rev. Doug Fakkema. The new chapel is located between the 24th Street entrance and Central Registration, adjacent to the Thomas P. Brooks MD Birth Center.

The chapel offers a place for meditation, prayer or quiet when needed by a patient, visitor or staff person. The new sanctuary was renovated by the IH Engineering Department and has earned high praise.

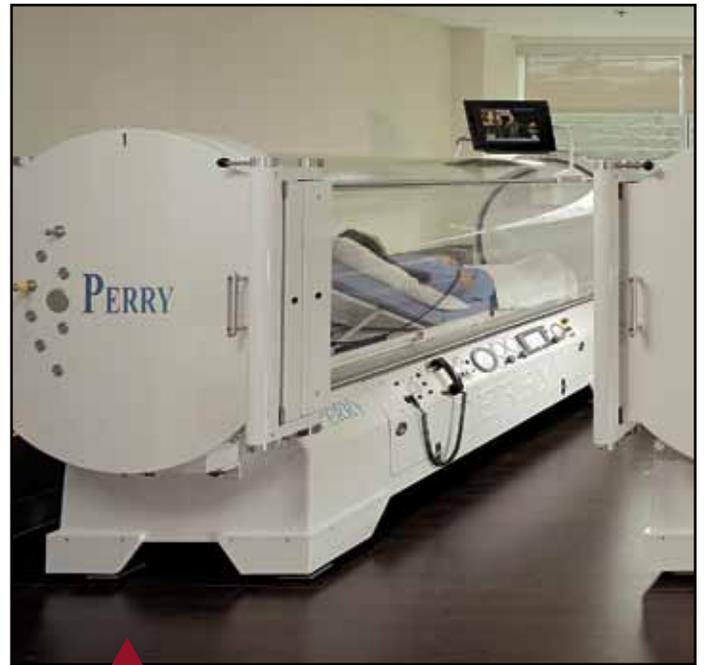
“The volunteer chaplains are very excited about this new chapel,” said Rev. Fakkema. “It’s a wonderful sanctuary that offers respite from the sometimes busy pace of the hospital environment as well as a place for a private conversation with those who may be distressed, saddened by loss or otherwise suffering. Our Pastoral Care staff is always available to be a part of these conversations or simply to offer a ministry of presence.”

A memory book resides in the chapel for a visitor to express feelings of gratitude, loss or spirituality.

Wounds – a painful issue, but there is help!

Among problems that one may experience with the aging process would be that of wound development. Wounds can happen for a number of causes and may demand a lot of time and attention to heal, as well as provide aggravation and expense when one does not address them quickly.

Regardless of the cause of your wound, whether from a spider bite, a cut or burn, or a wound caused by a chronic condition, it is good to know you have help nearby. The Wound Care & Hyperbaric Medicine Center is located right here in the Medical Arts Pavilion at Island Hospital campus. Here you’ll find an experienced physician and nurses who provide advanced wound management including hyperbaric therapy to meet your needs. Call us at (360) 899-4600 or visit www.islandhospital.org.



The Center has two hyperbaric oxygen chambers equipped with the latest computer technology.



Holiday card celebrated

The 2014 Island Hospital holiday card art was drawn by Fidalgo Elementary 5th grader Lacie Petitclerc. Her winning art earned an ice cream party for teacher Jonathan Ruckdaschel’s entire class served by Island Chief Executive Officer Vince Oliver and Executive Assistant Kim Graf.

Patient calls pain treatment “a life-changing experience”

Laura Haley knows a lot about chronic pain and until recently, she'd had a lifetime of it. Born with hip dysplasia, an abnormal formation of the hip socket, Haley was physically active as a child, but her condition was never diagnosed or treated. As she grew older, her hip pain increased.

“For years I went to doctor after doctor,” she says. “Some said I was too young to have a hip replacement, so in 1994 I had reconstructive surgery, but relief soon turned into debilitating pain. I was prescribed serious pain medications and it wasn't long before I was self-medicating, a path that led to the breakup of relationships and left me unable to work.”

When she moved to this area, Haley was taking major pain relievers regularly. She turned to Island Hospital for help. Allen Horesh MD, Island Internal Medicine, diagnosed her hip dysplasia and referred her for replacement surgery, but in two years, she was again experiencing pain. She was then referred to Geoffrey Godfrey FNP, MSN at the Center for Pain Relief & Supportive Care at Island Hospital.

“That's when my life began to change for the better,” says Haley. “Geoff listened to me and served as what I can only call a ‘life coach.’ He supported my efforts and encouraged me to make life changes that contributed to my recovery. He also showed me the role good nutrition plays in pain management. I've created some of my own recipes in addition to the ones supplied by the Pain Center.”

Now 50 years old, with three daughters and three grandchildren, Haley is not pain free, but she says she has gone from a nearly unbearable 10 on the pain scale to a manageable 3. There have



Laura Haley, shopping in the produce section at Safeway in Anacortes, learned the importance of good nutrition in managing her pain. She has created her own anti-inflammatory recipes that she enjoys sharing.

been challenges along the way. Haley broke her hip again and three months ago had another replacement surgery. “I guess with my new mobility, I tried to do too much,” she acknowledges.

But Haley sees a real change in this recovery from surgery thanks in large part to treatment she received at the IH Pain Center. “I'm surprised and grateful that in just three months I am feeling so well. My biggest problem will be not to overdue physically,” she says. “But I am looking forward to going hiking again soon.”

Want to try some of Haley's anti-inflammatory recipes? Visit www.islandhospital.org/pain.

Medicare expands guidelines for Cardiac Rehabilitation programs

The Centers for Medicare and Medicaid Services (CMS) has formally approved extending coverage for cardiac rehabilitation services to a wider range of patients. That's good news for those diagnosed with chronic heart failure and who meet new criteria for reimbursed participation in cardiac rehabilitation programs such as the one at Island Hospital.

New standards for heart-failure patients are very specific according to Molly Johnson, Certified Exercise Specialist at the IH Cardiopulmonary Care Center. “Those who want to join the rehab program should first ask their doctor if they qualify for reimbursement under the new guidelines,” said Johnson. “We are

looking forward to welcoming new patients, but we want to ensure they are covered under Medicare or under private insurance that adheres to CMS standards.”

Previously, only patients who had an acute heart attack in the preceding year, coronary bypass surgery, a heart or heart-lung transplant, stent/angioplasty, stable angina or other major coronary events could receive Medicare-covered cardiac rehabilitation services. But under guidelines approved in 2014, coverage was expanded to include select chronic heart-failure patients.

In reaching this decision the agency found through a study of

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Coats for Kids



This winter 114 area youngsters received new warm outerwear as a result of the Coats for Kids campaign sponsored by the Island Hospital Employee Council. This year \$3,824 was raised to purchase coats for children throughout Skagit and San Juan counties. Committee members included Island Hospital Foundation Development Assistant Nancy Rytand (left) and hospital Community Education Coordinator Claire Zaugra, shown holding two of the donated coats. Also serving on the Coats for Kids committee were Pharmacy Technician Christine Adkison, Staff Accountant Deb Larsen, Digital Media Coordinator Barb LeDuc and Quality Improvement Coordinator Sandra Sheikh RN.

Marc McManus PA-C joins FMA

With a strong background in emergency/acute, primary and psychiatric care, Marc McManus PA-C, MHS has joined the staff of Fidalgo Medical Associates.



McManus received a Bachelor of Fine Arts degree from the State University of New York at Oswego, NY, and did post-graduate work in Biology at Loyola University in Chicago, IL. He earned a Masters in Health Sciences degree from Drexel University in Philadelphia, PA.

"My goal is to increase access to high-quality medical care for all ages," McManus says.

"I enjoy learning from the patients I serve and collaborating with them to create an individualized plan of care tailored to their treatment goals and unique life experiences."

Prior to coming to Island Hospital, McManus served with the National Health Service Corps as a physician assistant at Mille Lacs Healthcare System, Onamias, MN and at Norton Sound Health Corporation, Nome, AK. He also has worked as a physician assistant/hospitalist at Hennepin County Medical Center, Minneapolis; as an psychiatric/primary care physician assistant at the University of Washington Medical Center, Renton, WA and as a PA-C and managing partner of BEMC Healthcare, Seattle.

McManus is certified by the National

Commission on Certification of Physician Assistants and is licensed to practice in the state of Washington. He is a member of the Association of Family Practice Physician Assistants, the American Academy of Physician Assistants, the Washington Association of Physician Assistants and the Association of Psychiatric Physician Assistants.

What is a Physician Assistant?

A physician assistant, or PA, is a licensed and highly skilled healthcare professional, trained to provide patient evaluation, education, and healthcare services. A PA works with a physician to provide medical care and guidance needed by a patient and can serve as the primary-care provider.

Counseling can help restore sexual functioning for cancer survivors

Mary Ellen West ARNP, CNM, CSC has joined the staff of the Merle Cancer Care Center at Island Hospital as a Certified Sex Counselor. She specializes in helping cancer survivors overcome challenges and develop enhanced sexual functioning.



"A cancer diagnosis is a 'before and after' experience," says West. "It changes everything. Many factors in treatment and recovery, including the disease itself, can impact an individual's ability to be intimate and sexual. Counseling can help restore those functions."

West earned a Bachelor of Science degree in Nursing from the University of Wisconsin, Madison, WI and a Masters in Nursing-Nurse-Midwifery degree from Emory University, Atlanta, GA. She worked for 33 years as a Certified Nurse-Midwife, including a full-scope practice at Gundersen Health Systems, La Crosse, WI, with additional responsibilities as a sex counselor. She has been working with cancer survivors for the past nine years.

Certified by the American College of Nurse-Midwives and the American Association of Sex Educators, Counselors and Therapists, West is licensed as an advanced registered nurse and nurse practitioner with prescriptive authority in Washington. She has addressed medical professional groups on topics which include, "Staying Sexy in Our Sixties and Beyond", "Is There Sex After Baby?" and "Sex after 60". She recently addressed workshops at a 2014 *Moving Beyond Cancer to Wellness* event at the Fred Hutchinson Cancer Research Center in Seattle.

West is looking forward to working with cancer survivors at Island Hospital, and she hopes to improve their quality of life as they adjust to the "new normal" following treatment. Appointments can be scheduled through the Merle Cancer Center at (360) 299-4200.



The Walk-In Clinic open 7 days

Anyone who needs immediate medical attention can receive care any day of the week at The Walk-In Clinic at Island Hospital. The clinic is open Monday through Saturday from 8 a.m. to 8 p.m. and Sundays 9 a.m. to 5 p.m.

Located in Anacortes Family Medicine at 2511 M Ave., Suite B, Anacortes, The Walk-In Clinic is available for those whose regular healthcare provider is not accessible, visiting or new to the area.

The clinic offers care for all common health concerns, including colds, flu, sore throat, fever, cuts, urinary-tract and sinus infections and much more. The Walk-In Clinic is staffed by licensed, compassionate professionals. For information call (360) 299-4211 or visit www.island-hospital.org/walkinclinic.

Patty Codd takes reins of IH outpatient clinics



Patty Codd has been promoted to Director of Island Specialty & Family Care Clinics, a newly established division of Island Hospital. In her new role she will oversee the operations of Anacortes Family Medicine, Fidalgo Medical Associates (FMA), Lopez Island Medical Clinic, Orcas Medical Center, Island Surgeons, Psychiatry & Behavioral Health, Center for Aesthetic Services, Sleep Wellness Center and Center for Pain Relief & Supportive Care.

According to IH CEO Vince Oliver, operational consolidation of these Centers for patient care will take Island Hospital in a new direction and “pave the way for more clinic standardization, improved communication and better coordination -- all vital to the future of outpatient healthcare delivery under

new payment plans.”

Codd was named IH Manager of the Year in 2013 and was lauded by Oliver for her ability to “manage customers, patients and employees with skill, compassion and professionalism.” At that time she served as Director of Operations for FMA, Island Surgeons and the Sleep Wellness Center, providing those groups with planning, systems coordination and a range of organization, financial and human resources services.

“We are seeing extensive changes in the way hospitals and clinics are reimbursed for services,” says Codd. “Increasingly, the payments received are based on meeting quality measures and coordinating the care of each patient. This new position enables oversight of this change in how clinics deliver and report care.”

In 2000 Codd was hired as clinic manager at FMA, at that time a clinic of Virginia Mason (with the clinic leaving the VM system

the next year). In 2008, FMA joined Island Hospital and Codd took over as manager of Island Surgeons. In 2010, she was promoted to director, with the Sleep Wellness Center added to her responsibilities.

A graduate of Eastern Washington University, Cheney, WA, Codd has had a long career in the healthcare industry. She was Assistant Clinic Manager of the Pediatric Department at Sacred Heart Children’s Hospital, Spokane, WA; Clinic Manager of the Lincoln Heights Dental Center, Spokane and of the Physicians Immediate Care and Medical Center, Richland, WA.

Coonc joins IH Physical, Occupational & Speech Therapy

Ryan Coonc DPT, with experience in rehabilitation of patients with chronic pain, post-surgical and post-transplant issues, work-related and orthopedic injuries and more, has joined the staff of the Physical, Occupational & Speech Therapy at Island Hospital.

A graduate of Western Washington University, Bellingham, WA, where he received a Bachelor of Science degree in Kinesiology, Coonc also earned a Doctorate of Physical Therapy from Southwest Baptist University, Bolivar, MO. He is licensed to practice in Washington state.

Prior to joining Island Hospital, Coonc served clinical internships in a range of physical-therapy services with Therapeutic Associates-Vancouver Physical Therapy, Vancouver, WA; University of Arizona Medical Center, Tucson, AZ; and Medford Sports Injury & Therapy Centers, White City, OR. He also has served as a physical therapist aide with Northwest Physical Therapy & Sport Rehabilitation in Mount Vernon, WA and as an athletic coach at La Conner High School, La Conner, WA.



Sharing a moment are retired Chief Nursing Officer Lois Pate RN (right) and Nina Mead, who served as her Executive Assistant.

Lois Pate RN retires

Lois Pate RN, who was Island Hospital’s Director of Nursing and most recently Chief Nursing Officer retired at the end of the year. Pate worked at Island since 1995 in several positions but is known for her leadership in patient services and was the hospital’s first Management Leadership Awardee in 2003.

“We have been extremely fortunate to have had Lois on our management team at Island,” said CEO Vince Oliver. “Her honesty and integrity are second to none and she never hesitated in taking on a challenge.”

“Thank you all for being a great team to work with all these years,” Pate said. “I will miss all of you and your enthusiasm, perseverance and spirit. Now it’s time to put on my dancing shoes.”

You Can Save a Life – You Have it in You!

Please give blood at Island Hospital

Thursday, March 12 • 10 a.m. - 4 p.m.

Island Health Resource Center Conference Rooms

Call 299-1309 for an appointment or info.

Dr. Oliver Stalsbrotten to retire from AFM

Oliver Stalsbrotten MD will retire from Anacortes Family Medicine at the end of February. In 1980 he joined Dr. Tom Brooks in the private practice, which joined Island Hospital in 1997.

“1980 was sort of a banner year for me,” Stalsbrotten recalls. “I got married, came to Anacortes and began my medical practice here. I’ve always considered it a privilege to provide healthcare in this community.”

A family-medicine doctor for 35 years, Stalsbrotten says he chose that specialty because he liked the idea of forming lasting bonds with his patients and their families. “Today it’s not unusual for me to treat the children of patients I began seeing when they were youngsters,” he says.

While establishing long-term doctor/patient relationships is at the core of family medicine, physicians such as Stalsbrotten, who choose this specialty, also see their role as navigators who help patients understand their options in the maze of healthcare providers, treatments, medication and technologies.

“Healthcare is changing fast and becoming so complex that patients often need help right at the point they enter the system,” says Stalsbrotten. “Primary-care physicians are on



Oliver Stalsbrotten MD with Anacortes Family Medicine clinic staff (from left) Laura James RN, Sylvia Gonzales, Tasha Bunch, Barbara Shipman, Debbie Johnson and Leah Benson LPN.

the front lines. We’re in a position to initially assess patients, provide treatment, and, if necessary, refer them to specialists and providers to see that they get the right care at the right time.”

Retirement won’t mean the end of providing medical care for Stalsbrotten. He and his wife, Valerie, who has had a long career as a nurse, plan to volunteer as healthcare providers – around the corner or maybe around the

world. “This is a dream we have both held for some time,” he says. “We feel now is the right time to pursue it.”

The couple also plans to spend time with their first grandchild, Esther, who was born in early December, and perhaps expand their family to include a new pet. “There was usually a dog in our home,” says Stalsbrotten. “I’m looking forward to having one to join me on walks.”

These trees were sold within an hour at the annual Auxiliary Christmas Tree Sale in November. Helping staff the table were (from left) Karen Edwards, Jeri Liggitt, Joan Fossum and Karen Toedte.



Auxiliary funds new equipment, patient education programs

Combining new energy with ongoing hard work and commitment, the Island Hospital Auxiliary ended 2014 with its annual Christmas Tree Sale, which enjoyed its usual success. The group also capped the year with donations to the Island Hospital Foundation to fund new surgical equipment and a patient-education program.

Thanks to funding provided by the Auxiliary, the hospital was able to pur-

chase a Basic Hyperthermia Cart, which, according to Stephen Burton RN, Director of Surgical Services, helps keep a patient’s body temperature at optimal levels during surgical procedures.

Also funded was a series of eight podcasts which will be used to explain aspects of chemotherapy to oncology patients at the Merle Cancer Care

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Patients to receive complete medication list upon discharge

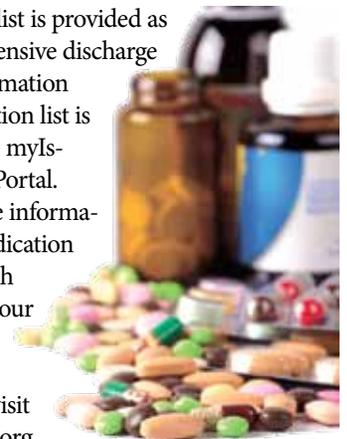
As a part of the discharge process, Island Hospital healthcare providers and nurses now collaborate to provide patients with a complete medication list using easy-to-understand language. The list is divided under headings that include:

- Start these medications
- Continue these medications
- Stop these medications

In addition, there is a section for needed medical equipment.

The medication list is provided as a part of a comprehensive discharge education and information packet. The medication list is also available on the myIslandHealth Patient Portal.

If you need more information about your medication list, please speak with your nurse during your hospital stay. For more about myIslandHealth, please visit www.islandhospital.org.



New, improved skin treatments at the IH Aesthetics Center

The Center for Aesthetics (CAS) at Island Hospital is now offering a simple, easy way, to remove undesirable vessels, sun damage, and hair from the face and body. With the addition of the Icon™ Aesthetic System, CAS can offer reliable, comfortable treatments without surgery or downtime.

The Icon uses optimized light technology to target and destroy the underlying causes of common aesthetic concerns. This clinically proven technology requires fewer treatments and produces visibly lasting results. Clients can expect customized treatment settings tailored to their individual skin type with the use of proprietary Skintel® technology. Icon treatment sessions are performed in less than 30 minutes, without any disruption to normal activities.

The CAS provides these leading-edge light-based cosmetic and dermatologic treatments:

- **Laser hair removal** - This treatment removes unwanted hair on the face and the body with minimal downtime.
- **Photofacial rejuvenation** - Decreases the appearance of brown spots, sun damage, and blood vessels on the face, neck and chest.
- **Dermapen fractional skin treatment** - This treatment will tighten your skin and reduce pore size. This will also reduce wrinkles, scars and stretch marks.

Together these treatments can refresh and renew your skin revealing a smooth, glowing, more-even complexion.

“The Icon™ Aesthetic system sets a new standard for greater comfort and better outcomes for our patients,” says Suzanne Harris, Director of the Center for Aesthetic Services. “We’re glad to be able to provide access to this new generation of aesthetic technology.”

Contact our office today to inquire if Icon treatments are right for you. For appointments at the Center for Aesthetic Services, call (360) 588-2081.



Saunders joins IH Center for Aesthetic Services

She's back! Jewell Saunders RN BSN will again perform aesthetic procedures, but now at the Center for Aesthetics at Island Hospital.



In addition to clinical nursing duties, Saunders has performed hair removal, pigmented lesion (brown spots) laser and other treatments for eight years at Fidalgo Medical Associates (FMA). Now she will divide her time between FMA and the Center for Aesthetic Services where she will use her experience to help patients take advantage of leading-edge technologies in cosmetic and dermatologic care.

“I’m excited to get back into aesthetic services,” says Saunders. “The amazing new light-based laser system at the aesthetic center will not only expand the range of services we can offer, but it will improve patient outcomes and comfort.” Saunders also will provide chemical facial peels and a range of cosmetic injectable treatments.

Saunders earned an RN degree from Shoreline Community College and a BSN degree from the University of Washington. Prior to coming to Fidalgo Medical Associates in 2000, she was with the King County Health Department, Seattle.

Saunders lives in Anacortes with her husband, who is with the Washington State Ferry System, and their two children. She enjoys reading and walking the Anacortes trail system.

For appointments at IH Center for Aesthetic Services, call (360) 588-2081.



25% OFF ALL LASER SERVICES
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Through February 27, 2015

Drowsy driving can be fatal

Drowsy driving has become a very serious safety issue, so much in fact that Gov. Jay Inslee signed a proclamation (in November) urging Washington drivers to join him in observing National Drowsy Driving Prevention Week. A week for drowsy driving, is it necessary?

Recent statistics show that nearly 5% of traffic fatalities in our state are caused by drowsy drivers and, as noted in a memo from WA State Patrol Chief John Batiste, these accidents “are more common than one might think and just as devastating and dangerous as speeding, drinking and driving or not wearing seat belts.”

The National Sleep Foundation’s 2005 Sleep in America poll found that 60% of adult drivers – more than 120 million people – said they have driven a vehicle while feeling drowsy in the past year, and 37%, said they have fallen asleep while driving.

A scary 13% say they have fallen asleep at the wheel at least once a month and 4% admit they have had an accident or near accident.

The National Highway Traffic Safety Administration estimates that more than 100,000 police-reported accidents are the direct result of driver sleepiness each year. This results in 1,550 deaths, 71,000 injuries and \$12.5 billion in losses. These figures are believed to be lower than the actual figures since it is difficult to attribute crashes to lack of sleep.

The WA State Patrol offers simple tips to stay awake:

- Get a good night’s sleep before hitting the road
- Don’t be too rushed to arrive at your destination
- Take a break every two hours or 100 miles to refresh
- Use the buddy system to keep you awake and share driving chores
- Avoid alcohol and medications that cause drowsiness as a side effect
- Avoid driving when you would normally be sleeping



Drowsy driving risks increase with chronic sleepiness and the greatest risk is when a sleep disorder such as insomnia or sleep apnea is present. Have you had an episode of drowsy driving, feel sleepy during the day, have been told you snore loudly or stop breathing at night, have experienced choking or gasping at night or just do not feel rested when you wake up? If you do, you may be at risk for drowsy driving and you may have a sleep disorder.

The Island Hospital Sleep Wellness Center (SWC) sees patients at its specially designed facility in Anacortes. Super-insulated for sound control, the facility has four patient rooms -- designed for comfort and relaxation -- each with its own private bath, fully adjustable bed for comfort and satellite television. The facility is designed to offer maximum comfort and convenience for patients, who are pleased with larger rooms and private bathrooms that allow them to transition to or from work without disrupting their normal routines.

Using the latest in sleep-study technology, our board-certified sleep medicine physician Robert Reyna MD will monitor and evaluate your vital respiratory, circulatory and brain functions.

For information about the SWC, call (360) 299-8676 or (toll free from San Juan County (855) 440-4200) ext. 8676; or visit www.island-hospital.org/sleepwellnesscenter.

IH Emergency Dept to utilize nurse practitioners, physician assistants to shorten wait times



The Island Hospital Emergency Department (ED) is committed to providing excellent healthcare for our community. The ED has seen significant growth in patient visits, with a record 14,876 in 2014. Now that cold and flu season is

here, ED staff want to make sure you and your family have access to care whenever you feel an illness or injury requires a visit to our ED.

Seasonal and sometimes daily surges of high numbers of patients seeking care in the ED can often create challenges to seeing every patient in a timely manner, but Island Hospital wants to ensure waiting times are as short as possible. Although the state of Washington launched a campaign to educate its citizens that only actual emergencies should go to the ED, it can be difficult to know when it’s really an emergency or a problem that can wait to be seen at another time or facility.

To help address the growth of the visits to the ED, and to assist in decreasing wait times, emergency physicians at Island Hospital will begin utilizing the skills and services of nurse practitioners (NPs) and physician assistants (PAs).

“Our volumes have surged over the past year and we need to take care of our patients in a

timely manner,” said Island Hospital Emergency Medical Director Robert Rookstool MD. “Bringing in nurse practitioners and physician assistants is a natural progression to increase our capacity and best serve our community.”

NPs and PAs, often referred to as advanced-practice clinicians, are a common presence in many healthcare settings. At Island Hospital, they will care for a variety of illnesses and injuries, ranging in severity from a sore throat, to a broken ankle, or repair of a laceration. In every situation, they will work in conjunction with the physician in the ED to provide the very best care and deliver it in a timely manner to each patient. So the next time you find yourself in an unfortunate circumstance that requires a visit to the ED, know that the nurses, physicians and perhaps a NP or PA will be there to guide you towards wellness and will provide the resources necessary to make sure your access to emergency medical care is always available for our community.

Community Health Leadership Award honors Island Hospital for school-based mental-health program

Island Hospital received the Washington State Hospital Association's (WSHA) Community Health Leadership Award for its innovative approach to delivering mental health services to students in a rural setting.

The purpose of the Community Health Leadership Award is to recognize health-care organizations that provide a strong, "above and beyond" program to benefit the broader health needs of their communities. The award was presented during the association's annual meeting in October at Bell Harbor International Conference Center in Seattle.

The school-based mental-health program began in 2013 with a needs assessment of the Anacortes community. The results showed that there was significant need for more mental-health and substance-abuse services. After considering several different approaches to this challenge, Psychiatry & Behavioral Health at Island Hospital solicited support from a number of community partners to develop a school-based mental-health delivery model.

More than 1,000 mental-health appointments with students have occurred on site at the schools. This building-based program is effective in reaching students who are having trouble in their daily living experiences. Students are also able to access these services during vacations and school breaks.

"Increasing access to mental-health services is difficult in all parts of our state, but especially rural areas," said Julie Petersen, WSHA chair and CEO of PMH Medical Center in Prosser. "This program brings services to the people who need them most, and provides access to other services that might be needed by the student."

As a result of the project relationships have been strengthened among the City of Anacortes, Anacortes Police Department, Anacortes School District, Island Hospital, Island Hospital Foundation, Worthington Foundation and the Anacortes community as a whole.

"One of the challenges for school districts around the country is



At the WSHA conference are (from left) Anacortes School District Superintendent Mark Wenzel, WSHA Chair and Seattle Children's Hospital President Lisa Brandenburg and Island Hospital Chief Executive Officer Vince Oliver following the award ceremony.

how to support the mental-health needs of our students," said Mark Wenzel, Anacortes School District Superintendent, in his nomination of the project. "We have an increasing number of students who come to school with mental-health challenges, and these often become an obstacle to successful learning"

"Our partnership with Island Hospital provides an innovative approach to addressing this challenge. Students now receive professional services to address critical mental-health and social-service needs. As a result, they are able to stay connected to school, and, ultimately, achieve greater academic success. The nation needs more models like this."

WSHA represents Washington's 99 community hospitals. The association takes a major leadership role in issues that affect delivery, quality, accessibility, affordability and continuity of health care. It works to improve the health status of the residents of Washington State. WSHA is online at www.wsha.org.

Psychiatry & Behavioral Health at Island Hospital serves Skagit and San Juan counties utilizing a collaborative-care model for integrated patient care. For information visit the Psychiatry & Behavioral Health section under "Clinics" at www.islandhospital.org, or call (360) 299-4297.

First baby of 2015 at Island



Kiersten Hicks and Codie Burley of Coupeville are proud parents of a baby girl, Adelaide Burley; the first baby born at Island Hospital in 2015. Adelaide was welcomed into the world at 12:15 a.m., Jan. 4, weighing 6 lb., 9-1/2 oz.

Blood Pressure Checks

Every Wednesday!

FREE

9 a.m. - noon

Island Health Resource Center

Call 299-1309

for more information.



PHYSICAL, OCCUPATIONAL & SPEECH THERAPY AT ISLAND

Providing therapies that improve quality of life



Young patient Samuel Smith performs coordination exercise with Occupational Therapist Angela Straw.

Physical, Occupational & Speech Therapy (POST) at Island Hospital provides comprehensive services delivered by specially trained, skilled professionals whose focus is improving patients' quality of life by improving strength, mobility and function. Therapists trained in disease processes, treatment techniques and exercise principals provide one-on-one care and education to achieve optimal results.

POST professionals have more than 200 years of combined experience in providing state-of-the-art services to help patients recover from injury or illness.

Physical Therapy

Physical therapists work with patients and their physicians to help manage pain, restore function and improve mobility, balance, flexibility and strength – striving to help prevent future injuries. In addition to services offered at the Medical Arts Pavilion, physical therapy is provided at Lopez Island Medical Clinic and aquatic therapy at Fidalgo Pool. Aquatic physical therapy can be effective for children and adults, and especially beneficial for those diagnosed with acute and chronic pain, balance dysfunction, muscular weakness, stroke, multiple sclerosis, spinal-cord injury, cerebral palsy as well as those in need of post-surgical rehab.



Physical Therapist Reiko Nystrom works with patient Alice Eckarat.

Island Hospital Physical Therapy provides:

- Back/neck pain therapy
- Balance rehab
- EMG testing
- Neurological rehab
- Orthopedic rehab
- Stroke (CVA) rehab
- Sports-injury rehab
- TMJ therapy
- Work-related injuries therapy

Occupational Therapy

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. OTs can help children with fine-motor coordination to independently complete school-work; or modify an adult's environment to live independently.

Any person whose illness or injury prevents them, physically or neurologically, from doing what they want to do, can benefit from occupational therapy. It is the OT's job to help patients become as independent as they can be.

Speech Therapy

Speech therapists treat patients of all ages to improve communication, speech, language, cognition and swallowing abilities to gain independence and self-confidence.

Speech language therapy helps children develop the skills needed for successful communication. These skills can affect all aspects of daily life, from communicating basic needs to developing social skills and friendships to progress in school.

Additionally, children whose problems are identified early are much less likely to have reading difficulties later on.

Speech therapy can help patients of all ages who have:

- Speech disorders
- Parkinson's disease
- Swallowing problems
- Brain injury
- Memory problems
- Voice disorders
- Stroke
- Autism

For more information about any of the services provided by Physical, Occupational & Speech Therapy at Island Hospital call (360) 299-1328, or visit www.island-hospital.org and find the link under "Services".

AHS athletes benefit from therapy at POST

High-school athletes tend to be on the go constantly. School, sports practices and games, homework, other extracurricular activities, home life and time with friends can be hectic. In addition, sports seasons are only a few months long and an injury can derail a highly anticipated season – especially if an athlete plays every season.

Ty Johnson and Brooke Riordan are two of these athletes at Anacortes High School. He, with four varsity letters in basketball and baseball coming into his senior year, decided to add football to this year's activities. She is also a senior and plays three sports – volleyball, basketball and softball as well as being a competitive equestrian.

During his outstanding season as a receiver on the Anacortes Seahawks football team, Johnson suffered a knee injury. Even though he missed the last third of the season, he was still selected for several awards, including the all-county team.

Johnson also excels in basketball and has a scholarship to play baseball for Washington State University.

"The biggest challenge with Ty's rehab was mimicking the dynamic movements we knew he needed to make playing basketball or baseball," said Holly Treadway PT, DPT, ATC, the physical therapist who oversaw Johnson's rehab program.

"The rehab was so much more difficult than I expected," said Johnson. "It was physically and mentally demanding. Holly was very motivating while keeping me from doing too much."



Ty Johnson rehabs his injured knee under the watchful eye of Physical Therapist Holly Treadway.



Brooke Riordan has no fear attacking the basket on her now-strong ankle.

"I am completely recovered and playing basketball and baseball full time," he said.

Johnson returned to play basketball in time for the Ketchikan, AK Holiday Tournament and was selected most valuable player.

Riordan was treated during her freshman year for a severe ankle sprain caused by landing on another player's foot after a layup in a Seahawks basketball game. She worked very hard to return before the end of the season, and then re-injured the ankle when sliding into base in softball.

"When working with athletes, you have to consider the impact that all activities will have on the injured body part," said Treadway. "We tried to mix up Brooke's rehab as much as possible to keep challenging her ankle."

"Working with Holly was an amazing experience," said Riordan. "She really got to know me and I felt like she understood how important it was to me to get back on the court, and later on the softball field. The best part was that Holly stayed connected with me, always asking how the ankle was doing. It was a very personable recovery."

"I'm doing great now. I am able to run, jump, slide and perform every other athletic movement necessary," added Riordan. "My ankle is becoming stronger and the least of my worries."

"Everyone at physical therapy was friendly and helpful whenever I needed ice or treatment or anything," added Johnson.

"Working with the people in physical therapy was just an amazing experience. I noticed that the physical therapists demonstrated a solid understanding of the power of teamwork," said Riordan. "It was great to meet such caring people."

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



Email 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, May 11, 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, May 5– June 9, 6 – 8:30 p.m.

Tuesdays, July 7– Aug. 11, 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., Apr. 11 & 12, 10 a.m. – 6 p.m.

Sat. & Sun., June 6 & 7, 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, Mar. 16, 5 – 6:30 p.m.

Monday, May 18, 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

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, Apr. 9, 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 cancer patients 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: 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.



NEW!

DIABETES EDUCATION

What is Pre-Diabetes?

Learn if you might be at risk of pre-diabetes and what you can do to prevent it from developing into Type II Diabetes.

When: Thursday, Mar. 26, 1 – 2 p.m.

Where: Fidalgo Room

Cost: \$10

Instructor: Jan Priggee RN

Diabetes and Healthy Eating

Learn how to eat a healthy diet while living with diabetes.

When: Thursday, Apr. 30, 1 – 2 p.m.

Where: Fidalgo Room

Cost: \$10

Instructor: Jan Priggee RN

Monitoring Blood Sugar and Maintaining an Active Lifestyle

Learn how to effectively monitor your blood sugar and about the importance of living an active lifestyle.

When: Thursday, May 28, 1 – 2 p.m.

Where: Fidalgo Room

Cost: \$10

Instructor: Jan Priggee RN

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, Mar. 19 & 20, 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, Apr. 13, 1 – 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: SHIBA Volunteer

PARENTING

Positive Discipline: Effective Parenting Skills for All Ages



Learn how to understand the meaning of your child's behavior and gain the parental tools to respond effectively. This three-session class will provide an overview of each developmental stage a child experiences

and show you how to support their growth as a mentally healthy person with functional coping skills. "Light bulbs" always go off for participants as they implement their new found parenting skills and watch undesirable behavior being eliminated. Try out your newly acquired skills after the first two classes and report back a month later to discuss what is and isn't working. Sponsored by the Kiwanis Noon Club of Anacortes.

When: Wednesdays, Mar. 11, 18 and Apr. 15, 6 – 8 p.m.

Where: Fidalgo Room

Cost: \$10 per household (scholarships available)

Instructor: Kathie Ketcham MA, LMFT, CMHS

PHYSICAL THERAPY PROGRAMS

Life & Therapy After Joint Replacement Surgery



For those planning on having a total knee or hip replacement, join an occupational therapist to get answers to your questions about returning to an independent lifestyle after surgery. Post-operative exercises and

adaptive equipment will be discussed. Hilary Walker is an Occupational Therapist at Island Hospital.

When: Tuesday, Mar. 10, 1 – 2:30 p.m.

Tuesday, Apr. 14, 1 – 2:30 p.m.

Tuesday, May 12, 1 – 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Hilary Walker OT

Golf Fitness



Learn how strength, flexibility and coordination can influence your golf swing. Try out some exercises to help improve your game.

Malcolm McPhee is a Doctor of Physical Therapy at Physical, Occupational & Speech Therapy at Island Hospital and is a certified Titleist Performance Institute Golf Fitness Instructor.

When: Wednesday, Apr. 22, 2 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Malcolm McPhee DPT

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.

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, May 6, 3 – 5 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Linda Lewis PT & Suzie DuPuis RD

Urinary Leakage



Are you having a tough time staying dry after childbirth, power walking or even after sneezing? If so, there are physical therapy interventions that can help. Come learn ways to strengthen your pelvic floor muscles to

help prevent urinary leakage.

Amy Harrington is a Physical Therapist at Physical, Occupational & Speech Therapy at Island Hospital.

When: Thursday, May 14, 10 a.m. – noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Amy Harrington PT

Classes, Screenings & Support Groups

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.

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

When: Thursdays, Mar. 12 – 26, 6:30 – 8:30 p.m.

Where: Fidalgo Room

Cost: \$48

Instructor: Jan Hodgman MA

Stress Relief with Aromatherapy



Find stress relief naturally using essential oils. Discuss the many applications of these oils and how to use them. Create your own aromatherapy blend 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, Mar. 23, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$20, includes supplies

Instructor: Michelle Mahler

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: Wednesday, Mar. 25, 10 – 11:30 a.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Alisha Kleindel MS, CCC-SLP

Green Cleaning

Learn to make your own natural cleansing powders and sprays using essential oils combined with toxin free ingredients such as vinegar, baking soda and citric acid. Each student will make a multi-surface or disinfecting spray and a fizzing cleansing powder or a carpet/flea powder.

See "Stress Relief with Aromatherapy" for instructor's information.

When: Tuesday, April 28, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$25, includes supplies

Instructor: Michelle Mahler

SPECIAL EVENTS

Map Your Neighborhood: Disaster Planning **NEW!**

Learn how to develop a plan of action for your neighborhood when 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, Mar. 9, 6:30 – 9:30 p.m.

Tuesday, Mar. 10, 9 a.m. – noon

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Rick Wallace

Older Adults and Multiple Medications



Join naturopathic physician Alethea Fleming ND of Vital Aging Clinic for a discussion about the challenges associated with the use of multiple medications in older adults. Learn how the ways medications affect us change

with age and how to decrease the risk of adverse drug interactions.

When: Tuesday, Mar. 24, 2 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

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: Renee McKinnon, (360) 333-2864,

rjmck1070@gmail.com

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.

REGISTRATION
OPTIONS

1.

visit www.islandhospital.org/classes

Classes, Screenings & Support Groups

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.

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, April 21st, 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.

Support Groups

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.

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 Tuesdays, 1 – 2 p.m.
Burrows Room
Contact: Jim, 299-4242

NEW!
Group starts
March 17

Grief

Every Wednesday, 3:30 – 5 p.m.
Guemes Room
Contact: Doug, 202-1699

Mended Hearts

Last Thursday, 11 a.m. – noon
Fidalgo Room
Contact: Mike, 293-8914

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

Help raise money for Meals on Wheels



In 2014, Meals on Wheels served more than 3,200 Skagit County seniors with 150,000 meals – with 70,000 delivered to their homes by volunteers.

The Meals on Wheels program relies on community support to continue this vital service and will soon begin its 11th annual March for Meals campaign to raise funds and awareness.

March for Meals has several ways the community can provide support:

Bowling Bash - March 14 or 15

Sponsor or form a team of four to enjoy 2 1/2 hours of bowling, food, refreshments and prizes! The team entry fee is \$250.

Wii Bowling Bash - March 11

Not a fan of standard bowling? Sponsor or form a Wii bowling team instead. Includes the same fun and prizes as the standard Bowling Bash event!

Sponsor a plate

Plate sponsors will be recognized with a plate on the Plate Wall at all six Skagit County Senior Centers and in a thank you ad placed in the local newspaper.

Visit www.bowlingbash.org or call Sally Hill at the Anacortes Senior Activity Center at (360) 293-7473 for more information.

2. Email communityed@islandhospital.org

3. Call (360) 299-4204

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.

Hearing Screening

Are you having a hard time hearing as well as you used to? Help is available and easy once you have confirmed hearing loss. This screening will provide you with a simple hearing test provided by Dr. Holly Kennedy of the Anacortes Hearing Center. Appointments are required!

When: Tuesday, Feb. 17, 9:30 a.m. – 4:30 p.m.

Where: Island Health Resource Center

Cost: FREE

Balance Screening

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

When: Tuesday, Feb. 24, 10:30 a.m. – 12:30 p.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, Mar. 3, 9 – 11 a.m.

Tuesday, May 5, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: FREE

Colon Cancer Screening

Colon cancer is one of the leading causes of death from cancer in the United States, but with early detection it can be treated much easier. This screening will provide you with a take-home stool sample kit that can detect hidden blood, which can be a symptom of growths within the colon. Just complete the kit at home and return it to Anacortes Family Medicine. Your results will be mailed to you. No appointment required, just stop by to pick-up a kit. **You must be present to get a kit!**

If you have insurance (other than Medicare or Medicaid), please bring your insurance card. Most insurance plans cover a set of preventative screening tests at no cost to you. We will bill your insurance so you can get credit for this screening. Even if your insurance doesn't cover the cost of the screening, your patient responsibility will be \$0. Call 299-1309 for questions.

When: Tuesday, Mar. 17, 9 – 11 a.m.

Where: Anacortes Family Medicine, 2511 M Ave.

Suite B

Cost: FREE

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.

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, Apr. 14, 8 – 11 a.m.

Where: Island Health Resource Center

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

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, Apr. 21, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: \$45 (cash or check)

TO SCHEDULE A SCREENING APPOINTMENT



Email communityed@islandhospital.org



Call (360) 299-1367

Bone Density Screening

This non-intrusive test provides an estimate of your bone density by scanning your heel. If you already have a diagnosis of osteoporosis confirmed by a more complex imaging test, this is not the screening for you. This screening is accurate for women only. Appointments are required!

When: Tuesday, Apr. 28, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: \$5 (cash or check)

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: Thursday, May 14, 8 a.m. - noon

Where: Island Health Resource Center

Cost: FREE



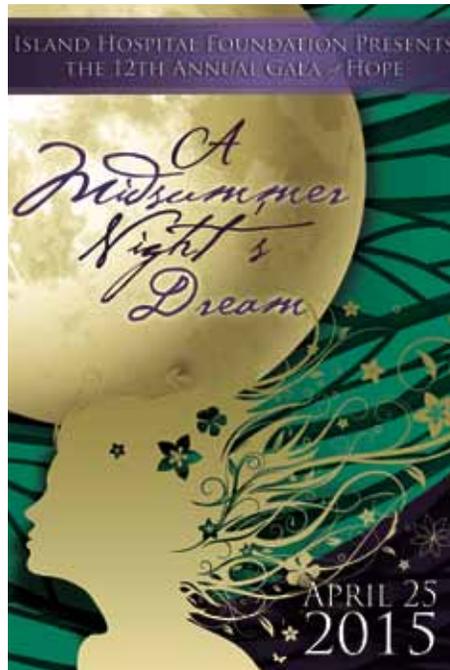
Gala of Hope 2015 A Midsummer's Night Dream

Time to mark calendars and secure tickets for the 12th annual Gala of Hope, to be held April 25 at the Swinomish Casino & Lodge.

Presented by the Island Hospital Foundation, the popular event is always a special evening that raises funds to help the hospital maintain high standards of care. Jan and Jerry Barto will again serve as signature sponsors.

"That you have slumbered here, while these visions did appear."

Drawing on William Shakespeare's most popular comedy, *A Midsummer's Night Dream*, the Gala promises an evening of magic and intrigue deep in an enchanted forest bower. Guests will enjoy signature drinks, a fine meal, music and dancing, raffles, a live auction featuring must-have items and Heartstrings, an opportunity to help fund a technology or equipment on Island Hospital's wish list.



The Gala always welcomes new volunteers and fresh ideas. If you are interested in becoming part of this special event, call Nancy Rytand at (360) 299-4201 or email nrytand@islandhospital.org.

For tickets and more information about the Gala of Hope, visit www.islandhospital-foundation.org.

Letter from the IHF Board President

Dear Friends of Island Hospital Foundation,

Spring is nearly here, and after a gorgeous winter sunrise here in Anacortes, I am pleased to write to you again. The Foundation has made great progress and we have accomplished most all of our short term goals now. Let me tell you about some of our progress.

First, and most importantly, we have hired a new Director for the Foundation and you can read about her in this edition of Heartbeats. Jeannette Papadakis has earned the respect of the community over the last decade as a neighbor, leader, and school board member and president. She is hard-working and as honest as can be. She will serve our community very well in her new position with the Foundation. Welcome her when you meet

her in town. She is very involved and has likely crossed your path somewhere before. I look forward to what she and our Development Associate Nancy Rytand can accomplish with a committed Board.

We have completed most all of the internal work we had set as goals for the Foundation to eliminate future risks, and to be certain that your contributions can go toward the goals that we share for enhancing the health of both Island Hospital and our community.

We have completed all of the required paperwork and forwarded the final affidavits to our insurance company as required to move our insurance claim forward after the theft from the Foundation. This has been a major focus of our attention over the last four months.

We have some wonderful events to look forward to in 2015. The Gala of Hope is set for April 25 and should be fun. Bring the bard in you out and plan now to attend and enjoy the theme, "A Midsummer Night's Dream". This year there is again a very enthusiastic group of volunteers behind all the arrangements. Come and see what they have accomplished.

We continue to appreciate what your support has meant to Island Hospital and our community. Our work has also benefitted our middle and high schools as we provide the financial support to perform behavioral-health interventions at the schools through the auspices of Island Hospital's Psychiatry & Behavioral

continued on Page 20

Jeannette Papadakis to head Island Hospital Foundation

A seasoned community-service and fundraising professional, Jeannette Papadakis brings a unique blend of communications, organization, networking, financial and strategic-planning skills to her new position as Director of the Island Hospital Foundation.



In announcing Papadakis' appointment, Island Hospital CEO Vince Oliver lauded the long-time Anacortes resident's exceptional community service resume and solid business experience in marketing, planning, development and fundraising.

"We are very confident that Jeannette will 'hit the ground running' and be instrumental in restoring trust and integrity to the Foundation," Oliver said.

Papadakis holds a Bachelor of Science degree in Business Marketing from San Diego State University, San Diego, CA. Most recently she was Board President of the Anacortes School District where she led efforts that raised more than \$66 million in levies and grants for district financing, while leading the Board in goal-setting, strategic planning and policy development.

She has served as Election Campaign Coordinator for Citizens for Anacortes Schools and as Legislative Chairperson of the Anacortes School District where she promoted advocacy for education issues and reforms which resulted in positive change. Papadakis also held a number of financial, planning and product marketing positions with the Xerox Corporation, San Diego.

With a long history of professional development experience, Papadakis has helped raise funds for local organizations and events including the Anacortes High School Robotics Team, the Anacortes School Foundation, the Sacred Heart Youth Group Auction and the Combined Military Spouses Club Festival of Trees Auction. She has won achievement awards from numerous community organizations and her affiliations include membership in the Island Hospital Citizens Advisory Committee, Anacortes Community Drug and Alcohol Task Force, Philanthropic Education Organization and more.

Papadakis lives in Anacortes with her husband, Bob, and their two sons, Lucas and Nicholas. She enjoys volunteering in the community, spending time with friends, exercising, cooking and reading.

Nancy Rytand recognized for outstanding work in difficult time



During the recent turmoil regarding the alleged theft of funds from the Island Hospital Foundation, the organization was able to maintain operations, hold board meetings and process

donations and requests. With no director since late August, IHF Development Associate Nancy Rytand helped the Foundation work continue by performing her numerous tasks seamlessly.

"We are grateful for Nancy's work during these past four months," said IHF Board President Mark Backman MD. "Her role has been so important to keeping the Foundation on track, managing day-to-day operations,

and keeping the entire Board updated, scheduling and managing meetings and supporting the search for a new director."

The IHF Board made the decision to suspend its traditional fall and winter activities, but continues to plan for the annual Gala of Hope (see article page 19). Rytand sustained operations, and maintained daily communication as needed with the Board, hospital staff, public and donors. In addition, the Island Hospital Auxiliary, a fundraising group of the IHF, followed through with its entire schedule of events.

"Nancy has performed admirably in a difficult time," said IH CEO Vince Oliver. "She cares deeply about her work and exemplifies the Island Hospital Promise to provide the best customer service possible."

Letter (continued from Page 19)

Health program. The work with behavioral health in the schools has been very successful, and is gaining national recognition as a model for assistance to middle and high school students. The completion of the Medical Arts Pavilion which houses Physical Therapy, the Wound Care clinic, and the Merle Cancer Center has been supported greatly by contributions to the Foundation. Many of our neighbors have

benefitted from critical programs and equipment in many areas in the hospital including the Emergency Department, obstetrics and newborn care, and the surgical center, as well as helping with out-of-pocket non-covered needs such as short-term housing, initial prescription medications, and scholarship support to our students seeking careers in health-care.

I am reminded daily what a wonderful place Anacortes is, that services are appreciated and supported by a community that realizes that what we do locally for ourselves is what is done best.

Thank you for your help in making this happen. And for your continued support of Island Hospital Foundation.

Mark Backman MD
President, Island Hospital Foundation

Remembering

Sept. 1 through Dec, 31, 2014

IN MEMORY OF:

William L. Bents	Dennis J. Heggem
Claire B. Bogosian	Beth Prins
Dale Dow	O. Newell Sheffer
Janis Conklin-Stavig	James Splane
William C. Gorwney Sr.	Stew Sterling

IN HONOR OF:

Jeanne M. Anderson
Dennis Richards and his wonderful staff in the Resource Center

GUARDIAN ANGELS:

**Guardian Angels are hospital staff people who have been recognized by a patient or visitor for extraordinary care or service.*

All IH Guardian Angels	Jayne Karydis RN
Gesila Brito PT	Sally Kilpatrick
Jack Dunphy	Dr. Theodore Kim
Betty-Ann Ely RN	Carie Mackenzie RN
Peg Inull	Betsy Rogers
Vicki Jacobs RN	Holly Treadway PT
Dr. Joseph Mulcahy	Cheryl Vanderpool
Dr. Michael James	

*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

Gifts & More reaches \$80,000 on pledge

Gifts & More at Island Hospital recently gave a check for \$20,000 to the Island Hospital Foundation to bring the total to \$80,000 toward its pledge of \$100,000. Handing over the check to IHF Development Associate Nancy Rytand (center) are Volunteer Joan Hollenbeck (right) and shop Manager and Volunteer Coordinator Jennifer Van Dyke.

Currently there are four-hour and shorter shifts available for those interested in volunteering at Gifts & More. For more information about volunteering at Island, contact Van Dyke at (360) 299-1371 or jvandyke@islandhospital.org.



Support Department Spotlight

The Quality Improvement (QI) Department staff inspects the entire hospital campus to monitor effectiveness of procedures. They are (from left) Medical Staff Coordinator Terry Halemba; QI Administrative Assistant/ Security Coordinator Denise Richter; QI Director Anita McCoy RN, MN; QI Coordinator Caralee Flowers RN; and QI Coordinator/Safety Officer Sandra Sheikh RN, CPHQ.



Striving for continuous improvement of service quality, patient safety

The Quality Improvement (QI) Department at Island Hospital works to continually improve processes and outcomes in collaboration with other departments and the medical staff at Island Hospital.

In the words of Robert Lloyd, Executive Director of Performance Improvement at the Institute for Healthcare Improvement, “Your organization will only make meaningful and sustainable quality improvements when people at every level feel a shared desire to make processes and outcomes better every day, in bold and even imperceptible ways.”

Each year, IH CEO Vince Oliver develops quality goals that are approved by the Board of Commissioners. Measureable goals are then set by each Department for the coming year and progress is reported regularly.



QI Coordinator/Safety Officer Sandra Sheikh RN, CPHQ inspects equipment to ensure safety when used in patient care.

Improvement opportunities that may be reflected in goals include:

- Patient satisfaction/experience of care
- Patient safety
- Staff safety
- Infection prevention
- Patient care
- Efficiency of care

Another area of responsibility is reporting specific measure information to the Center for Medicare and Medicaid Services (CMS) and the Centers for Disease Control (CDC). This data is then available publicly on the Hospital Compare website. There is increasing emphasis on paying hospitals and providers based on the quality of the care provided. Measures used to determine payment include:

- Readmission rates
- Infection rates
- Patient experience of care
- Complications
- Clinical care
- Efficiency
- Mortality rates

The Quality Improvement Department also provides coordination for accreditation and regulatory surveys. Under the leadership of the IH Board of Commissioners and Administration, Island Hospital staff committed to achieve the strict quality standards set by the International Organization for Standardization (ISO). These quality-management standards are adopted by more than a



QI Coordinator Caralee Flowers RN checks drawer in Birth Center storage area as part of regular safety inspections.

million organizations in 170 countries. The emphasis under ISO is to maintain a Quality Management System that is consistent across the organization, meets regulatory requirements and enhances customer satisfaction. Island Hospital became ISO certified in 2014.

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.

Commissioner's Message (continued from Page 2)

selected as Director of Island Specialty & Family Care Clinics (see article on page 7) – is a proven leader who I believe will help our clinics become more standardized and efficient.

Administration has worked with managers in key areas to closely monitor staffing needs based on patient volumes, and encourage “flexing” staff to meet daily needs. I have been very impressed with hospital managers for their dedication to achieving cost-effective care without compromising quality.

Increasing surgery volume

Island Hospital's Surgical Services Department has undertaken several initiatives to increase volume, including working closely with the Naval Hospital Oak Harbor. With the cessation of surgery services at the Naval Air Station Whidbey Island, IH has been able to initiate a cost-effective relationship that has Navy physicians performing surgery here.

Island Hospital's closer relationship with Skagit Northwest Orthopedics (SNO) will also bring more surgeries here. A new schedule has been created that provides our orthopedic surgeons “block time” so they have the operating rooms and staff available for increased efficiency.

Our Surgical Services Department is to be commended for its high-quality services and extensive efforts to achieve these goals.

I can assure you that the Board of Commissioners will do all it can to maintain our high-quality services and facilities. I applaud our excellent medical staff, managers and employees who provide these services, and maintain these facilities, efficiently and effectively.

Now, how is the community doing?

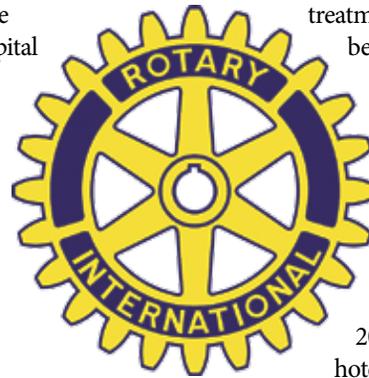
First of all, the community's overwhelming support for IH is exemplified by the nearly 80% approval for the levy that partially funded the IH Renovation & Expansion Project. But, unfortunately, we see many patients passing IH on their way to other hospitals and clinics when the same services are available here by exceptional doctors and nurses. Remember, we are here for you.

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

Lodging assistance for cancer patients

The Merle Cancer Care Center at Island Hospital serves patients from western Skagit County, north Whidbey Island and the San Juan Islands. Having cancer is challenging enough, worrying about how to get to treatment shouldn't be. For many patients coming from the islands, their travel to cancer treatment can be difficult. Patients are dealing with ferry schedules, transportation costs and unpredictable medical needs that may require staying near the hospital for a day or two.

With financial support from the Rotary Club of Anacortes, the Rotary Club of Fidalgo Island and David Rapella, member of the La Conner Rotary Club, Island Hospital has been able to provide complimentary lodging to cancer patients in need of a hotel room during



treatment. All funds donated have been matched by the Island Hospital Foundation. The Lodging Assistance Program is managed by the Patient Navigator at the Merle Cancer Care Center (MCCC) who works with patients to assess their needs during treatment. In 2014, this program provided 64 hotel stays for cancer patients.

“A big heartfelt ‘thank you’ to the Rotary Clubs, Mr. Rapella and the Island Hospital Foundation for supporting the Lodging Assistance Program,” said Kelsey Jenison, Patient Navigator for the MCCC. “This means so much to our patients that utilize the program.”

If you are interested in learning more about this program, or would like to donate, please contact Jenison at (360) 588-2082 or kjenison@islandhospital.org.

Auxiliary (continued from Page 8)

Center (MCCC) at Island Hospital. MCCC Patient Navigator Kelsey Jenison said that the podcasts were produced by a team of students at Anacortes High School who were paid for their work on the project.

The Auxiliary continues to provide financial support and educational materials to the Teen Clinic and is currently underwriting 12 subscriptions for lower-income residents of the community to Lifeline, a local response system that provides 24-hour support for medical emergencies. The Auxiliary also will continue to present hand-made heart pillows to patients who undergo treatment for breast cancer at the hospital. The pillows, which have been well received by patients and their families, are also offered for sale at the IH gift shop Gifts & More.

This year the Auxiliary would like to recognize Nick Chahley, Manager of Walgreen's in Anacortes. “Nick is a real friend to our organization,” says Auxiliary President Carol Strandberg. “We appreciate his ongoing support of Candygrams, an event which is always enjoyed by Island Hospital patients and staff, and of our other fundraising efforts. Thanks Nick!”

The annual Candygram exchange is scheduled for February 12 and the popular Easter Basket Sale will be held on March 20 in the hospital lobby.

The Island Hospital Auxiliary always welcomes new members to its meetings on the first Monday of each month except for July, August and September. For more information, call the Island Hospital Foundation at (360) 299-4201.

Cardiac Rehab (continued from Page 5)

nearly 2300 patients, that the benefits of participation in a multi-component cardiac rehabilitation program improves health outcomes for Medicare beneficiaries with chronic heart failure.

While participation has steadily expanded, the Cardiac Rehabilitation Program at Island Hospital confirms that it has the capacity to

serve more heart patients. The comprehensive medically supervised program is tailored by specially trained healthcare professionals to meet individual patient needs.

For more information on the Cardiac Rehabilitation Program at Island Hospital, call (360) 299-4242, or visit www.islandhospital.org/cardiacrehabilitation.

Available winter vegetables make great salad

by **Suzie DuPuis**
Registered Dietitian



Kale Brussels Sprouts Salad

During the winter months, eating sustainably local foods can be a challenge, taking a little bit of creativity to not get bored with the lack of variety. The consistent local winter crops in the Pacific Northwest, including ones that hold over, include the uniquely flavored winter squashes of all kinds – Hubbard, acorn, delicata, Cinderella pumpkin, sweet dumpling, butternut – kale, mustard and other hearty greens, Brussels sprouts, onions, garlic, beets, potatoes, carrots and hearty varieties of cabbage. In January and February I eat a lot of these vegetables. These can be roasted in the oven, stir fried or used in soup. Some are good raw, such as sliced butternut squash and cabbage. I love topping shredded, raw cabbage with something spicy, like curried Thai chicken. I also love throwing whatever vegetables are on hand together with a flavorful lean sausage into one-dish hash meals. Adding different herbs and spices – curry blends, rosemary, ginger, cayenne or mace – helps vary the flavors and keep things interesting.

This salad recipe from a friend is my latest favorite, using deep winter vegetables, Brussels sprouts and kale. I don't know if I would have ever considered eating Brussels sprouts raw – they are wonderful! It is absolutely delicious.

Suzie DuPuis is a registered dietitian who has more recipes on the Island Hospital website at www.islandhospital.org/recipes.

Dressing:

- ¼ cup fresh lemon juice
- 2 Tbsp Dijon mustard
- 1 Tbsp minced shallot
- 1 clove garlic, minced
- ¼ tsp salt
- Fresh ground pepper

Whisk together all dressing ingredients and set aside awhile to let flavors meld.

Salad:

- 1 large bunch of Tuscan kale, de-stemmed, chopped thinly
- 12 oz raw Brussels sprouts, butts trimmed off, finely shredded or sliced thinly
- ½ cup almonds, coarsely chopped
- 1 T olive oil
- ½ cup olive oil
- 1 cup fresh shredded parmesan cheese

In large bowl, mix the kale and Brussels sprouts. Toast almonds in 1 T olive oil in skillet. Transfer nuts to a paper towel and salt lightly. Add nuts to salad greens.

Whisk a little less than ½ cup of olive oil with dressing and add to salad. Add parmesan cheese. Toss well.



Patient portal

Patients are discovering the many benefits of using a patient portal. This past July, Island Hospital unveiled, myIslandHealth, a patient portal designed to provide secure access to health information from anywhere with an Internet connection. myIslandHealth allows patients to view information about recent visits, lab results, medications, allergies and immunizations – making a patient's health record truly portable.

User experience with the portal has been positive. In particular, patients appreciate the convenience and easy access to their information, whenever they wish to view it.

Snowbirds, who often spend a large portion of the winter in warmer locales, enjoy the ability to access their health record away from home.

New mothers are excited too. With myIslandHealth, new mothers are able to access the health records of their newborns; helping them to monitor growth and immunizations. The same goes for adult children of aging parents. With proxy access, adult children are able to view the health record of a parent whose health may be declining giving them information that is valuable in making future medical decisions.

Signing up for myIslandHealth is easy! Patients can request access when visiting Island Hospital or one of our clinics. For more information about myIslandHealth including frequently asked questions, visit www.islandhospital.org/myislandhealth.

ARE SLEEP PROBLEMS HURTING YOUR CHILD?



Children's sleep disorders can cause difficulties with health, school, behavior, physical development and social interactions. According to recent studies, sleep problems occur in 25% to 30% of infants and children.

Symptoms include:

- Bedtime refusal
- Insomnia
- Sleepwalking; difficulty falling or remaining asleep
- Excessive daytime sleepiness, irritability
- Bed wetting
- Mood, behavior or school problems



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www.islandhospital.org

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