



ISLAND HOSPITAL

Spring
2010

Heartbeats

Magazine

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Commissioner message

by Paul Maughan PhD
Island Hospital Board of Commissioners

Det Norske Veritas – DNV Healthcare

Island Hospital recently switched its accreditation to Det Norske Veritas Healthcare (DNVHC), an international independent foundation with more than 300 offices in 100 countries. The organization has a solid reputation for certification, standards development and risk management. In 2008, the U.S. Centers for Medicare and Medicaid Services (CMS) authorized DNVHC as an accrediting agency for hospitals.



Island Hospital (IH) has been accredited in the past by the Joint Commission, formerly JCAHO, a private not-for-profit organization. Accreditation allows IH to receive payment from Medicare and Medicaid as well as from most for-profit insurance firms.

Using DNVHC will allow the hospital to focus more on education and patient safety. Education is critical to achieving our long-term goal of incorporating quality management systems standards set by the International Organization for Standardization (ISO). New ISO standards, termed ISO 9001, will be adopted by more than 1 million organizations in 170 countries. ISO 9001 requirements emphasize establishing processes that improve communication and coordination throughout the hospital that lead to improved outcomes, both clinically and financially.

Our goal at Island Hospital is to achieve compliance with ISO 9001 within one to two years and continue to improve our patient, staff and physician satisfaction. We believe that DNVHC is the right organization to help us do just that. This accrediting organization supports the initiatives that we have developed for patient safety as well as fostering innovations through development

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Farm-to-Hospital = sustainable nutrition



Since 2007, Island Hospital has participated in the Farm-to-Healthcare initiative that has proven its value for the community, patients, employees and local farmers. Island Hospital is one of the first hospitals in the region to sign the *Healthy Food in Healthcare Pledge*.

Along with the obvious health benefits of eating produce that is pesticide-free, certified organic or otherwise less exposed to chemical treatment, the Farm-to-Healthcare program promotes better nutrition, supports local farmers, reduces air pollution by shortening the trip needed to deliver food and helps preserve the agrarian landscape of Skagit County.

At Island Hospital this initiative has resulted in fresher products for patient and cafeteria meals, a Thursday afternoon farm stand on the hospital campus and a consumer-supported agriculture (CSA) program.

Consumer-Supported Agriculture

In cooperation with Hedlin Farms of La Conner, Island Hospital hosts a Consumer-Supported Agriculture (CSA) program. Participants in the CSA pay a fee at the beginning of the season and pick up a box of fresh fruits and vegetables each Thursday at the hospital.

Typically, there are eight to 10 different items with a full share representing the amount for a family of four. Tomatoes, strawberries, lettuce, radishes, artichokes and spin-

ach are some of the expected produce to be included; and selection will vary over the course of the season. The full-season (20 weeks) and the short-season (12 weeks) programs both begin deliveries on June 3.

For more information or to sign-up for the CSA, contact Hedlin Farms at (360) 466-3977 or hedlin@hedlinfarms.com.

Cafeteria/Patient Meals

Farm fresh produce will continue to be incorporated into cafeteria, Island Bistro, and hospital patient menus. Island Bistro continues to provide local, fresh ingredients and to offer an array of healthy choices. The Food Services Department plans to offer more vegetarian and gluten-free selections for people who follow these diets.

Thoroughly Fresh! Thursdays

Island Hospital will host a local farm stand on Thursdays, from noon to 3 p.m., June 3 through Sept. 9, adjacent to the main hospital entrance at 1211 24th Street. Along with the farm stand, the Summer Wellness Fest will include wellness information, resources, information/registration for wellness-oriented community classes and more. Fresh-cut flowers and chair massage will be offered again this season. Berries from Sakuma Farms will be available for purchase and more vendors offering healthy local products are expected to be added to the weekly event.

Cooking demonstrations will be offered regularly through the summer – with samples provided – using fresh produce. Recipes will be given out each week to encourage people to use more farm-fresh products. In addition, local products will be featured at monthly barbecues.

For more information, contact Sherrie Veatch at (360) 299-1377, or Suzie DuPuis at 299-1300, ext 2567.

payment drop-off box

A recently installed drive-through, drop-off box for payment of Island Hospital charges is accessible via the circular driveway at the hospital front entrance, 1211 24th St.



As I See It...

By Vince Oliver



offer ample space for the Cancer Care Center's *Survivor Program* – which involves, and will benefit from close proximity to, Physical Therapy services – as well as rooms for support groups and classes.

The MAP is situated to allow easy access to the new hospital building, while providing an efficient way for ambulances to bring patients to our Emergency Department. The next *Heartbeats* will feature a layout and artist's rendering of the new building as well as more detailed information about the services relocating there.

During the economic downturn, the Hospital has taken a cautious approach to expansion and the IH2020 long-term campus plan. As a result of the District's careful spending and budget observance, we can proudly say we have thus far avoided layoffs and hiring freezes during this difficult time. This judicious responsibility to our taxpayers and community has positioned the District to move ahead with the MAP at a time when increased services for our community are in high demand. We are proud of this accomplishment and invite the community to take comfort in this work as well.

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

In the Winter issue of *Heartbeats* I wrote about our planned Medical Arts Pavilion (MAP) to be located on the east side of the hospital campus. In the past few months, we have had a few challenges to overcome before moving forward. Through a close working relationship with the City of Anacortes and its very professional staff, it's a "go" for the Island Hospital Medical Arts Pavilion, and we expect to break ground this fall. We have selected architect Taylor Gregory Broadway of Edmonds, WA, a firm with extensive experience designing healthcare facilities in our region.

Several existing Island Hospital services will move into the building: Island Hospital Physical Therapy, Cancer Care and Cardiopulmonary Care. The MAP will allow us to add new services in the remaining space. We are considering Kidney Dialysis and Wound Care, the latter featuring a hyperbaric chamber, among others based on community need.

In addition, the new facility will be designed to

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

San Juan County residents can now get free round-trip taxi service from the Anacortes ferry terminal to Island Hospital or any hospital-operated clinic or outpatient service. Any San Juan County resident coming for services at Anacortes Family Medicine, Fidalgo Medical Associates, Island Surgeons, Island Hospital, Island Hospital Physical Therapy & Rehabilitation, IH Sleep Wellness Center, Cardiopulmonary Care Center or Cancer Care Center is eligible for the free ride to and from the ferry terminal.

Those who wish to use this service need only call Mert's Taxi, (360) 299-0609 to be met at the ferry.

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of hospital best practices, designed for our community and services.

We, as the Board of Commissioners, view retaining DNVHC as our accrediting organization as a major step toward reaching Island Hospital's highest levels of performance, quality and safety.

If you have any questions or comments, please contact us at (360) 299-1327, or visit www.islandhospital.org, click on contacts and visit the link for "Commissioners." We want to hear from you.

Our Mission:

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

Island Hospital

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

Correspondence to commissioners can be sent to:

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

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

Please give blood at Island Hospital

Tuesday, July 6th
Tuesday, September 7th
10 a.m. - 4 p.m.

**Island Health Resource Center
Conference Rooms**

Reservations preferred, but not required.
Call 299-1309 for reservations or info.

Island Hospital's Promise

Your best healthcare
experience begins
at Island Hospital.

We always place your
emotional and
medical needs first
and foremost.

Three decades and counting for Dr. Stalsbroten

After 30 years of practicing medicine in Anacortes, Dr. Oliver Stalsbroten, MD, now treats the children of patients he began seeing when they themselves were youngsters.

"That's one of the reasons I chose to go into this specialty," says the well-known Family Practice doctor. "I like the idea of forming bonds with patients that last from generation to generation."

In 1980, Dr. Stalsbroten joined Dr. Tom Brooks at Anacortes Family Medicine, a practice that is now part of Island Hospital. "That was a banner year for me," he says. "I came to Anacortes, got married and began a medical practice here."

After three decades, Dr. Stalsbroten sees a key role for Family Practice doctors in helping patients understand their options in the maze of medical specialists, treatments, medications and technologies.

"Some call us gatekeepers, but that implies we keep patients away from treatment options," he says. "The truth is we help patients successfully navigate a complex system to get the care they need."

Dr. Stalsbroten believes that as a family Physician it's important to stay as current as possible in the broad spectrum of medicine. "But it's



just not possible to keep up with all the changes and advances in medicine today. We're fortunate to have a good complement of specialists in the area to tap as referral sources and make sure our patients get the right care, from the right providers, at the right time."

During his tenure at Anacortes Family Medicine, Dr. Stalsbroten has seen many changes in healthcare here, including the newly renovated and expanded Island Hospital with its single patient rooms, Cancer Care Center and other new services and facilities.

One innovation he's getting used to is the new system of electronic medical records. "I believe this is a really important and beneficial advancement," he says. "Today I can access the records of my patients if they're treated in the Emergency Department or read medical notes if they're seen by a specialist. This gives Primary Care Physicians the information we need to provide the true continuum of care our patients deserve."

At 30 years and counting, Dr. Stalsbroten considers it a privilege to have the opportunity of providing healthcare in Anacortes. He hopes to continue doing so for years to come.

Anacortes Family Medicine is located at 2511 M Avenue, Suite B.

Community Wellness Event

For All Ages!

**Tuesday, June 1st
5 p.m. to 7:30 p.m.**

**Maple Hall
204 Douglas St., La Conner**

**Sponsored by
La Conner Medical Center
La Conner Senior Center**

Presentations include

- Advanced Directives End-of-Life Care
- Vitamin D
- Disease Prevention
- Is that Mole Cancer, or Is It Just UGLY?"
- Beautiful simplicity of a good walk
- Insomnia, the Value of Sleep

Refreshments are provided.

Free – no reservations.

Info: (360) 466-3136

Jeaneen Brogan RN retires



Jeaneen Brogan RN pauses with 18-month-old granddaughter Blossom Brogan at her retirement party. One of Island Hospital's most-beloved Nurses, Jeaneen retired in February after serving the community for 25 years. Her retirement celebration packed the hospital conference rooms for several hours as Physicians, Nurses, Managers, Employees, her family and many others came by to wish her well. Jeaneen served as Nursing Coordinator in Acute Care for the last 18 years of her time at Island. "She is absolutely the best; she'll always be my friend and someone I truly enjoy," said Lois Pate RN, Director of Nursing, adding, "She didn't waste a lot of words and when Jeaneen spoke, we listened."

David Slepyan MD opens aesthetic surgery center



Dr. David Slepyan, specializing in Cosmetic, Reconstructive and Hand Surgery, recently opened Northwest Aesthetic Surgery Center in Anacortes. He has been in private practice since 1978 – in Coupeville, WA, for the past eight years – and recently expanded his practice to Anacortes.

Dr. Slepyan performs a range of procedures including breast augmentation, fat grafting, abdominoplasty, liposuction, rhinoplasty, upper and lower eyelid surgery, breast reduction, breast reconstruction and other cosmetic procedures. Hand Surgery procedures include carpal tunnel, cubital tunnel, DeQuervain's Tendonitis, joint reconstruction and nerve surgery.

Dr. Slepyan graduated Cum Laude in Chemistry from Cornell University and received his MD from Cornell University Medical School in 1968. Following his surgical residency at King County Hospital in Seattle, he fulfilled his General Surgery residency at the University of Washington Hospital and his Plastic Surgery residency at the University of Miami, FL. This was complemented

with a craniofacial and Plastic Surgery fellowship with world-famous Dr. Paul Tessier of Paris, France, and a Hand Surgery fellowship with the renowned Dr. Harold Kleinert of Louisville, KY.

After serving as Assistant Chief of Plastic Surgery at Portsmouth Naval Regional Medical Center, Portsmouth, VA, Dr. Slepyan returned to Seattle to serve as Director of the Microvascular Lab at Swedish Hospital. He later served as Representative to the Operating Room and Quality Assurance Committees and as Chief of the Division of Plastic Surgery – both at Providence Medical Center, Seattle.

Donating his time and surgical skills to those less fortunate, including treating children from third-world nations born with craniofacial deformities, has brought Dr. Slepyan great personal satisfaction.

Northwest Aesthetic Surgeons is located at 1211 M Avenue Suite B, Anacortes and 107 S. Main Street Suite D-101, Coupeville, WA. To schedule an appointment call (360) 678-2128.

Larry Pelham directs IH pharmacy services

Larry D. Pelham MS, RPh, FASHP brings a broad range of experience in Pharmacy, healthcare and professional services to his role as Director of Pharmacy Services at Island Hospital. His career includes success in many diverse cross sections of hospital, ambulatory and home-care services as well as leadership rolls in business and academia.

Prior to accepting his current position earlier this year, Pelham served as Director of Pharmacy Services at Harrison Medical Center, Bremerton, and at the University of Washington Medical Center, Seattle. He engineered approval, design and full remodel/reconstruction of hospital pharmacies at both institutions.

Pelham served as national Director of Professional Services at NextRx Corporation in Bothell where he recruited hired and supervised Nursing, Pharmacy and

other personnel for the high-tech startup company. He also developed and executed strategic business plans to advance the company's focus on providing integrated medication-delivery automation.

Additionally, Pelham was Director of Infusion, Pediatrics and Specialty Services with MultiCare Health System, Tacoma; regional Director of Pharmacy Services with McGraw, Central Admixture Pharmacy Services, Irvine, CA; and Administrator of Home Health Care Services at St. Joseph Medical Center, Tacoma.

Pelham also has held the position of Adjunct Associate Professor at the University of Washington School of Pharmacy. He received a BS Degree in Pharmacy and MS Degree in Clinical and Administrative Management from UW and served residencies at the Palo Alto VA Medical Center, Palo Alto, CA, and at Seattle VA Medical Center.



VPN connection proves effective for patient care

by **Chris Storm RN**
Island Hospital Emergency Department



Island Hospital continues to upgrade our service quality to meet every challenge possible. One recent case proved to be an excellent example.

We have a VPN
(Virtual Private Network) connection from

our Emergency Department (ED) to Harborview Medical Center in Seattle, a Level 1 Trauma Center. This allows us to send diagnostic results for consultation.

In February, we had a patient with a cervical spine fracture who was given a CT scan upon arrival at the ED. We sent the scan picture to Harborview to be reviewed by a spine specialist. He was able to clear the patient to

be discharged home. Previously, we would have had to send a patient with this diagnosis to the Seattle facility for evaluation to be sure of his condition.

This proved to be a huge benefit for the patient and family, saving the trouble, time and expense of advanced life-support transport to Seattle, along with other charges incurred at Harborview.

We at Island Hospital will continue to do all we can for our community in the best interest of healthcare and quality.

NW Cardiology Network

A continuum of advanced cardiac care

Patients in Skagit, Island and San Juan counties benefit from an outstanding network of the latest in advanced heart care.

Benefits to patients in the region include:

- Highly skilled Emergency Department Physicians and staff at Island Hospital.
- Access to a team of highly trained Cardiologists from Skagit Valley Medical Center Cardiology.
- Cardiac Catheterization facilities at Skagit Valley Hospital staffed by interventional Cardiologists with advanced training and an expert Electrophysiologist.
- Availability of a full range of Cardiac Surgery – at Providence Everett Medical Center – by highly rated Cardiovascular Surgeons from Everett Cardiovascular and Thoracic Surgical Associates.

This continuum of care is the result of the Northwest Cardiovascular Network (NCN), an alliance of physicians and hospitals specializing in heart disease comprising Island Hospital, Skagit Valley Hospital and Skagit Valley Medical Center (SVMC) Cardiology.

“First-class heart care combines local expertise with regional resources. We’re pleased that our community can receive both at the highest levels,” said Vince Oliver, Island Hospital CEO.

NCN engages member organizations in quality-improvement projects to benefit the patient.

“The Northwest Cardiovascular Network gets the Cardiologists, Surgeons and hospitals on the same page to provide high-quality, cost-effective care for each individual patient,” said Robert Stewart MD, Cardiologist with SVMC. “We really value this relationship and respect each other’s professional skills that bring different perspectives together to figure out what’s really best for the patient.”

Theodore Hegg, MD, SVMC Cardiologist, who practices in Anacortes, finds value for patients in the focus on quality initiatives.

“The Northwest Cardiovascular Network is tackling projects that really have important benefits for patient heart care and patient satisfaction,” Dr. Hegg said.

For information call SVMC Cardiology, Anacortes, (360) 293-0308.



Island Hospital Emergency Services Medical Director Robert Rookstool MD (right) shows one of the trauma rooms in the IH Emergency Department to SVMC Cardiologists (from left) Robert Stewart MD, Oscar Briseno Jr. MD and Theodore Hegg MD.

North Cascade Cardiology joins IH Medical Staff

North Cascade Cardiology (NCC) is now providing a full range of Cardiology services in Anacortes. The Bellingham-based specialty practice offers follow-up to emergency department visits, diagnostic testing, preventative care, inpatient consultations and long-term management of heart or vascular disease.

With eight Cardiologists now on the Island Hospital Medical Staff, three that will be working most often in Anacortes are profiled here. For information on other NCC Cardiologists, visit www.islandhospital.org and click on *Find a Doctor*.



Don McAfee MD

Dr. Don McAfee provides General Cardiology, Echocardiography Transesophageal, Echocardiography and Acute Coronary Syndrome Management services.

He earned his MD from the University of California, San Francisco in 1976, and served his internship at the Medical University of South Carolina, Charleston, SC, 1976-77. He served his Internal Medicine residency (1977-79) as well as a Cardiovascular Disease fellowship (1979-81) at UC San Francisco.

He has practiced at North Cascade Cardiology since 1981 and is Board Certified in Internal Medicine – Cardiovascular Disease and Internal Medicine.



Thomas Oliver MD

Dr. Thomas Oliver provides General Cardiology, Echocardiography, Nuclear Cardiology and Non-Invasive Coronary Imaging, including CT Scan and MRI.

Dr. Oliver earned his MD from the University of Texas Medical Branch at Galveston in 2000 and served his Internal Medicine internship and residency at Fletcher Allen Health Care, University of Vermont (UV), Burlington, VT, from 2000-03. He took Cardiac CT training at the Mount Sinai Medical Center Cardiovascular Institute in New York, NY. He served a Cardiology fellowship at Fletcher Allen Health Care at UV.

He is Board Certified in Cardiovascular Disease, Internal Medicine and Nuclear Cardiology; and is certified in (Adult Comprehensive) Echocardiography. He joined NCC in 2006.



Paul Connor MD

Dr. Paul Connor provides General Cardiology, Echocardiography, Cardiac Computed Tomography, Transesophageal Echocardiography and Nuclear Cardiology services.

He earned his MD from the Temple University School of Medicine, Philadelphia, PA, in 1993, and served his internship (1993-94) and residency (1994-96) at the University of Vermont, Burlington, VT. Dr. Connor was Chief Resident at UV from 1996-97, and served a fellowship in Cardiovascular Disease there from 1997-2000.

He is Board Certified in Internal Medicine – Cardiovascular Disease and Internal Medicine; and in Nuclear Cardiology.

Dr. Connor has practiced at Temple University Hospital and Germantown Hospital from 1987-1991; UV Hospital, 1996-2000; Berks Cardiology in Wyomissing, PA, 2001-02; Rocky Mountain Heart Associates, Wheat Ridge, CO, 2002-09 (the name of the latter clinic was changed to Rocky Mountain Cardiovascular Associates in 2008). He joined NCC in 2009.

North Cascade Cardiology’s Anacortes office is located at 1218 29th Street, Suite B; and can be reached toll-free at 888-739-2700. For additional information about the practice, visit www.northcascadecardiology.com.

Our Best Skin Cancer Detector



by **Michael M. Nelson MD**
Skagit Valley Medical Center

You might think that in 2010 the best method for discovering the most likely cancer to be currently affecting your body would involve lying down inside an expensive and complex machine, but it doesn't. The best method is something that you can do in your home with the most advanced scanners to ever exist – your eyes.

Learning about the different types of skin cancer will help you know what to watch out for when performing a self-examination.

The most common form of skin cancer is basal cell carcinoma. These are often mistaken for a “pimple” early on. They look red and pearly or shiny, and often you see tiny blood vessels feeding their growth. But unlike a blemish, they don't go away.

Squamous cell carcinomas are the second most common, and may start as a rough or scaly, red to white growth of skin. With time they become thick and quite firm, and may even look like a small horn!

Either type of skin cancer will continue to enlarge, bleed easily, and create sores that do not heal. In fact, any non-healing wound, especially on the upper body, should be evaluated for the presence of cancer. Itchiness and tenderness may also indicate skin cancer.

The third most common skin cancer, and the deadliest, is melanoma. Because this is a cancer of the cells that produce pigment for our skin, they often appear dark, and must be distinguished from moles. First, your eyes should get used to your normal moles -- which are small, round or oval, have smooth borders, and are symmetric in both shape and color.

Dr. Nelson, SVMC Dermatology, in Anacortes

Dermatologist Michael Nelson MD now practices at Skagit Valley Medical Center's Anacortes office, 1220 22nd Street, on Mondays.

Dr. Nelson is a graduate of Vanderbilt University School of Medicine and completed his residency training in 2006 at Washington University in St. Louis, MO. Dr. Nelson is Board Certified in Dermatology and is a Fellow of the American Academy of Dermatology and the American Society for Dermatologic Surgery. Dr. Nelson's special interests include clinical research and laser treatment modalities.

To make an appointment with Dr. Nelson, call (360) 814-6200.

Melanomas, in contrast, grow in a disorganized fashion. They usually display one or more of the four “ABCD” signs of melanoma: “A” stands for Asymmetry, “B” stands for Border irregularity, “C” stands for Color irregularity (either asymmetry in color or the presence of unusual colors such as black, blue, red, or grey areas), and “D” stands for Diameter over 6 millimeters (about the size of pencil eraser).

When scanning, be sure to check yourself head to toe, as a skin cancer can arise anywhere. If you do see something suspicious, the sooner you can point it out to a doctor, the easier it will be to treat.

Dermatologists diagnose and treat conditions of the hair, skin and nails. This includes providing acne therapy, treatment of fungal infections, rashes and psoriasis, skin cancer evaluation and treatment, mole evaluation, biopsy and removal in addition to cosmetic services.

Island Hospital diabetes education program achieves accreditation

Island Hospital's Diabetes Education program was recently accredited by the American Association of Diabetes Educators (AADE). The program provides expanded access to critical diabetes education services for residents in west Skagit County, north Whidbey Island and San Juan County.

Diabetes education is a collaborative process through which people with, or at-risk for diabetes gain the knowledge and skills needed to modify behavior and successfully self-manage the disease and its related conditions. The program is coordinated and facilitated by a certified diabetes educator.

Living healthier, better, longer

The number of people diagnosed with diabetes in the U.S. rose from 1.5 million in 1958 to 17.9 million in 2007, and it's estimated that 5.7 million other Americans have the disease but don't know it.

That's an increase of epidemic proportions. But at Island Hospital's Diabetes Education Program, trained staff are helping people with the disease learn what they need to know to stay healthy and reduce the risk of diabetes-related complications.

Those complications can be serious and include blindness, kidney damage, cardiovascular disease and lower-limb amputations. But according to Anita McCoy RN CDE, program coordinator of the IH Diabetes Education Program, the risk of these complications can be lowered by adopting certain self-care behaviors.

“Our outpatient program is designed to help people learn to live well with diabetes,” says McCoy, who has been a certified diabetes educator for more than 20 years. “We offer individual and group sessions to help people learn to effectively manage their disease and lead fuller, healthier lives.”

The program, recently accredited by the American Association of Diabetes Educators, covers these “Self-Care Behaviors”:

- Healthy eating
- Being active
- Monitoring
- Taking medications
- Problem solving

- Reducing risk
- Healthy coping

Diabetes Educators at Island

Anita McCoy RN, MN, CDE, is Director of Quality and Risk at Island Hospital and also serves as coordinator and educator for the IH outpatient Diabetes Education Program. Anita has been

certified by the American Association of Diabetes Educators since 1988. She developed and coordinated the diabetes education program at United General Hospital in Sedro-Woolley before establishing the program at Island Hospital. Recently accredited by the AADE, the program helps people manage their disease and live better.

Anita earned a Bachelors Degree in Nursing from Western Washington University in Bellingham and a Masters Degree in Nursing from the University of Washington, Seattle.



Cancer Care Center welcomes Dr. Gjerset



George F. Gjerset MD has expanded his practice to the Cancer Care Center (CCC) at Island Hospital. He sees patients Mondays and Wednesdays at the CCC, located on the lower level of the Medical Office Building, 2511 M Ave., Suite G, Anacortes.

Dr. Gjerset also treats patients at the Skagit Valley Regional Cancer Center in Mount Vernon, a community-network member of the Seattle Cancer Care Alliance.

Board certified in internal medicine, hematology and oncology, Dr. Gjerset received BA and MD degrees from the University of California, San Diego. He served his internship and residency in Internal Medicine at the UC Irvine and at the Long Beach Veterans Administration Hospital.

Further postgraduate training included fellowships in Oncology and Hematology at the University of Washington and the Fred Hutchinson Cancer Research Center, Seattle.

Prior to locating his oncology practice in the Skagit Valley area, Dr. Gjerset was Staff Oncologist/Hematologist at Evergreen Cancer Center, Kirkland, Wash., and held attending physician positions at Harborview Medical Center and Pacific Medical Center at Providence Hospital in Seattle. He also served as a Clinical Assistant Professor at the University of Washington's Department of Medicine.

Dr. Gjerset was principal investigator on a National Institutes of Health ROI Grant and on a Transfusion Safety study for the National Heart, Lung and Blood Institute. He also directed the Institute's Immunologic Standardization Laboratory.

For appointments at the Cancer Care Center, call (360) 299-4200.

Compassionate care for cancer patients

In its 2009 *Annual Report to the Nation*, the National Cancer Institute found a continued decline in overall U.S. cancer rates. But the Cancer Care Center (CCC) at Island Hospital has not seen a similar decline in the number of patients it serves, according to Patty Pedersen, Office Manager.

"We've seen the number of patients treated here stay relatively unchanged in the past year," she said. "Of course we wish there were fewer people with cancer, but we remain committed to giving the patients who come to us the best possible care."

The Center's team of Board-Certified Oncology and Hematology Physicians and

highly skilled Nurses provides compassionate care and the best in treatment and support. The Center serves patients from Anacortes, north Whidbey Island, Bayview, La Conner, Shelter Bay and the San Juan Islands.

The program is accredited by the Commission on Cancer of the American College of Surgeons and provides advanced care including chemotherapy, medication administration, referrals to radiation therapy and private visits with physicians.

The CCC offers care to patients Mondays and Wednesdays with Dr. George Gjerset MD, Tuesdays and Thursdays with Dr. Theodore Kim MD and Mondays and

Wednesdays with Karen Gilbert ARNP.

The CCC infusion clinic is open Monday-Friday, with Nurses available for patient inquiries.

Patient Navigator Jon Prescott is at the Center Monday-Friday from 9 a.m. - 2 p.m. to help cancer patients and their families manage financial, emotional, social service and other needs before, during and following treatment.

The Cancer Care Center is located on the lower level of the Medical Office Building, 2511 M Ave., Suite G, Anacortes. For more information or to schedule an appointment, call 299-4200.



Healing garden created

Tyler Oates (in red t-shirt with shovel), Anacortes High School student and member of Boy Scout Troop 81, is creating a healing garden adjacent to the Cancer Care Center at Island Hospital as his Eagle Scout project. The healing garden will incorporate all of the existing memorial roses and plaques along a slate walkway with seating for visitors. The garden will provide solace and reflection for patients, visitors and families. Tyler acknowledges the support he has received from other hardworking members of his troop, shown in this photo. Orthopedic Surgeon (and father of Tyler) Ken Oates MD, Northwest Orthopaedic Surgeons, (third from right) served as the troop's Scoutmaster

Breast cancer screening and mammography

By Karen Gilbert ARNP

Cancer Care Center at Island Hospital



We in the Cancer Care Center at Island Hospital are sometimes asked when women should have screening exams and mammograms for early detection of breast cancer. Some of our breast cancer patients have had early detection by mammogram and some have had their diagnosis made only once they began to have symptoms such as a lump in the breast or underarm, breast changes, or even pain or illness indicating cancer spread beyond the breast. Consequently we would love to get the word out about early detection.

Statistically, cancer patients who have been diagnosed before symptoms appear have the best chance of being cured of their disease. Indeed, we expect that the majority of early-stage breast cancer patients will be cured by their cancer treatment, which may include surgery alone, or surgery plus radiation and/or hormone blocking pills, and/or chemotherapy.

According to the American Cancer Society, the goal of screening exams (hands-on breast exams and mammograms) for early breast-cancer detection is to find cancers before they start to cause symptoms. Diagnostic testing refers to tests done in response to signs or symptoms of disease.

Though the majority of cancer patients are over the age of 50, we do have younger patients. We have seen breast cancer patients in their 20s, 30s and 40s. Many of our patients' breast cancers were diagnosed only by screening mammograms, before any lumps were palpable.

You may have seen news reports in the past few months about differing opinions regarding the age at which women should begin having screening mammograms. Despite the differing opinions, the national guidelines we trust and use – American Cancer Society (ACS) and the National Comprehensive Cancer Network, (NCCN) – continue to recommend that women begin having annual screening mammograms at age 40.

ACS Guidelines for the Early Detection of Cancer

The ACS recommends these screening guidelines for most adults:

- Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health
- Clinical breast exam (CBE) about every 3 years for women in their 20s and 30s and every year for women 40 and over
- Women should know how their breasts normally look and feel and report any breast change promptly to their healthcare provider. Breast self-exam (BSE) is an option for women starting in their 20s.

The ACS recommends that some women – because of their family history, a genetic tendency or certain other factors – be screened with MRI in addition to mammograms. (The number of women who fall into this category is small: less than 2% of all the women in the U.S.) Talk with your doctor about your history and whether you should have additional tests at an earlier age. For more information, you can contact the ACS and ask for the document, *Breast Cancer: Early Detection*.

Above Guidelines and more can be found at: http://www.cancer.org/docroot/PED/content/PED_2_3X_ACS_Cancer_Detection_Guidelines_36.asp?sitearea=PED

The NCCN Guidelines are almost identical to the ACS Guidelines and can be found at: http://www.nccn.org/professionals/physician_gls/PDF/breast-screening.pdf.

For a mammogram, call the Island Hospital Diagnostic Imaging Department at 299-1315 for an appointment; most can be scheduled within one week.

Patient Navigator aboard at Cancer Care Center

For patients diagnosed with cancer, the world can be a frightening, uncertain and confusing place. That's why Jon Prescott, Patient Navigator at Island



Hospital's Cancer Care Center (CCC) is ready to help individuals and their families deal with the special and everyday realities of being a cancer patient.

"I see people at their most vulnerable," says Prescott, a Guemes Island resident who also serves as a Volunteer Chaplain and as Chair of the Island Hospital Ethics Committee. "While their healthcare needs are being met by medical professionals, I try to help with other issues that may be financial, emotional, psychological or spiritual in nature."

Prescott initially meets with all IH cancer care patients and their families to determine what support they may need. Sometimes when that relationship has been formed, he acts directly as their advocate.

"Getting a diagnosis of cancer makes some people unable to deal with things they ordinarily would handle," says Prescott. "One patient was anxious about whether insurance would cover his treatment. After we spoke, he said it was good to have someone beside him who wouldn't get emotional in dealing with such issues."

Often cancer patients need help paying for expensive medications. In those cases, Prescott tries to deal directly with pharmaceutical companies to lower costs. He also works with social service agencies and support groups to arrange additional assistance for patients and their families who have special needs.

But sometimes, according to Prescott, it's important just to spend time and listen to patients as they undergo testing and treatment. "I try to be there when they or a family member needs to talk it out."

Patient Navigator Jon is available Monday through Friday from 9a.m. to 2p.m. at the CCC. For more information, call 299-4200.

VOLUNTEERS HONORED AT ANNUAL RECOGNITION LUNCHEON

In 2009, 142 Volunteers contributed 16,000 hours of service; or, when computed at the national average rate of pay, has a value of \$340,000 for Island Hospital. When totaled, all current hospital Volunteers have contributed an astounding 145,000 hours. It is estimated that 25% of Volunteer hours worked go unreported and this list does not include the time given by the IHF Board of Trustees.

Volunteers are our neighbors and friends who touch thousands of lives each year. Volunteers offer comfort and conversation, friendship and compassion. They are why Island Hospital is as great as it is, and one important reason we enjoy such a high quality of life in Anacortes. Thanks to you all.



Surgery Waiting Volunteers

Total Hours as of December 31, 2009

<i>Up to 99 Hours</i>	Nancy Rota	Connie Bush	LouAnn Curtis	<i>2,400 Hours</i>
Barbara Allan	Cheryl Scarburry	John Insull	Barbara Kiver	Dee Holmes
Barbara Arndt	Austin Tyler	Debbie Savoya	Karen Maughan	
Martha Berndt	Margaret Wilson	Margaret Vasquez	Austin Schafer	<i>2,500 Hours</i>
Pat Biddison	Olivia Wilson	<i>400 Hours</i>		Dallas Hart
Ginny Brightwell	Carol Withrow	Diane Groves	<i>900 Hours</i>	
Eloise Brookman	<i>100 Hours</i>	Ed Mazur	Brian McKee	<i>3,000 Hours</i>
Lorilee Chou	Julie Boe	Madeline (Maddy) Rose	<i>1,000 Hours</i>	Pat Bell
Shari Cohen	Linda Harbers	Anna Rosenthal	Betty Adams	<i>3,500 Hours</i>
Barbara Cooper	Shirley Harrison	Lorraine Smith	Marilyn Malesic	Les Cooper
Elena Creager	Julie Hildebrandt	Francesca Zandofsky	<i>1,100 Hours</i>	<i>4,100 Hours</i>
Rona Davis	Bette Huff	<i>500 Hours</i>	Louise Kelly	Fran Engen
Pete Dubinski	Peggy Insull	Glenda Bolicek	Gail Koller	
Julie Edwards	Carolyn Kloke	Charles (Bud) Bourbeau	Penny Rustad	<i>4,200 Hours</i>
Margene Edwards	Sandra Koffron	Helene Fink	<i>1,300 Hours</i>	Jerri Eichorn
Ruth Eide	John (Fritz) Kraetzer	Diane Ramerman	Jeri Strom	<i>4,400 Hours</i>
Diane Eiesland	Joanne Liantonio	Shirley Smith	<i>1,500 Hours</i>	Craig Smith
Sonja Erlandson	Lauren Richards	<i>600 Hours</i>	Ginny Kluth	<i>4,700 Hours</i>
Doug Fakkema	Erin Soucy	Diane Crawford	Win Stocker	Elaine Oliphant
Jo Fuqua	James Thomas	Peter Dowden	<i>1,600 Hours</i>	<i>5,000 Hours</i>
Karin Gandini	Sarah Tobien	Stella Doyle	Jenny Market	Rebecca Flint
Dana Gordon	Ryan Xue	Sally Kilpatrick	Laurie Mueller	<i>8,500 Hours</i>
Jaana Hatton	<i>200 Hours</i>	Judy Matye	Bobbie Way	Eunice DeMar
Ann Huston	Nancy Bitting	<i>700 Hours</i>	<i>1,700 Hours</i>	<i>7,500 Hours</i>
Terry Kratzer	Shellie Bogosian	Gwen Buchan	Suzetter Richards-	Marge Sargent
Carrollei Lamoureux	MaryEllen Dorsey	John Dunphy	Hapeman	<i>12,000 Hours</i>
John Leonardson	Suzanne Emery	Peggy Griswold	Ralph Scott	Kydie McKee
Scott Love	Joan Hallenbeck	Jonathan Prescott	<i>2,100 Hours</i>	
Wendy Patterson-Bents	Mary Henderson-Jones	Curt VanHyning	Betty Anne Ely	
Elisabeth Raff	Mac Langford	Pat Weeth	<i>2,300 Hours</i>	
Nancy Raphael	Floy Ann Montee	<i>800 Hours</i>	Nancy Husted	
Jonah Richards	<i>300 Hours</i>	Mimi Chambers		
Zach Richards	Donnalee Acosta			
Betsy Rogers	Elaine Brock			
Teresa Ronngren				

EMPLOYEE RECOGNITION

At February's Employee Service Awards Banquet, Jessica Reik was selected Employee of the Year and Suzanne Harris for the Management Leadership Award. More than 70 employees were recognized for Employee of the Month honors and years of service, most notably 30-year honorees Donna Ruddell and Sue McFarlane RN.

Jessica Reik – Employee of the Year

Patient Accounts Representative, Jessica Reik, was named 2009 Employee of the Year. Jessica began working at Island Hospital in March 2000 as a Switchboard Operator and rapidly obtained the position of Patient Accounts Representative in June 2000.



you?" attitude. She is known to remain calm with a smile, no matter the situation.

Jessica maintains a positive outlook on life and keeps her family strong despite the challenges of her husband's military career.

"I look to Jessica as a resource in many areas of her job," said Sharon Horak, Director of Patient Accounts.

When asked how it felt to be recognized for her work through this award, Jessica responds: "I was extremely honored to receive the Employee of the Year award. I love working for Island Hospital, and this was just icing on the cake."

Employees of the Month 2009

January - Sandra Marin
February - Konnie Kleparek
March - Myrna Salcedo
April - Marsha Walters
May - Julie Lane
June - Patricia Morgenthaler
July - Susan Paulsen RN
August - Jessica Reik
September - Darwin Anderson
October - Sheryl Robinson RN
November - Tammy Mackey
December - Laura Dickman

<u>5 Years</u>	Mary Jackson RN Steven Johnson Brian Knight Cathy Lowry RN Carie Mackenzie Doris Martinez Peggy Nordeen RN Amy Patrick MT (ASCP) Brandon Schuetz Lori Shulock Nichole Stettler Dana Styber David Sweatt Darcy Tietjen RN	Charles Tracy RT(R) Irene Villiott Marsha Walters Kiersten White Jane Wright RN	Lora Lantz RN Margo Lemme Ronnie Metcalfe RN Leslie Ostlund RN Maria Pfeffer RN Kelly Preiksa Cecelia Richmond RN Nancy Stanek RN	Travis Vandeway RPh
Travis Bryan Diane Burton Charlene Dennison RN Sherry Dent RN John Entermann PT Bernadine Feist RPh, BCPS Dan Fernando Leon Guidry RN William Hamilton Amy Harrington PT Susannah Hartt Darleen Hoskins		<u>10 years</u> Tonica Beaner Debra Exley PT Suzanne Harris David Holboy Sheri Holt RT(R)(M) Brenda Hubin-Price RN Jennifer Kube Julie Lane	<u>15 years</u> Rolie Benoit Heather Blomberg Gloria Humble Effie-Jo Lindstrom RN Sarah Ney	<u>20 years</u> Nonita Kerley Nora McMillan ARNP Joan Walsh
				<u>25 years</u> Tom Bluhm Dorothy Engom RN Blair McCallum RRT Dyani Wetcher
				<u>30 years</u> Sue McFarlane RN Donna Ruddell

Suzanne Harris selected for Management Leadership Award

Suzanne Harris, Director of Clinical Operations for Island Hospital Family Care Clinics, was named 2009 Management Leadership Awardee at the Annual Employee Service Recognition Dinner.



Suzanne was originally an entrepreneur but decided that she wanted to use her leadership skills and Licensed Practical Nurse experience in a career at Island Hospital as a Physician Clinic Manager. Suzanne started

working at Island Hospital in December 1999 for the Island Hospital Family Care Clinics which include Anacortes Family Medicine (AFM), Lopez Island Medical Center and Island Prenatal Care Clinic and Teen Center.

Suzanne is known for her sense of humor and her outstanding work ethic. Suzanne's previous manager, Elise Cutter, sums up Suzanne's work ethic in an evaluation stating, "She is full of life!" During her free time Suzanne volunteers for Soroptimist International of Fidalgo Island, Anacortes Sister City Association and has served on the Skagit Valley College Medical Assistant

Program Advisory Board. "I love that part of my life" says Suzanne when discussing her volunteer work.

Suzanne was shocked to discover she had won the Management Leadership Award: "I'm never without speech—I was speechless" she noted, "and very honored to have been recognized by Island Hospital in this way. Island Hospital is a wonderful employer. Employees can't help but grow in this exceptional learning environment; and we certainly have us some of the best of the best!"

IH Emergency Physician serves in Haiti

"This was the right thing for us to do"

- Dr. Robert Petty



Dr. Robb and Jane Petty

Robert Petty DO, Island Hospital Emergency Department Physician, and his wife Jane served a medical mission in Haiti in early March. His first such mission, Dr. Petty was no doubt changed. For his first trip, he chose to go to one of the poorest countries in the world following a disastrous earthquake – in a nation with little to destroy in property – that left in its wake widespread fatalities, serious injuries, illness, broken families and heart-breaking stories. This experience has left an indelible imprint on millions around

the world; and more so for the many who have served there since this catastrophe.

This article only has excerpts from Dr. Petty's journal during this life-changing experience; there is far too much material to include in *Heartbeats*. For his entire record of this mission, visit www.islandhospital.org.

Dr. Petty is with Island Emergency Physicians and has provided Emergency medical care at Island Hospital since 1996. He earned his Doctorate in Osteopathic Medicine from Des Moines University's Osteopathic Medical Center, Des Moines, IA, in 1975. He served his internship at Riverside Osteopathic Hospital in Trenton, MI, 1976, and residency at Tripler Army Medical Center, Honolulu, HI, 1978. Dr. Petty served as an Emergency Medicine and Family Practice Physician in the U.S. Army. In 1980, he coordinated Emergency care for refugees escaping Cuba.

Excerpts from Dr. Petty's journal

The nursing mother

"Across from me sat a tiny woman and three children. The oldest was not



Example of damaged building in Haiti; "one of the 'better-off' homes in Haiti," notes Dr. Petty.

hers; this is typical. If a child has no one, another person, quite likely a stranger picks her up and takes her along. The child is having a stomach ache, vaginal discharge, and a leg ache – pretty routine. I ask her the leading question when someone complains of a stomach ache: "When did you eat last?"

Sometimes that is not delving deeply enough to penetrate the vague replies so I'm more specific: "Did you have breakfast?"

"No."

"Dinner last night?"

"No."

"When?"

"A few days ago, maybe."

The woman with her had a baby, four months old, seven kilograms, and like so many others, floppy, but a darling toothless smile when tickled. She appeared

Photos contributed by Dr. Robb and Jane Petty

well-hydrated. After a while I picked up the other card that I presumed was the info card for the 2-year-old; but something did not figure right. The weight that one of the aid workers had written down was "37kg". I knew right off that the baby could not be 37 lbs.; maybe 18 at the most. Quickly my throat closed tight as the realization sank in that across from me I was looking at a 37kg nursing mother of two children, an 81-pound woman! We had pretty much eaten all the snacks we had but my friend Ruth and I emptied our "hidden snack pack" that we were going to raid on the bus ride home and stuffed granola bars, Tootsie rolls and bars into a small black plastic bag.

Interestingly, we gave the mother a large, red, heart-shaped Valentine's sucker. But she did not eat it; she unwrapped the cellophane carefully and presented it to the two-year-old whose eyes widened as she quickly gobbled it down.

The process

Most of us were Doctors, Physician Assistants or Nurse Practitioners. Jane and I were among the very few who had not gone previously on some sort of medical mission. Most had been to places that had been renamed since I took high-school geography.

We saw about 1500 Haitians during that first week, about 400 per day. Each morning we would go to a camp which Kristy (our leader for the mission) had pre-screened – one that would afford us easy entry and easy exit if things go wrong. We were told if Kristy says go, we go. No questions asked. We would stay on the trucks until she gave the nod. A group of us would set up the tarps and arrange tables or church pews or whatever might serve as our examining area. Some of the areas were open air with no structures around us. Some were churches we used as clinics. Any more-detailed exam which might require some undressing was conducted with volunteers holding up bed sheets serving as a privacy screen.

The children's ward at University of Miami Field Hospital in Port au Prince.

Patients would line up, have blood pressure checked and weights taken; a triage desk was erected where the name, date of birth and the main concerns checked from a selected check list of medical problems. Then they would line up again for the visit with the providers. Next, to the pharmacy. After that, to the

food station where each family would receive a bag of beans, a bag of rice, a bottle of cooking oil, a package of corn meal and a package of noodles. Protein was a can of fish.

After the patients had gone through all the stations Jane "The Exterminator" gave them a cocktail of the de-worming solution and then it was off to the world from which they came.

The pastor

Together we all chipped in to pay the pastor \$60 in order to buy his people some water, but that would last only a day. The pastor told me that we were the first aid workers to visit his camp and congregation. As he loaded us on the truck, he took us another way so that we could see his new "church". He proudly pointed to a few cinder blocks stacked and mortared chest high. This



was to be his new church. His smile and happy chatter was so out of sync with what we were seeing. He praised us for coming and told us how blessed he and his people were. Yet he did not complain or ask for money. He only wanted to plead for us to return.



Miserable tent city outside Port au Prince. Dr Petty: "Once again we passed that cluster of tents in the riverbed. By definition a riverbed is filled with rocks and pebbles. Whatever made me think those victims would afford the luxury of a mattress? If they didn't have a tent, how could they possibly have a mattress? To think I muttered a complaint about the stinky mattress I slept on last week. No more complaining for me. I repeated the prayer asking God to hold back rain, otherwise these tent-city 'residents' would surely be greeted by cholera, hepatitis and, of course, malaria."



United Nations troops en route.

Classes

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

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

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

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

Advance Healthcare Directives

Living Wills & Durable Power of Attorney for Healthcare

Do you have someone to make medical decisions for you if you are not able? Do you have a living will? Join us to learn about completing these important documents so your personal preferences about your medical care will be known. *Class limited to 10 people.*

When: Tuesday, July 27, 10 - 11 a.m.

Where: IHRC Conference Room 3

Cost: FREE

Instructor: Claire Zaugra

Registration: Leave a message at 299-4204

Cancer Care Resources

Look Good~Feel Better

This class is a free, national service that teaches techniques to help restore appearance and self-image during chemotherapy and radiation treatments. Each two-hour session is comprised of hands-on demonstrations of the 12-step skin care and make-up program, proper care for nails and instruction on options related to hair loss, including use of wigs, scarves and other accessories. Each participant receives a free kit of cosmetics 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: Mondays, May 17, June 21, July 19,

Aug. 16, Sept. 20, 1 - 3 p.m.

Where: Guemes Room

Cost: FREE

Registration: 299-4200

Cancer Resource Center

Island Hospital has partnered with the American Cancer Society to create a local Cancer Resource Center that provides resource materials, social services and

online access to cancer patients, survivors and their families. The Center is located on the lower level of the Island Hospital Medical Office Building, 2511 M Ave., Anacortes. For more information and office hours, please call 299-1394.

Birth and Beyond

Choices in Childbirth



This six-week series covers prenatal nutrition, stages of labor, relaxation, breathing and other coping techniques. We will also discuss possible complications, variations and interventions that can sometimes occur, including choices to help you cope and experience the best outcome for you and your baby. Breastfeeding and basic newborn care also will be covered.

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

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

May 6 - June 10

July 8 - Aug. 12

Sept. 9 - Oct. 14

Where: IHRC Conference Rooms 1, 2 & 3

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

Instructor: Dianna Mincin LPN, ICCE, CIMI

Registration: 299-1309

Weekend Childbirth Classes

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

When: Schedule set based on interest

Where: IHRC Conference Rooms 1, 2 & 3

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

Registration: 299-1309

Breastfeeding Matters



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

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

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

When: Monday, June 14, 5 - 6:30 p.m.

Monday, August 16, 5 - 6:30 p.m.

Where: IHRC Conference Room 3

Cost: \$10 or fee waived for those on

DSHS medical

Instructor: Effie-Jo Lindstrom BA, BSN, IBCLC

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

Baby Basics

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

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

When: Thursday, June 17, 6:30 - 9 p.m.

Thursday, August 19, 6:30 - 9 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$20 or fee waived for those on

DSHS medical

Instructor: Dianna Mincin LPN, ICCE, CIMI

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

Infant and Child Safety

Learn a variety of ways to ensure a safe environment for your baby or growing child. We will cover baby proofing, car seat infor-

YOUR HEALTH MATTERS

mation and water safety. In addition, you will learn basic CPR and first aid skills. Grandparents and caregivers are also welcome to attend!

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

When: Thursday, June 24, 6:30 - 9 p.m.

Thursday, August 26, 6:30 - 9 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$20 or fee waived for those on

DSHS medical

Instructor: Dianna Mincin LPN, ICCE, CIMI

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

NEW Fertility Awareness



Whether you are trying to get pregnant or want to learn how to avoid a pregnancy naturally, learning about your cycle can help you meet your goal! Tracking your body temperature and

other changes in your body can help you determine when you are ovulating. Also includes information on fertility tests and treatments.

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

When: Thursday, July 1, 6:30 - 9 p.m.

Thursday, September 2, 6:30 - 9 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$25 per couple

Instructor: Dianna Mincin LPN, ICCE, CIMI

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

Car & Booster Seat Clinic



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

seat for safety, make sure you are using it correctly and show you how to properly install the seat in your car. Please check the EMS website for additional locations, www.skagititems.com/safekids.htm. No appointments required, please just drop in.

When: Thursday, June 10, August 12,

September 9, 3 - 5 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 299-1309

Diabetes Education

Diabetes Self-Management Education Program

Island Hospital offers an outpatient diabetes

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

Life Center Programs

Cardiac Rehabilitation

If you have stable angina or have had a heart attack, heart bypass surgery, valve surgery, angioplasty, or stent placement in the past year, this monitored exercise program will help you increase your endurance and provide you with the necessary education you need to make lifestyle changes for better cardiac health. Please call Jan Priggee RN at 588-2074 for more information.

Pulmonary Rehabilitation

Are you unable to do the things you used to do because of shortness of breath and fatigue? Pulmonary Rehabilitation may be the answer. An Exercise Specialist will teach participants exercises that will increase strength and decrease fatigue. Additionally, learn about the cardiopulmonary system, medications and nutrition to maximize strength and endurance. This course is Medicare-approved and may be covered by private insurance plans. Please call Pat Meyer RRT at 299-4242 for more information.

Heart Health Assessments

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

Smoking Cessation

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

Physical Therapy Programs

Women's Safe Weight Training

In this class you will learn about the importance of weight resistance training for build-



ing muscle mass to help prevent falls, support body organs, improve posture and prevent or slow osteoporosis. You will also learn proper body mechanics to improve the way your

body moves. A home exercise program will be provided.

Ellie Petri is a Physical Therapist at Island Hospital Physical Therapy & Rehabilitation.

When: Wednesday, July 14, 10 a.m. - noon

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$10

Instructor: Ellie Petri PT

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

Urinary Leakage

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

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

When: Tuesday, August 17, 9:30 - 11 a.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$10

Instructor: Reiko Nystrom MPT

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

Self-Care

Basic Nutrition



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

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

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

When: Monday, May 24, 7 - 8:30 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$15

Instructor: Beverly Swanson, Nutrition Educator

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

YOUR HEALTH MATTERS

NEW Women's Wellness with Aromatherapy



Learn to use essential oils to help with menstrual cramps, pain, stress, anxiety, PMS and emotional and spiritual health. Make your own massage oil or aromatic spray!

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

When: Monday, June 7, 6:30 - 8 p.m.

Where: IHRC Conference Room 3

Cost: \$15, includes supplies

Instructor: Michelle Mahler

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

NEW Vitamin D: What's all the fuss?



Wonder what all the fuss is regarding Vitamin D? Learn about what Vitamin D is, what the current research says, how it is made and processed in the body, how it is tested for and whether or not you need to supplement.

Dr. Fleming is a naturopathic physician currently practicing at the Vital Aging Clinic in Anacortes.

When: Tuesday, June 8, 2 - 3 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: FREE

Instructor: Alethea Fleming, ND

Registration: Leave a message at 299-4204

Mind & Body Healing



Learn about neurofeedback and how it can retrain the nerve pathways in the brain to help reduce chronic anxiety and stress. This presentation is informational only as neurofeedback

training is done in an office setting. Demonstrations of relaxation methods you can practice on your own will be included.

When: Tuesday, June 22, 6 - 8 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: FREE

Instructor: Joan Cross PT, MPH, RC

Registration: Leave a message at 299-4204

Registration Form

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

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

General Information

Payment:

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

Cancelled Classes:

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

Refunds:

A full refund will be granted if the class is cancelled or if your cancellation is received at least 24 hours prior to the start of class. No refunds will be given after that point.

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

Name (please print)

Address

Phone: Day

Phone: Eve

♥ Class

Date(s)

Fee \$

♥ Class

Date(s)

Fee \$

NEW Create the Habits of Health



Learn to achieve the highest state of health available to you through nutritional intervention and lifestyle management in this fun and interactive class. By making new choices and

practicing simple *habits of health*, you can replace unhealthy patterns with new behaviors to get better nutrition, reach a healthy weight, and maintain your health for life.

When: Tuesday, June 29, 6:30 - 8:30 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: FREE

Instructor: Veronica Spencer RN, Health Coach

Registration: Leave a message at 299-4204

Essential Remedies:

Organic Skin Care

Learn to make luxurious and healing skin care oils with essential oils, jojoba oil, carrot seed oil, rosehip seed oil and more! Discover how to be naturally beautiful and treat your skin with healing essential oils and natural ingredients that are gentle to your skin. You

will make a 1/3 oz. smoothing, healing and age defying oil for your skin type.

See "Women's Wellness with Aromatherapy" listing for instructor's information and picture.

When: Monday, July 19, 6:30 - 8 p.m.

Where: IHRC Conference Room 3

Cost: \$15, includes supplies

Instructor: Michelle Mahler

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

Essential Remedies:

Migraines, Sinus & Sleep

Learn to use essential oils which have been used since ancient times to naturally help with migraines, respiratory congestion and sleep. Create your own blend to take home! See "Women's Wellness with Aromatherapy" listing for instructor's information and picture.

When: Monday, September 13, 6:30 - 8 p.m.

Where: IHRC Conference Room 3

Cost: \$15, includes supplies

Instructor: Michelle Mahler

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

YOUR HEALTH MATTERS

Weight Management

Overweight?

Over time, weight seems to just creep onto us, yet it does so at a cost to our health, mobility and agility. Meet with our registered dietitian, Suzie DuPuis, for an individual dietary session. Please call 299-1300, ext. 2567 for more information. Insurance may cover cost.

Other Resources

HIV/AIDS Training for Licensure

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

Island Prenatal Care Center

Provides Maternity Support Services to low-income families, bringing the knowledge and skills of a nurse practitioner, registered nurse, social worker, infant case manager and dietician to meet the unique needs of each mother and baby. 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. Please call 293-6973 for more information.

Lifeline

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

SHIBA HelpLine

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

American Red Cross Programs

The Islands Chapter of the American Red Cross offers the classes listed below as well as instructor-certification programs. These

are held in the Chapter office at 2900 T Ave. or can be arranged off-site. For more information contact the ARC/ASJI at 293-2911 or visit www.theislandsredcross.org

- Community First Aid & Safety
- Workplace Standard First Aid with Infant/Child CPR (also Pet CPR)
- AED Essentials
- Babysitting
- Wilderness Emergency Response
- Aquatics
- Preventing Disease Transmission, Blood-Borne Pathogens, and HIV/AIDS Education

Anacortes Teen Clinic

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

National Alliance on Mental

Illness - Courses

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

Support Groups

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

Headaches

2nd Wednesday, 7 - 8 p.m.
IHRC Conference Room 3
Contact: Amber, 360-873-8823

Parkinson's

3rd Thursday, 1 - 2:30 p.m.
IHRC Conference Room 3
Contact: Jerry, 293-2185

Prostate Cancer

3rd Wednesday, 11 a.m. - 12:30 p.m.
IHRC Conference Room 3
Contact: Carl, 299-3892

Restless Leg Syndrome

Call for dates and times
IHRC Conference Room 3
Contact: Charlotte, 293-7328

Stroke

3rd Tuesday, 6:30 - 8 p.m.
IHRC Conference Room 3
Contact: Ashley or Cindy, 299-1328

Other Anacortes Support Groups

Alzheimer's

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

Grief

2nd & 4th Mondays, noon
Westminster Presbyterian Church,
1300 9th St. Anacortes
Contact: Skagit Hospice, 360-848-5550

Hearing Loss of Skagit County

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

Skagit County Support Groups

Sjogren's Syndrome

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

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



**Heartbeats
is printed
on recycled
paper.**

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

diabetes education continued from Page 7



Carol A. Bear RN is a Registered Nurse in IH Acute Care and provides exercise consulting, instruction and care to patients participating in the outpatient

Cardiopulmonary Rehab

program at Island Hospital. She is working towards certification from the American Association of Diabetes Educators and is currently teaching people to live better with their disease through the IH Diabetes Education Program. Carol has an Associate Degree in Nursing from North Idaho College, Coeur d'Alene, ID.



Janet Priggee RN is a Nurse Educator for Island Hospital's Cardiopulmonary Rehab program and previously served as a Registered Nurse in the IH Intensive Care Unit. She also has

extensive experience in Cardiac and Intensive Care Nursing in Spokane and in Elmhurst, IL. Currently Jan is working towards certification from the American Association of Diabetes Educators. She holds an Associated Degree in Nursing from the College of Dupage School of Nursing.

The Island Hospital diabetes education program is offered in the medical office building at 2511 M. Ave., Anacortes, Suite H; and can be contacted at (360) 588-2083.

HEALTH SCREENINGS

Sponsored by **Island Hospital Foundation**

Ongoing Blood Pressure Checks

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

Island Health Resource Center - every Wednesday, 9 a.m. - noon
Anacortes Senior Activity Center - last Tuesday of the month, 9 - 10:30 a.m.
La Conner Medical Center - 1st and 3rd Thursdays of the month, 9 - 11 a.m.

Bone Density Screenings

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, May 11, 9 - 11 a.m.

Tuesday, Sept. 14, 9 - 11 a.m.

Where: Island Health Resource Center

Cost: \$5

Appointments: Leave a message at 299-1367

Memory Awareness Screening

Are you or a loved one becoming more forgetful or maybe have started to misplace things more often? Have you become lost in a familiar place or noticed a change in mood, behavior or personality? If so, this screening can be a first step in helping determine if you might suffer from memory loss or, potentially, some form of demen-

tia by taking a simple examination. Appointments are required!

When: Tuesday, May 18, 9 - 11 a.m.

Tuesday, July 20, 9 - 11 a.m.

Tuesday, September 21, 9 - 11 a.m.

Where: Island Health Resource Center

Cost: FREE

Appointments: Leave a message at 299-1367

Cholesterol & Glucose Screening

This blood test determines your total cholesterol, HDL, LDL, triglycerides and glucose levels, which can be indicators of cardiovascular disease or diabetic tendencies. A 12-hour fast is required with water and needed medications only. Your results will be sent to you in the mail. **No appointment required. First come, first served.**

When: Tuesday, July 13, 8 - 11 a.m.

Where: Island Health Resource Center

Cost: \$10

Questions: 299-1309

Balance and Mobility Screening

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

When: Tuesday, August 10, 10 a.m. - noon

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

Cost: FREE

Appointments: Leave message at 299-1367

BREAST CANCER

Early detection saves lives!

Schedule your mammogram today!

(360) 299-1315

Appointments available within one week!

The American Cancer Society recommends that women age 40 and older should have an annual mammogram. Performing monthly breast self-examination and having regular clinical breast examinations is also an important part of your breast health!



Gala celebration goes *Around the World*

For one special evening, familiar surroundings took on a distinctly international flavor as the Island Hospital Foundation's annual Gala of Hope celebrated "Around the World in 80 Days". Marking its 7th successful year, the popular event raised more than \$206,000 to benefit the hospital and maintain its high standard of patient care.

The Port of Anacortes warehouse was transformed with hot-air balloons adorned in bright primary colors and arriving guests were treated to French martinis, the evening's signature drink. Attendees also received "passports" for an evening of fine food, tarot readings, music, dancing, and the opportunity to take home the auction item of their choice.

The Gala honors those whose generosity helped make it happen, including three-year Signature Sponsors Jan and Jerry Barto, six-year Gold Sponsor Trident Seafood and five-year Bronze Sponsor Lydig Construction.

Introduced last year, the Gala medallions added extra interest to the evening's live auction. Guests and others members of the com-

munity purchased all 150 medallions that took the form of luggage tags in keeping with the international theme. Before bidding began, a drawing was held and the winner, Christine Spencer, was invited to choose any item from the auction brochure.

Spirited bidding then began to see who would win the 27 auction items. Sought-after choices included a golf excursion to Pebble Beach for four, rare wine, gourmet dinners, spa packages and much more.

The Gala of Hope is the Foundation's premier fundraising event. Since it began in 2004, the Gala has generated more than \$1.2 million to fund Island Hospital programs such as the Medical Relief Grant for Patients in Need, Island Health Resource Center and Cancer Care Center Patient Relief Grant, as well as new equipment and technologies.

"These programs would not continue without the generosity of Gala donors, sponsors, guests and volunteers who every year give so much time, effort and resources to make the event a success," said Courtney



Orrock, IH Development Coordinator. "We are truly grateful for their continuing support."

This year's Gala was co-chaired by two IH Foundation past presidents, Betty-Anne Ely and Karen Toedte, who also expressed gratitude for the support of a generous community and hard-working volunteers.

"We'd like to recognize to the dedicated guys and gals who make up our Gala committee," they said. "It's their time, creativity and commitment to our hospital that make this event so successful year after year."

Community shows its "heart"

A highlight of each annual Gala of Hope is *Heartstrings*. It's a special opportunity for members of our community to provide funding for medical equipment or technology that will improve patient care at Island Hospital.

This year Gala guests raised their paddles to purchase a Cepheid GeneXpert System, specialized laboratory equipment that reduces the testing time for MRSA and other antibiotic-resistant bacteria from three days to less than one hour. The system requires no special skills to operate, enables testing 24 hours a day, 365 days a year and gives healthcare professionals a new, effective tool to improve patient care.

Thanks to the generosity of a caring community, *Heartstrings* raised more than \$75,000, the most ever, for the Cepheid System in less than ten minutes.

Gift to Foundation



Gifts & More at Island Hospital recently gave \$18,000 to the Island Hospital Foundation to bring the total to \$30,000 toward its pledge of \$100,000. Gifts & More Volunteers handing over the check to Development Coordinator Courtney Orrock (right) are (from left) Austin Tyler, Diane Crawford, Joan Hallenbeck, Scott Love, Louise Kelly and Mimi Chambers.

Inset: Gifts & More Volunteer Louise Kelly (left) shows check for \$18,000 to Foundation Board of Directors Vice President Dianne Kuhn and Island Hospital Board of Commissioners President Chip Bogosian MD.



Ninth Annual Island Hospital Golf Classic

Monday, August 2, 2010 • Skagit Golf & Country Club



Mark your calendars and sharpen your swing for the Island Hospital Golf Classic at Skagit Golf & Country Club. The popular tournament is limited to 144 golfers, so plan to register early.

The event features a full day of golf, curbside bag drop, range balls, golf carts, a tasty barbecue lunch, on-course beverages and hosted cocktail hour, awards dinner and a tournament gift for each participant. Registration is at 10:30 a.m., shotgun start at noon.

For information about registration, costs and sponsorships, contact Vince Oliver, Chief Executive Officer, Island Hospital at (360)299-1300, ext.2411 or voliver@island-hospital.org.

Remembering

The Island Hospital Foundation has received caring donations in remembering the following individuals:

IN MEMORY OF

Martha R. Allison

Minty Helen Bogue

Marcus & Frances Brown

Loretta Dutton

Phil Gustafson

Gordon Kidder

Eileen H. Kilpatrick

Marian Lewis

Fred Martin

Robert J. Scoll

Patricia Smith

Carol Whittemore

IN HONOR OF

Ho Taylor

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

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ISLAND HOSPITAL (360) 293-7563

Our Mistake!

The Island Hospital Foundation would like to recognize and thank Soroptimist International of Anacortes for their generous support of programs and services at Island Hospital. Soroptimist International of Anacortes was inadvertently omitted from the listing of Associate Level donors in the 2009 annual report.

*- Courtney Orrock,
Development Coordinator*

Multidisciplinary approach to therapy and rehab

Patients come to Island Hospital Physical Therapy and Rehabilitation (IHPTR) when illness or disabilities require them to seek Speech, Occupational or Physical Therapy treatment services. But for some patients, such as those who have suffered a stroke or traumatic brain injuries, and those diagnosed with Parkinson's disease, ALS or Multiple Sclerosis, a multidisciplinary approach to therapy and rehab may be beneficial.

Because Island Hospital offers all three of these therapy options, patients with multiple disorders can work with skilled healthcare professionals trained in an array of rehabilitation services as well as patients who require treatment for a single disability.

This multidisciplinary approach to rehabilitation brings value to more patients, according to Ilima Shaw PT, Director of IHPTR. "We work with patients to coordinate schedules between the three disciplines," says Shaw. "This way they can come to the clinic on a scheduled day and get the full value of multiple treatments in one setting and in one visit."

IHPTR Therapists involved in the multidisciplinary treatment approach also can schedule a meeting with patients after the start of care to coordinate goals and help them receive the most benefit from overlapping treatments.

There are many diagnoses that can benefit from multidisciplinary therapy in addition to the illnesses and disorders mentioned. For more information on the benefits of therapy for an individual patient, call IHPTR at (360) 299-1328. IHPTR is located in The Cannery Building, 715 Seafarers Way, Anacortes.



IHPTR uses a multidisciplinary approach to therapy with skilled professionals, such as (from left) PT Aide Beverly Swanson, IHPTR Director Ilima Shaw PT and Speech-Language Pathologist Ashley Renslow MA, CCC-SLP.



Prenatal Care Center showered with gifts

On March 20, in what has become an annual event, the Soroptimist International clubs of Anacortes and Fidalgo Island united to hold a "Community Baby Shower" to benefit the Island Prenatal Care Center (IPCC). With collection points at Safeway and The Market, generous donors from throughout the community found it easy to contribute essential items for the care of newborns and infants.

"We're especially grateful to the Cultured Purls and Anacortes Quilters Guild for their donation of many hand-made items," said Suzanne Harris, Island Hospital Director of Clinical Operations. "The staff was excited to receive so many beautiful pieces."

Contributing to the event were the Anacortes American, The Market of Anacortes and Safeway.

Loads of newborn and infant supplies were received by IPCC staff from our generous community. Gathering these with Soroptimist International of Anacortes member Elizabeth Evans (second from right) are IPCC staffers (from left) Lactation Consultant Effie-Jo Lindstrom RN, Behavioral Health Specialist Katie Walker MSW, Nora McMillan ARNP and Receptionist Katie Hetterle (right).

IH Chaplains ready to listen, provide support

Volunteer Chaplains are a familiar sight in the corridors, patient rooms and emergency and treatment areas of Island Hospital. This group of local clergy and trained lay ministers serve as “first-responders” in medical or pastoral crises and conduct regular “rounds”, visiting patients, their families and hospital staff.

Serving as a Volunteer Hospital Chaplain is pretty much a labor of love, according to Pastor Chris Anderson, who serves as

Pastoral Care Coordinator at Island Hospital.

“All Chaplains give freely of their time and make themselves available 24 hours a day for a seven-day rotation week,” says Anderson. “We’re here to offer emotional, bereavement and crisis support to patients, family members and staff at times when many are at their most vulnerable. Additionally, we make referrals to appropriate groups and agencies when social services are needed.”

Volunteer Chaplains receive diverse training to deal with the special needs of a healthcare environment and many are certified in Clinical Pastoral Education. Candidates are mentored by a serving Chaplain until they begin making hospital “rounds” and patient visits on their own.

There are frequent opportunities to join the Island Hospital Chaplain Program; the current staff represents a broad range of spiritual views and diversity is always welcome. All in the program are united by a shared goal to help provide the best possible experience for all who come through the hospital’s doors.

For more information about the Volunteer Chaplain Program, leave a message for Pastoral Care Services at voice mailbox 299-4280 or contact Chris Anderson, Pastoral Care Coordinator, at (360)661-4733.



Island Hospital Volunteer Chaplain Diane Ramerman shares a light moment with a patient in Acute Care.

IH Auxiliary Bake Sale a sweet success

If you saw someone carrying a festive Easter basket at Island Hospital on April 1, chances are they visited the legendary spring bake sale sponsored each year by the Island Hospital Auxiliary.

The annual Easter sale, with its delectable spread of homemade cookies, pies, cakes and signature baskets is always a hit with hospital staff, patients and visitors with a sweet tooth. But if you want to sample this array of treats next year, you’d better come early.

“This year we started with 60 baskets and four hours later they were all sold,” said Auxiliary member Ann Giboney. The baked goodies were soon gone too, leaving only crumbs for latecomers in search of the perfect cookie or other treat.

The Easter Bake and Basket Sale is the final Auxiliary fundraiser until its annual Penny Drive in October, mini-Christmas Tree Sale in November and Christmas Bake Sale in December.

All proceeds from Auxiliary “Fun-raisers”, as members like to call them, go toward equipment and other needed items for Island Hospital. The group recently provided funding for a crash cart used in the IH Birth Center.

The Auxiliary always welcomes new members. Meetings are on the 1st Monday of each month, except July and August. Lunch is served at 12:30 p.m., followed by a one-hour meeting. Also, anyone who would like to join the IH Auxiliary Bridge Group, contact Lorraine Smith, 299-3916. You don’t have to be a member to join in the fun.

Interested in becoming part of the Auxiliary? Call the Island Hospital Foundation office at 299-4201.

Skagit Hospice Auction June 5

Sentimental Journey is the theme for the 10th Annual Skagit Hospice Foundation auction event, June 5, at the Corporate Air Center in Burlington. Featuring big band music by *Northern Lights*, dining and dancing amid vintage aircraft and vehicles, the event costs \$75 per person before May 18, and \$85 thereafter. For tickets or information call (360) 814-5702.

Heart Health Assessment

ONLY \$49!

Includes cholesterol & glucose test, EKG, 10-year risk assessment and heart health education with a Cardiac Rehab Nurse.

(360) 299-4242



A Healthy Heart

Robert Stewart MD and Sanjeev Wasson MD, Skagit Valley Medical Center Cardiology, will discuss living well with cardiovascular disease and treating arrhythmias. Complimentary lunch provided, pre-registration is required.

Friday, May 21

11:30 a.m. - 1:30 p.m.

Conference Rooms 1,2&3

Registration: 299-4204

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Island Hospital

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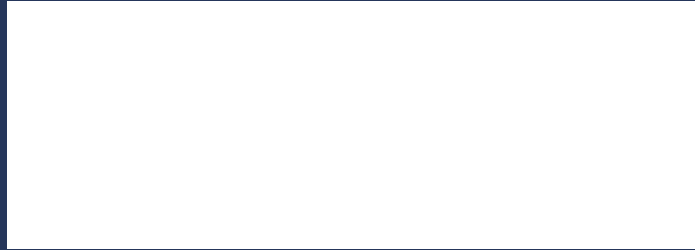
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